



## White Plains Tigers Play Hard at Slam Dunk Tournament



White Plains High School Tigers guard Eisaiah Murphy averaged over 14 points per game in this year's Slam Dunk Tournament at the Westchester County Center.

**See page 15 for more on the Slam Dunk Tournament.**



ALBERT COQUERAN PHOTO

## Large Fitness Facility Opens at Former A&P Site

The new 30,000 square-foot 24 Hour Fitness club at 668 Central Ave., Scarsdale the former site of A&P, formally opened Saturday, Dec. 30. The building has been vacant since 2015.

Amenities at the new 24-hour gym include studio and cycle classes, digital studio classes, personal and group training, high-tech cardio and strength equipment, a multi-functional Olympic training rig, TRX suspension training, turf zone, whirlpool, sauna and steam room, locker rooms, towel service, pro shop, and kids' club.

The pool is expected to open in March 2018. Permits are pending from the Westchester County Department of Health.

The large gym facility is part of a network of 400-plus clubs that presents itself as open and friendly. "We deliver workout experiences that are not only challenging and motivating, but also fun and inviting," the 24 Hour Fitness website says.

*continued on page 2*



PHOTO COURTESY OF PAUL FEINER

24 Hour Fitness club at 668 Central Ave., Scarsdale features state-of-the-art fitness equipment.

## Latimer Outlines Plan Before Taking Oath as County Executive

By Anna Young

Westchester County Executive George Latimer announced his plans last Friday to tackle significant county issues and create a more inclusive and transparent government.

During a press conference in White Plains, Latimer, who was surrounded by his leadership team, shared his enthusiasm to move the county forward in a positive direction as he prepares to replace incumbent Rob Astorino.

"I'm enthusiastic about something new, something open, something invigorating,

and I'm realistic about the fact that there's going to be tough decisions ahead," Latimer said on Dec. 29, three days before he was to be sworn into office. "If we can make them in a spirit of inclusion then we have better chance for buy-in."

Since Latimer soundly defeated Astorino in November, he has been focused on addressing government policies and personnel, recognizing the responsibility he faces leading a county with a more than \$1.8 billion budget and large government staff.

At his inauguration, Latimer was

prepared to announce several policy proposals. Throughout January, he and his team will attend each village, town and city work session to discuss the central issues impacting each municipality.

Latimer will also hold informal town hall meetings called Coffee and Conversation in all 17 of the county's legislative districts, inviting the Board of Legislators representative for that district to join him.

"I've always found if you put some coffee and some snacks out you get a different climate of dialogue and hopefully

a helpful one," Latimer said. "Westchester is filled with intelligent, successful people and they don't want to be talked down to and they don't want to be told what's good for them; they want to help shape what those policies are."

Latimer has also formed several committees that have held public forums throughout the county addressing a wide range of issues, including criminal justice, economic development, mental health, human rights and administrative, operational and social services. He said

*continued on page 2*



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## Latimer Outlines Plan Before Taking Oath as County Executive

continued from page 1

feedback from the forums will help his team identify and prioritize issues facing Westchester.

He added that the Board of Legislators would be involved in exerting proper oversight in any decision-making process. He also intends to maintain his relationship with state officials to advocate for practical pieces of legislation.

Over the last month, Latimer has announced several leadership positions, including the appointment of former county legislator Ken Jenkins as deputy county executive and former Pleasantville mayor John Nonna as county attorney. He also planned on announcing additional appointments on Monday and will fill all vacant positions by the end of January.

"We want to make sure we have the right people in the right position," Latimer said.

Latimer will arrange a series of meetings with each county department to become



ANNA YOUNG PHOTO

Members of County Executive George Latimer's leadership team were on hand during a press briefing last Friday on how the new administration plans to tackle its first month in office. Pictured clockwise, from bottom, are County Attorney John Nonna, Andrew Ferris, senior assistant to the county executive, Latimer, Joan McDonald, director of operations, Deputy County Executive Kenneth Jenkins and Bridget Gibbons, senior assistant to the county executive.

more involved, stating that he's most interested in identifying pressing issues that need to be handled quickly.

Throughout his 30-year political career, Latimer maintained that the public has a strong desire to be more involved in shaping government policy and believes public input is essential. Latimer has served on the Rye City Council, the Board of Legislators, the state Assembly and the past five years as a state senator.

"There's a desire out there to see change and there's a desire out there to see participation," he said. "I think from all the time I've been out in the community, you listen to people and you understand that we can run this government differently, more openly, more inclusively, more diversely and we can get a better buy-in from the people of Westchester. And that's what makes me enthusiastic and hopeful."

## Large Fitness Facility Opens at Former A&P Site

continued from page 1

Studio classes provide different fitness experiences and goals. Find Your Burn classes pump up heart rate and torch calories with music-driven cardio, cycle or dance.

Find Your Intensity classes are where total strength meets agility, quickness and speed in classes designed for athletic workouts from sports-specific training to martial arts.

Find Your Bliss classes are intended to nourish wellbeing, body and soul, with an integration of traditional yoga and modern regeneration classes.

Find Your Strength classes help to sculpt the body and strengthen the core with barre, Pilates or conditioning classes for different levels.

Free training session is offered with membership as well as 24GO on-demand

workouts, My24 App and a Fit:Perks rewards program.

The My24 App works with a smart phone and lets members access class schedules, join challenges, get workout ideas and sync with other fitness apps and wearable's such as Fitbit, Garmin and Jawbone.

Workouts can be recorded week by week for success monitoring. Group challenges offer prizes.

Workout soundtracks can be accessed through iHeartRadio. An e-newsletter offers advice on healthy lifestyles and updates on special club programs and offers.

The club is open 24-hours daily.

Class schedules and activities descriptions are available on the website at: [www.24hourfitness.com](http://www.24hourfitness.com). Inquire about a 3-day free gym pass.



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# Councilman Justin Brasch Sworn in Before White Plains City Clerk

By Pat Casey

White Plains Common Councilman Justin Brasch was sworn in before White Plains City Clerk Anne McPherson on the morning of Dec. 27, with family members looking on.

"I am honored and humbled by this opportunity to serve," Brasch said of his position on the Council.

"I look forward to bringing my experience in budgeting, development and planning, protecting the environment, fighting discrimination and as a lawyer to make our great City even better. Happy New Year to all!"

Brasch is an attorney specializing in landlord-tenant law. He served as a member of the White Plains Planning Board; former member of White Plains School Board Budget Advisory Committee; Westchester County Legislature's Citizens Budget Advisory Committee; White Plains Multimodal Transportation Center Stakeholder Task Force; former member of NYC Sierra Club Political Committee; life member and former Executive Committee member of Mid-



White Plains Common Councilman Justin Brasch was sworn in before White Plains City Clerk Anne McPherson on the morning of Dec. 27, with family members looking on.

Manhattan NAACP.

He has worked in the Democratic Party and is particularly proud of the work that has been done in building affordable housing in White Plains. As part of his election platform Brasch said he wants to explore expanding the 10 percent mandate for multi-family affordable housing in downtown White Plains to the entire City and also promotes assisting existing non-profit organizations working to make affordable housing more accessible for people who need it.

It is of paramount importance to Brasch that White Plains remains a city where all feel welcome and safe, regardless of race, nationality, religion, gender, or sexual orientation. "We must stand up for our values and work to protect the most vulnerable of our community, despite the actions of the federal government and the national Republican Party," he said in an email

exchange prior to the election.

During the candidates forum held by the League of Women Voters of White Plains Brasch was the single candidate to mention the vulnerability of residents in the Fisher Hill, Battle Hill and Winbrook neighborhoods.

While he promotes the continuing growth of the City, he is adamant that it must go hand in hand with protecting residents' quality of life.

Brasch believes that development should work for every community and neighborhood.

Brasch was elected to fill the seat left vacant by former Councilwoman Beth Smayda, when she decided not to run.

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# Woman's Club of White Plains Presents NAMI: Westchester with \$5,000 Check

Each year The Woman's Club of White Plains Foundation donates funds to local non-profits and the recipient of proceeds from this year's Corks & Forks fund raising event was NAMI: Westchester.

NAMI Westchester, Inc. is a non-profit membership organization dedicated to improving the lives of people and their families living with a mental health condition through support, education and advocacy. All programs and services are provided at no cost. In addition to a helpline, NAMI offers support groups,



educational courses and presentations on mental health awareness. The organization received \$5,000 from the Woman's Club fundraiser.

The 5th Annual Corks & Forks event was an evening of cocktails and hors d'oeuvres in the gardens of the Woman's Club's

CV Rich Mansion, followed by a dinner in the ballroom. Guests enjoyed food and wine from local restaurants and specialty purveyors. A portion of the proceeds from the event also helped to pay for renovation projects to the historic home of the Woman's Club.

Pictured: Sharon McCarthy, Executive Director, NAMI Westchester (2nd from left) receiving donation from the Woman's Club of White Plains Foundation from Claudia Melo, Kristin Larkin and Elizabeth Buonamici.

## Stepinac HS Principal to be Included in Business Leaders of America Honors Edition

Paul Carty, Stepinac High School Principal, has been selected for inclusion in the forthcoming Trademark Business Leaders of America 2018 Honors Edition.

A press release announcing Carty's selection noted: "Each of these extraordinary people documented in this book offer tangible evidence of the value of hard work, goal setting and passion," adding: "He has made his mark on his profession as an expert and will become part of history as one of the top professionals in his field."

Carty joined the Stepinac faculty in 1994 as a religion teacher and campus minister, responsibilities he has continued since assuming the position of principal in 2001.

During his tenure, Stepinac earned the reputation as the standard bearer of curriculum innovation, starting with the launch of the first-of-its-kind all-digital textbook library and personalized blended learning platform that have been instrumental in preparing students to become globally competitive at college and beyond.

Most recently, Stepinac initiated the Honors Academy, a unique-in-the-region, three-year small personalized learning program designed to expose high-achieving students with advanced studies in academic disciplines—engineering, financial services, health sciences and law—leading to potential careers.

Born and raised in the Bronx, Carty obtained a B.A. Degree in Psychology from the College of New Rochelle, M.A. Degree in Religious Education and M.S. Degree in School Administration from Fordham University. In 2010, he was the first high school principal to receive the prestigious Sapientia et Doctrina Award

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# Westchester Provides “Seed” Money to Grow Agriculture Businesses

The 2018 Westchester County Budget provides a new funding line, which will be matched by additional funds from New York State to create a comprehensive plan to protect, support and grow agricultural activities throughout Westchester.



Legislator Francis Corcoran speaks at a press conference in July announcing that he and other government leaders had secured funding to acquire the development rights to Stuart's Farm in Somers.

The budget addition was submitted by Legislator Francis Corcoran (R) Bedford, Chair of the Board of Legislators Environment and Health Committee.

The \$50,000 in county funds will be

matched by \$50,000 from New York State to engage the services of an outside consultant to update the Agriculture and Farmland Protection Plan. The plan will identify and develop projects within all areas – urban, suburban and rural – best practices, models, and activities to increase economic and social opportunities throughout the county.

The matching grant from New York State allows \$50,000 for the County's Agriculture and Farmland Protection Plan and also allows up to \$25,000 in matching funds for municipalities that participate in a joint plan.

Legislator Corcoran represents Bedford, Mount Kisco, North Salem, Lewisboro, Pound Ridge and parts of Somers- towns

that are home to much of the county's agriculture business. “This funding represents a modest but important investment in our county's agricultural businesses. Small farms and other

agriculture entrepreneurs are under ever increasing pressure to convert to other land uses, typically residential subdivision. An updated Agriculture and Farmland Protection Plan will show us how we can encourage the preservation and growth of small farms.” Corcoran said. “Agricultural land contributes significantly to the quality

of life in Westchester County by providing open space, links to our cultural history, a habitat for wildlife, and locally produced food. The demand for locally sourced food is growing and we can do more to help our agriculture businesses feed that demand which is good for the environment as well as the local economy.”

## White Plains Youth Bureau to Receive Cockpit Flight Simulator

Long-time city resident and private pilot, James Parker, is donating his custom designed and built cockpit flight simulator to the White Plains Youth Bureau.

Youth Bureau Director Frank Williams, Jr. was delighted to accept Mr. Parker's offer to donate the high tech system, viewing it as an opportunity to respond to and channel young people's interest in aviation.

“I am just following a long tradition among aviators of passing on their love and knowledge of flying to the next generation,” said Parker.

The two-seat cockpit is equipped with nine LCD monitors and five purpose built computers. Its software and hardware are

capable of simulating a wide array of aircraft from a single engine Piper Cub to the mighty Boeing 747 along with any weather environment an aircraft might encounter.

A 40-year member of the Aircraft Owners and Pilots Association, Parker will be available to run the simulator for the Youth Bureau, conduct classes and train staff members in its operation and maintenance.

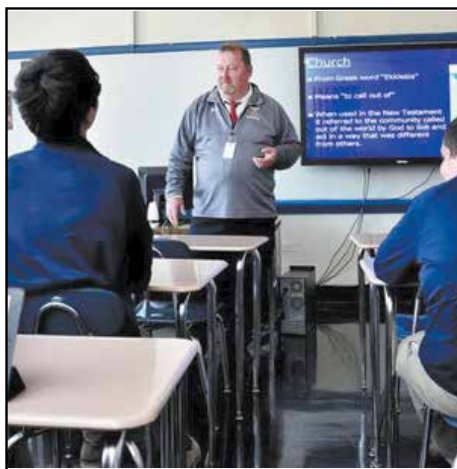
The Flight Simulator program will be open to White Plains children and youth first grade through high school. Students will learn a variety of skills including Science, Meteorology, Computer Instruction, Map Reading, Navigation, Aerodynamics and Mechanical operation.

## Stepinac HS Principal to be Included in Business Leaders of America Honors Edition

*continued from previous page*

from Fordham University. The award honors individuals for their work in religious education, pastoral counseling, youth ministry, social justice, young adult ministry, parish ministry and spiritual direction.

The Stepinac Board of Trustees also recognized Carty for shaping future leaders by honoring him with its Student Enrichment Award.



Paul Carty, Stepinac High School Principal.

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# Obituaries

## Betty Hanlon

Betty Ellen Hanlon, 82, of White Plains, passed away Dec. 28. She was born March 7, 1935 in Englishtown, New Jersey to Otto and Bertha (nee Eckert) Sander.

On May 21, 1960 Betty married her late husband James in Queens.

For 40 years Betty was a nurse at White Plains Hospital until her retirement in 1997.

She was a loving mother and grandmother, caring friend, and sympathetic nurse.

Betty is survived by her two children; James Otto Hanlon of White Plains, and Lorna Lee Calcutti of Croton-on-Hudson, her brother Werner Sander of Little River, South Carolina and four grandchildren: James Hunter Hanlon, Shaun Michael Hanlon, Kimberly Eileen Hanlon, and Marissa Anne Calcutti. Betty was also predeceased by her sister Ursula Sander.

## Joan Allgaier

Joan P. Allgaier (McCord) passed away suddenly at age 85 on Dec. 26 at White Plains Hospital. Joan a 52-year resident of White Plains was born in Albany on Nov.

5, 1932 to the late Chester Allen McCord and Gertrude Mary Ford.

She was the oldest of six children growing up in Kingston, New York. Joan attended St. Ursula Academy.

Joan was employed by N.Y. Telephone in the Kingston Office. In 1956 Joan got engaged to Frank Allgaier, a fellow employee at N.Y. Telephone and they married on July 4, 1956.

Although a mother of seven children (Mary Lou, Frank P., Ann, Michael, Catherine "Katie," Jeanne and James) Joan devoted herself to fighting abortion at the local and state levels as a lobbyist for RTL. In later years Joan was professed in the Dominican 3rd Order, Lady of Hope Chapter. Joan was a familiar face at Daily Mass and Communion at local Churches.

In lieu of flowers make donations to Right-to-Life and the Dominican Sister's retirement fund.

## Maura B. Jacobson

Maura B. Jacobson, New York magazine's well-loved crossword compiler, died on Christmas Day in White Plains. She was 91.

A Brooklyn native, Maura was born on April 28, 1926, and graduated from New

York City's Hunter College at 19 years of age. Her career began as a kindergarten teacher in the Bronx, where she lived, married and had one child. In 1964, she became a three-times Jeopardy! winner when the television show was just three weeks old.

Maura soon turned her intelligence towards constructing crossword puzzles. Teaching herself the art and carefully honing it over the following years, it wasn't long before she began submitting puzzles to The New York Times for its Sunday magazine.

Maura worked for Cue magazine for two-and-a-half years, until the publication was taken over by New York magazine in 1980, and her first byline appeared on its pack page on May 19. For the next three decades Maura never missed one week, and developing a faithful and enthusiastic fan base across the United States in the process.

With her considerable creativity and vivacious vocabulary, she routinely tested and delighted her loyal following with her wit and punning – indeed many fans claimed they owed their entire magazine subscription alone to her puzzles.

A best-selling author of more than 25 crossword books, her work was described by former New York Times Crossword Puzzle Editor Will Weng as: "...piquing your interest from the start, and holding it with wittiness, inventiveness and pleasant variety." The newspaper said she was 'revered among puzzle devotees', and

American Crossword Puzzle Tournament founder and director Will Shortz said Maura was 'a national treasure.'

A judge and annual contributor to the national competition for more than 30 years, Maura finally hung up her pencil in 2011 and was awarded a lifetime achievement award by the panel of the tournament in 2016.

Maura passed away peacefully with her family and devoted husband of 69 years, Dr. Jerome Jacobson, at her side. She leaves behind her husband Jerome, daughter Jo, two grandchildren and two great-grandchildren.

## Nancy Wolff

Nancy Wimpfheimer Wolff passed away peacefully at home on Dec. 25 at the age of 98. Predeceased by her husband William F. Wolff Jr. Survived by William F. (Rick) III (Phyllis), David Wolff and Susan Holtz; by her grandchildren Kenneth (Laura), Jonathan and Dr. Gillian (Benjamin McKay) Wolff and Stephanie and William Holtz and by her great grandchildren William IV and Allister Wolff.

Born Aug. 11, 1919 in Elberon, New Jersey to Lloyd and Frances Wimpfheimer, Nancy was a product of the Ethical Culture and Fieldston Schools and attended Agnes Scott College.

Part of the post WW2 movement to

*continued on next page*

## Two Ardsley HS Students to Coordinate Greenburgh Snow Angels

Joshua Nobel along with a fellow Snow Angel Jake Mastrangelo, will be acting as the coordinators for the Snow Angels program this winter. They are both seniors at Ardsley High School and live in Hartsdale.

This winter they hope to establish a database of all those who wish to volunteer and all those who wish to receive assistance from the Snow Angels. Their goal is to grow this organization

to assist as many community members as possible and engage many others as volunteers. They will be using the email account Greenburghsnowangels@gmail.com as the primary mode of contact regarding those in need and those who wish to volunteer.

Snow Angels is a volunteer service organization for the town of Greenburgh that provides free snow shoveling services to elderly and disabled residents. Snow Angels seeks to gather community members all across Greenburgh to assist our neighbors during a time when many are in need. These services are often unpaid, but some residents are willing to pay.

If you wish to volunteer please email greenburghsnowangels@gmail.com and indicate the following: full name, address, phone number, when you are available to volunteer and any other notes (such as if you have a car or a snowblower).

This is the 27th year of our Snow Angel program. Thank you Josh and Jake for your efforts to enhance the program and to help those in need.

—Paul Feiner,  
Greenburgh Town Supervisor



It's just a little more than a month before EagleFest 2018 returns to Westchester. This year's event, which will be sponsored by Teatown Lake Reservation and state Sen. Terrence Murphy, is scheduled for Saturday, Feb. 10 at Croton Point Park. Bill Streeter, shown above, director of the Delaware Valley Raptor Center, will be one of the guests featured at EagleFest.

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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.

## Obituaries

*continued from previous page*

the suburbs, her family moved to White Plains, where she lived the rest of her life. Nancy had a knack for merchandising and sales. She started a children's clothing store on Madison Avenue (Pat-Rick) in 1947 and later helped run What's What, a Gift Boutique, in White Plains for over 35 years before retiring in her late 80s.

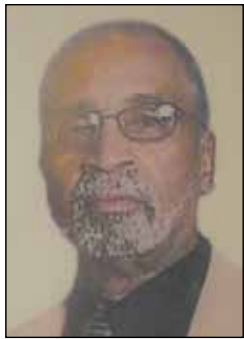
Nancy will be remembered for her charm, outgoing personality, radiant smile and attitude that life is truly a marvelous adventure. She made people feel accepted and at ease and had a large group of lifelong friends.

Funeral Services are private. A memorial service will be held in 2018 at Kol Ami in White Plains.

Donations to celebrate Nancy's life may be made to Hospice Care of Westchester & Putnam, 540 White Plains Road, Tarrytown, NY 10591.

### John A. Russell, Jr.

John A. Russell, Jr., of Croton-on-Hudson and formerly of White Plains, departed this life on Nov. 22. He was 73.



John A. Russell, Jr.

John was born on March 21, 1944, to John and Caroline Russell in Mason, North Carolina. He attended North Warren High School in Wise,

NC, and then relocated to White Plains.

In 1968, he met the love of his life, Grace Bell, and they were united in holy matrimony in 1973.

He worked for many years for Ford Motor Company in Mahwah, New Jersey. After that, he worked for the City of White Plains Sanitation Department for 30 years, retiring on June 30, 2009. In his down time, John liked to fish and spend time with his family.

Left to cherish fond memories are his wife of 44 years, Grace, a daughter, Valerie Williams; four grandchildren, Dawaun, Juwan, Brianna, and Iyanna; seven sisters, Dorthelia of White Plains, Lula Mar of Brooklyn, Elizabeth of Queens, Rose of the Bronx, Rebecca of Warrenton, NC, Earnestine of Maryland, and Savannah of Pennsylvania; two brothers-in-law, Vance Perry and Albert Bell; one sister-in-law, Lillie Holmes, and a host of relatives and friends.

He was predeceased by his parents, John and Caroline Russell, and a brother, Henry Russell.

A Homegoing Celebration was held on Dec. 4 at Bethel Baptist Church in White Plains, with Rev. Dr. Edward O. Williamson officiating. Interment followed at White Plains Rural Cemetery.

As we cross the calendar mark from 2017 to 2018, we leave behind a year fraught with policy battles and lawsuits, demonstrations and debates and in some cases verbal outbursts that have filled our communities with confusion and angst.

After a national election that left a country polarized, there are signs that the discussions and debates of the past year, many ended with decisive elections, will continue in months ahead. One can only hope that we see more positivity in the news headlines.

A year ago in White Plains, the fight over the French American School of New York's (FASNY) application to build a school in the Gedney neighborhood at the location of a former golf club, was reaching a peak after several years. By year's end, just before Election Day, the vote was taken by the Common Council and a modified development plan was approved.

At the county level last January, the Westchester Board of Legislators voted to eliminate gun shows from county property, most notably the Westchester County Center in White Plains, but that vote was vetoed by then County Executive Rob Astorino and a gun show at the center was held as planned.

In October the gun show issue was again revisited and history repeated itself twice in the same year as protests rose against the increasing number of acts of mass violence caused by guns across the country. At this writing gun shows are still allowed at the Westchester County Center – but change may lie ahead as a January show is scheduled and a new County Executive will take the oath of office on Jan. 1.

Spurred on by national protest to violent rhetoric and anti-immigration attitudes coming from the national level, Greenburgh Town Supervisor Paul Feiner gathered residents to take the "Civic Activists" oath. It provided an outlet for people frustrated by unkind voices and unkind politics so prevalent in 2017.

By mid-February the county BOL pulled together an Immigration Protection Act and at "Ask Astorino" town hall meetings across Westchester, verbal fights began to break out.

By July the BOL had passed immigration protection legislation and by August Astorino had vetoed the act, passing his own Executive Order on Immigration, claiming the county would lose federal money if it was considered a "safe county".

In White Plains a Transit District plan was in development, which by year's end had passed through the Common Council and several development proposals before the city were quoting from its content.

At the same time, the number of

residential development projects in the White Plains downtown seemed to grow quickly as new projects came online and others tabled for years began the process of renewing project approvals.

In several areas the White Plains new Historic Preservation Commission was charged with identifying and preserving historic landmarks and stepping in where development proved a threat to the city's character. The property at 52 N. Broadway, the former Good Counsel campus, continues as a focus of debate in this area.

In Greenburgh a new massage parlor law was tested with arrests.

All communities in the Hudson Valley were shocked by news of a proposed Hudson River Anchorage project that would allow barges to line up along the shores, many of the proposed anchorage sites valued tourist destinations. That proposal was terminated, almost before it began.

The debate on whether the Westchester County Airport should be run by a private agency reached almost epic proportions during the summer as views on the role of government and private party relationships were again questioned. Loud debates were heard at airport proposal public hearings.

It was during the summer months that the government status quo, both local and national, was challenged by newcomers throwing their hats into the ring to run for election.

In White Plains and at the county level there was a break in the Democratic Party nominating process as primaries were scheduled.

In White Plains the incumbents (all Democrats) kept their seats.

In the county, George Latimer, who won a primary over Ken Jenkins for the Democratic nomination to run for County Executive, also beat Rob Astorino (a Republican) and a new direction is expected in 2018 for the county. Latimer has named Jenkins Deputy County Executive.

During the hurricane season, relatives and friends of many Westchester residents were hit by devastating storms and amidst the political controversy, the call for human aid rose loud and clear.

As we enter 2018, it is evident that much discussion will continue, but the debates of 2017 have paved the way for more open and clear discussion and hopefully progress.

As we enter this new phase, we at The White Plains Examiner wish you all the best in the New Year.

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## Full to the Brim with Emptiness



By Richard Cirulli

It was the author's intention to have this article in the hands of the editor before the holidays – a bit of wishful thinking to say the least on my part. I had hoped to address those readers who still look upon this time of year as one of honest and sincere self-introspection.

As we come to celebrate the close of another year, some of us use this time to reflect upon the events we have experienced for the purpose of applying these life lessons. Sometimes we find our internal conflicts are at odds with the external world. For the more existential and spiritual minded, this can prove to be a painful reconciliation of contradictions that exist between inner core values and the need to survive in a harsh world. For those adverse to an existential/spiritual view of life, they are favored with little or no self-contradictions, since the self is united in seeking happiness only for itself. The baggage of assisting a humanity in distress is jettisoned.

For those kindred souls who struggle to maintain possession of their core beliefs and freedom in the face of being

overloaded with fake and filtered news that espouses a new 'materialistic manifest destiny', this article is dedicated to you. You are the stalwart true freethinkers bold enough to live lives with an open and expanding mind rather than succumb to the mass disinformation that appeals to the egocentric lower self. You seek truth and are confident enough to cut the strings of our governing oligarchy puppeteers.

This independent view should hold much weight especially for us Baby Boomers who were raised on the anti-Utopian books of 1984, Animal Farm, Brave New World, and Erewhon, to name just a few.

In Orwell's, classic 1984, set within the country Oceania, a totalitarian society is controlled by the Thought Police via Newspeak. The goal of Newspeak is to make thoughtcrime an impossibility. It involves the "the mutability of the past." The governing oligarchy, Big Brother, achieves this by abolishing the past and altering history to suit the agenda of the ruling class. The book's protagonist, Winston, is persecuted as a traitor for having attempted to establish contact

with the past. Newspeak also uses fake news to report on its ongoing war with Eurasia, a means to secure the populace's codependency on its government.

Orwell was quite astute in his assessment of the close relationship in the English language between the words advertising and propaganda. In Oceania, the Ingsoc maximum is, "He who controls the past controls the present, and he who controls the present controls the future." Orwell's premise is that society can be controlled through its children, suggesting children will ultimately betray their parents to the Thought Police.

We can see now why schools might want to seek a larger say in the parenting of children.

What we have read about in Orwell's Oceania is here today in America. Our new totalitarian oligarchy will not come in the form of goose-stepping Nazis, or the pogroms of communism, along with it gulags. Rather, by feeding the masses a delusional dessert to quench their appetite, there is no room for the main course of truth. A casual look around today will clearly prove the relationship between Newspeak and political correctness, and

how our nation's monuments to the past are being brought down for the purpose of denying the past's reality.

Our traditions, heritage and faiths are being dismantled by a few, who want to speak for all. And, like Oceania, discourse is no longer tolerated in America. It is no surprise or secret – America has been at war longer than Oceania and Eurasia. As we blind ourselves with egocentric views, enflamed by never-ending "selfies" and mindless reality TV shows, the oligarchy continues to tighten the radius of our ever-diminishing mind, and intellect.

In essence, we have outsourced our thinking to the ruling oligarchy, and with our inability to think we now defer to the government to enact laws to tell us how to act and behave. The wise know that one becomes a fool when he is no longer willing or able to think and therefore act for himself.

We should ask ourselves what our teacher's taught us to ask, "Am I wise enough to know if what is being imparted is true?"

Dr. Richard Cirulli is a retired professor, business consultant, writer, columnist, and innocent bystander at large. He welcomes your comments at [Profirulli@optonline.net](mailto:Profirulli@optonline.net).

### Guest Column



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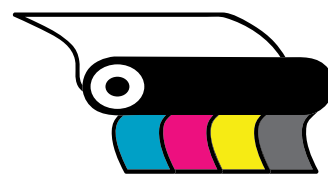
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# Five 'Healthy' New Year's Resolutions Worth Giving Up

While most New Year's resolutions are well intentioned, sometimes they look better on paper than in practice, actually doing more harm than good. Here are five so-called "healthy" resolutions worth giving up in 2018, as well as better solutions.

**Resolution 1: I'm going to take up permanent residence in the gym.** Working out is an important piece of the weight loss puzzle, but moderation is key. Studies suggest that too much exercise can lead to a number of issues like hormonal imbalance, fatigue, insomnia and even depression. Many people also report experiencing a drastic increase in appetite after extreme bouts of physical activity, which can lead to overeating and negate the weight-related benefits. Plus, if you exercise so intensely that you're injured or sore for days, it will be difficult to sustain this otherwise healthy habit.

**Resolution 2: I'm saying goodbye to fats completely.** Fatty foods have gotten a bad rap. The reality is there are good fats and bad fats. In humans, fat helps support normal growth and development, provides energy, allows for proper cellular function, provides protective cushioning for organs, and helps with absorption of certain vitamins. Bad fats are found in foods like meat, butter, lard, cream and trans fats (found in baked goods, fried foods and margarine) and can increase the risk of cardiovascular disease. Aim to replace these with good fats, which are associated with a decreased risk of chronic disease. Good fats include plant-based oils like olive and canola, avocados, nuts,



seeds, and dairy, since these also offer the nutrition your body needs.

**Resolution 3: I'm going to skip breakfast to cut calories.** According to The Academy of Nutrition and Dietetics, if you're skipping breakfast, you're doing something wrong. Research shows breakfast helps support brain function, energy and mood. And research suggests that people who eat breakfast consume fewer calories throughout the day, weigh

less and have fewer risk factors for heart disease. Just a few reasons to load up in the a.m.

**Resolution 4: I'll just crash diet to lose the weight.** Crash diets don't work and many people who do them end up just gaining the weight back.

"Sustainable weight loss should not involve hunger or deprivation," says Mandi Knowles, dietitian for South Beach Diet. "Your weight loss efforts should

include sensible changes that are easy to follow."

Find a weight loss plan that's convenient and lets you know with confidence that you are losing weight the healthy way. Plans like South Beach Diet teach portion control through a low-carb, high-protein approach with meals delivered to your door.

**Resolution 5: I'm going to stop snacking.** Snacks can account for more than a quarter of one's daily calories. But if you munch on nutrient-dense foods (high in vitamins, minerals and fiber and low in calories), you're more likely to maintain a healthy weight, according to the "National Health and Nutrition Examination Survey." So, snack wisely.

For more weight loss tips, visit [palm.southbeachdiet.com](http://palm.southbeachdiet.com).

In the New Year, ditch extreme diets and exercise schemes. You'll find more success with sustainable health and wellness habits.

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## New Benefits and Insurance Options You Can Expect in 2018

Ever wondered whether your insurance policy was actually working for you? You may be in luck, as your insurance plan may start to follow the same trends being adopted in other industries: simpler, more convenient and personalized products – all supported by the latest mobile technology.

This year, Stephanie Shields, a product marketing and development expert from Aflac, (American Family Life Assurance Company of Columbus and American Family Life Assurance Company of New York) says that policyholders can expect these "value-added services" to become less of a nice-to-have and more of a given.

**Telemedicine:** Consulting with a physician and getting treatment online offers greater flexibility and may become essential to busy people.

**Fraud protection:** Identity theft is likely top of mind for policyholders and businesses. Expect to see better fraud protection, including ongoing Internet monitoring and full identity restoration after a data breach.

**Bill negotiation:** The ever-changing health care system is often confusing to navigate. Ongoing education, as well as help understanding medical bills, can ultimately mean greater access to efficient, affordable care.

**Transformed Benefits.** Insurance providers will likely shift the customer experience to follow that of retailers and other industries. In 2018, expect to see insurers such as Aflac offer more cohesive insurance policies that combine multiple benefit types into one plan.

**Beyond the Basics.** You may find things that were once luxuries, such as 401K matching, Flexible Spending Accounts (FSA) and even annual bonuses, are not as successful in meeting the expectations of today's employees. As those expectations grow, successful businesses can continue to close the gap with such services as:

**Health advocacy.** Access to round-the-clock personal health advocates who can answer health care and insurance-related questions.

**Financial and legal fitness.** Access to

financial and legal advisors who can educate consumers on the preparation of wills and other legal documents.

**College-advisory services.** These might include resources to help lower college costs and navigate the admissions process.

No more "one-size-fits-all." Communications from benefits providers may be more tailored to individual needs.

**Bite-sized communications.** Concise information about workplace benefits, tips for using benefits to help protect financial security and better explanations of coverage combinations that are appropriate at various life stages.

**New format.** While some benefits information will still be delivered in the typical booklet format, more businesses may consider using online articles, digital signs, brown-bag luncheons and town halls.

**Frequent communications.** Employers may communicate about benefits throughout the year, or time communications to coincide with life events, such as employee anniversaries.

**Time Spent Smarter.** In 2018, employers who have not yet adopted online platforms to manage benefits may do so. Advantages include year-round, convenient access to pertinent information and one-page views of all benefits options and selections, enabling you to identify any holes you may have in coverage.

**Penny-Pinching.** More voluntary benefits, such as accident, critical illness/cancer, hospital indemnity, life and disability insurance, are on the horizon. According to the 2017 Aflac WorkForces Report, 81 percent of employees see a growing need for voluntary insurance benefits, and 90 percent consider voluntary insurance at least somewhat part of a comprehensive benefits program.

Thanks to a tech-driven world and the growing demands of consumers, 2018 may see insurers expand their services to offer even more convenience and personalization.

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# Makings of a Great Guest Room

The holiday season is a time when many of us receive overnight guests, and the experience can be wonderful one if their sleeping quarters are properly considered. Sleeping overnight in another person's home can be delightful or a real drag, depending on the planning or lack of it that goes into the guest's accommodations. I've experienced both situations.

The first time I was an overnight guest was as a senior in college when I was invited to join my roommate for a weekend in New York City where we were scheduled to stay with one of his best buddies.

Being from a small southern town, I had never been in a Manhattan apartment, but my expectations ran high because I had just seen a movie that showed the city digs of Doris Day as the very height of sophistication.

What I found instead was a five-story walk up in the East Village, long before it was chic, arriving breathlessly to a cold water flat, long since outlawed. My sleeping arrangements were on the floor in the space where the coffee table had been pushed away. I had only a blanket under me to prevent my bones from getting bruised on the hard floor. My buddy was luckier the first night because he got to sleep on the sofa, which our host proudly announced had been retrieved from the sidewalk. The second night, I got the sofa, but it was actually more uncomfortable

than the floor.

To bathe, there was no shower, but rather a claw-footed bathtub, elevated on a platform across from a galley kitchen. When it was not in use, the tub was covered with a wooden top that served as the kitchen table. There's nothing to compare with my memory of bathing in the tub while our host prepared scrambled eggs 18 inches away from me, and then to eat breakfast on top of the tub where I had just bathed. It wasn't quite pooping where you eat, but not far off. Doris Day, where were you to the rescue?

I vowed that someday I would have my own place in the city and invite all my out-of-town friends to visit me with a stay over they would remember. After I married, my wife and I couldn't afford to have an extra bedroom in our first apartment, at least we were able to offer a comfortable Castro Convertible in the living room. It wasn't until we moved to the country that we were able to realize our dream of having a nice guest room.



By Bill Primavera

I like visiting my retired brother- and sister-in-law in both their large homes, one in Florida and the other in Asheville, there is a separate guest suite. To stay with them is truly like a fabulous vacation. Not all of us can have a separate suite for guests, but we can compensate for it by providing other amenities that speak of comfort, convenience and luxury. For that, I consult with my wife Margaret who's the ultimate homemaker and hostess. Her advice:

- Fluffy new guest towels neatly folded on a corner of the bed or on a chair can make guests forget that they don't have a private bathroom.

- It's nice to have some totally empty drawers in the room, if not an entire chest of drawers. Also there should be at least half a closet for hanging clothes. My wife likes to put attractive hangers in that space.

- A comfortable easy chair with a reading light positioned for reading is always welcomed, along with an interesting selection of magazines and books. Guests are unlikely to read a whole novel while staying over, but they might enjoy the coffee table book variety that can be just scanned through for interest.

- A bedside, lighted clock will be

especially appreciated by guests in that, sometimes, you feel that time is altered when you're not surrounded by the familiar trappings of home.

- And like a hotel, you might add a couple of bottles of water and some packaged snacks, healthy and otherwise.

- Of course, a television set or even a laptop on a desk is a great way to have your guests entertain themselves at least part of the time they're with you.

Consider the advice above, but also keep in mind that too special a guest room may encourage guests to stay longer than you want. Remember Benjamin Franklin's advice that: "Guests, like fish, begin to smell after three days."

While Bill Primavera has enjoyed careers as a journalist and publicist, he is now a Realtor® associated with William Raveis Real Estate, specializing in upper Westchester and Putnam Counties. To engage the services of The Home Guru to market your home for sale, call (914) 522-2076.

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## Legal Notice

### FAMILY COURT OF THE STATE OF NEW YORK COUNTY OF WESTCHESTER

In the Matter of  
**SUMMONS AND INQUEST NOTICE**  
**AUGUST LACHMAN** (DOB: 08/14/2017)

A Child under the Age of Eighteen Years, Docket No.: NN-9807-17  
FU No: 151682

**JESSICA LACHMAN,**  
Respondent.

IN THE NAME OF THE PEOPLE OF THE STATE OF NEW YORK  
TO: JESSICA LACHMAN

A Petition having been filed in this Court alleging that the above-named child in the care of the Westchester County Department of Social Services is a neglected child. A copy of the petition being annexed hereto.

**YOU ARE HEREBY SUMMONED** to appear before this Court at 111 Dr. Martin Luther King, Jr. Blvd., 3rd Floor Annex, White Plains, New York, on the 10th day of January 2018 at 2:00 pm of said day, to answer to the Neglect Petition.

**PLEASE TAKE FURTHER NOTICE**, that you have the right to be represented by a lawyer, and if the Court finds you are unable to pay for a lawyer, you have the right to have a lawyer assigned by the Court.

**PLEASE TAKE FURTHER NOTICE**, that if you fail to appear at the time and place noted above, the Court will hear and determine the petition as provided by law and may, after hearing, find that you neglected you child.

**Dated: White Plains, New York, December 6, 2017**

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# Analyzing the Sensory Experience in Your Glass of Wine



By Nick Antonaccio

Several readers have told me that they are confused by descriptive terms used to characterize wines. This week's column will take you down the path of understanding, and developing, a wine glossary. Now you can dazzle each other with a wine syntax that will help you better appreciate the true nuances of wine tasting.

First, the biology lesson. (You thought ninth-grade science would never be relevant later in life!) One of the reasons that experiencing wines is so complex and yet so simple is that we are able to employ several of our five senses in a singular, focused moment. Of these senses, taste and smell are the critical components.

For taste, think flavor. It is our taste buds that distinguish the overall experience of the wine at hand. The tongue is where the five elements of taste reside: sweet, sour, bitter, salty, umami. As we sip our wine, there are specific areas on the surface of the tongue and the side of the mouth that impact our perception of wine. Sweet receptors reside on the front of the tongue, salty on the front sides, umami in the middle, sour on the rear sides and bitter on the rear. The next time you sip a wine, or taste any food for that matter, take special note of this road map in your

mouth.

Let's translate several of these senses of taste. If your tongue senses sweetness, the term "residual sugar" is usually applied. Sour is often described in terms such as flinty, citrus, lemon grass, musty and is primarily dependant on the level of acidity in a wine. Low acidity may be described as fruity, buttery, soft or flabby (not much structure) whereas high acidity may evoke terms like crisp or pineapple. Bitter has many connotations, from soft to astringent, that relate mainly to acidic elements, including tannin, finish, peppery, spicy, earthy, green and mineral.

On to our sense of smell. Think elements of fragrance, bouquet and aroma. This is where our senses are most refined and complex – and unique to each individual. Whereas there are five elements of our sense of taste, our olfactory receptors number over 10,000.

By far, our experience of wines comes from the sense of smell. This is predominantly why we each have different preferences, likes and dislikes in wine; one person's "chocolatey" may be the next person's "barnyard." Typical nuanced expressions include 1) fruit terms like apple, lemon, grapefruit, melon (white wine) to blackberries, cherries,

strawberries, currants, jammy (red wine); 2) floral terms like violets, roses, honeysuckle; 3) vegetative/herbal terms like licorice, black pepper, woody, grassy; and 4) terms associated with processed products like chocolate, coffee, molasses, vanilla, honey.

Of course, the combination of the senses of taste and smell result in the total wine experience. Here, a few examples of pairing taste (flavor) and smell (fragrance/bouquet). The charred taste and the earthy aroma of steak pair well with an oaky, earthy, tannic Cabernet Sauvignon or Zinfandel. The fresh taste and buttery flavor of a white fish pair well with a crisp, grassy Sauvignon Blanc.

Note: This week's column is a reprise of one from 2007.

The counterpoint to the conventional wisdom in pairing fish is that many fish dishes are served with sauces that are in direct contrast to the underlying sensory elements of the fish. Serving a Sauvignon Blanc with an unadorned white fish may be the perfect pairing, but the same fish embraced by mango and papaya chutney will overwhelm any traditional wine paired with it. Instead try the fruity flavors and tropical bouquet of a lightly oaked Chardonnay or the soft, low-acid, slightly jammy bouquet of a French Pinot

Noir. Memorize two simple rules: first, seek balance between wine and food; and second, match the wine to the sauce, not to the protein.

So there you have it. Now it's up to you to refine your palate. Soon, not only will you appreciate the descriptive terms of wine aficionados, but you will be well on your way to becoming a sophisticated oenophile yourself.

Nick Antonaccio is a 40-year Pleasantville resident. For over 20 years he has conducted wine tastings and lectures. Nick is a member of the Wine Media Guild of wine writers. 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](mailto:nantonaccio@theexaminernews.com) or on Twitter @sharingwine.



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## Tuesday, Jan. 2

**Tuesdays@ Dorry's.** This week join Gaylord Holmes, co-leader of the Westchester Chapter of Citizens' Climate Lobby. He will talk about the group, a non-partisan, non-profit organization, whose mission is the passage of legislation that imposes a fee on fossil fuels at their source and returns the fees to households monthly in equal amounts per person. This will dramatically reduce CO2 emissions while simultaneously stimulating the economy, increasing jobs, and decreasing suffering and health care costs stemming from CO2 emissions. 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, Jan. 3

**Mother Nature's Storytime.** Children, along with a parent or caregiver, enjoy nature-themed stories, nature walks, live animals and/or crafts. Dress for outdoor activity. Except in extreme conditions, a portion of each class is spent outdoors. For children two to four years old. Meets for six consecutive Wednesdays. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 10 to 11 a.m. Members: \$50 for series for child and caregiver. Non-members: \$90 for series for child and caregiver. Pre-registration required. Info and pre-registration: 914-723-3470 or visit [www.greenburghnaturecenter.org](http://www.greenburghnaturecenter.org).

## Friday, Jan. 5

**Hunchback of Notre Dame.** The White Plains Performing Arts Center (WPPAC) will present the first New York professional production of "The Hunchback of Notre Dame" onstage from Dec. 22 to Jan. 14. The White Plains Performing Arts Center is located on the third level of City in

downtown White Plains. For tickets visit the theatre box office Monday-Friday (11 a.m. to 6 p.m.), purchase the tickets online at [wppac.com](http://wppac.com) or call 914-328-1600.

## Saturday, Jan. 6

**Children's Art Workshop.** The Mamaroneck Artists Guild is hosting a new monthly series of children's art workshops. This month, there will be a Chinese New Year art workshop. Recommended for children 5 to 12 years old; younger children are welcome if accompanied by an adult. Mamaroneck Artists Guild, 126 Larchmont Ave., Larchmont. 9:30 a.m. \$15 donation. The first Saturday of each month through July 2018. Info: 914-834-1117 or visit [www.mamaroneckartistsguild.org](http://www.mamaroneckartistsguild.org).

**"Jewish Perspectives on Jesus."** Bennett Muraskin, noted author and Jewish educator, will present this talk that will tell the story that most Jews and Christians know little about. The entire spectrum on Jesus will be revealed. Refreshments served. Sponsored by the Westchester Community for Humanistic Judaism. Community Unitarian Universalist Congregation, 468 Rosedale Ave., White Plains. 2:30 p.m. Non-members: \$10. Info: E-mail [info@wchj.org](mailto:info@wchj.org).

**Havdalah Under the Stars.** The Greenburgh Hebrew Center and PJ Library invite parents and children to this fun evening of interactive singalong with Carla Friend from TYKIA, the Jewish community music initiative, pizza, refreshments and a joyful celebration of Havdalah under the stars. Bring a dreamlight star projector, if you have one. Ideal for children up to eight years old, but all are welcome. Greenburgh Hebrew Center, 515 Broadway, Dobbs Ferry. 5 to 6:30 p.m. Free. RSVP required. Info: 914-693-4260 or visit [www.g-h-c.org](http://www.g-h-c.org). RSVP: Contact Stacey at [pjlibrary@g-h-c.org](mailto:pjlibrary@g-h-c.org).

## Sunday, Jan. 7

**Project FeederWatch.** Did you know that the Northern Cardinal's favorite snack is sunflower seeds? Or that the Eastern Goldfinch travels to Mexico in the winter months? Discover more about our feathered friends. Program

includes a short walk through the woods and at-home tips on backyard birding and data collection. For everyone five years old and up. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 1 to 2 p.m. Free. Every Sunday through March. Info: 914-723-3470 or visit [www.greenburghnaturecenter.org](http://www.greenburghnaturecenter.org).

**Interfaith Community Concert.** In Honor of Dr. Martin Luther King Jr.; 4 p.m. Will feature the "Adnan," Muslim Call to Prayer, Calvary Baptist Church Youth Choir and Inspirational Choir, Congregation Kol Ami Choir, The Loft LGBT Community Center's Pride Chorus, Memorial United Methodist Church Choir, Mt. Hope A.M.E. Zion Church Inspirational Choir, Shinnyo-en Buddhist Temple Ceremonial Taiko Drums and Choir, Sufi Music by Amir Vahab, Upper Westchester Muslim Society. Refreshments following concert; no admission charge, there will be a free-will offering. Transportation Available. For information contact MLK Institute at 914-949-6555 or [connect@mlkwestchester.org](mailto:connect@mlkwestchester.org). Congregation Kol Ami is located at 252 Soundview Avenue, White Plains.

**Holocaust Survivor.** The Holocaust & Human Rights Education Center and the Boys & Girls Club of Northern Westchester present Peter Somogyi, a Mengele twin who survived Auschwitz and came to America. Peter Somogyi with his twin brother were for selected medical experiments by Nazi physician Josef Mengele at the Auschwitz-Birkenau death camp. Don't miss this rare opportunity to hear this story of survival; 7 p.m., Boys & Girls Club of Northern Westchester, 351 Main Street, Mount Kisco, NY 10549. For more information and RSVP [smchea@bgcnw.com](mailto:smchea@bgcnw.com); <https://hhrecny.z2systems.com/np/clients/hhrecny/event.jsp?event=74>.

## Wednesday, Jan. 10

**Noonday Getaway Concert.** Downtown Music at Grace welcomes Jun Hwi Cho, pianist, who became the First Prize Winner of The Seventh New York International Piano Competition in June 2014. He was awarded a recital at The

Phillips Collection in Washington, D.C. Robert Battey reviewed Mr. Cho's recital in The Washington Post: "In Liszt's Dante Sonata, the pianist, whose technique is already well formed, showed a mature sense of drama and timing, projecting clarity in the thunderstorms and ranging freely through the music. This was a secure, fully professional performance – admirable from any musician, let alone from a teenager." Presented in partnership with the Stecher and Horowitz Foundation. The performance will be held at 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 Deutsch Family & Licor 43, the #1 premium liqueur from Spain.

**Westchester on the Frontlines:** Pipeline to Disaster. A new 42-inch diameter, high-pressure gas transmission pipeline was recently constructed and is now operational within 105 feet of critical emergency structures vital to Indian Point nuclear power plant. With the anticipated closure of Indian Point in 2021 and 45 years of radioactive nuclear waste stored indefinitely on site, what are the risks and vulnerabilities to local communities and more than 20 million people living in the impact radius of these multiple hazards? Ask experts Paul Blanch and Ellen Weininger. In partnership with the Sierra Club Lower Hudson Group. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 7 to 9 p.m. Free. Info: 914-723-3470 or visit [www.greenburghnaturecenter.org](http://www.greenburghnaturecenter.org).

## Thursday, Jan. 11

**Revolution Song:** A Story of American Freedom. The Friends of John Jay Homestead Scholars Lecture Series resumes with a presentation by Russell Shorto. He will tell the story of the American Revolution through six very different lives: British, African, Seneca, colonial, men and women, both prominent and obscure. A master in the field of "narrative history," Shorto is the author of six award-winning books,

*continued on next page*

# Royal Hanneford Circus Tickets on Sale for County Center Shows

The 2018 Royal Hanneford extravaganza will feature circus favorites old and new, for two hours of family entertainment this February.

This traditional three-ring circus has been entertaining area families for more than 40 years during President's Day weekend. Tickets are on sale now for the 43rd annual visit of this

historic circus.

Tickets are on sale at the Westchester County Center box office, Ticketmaster and Ticketmaster.com. Show dates are Feb 17, 18 and 19. Performances are scheduled for 10 a.m., 2 p.m. and 6 p.m. each day. Ticket prices remain at \$35 for premium seats, \$27 for regular reserved seats and \$22 each for groups



of at least 20. (Group rates are available for the 10 a.m. and 6 p.m. shows only.) For tickets and more information, call 914-995-4050, visit [www.countycenter.biz](http://www.countycenter.biz) or visit the County Center box office, located at 198 Central Ave. in White Plains. The box office is open Tuesday through Friday from 10 a.m. to 5 p.m.



# County Health Department Tips to Safely Weather the Cold

With below-freezing temperatures in the region, the Westchester County Department of Health reminds residents to take precautions against hypothermia and frostbite and to take care when heating homes using alternate heating sources.

Seniors and infants under one year of age should never sleep in a cold room and should be dressed in warm clothing to prevent the loss of body heat. If a safe temperature cannot be maintained inside your home, make temporary arrangements to stay elsewhere.

The drop-in shelters run by the Department of Social Services are open around the clock this week. For emergency shelter, call 914-995-3333 on weekdays. After 4 p.m. and on weekends, call 914-995-2099. Libraries, municipal buildings and malls are also good places to warm up.

"Low temperatures can be life-threatening, especially for seniors, infants and people who are at increased risk for hypothermia," said Health Commissioner Sherlita Amler. "To avoid frostbite and

hypothermia, wear a coat, hat, gloves and lots of layers and limit your time outside."

Warning signs of hypothermia in adults include shivering, confusion, memory loss, drowsiness, exhaustion and slurred speech. Infants with hypothermia may appear sluggish, with very low energy and bright red, cold skin.

Frostbite is especially dangerous because it often occurs with little warning. At the first sign of redness or pain, get out of the cold or protect the exposed area. Fingertips, toes, the ears or nose can become numb so quickly that the person is unaware of being frostbitten and may remain outside, increasing the chance of permanent damage. People with poor blood circulation, including seniors and those with diabetes are especially vulnerable to frostbite.

## Tips to prevent frostbite and hypothermia

- Dress in several layers of windproof clothes to trap body heat.

- Wear gloves, scarves and a hat that

covers the ears.

- Go indoors when you begin to feel cold.

If you think someone is suffering from hypothermia or frostbite, call a medical provider immediately.

Never use a generator inside your house or in partly enclosed areas, such as garages, basements, porches, crawlspaces, sheds, carports or breezeways, even if your windows are open. Generators should only be operated outside, away from open windows. Carbon monoxide in the generator's fumes can build up and cause fatal carbon monoxide poisoning. Barbeque grills and camp stoves produce carbon monoxide and should only be used outdoors.

The Health Department also reminds residents to take the following precautions when using alternate heating sources at home:

- Be sure that fireplaces, wood stoves or other combustion heaters are properly vented to the outside and do not leak flue

gas indoors.

- Always follow the manufacturer's instructions when using space heaters and wood burning stoves.

- Ensure adequate ventilation if you must use a kerosene heater.

- Use only the type of fuel your heater is designed to use - don't substitute.

- Do not place a space heater within three feet of anything that may catch on fire, such as drapes, furniture, or bedding, and never cover your space heater.

- Never place a space heater on top of furniture or near water.

- Never leave children or pets unattended near a space heater, fireplace or wood burning stove.

**For more information on cold weather safety, contact the Westchester County Department of Health at 914-813-5000 or visit [www.westchestergov.com/health](http://www.westchestergov.com/health). You can also follow the department on Twitter @wchealthdept or like on Facebook at [Facebook.com/wchealthdept](https://www.facebook.com/wchealthdept).**

## Hip-Hop Ambassador to State Dept. to Lead Workshop in White Plains

One of America's greatest strengths is its culture, which is why the state department runs a cultural diplomacy program that engages in efforts around the world to build bridges through culture. The nation's first hip hop ambassador, Toni Blackman, will visit Westchester County on Jan. 18 to lead

a free hip hop workshop at ArtsWestchester in downtown White Plains.

Against the backdrop of ArtsWestchester's current exhibit "Give Us the Vote," the workshop will focus on freestyle (improvised) rap and participants will learn techniques for creating their own

freestyle verse in a cypher, a group setting where everyone performs collectively in a circle. Blackman, who resides in Brooklyn, is an award-winning artist who has performed alongside Erykah Badu, the Wu-Tang Clan, Sheryl Crow and many others. She has served in Senegal,

Ghana, Botswana, and Swaziland where her residencies include performance, workshops, and lectures on hip hop music and culture.

Admission is free, but capacity is limited so RSVP early to Aaron Paige [apaige@artswestchester.org](mailto:apaige@artswestchester.org); 914-428-4220 ext. 329.

## Happenings

*continued from previous page*

including "The Island at the Center of the World," and a contributing writer at The New York Times Magazine. A book signing will follow the lecture. John Jay Homestead State Historic Site ballroom, 400 Jay St. (Route 22), Katonah. Registration and light refreshments at 6:30 p.m. Program at 7 p.m. \$25. Members: \$20. Reservations recommended. Info and reservations: 914-232-8119, e-mail [friends@johnjayhomestead.org](mailto:friends@johnjayhomestead.org) or visit [www.johnjayhomestead.org](http://www.johnjayhomestead.org).

### Friday, Jan. 12

**Rock the Winter Blues Film Series:** "Let's Play Two." This concert film chronicles Pearl Jam's legendary performances at Wrigley Field during the Chicago Cubs historic 2016 season. With Chicago being a hometown to Eddie Vedder, Pearl Jam has forged a relationship with the city, the Cubs and Wrigley Field that is unparalleled in the world of sports and music. The film shuffles through Pearl Jam's ever-growing catalog of originals and covers spanning the band's 25-year career. Through the eyes of renowned director/photographer Danny Clinch and the voice of Pearl Jam, the film showcases

the journey of this special relationship. Accompanied by musical acts appropriate to the themes of the films. The first part of a two-night film series featuring music-themed documentaries that concludes on Feb. 2. Irvington Town Hall Theater, 85 Main St., Irvington. 7:30 p.m. \$10. Info and tickets: Visit [www.irvingtontheater.com](http://www.irvingtontheater.com).

### Saturday, Jan. 13

**Yoga Teachers Association of the Hudson Valley:** "A Breath-Centered Approach to the Art of Joy and Inspiration." Pain is our body's best means of getting attention. Once it has our attention, how we respond affects the outcome of our story. In this workshop, veteran yoga instructor Patty Holmes will share how participants can connect to life force to appreciate anything that comes their way and choose joy as a response. Participants will play with the elements of sukha and sthira (steadiness and ease) during pranayama, asana and meditation to create space and let prana flow more freely, allowing gratitude in. Participants should bring a yoga mat. Yoga Studio at Club Fit, 584 N. State Rd., Briarcliff Manor. 1:30 to 4:30 p.m. YTA members: In advance--\$45. At the door--\$65. Non-members: In advance--\$55. At the door--\$75. Pre-registration: Visit [www.ytayoga.com](http://www.ytayoga.com).

com. Info: Contact Audrey Brooks at 914-582-7816 or e-mail [ytapresident@gmail.com](mailto:ytapresident@gmail.com).

### Sunday, Jan. 14

**"Destination Unknown."** A screening of this new documentary blending unique and intimate testimony with immersive archive. This film unveils the human stories underlying the events of the Holocaust. These include one of the few escapees from the terror of Treblinka, and an exclusive interview with Mietek Pemper, who helped Oskar Schindler compile his list. The documentary traces the narrow paths to survival, whether in hiding, fighting as partisans or through enduring the camps. Followed by a panel discussion with Holocaust survivor Dr. Jack Terry and Bonnie Glogover, an activist and daughter of Holocaust survivor Stanley Glogover. The Picture House, 175 Wolfs Lane, Pelham. 6:30 p.m. \$15. Seniors, students and members: \$12. Info and tickets: 914-738-3161 or visit [www.thepicturehouse.org](http://www.thepicturehouse.org).

### Monday, Jan. 15

**Feeding Fun.** Join the center's naturalists for a hands-on program and learn about the care that goes into feeding indoor animals as well as the birds of prey and barnyard. Greenburgh Nature

Center, 99 Dromore Rd., Scarsdale. 1 to 2 p.m. Members: Free. Non-members: \$8. Info: 914-723-3470 or visit [www.greenburghnaturecenter.org](http://www.greenburghnaturecenter.org).

**"A Raisin in the Sun."** In honor of Martin Luther King Day, view a screening of this timeless classic featuring star-making performances from Sidney Poitier, Ruby Dee and Louis Gossett Jr. The story of one black family's desperate pursuit of the American dream. Part of the REMIX: The Black Experience in Film, Media and Art series. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 5:30 p.m. Members: \$8. Non-members: \$13. Info and tickets: Visit [www.burnsfilmcenter.org](http://www.burnsfilmcenter.org).





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## HELP WANTED

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## LEGAL NOTICES

**NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY (LLC).** **NAME: Flaggers Unlimited Plus, LLC** Articles of Organization were filed with the Secretary of State of New York (SSNY) on 10/10/2017. Office location: Westchester County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to: **The LLC, 66 Leonardo Dr. North Haven, CT, principal business location of the LLC.** **Purpose: any lawful business activity.**

**NOTICE OF FORMATION OF M. ELIA WELLNESS, LLC.** Arts. of Org. filed with Secy. of State of NY (SSNY) on 8/01/17. Office Location: Westchester County. SSNY designated as agent upon whom process against it may be served. SSNY shall mail process to **M. Elia Wellness, LLC, P.O. Box 609, 1350 East Main Street, Shrub Oak, NY 10588** **Purpose: For any legal purpose.**

**NOTICE OF FORMATION OF M. ELIA WELLNESS, NP IN ADULT HEALTH, PLLC.** Arts. of Org. filed with Secy. of State of NY (SSNY) on 7/27/17. Office Location: Westchester County. SSNY designated as agent upon whom process against it may be served. SSNY shall mail process to **M. Elia Wellness, NP in Adult Health, PLLC, P.O. Box 609, 1350 East Main Street, Shrub Oak, NY 10588** **Purpose: Practice the profession of Nurse Practitioner in Adult Health.**

**NOTICE OF FORMATION OF BLOOM HAIR SALON LP.** Arts of Org filed with Secy of State of NY (SSNY) on 11/29/2017. Office loc. Westchester. SSNY designated as agent upon whom process may be served and shall mail process to the prin-

cipal business address: **Maria Katsoros, 305 Florence Street, Mamaroneck, NY 10543.** **Purpose: Any lawful purpose.**

**Notice of formation of SIXTH BOROUGHS CLOTHING LLC.** Arts. of Org. filed with SSNY on 10/10/2017. Office location: Westchester County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail process to **LEGALINC CORPORATE SERVICES INC. 1967 WEHRLE DRIVE, SUITE 1 #086, BUFFALO, NEW YORK 14221.** **Purpose: any lawful act or activity.**

**NOTICE OF FORMATION OF WI-ESEN, LLC.** Arts. Of Org. files with SSNY on 10/6/2017. Office location: Westchester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to **LegalZoom, 7014 13th Ave, Suite 202, Brooklyn, NY 11228.** **Purpose: Any lawful act or activity.**

**NOTICE OF FORMATION OF CZOU & CO., LLC.** Arts of Org. filed with the Secretary of State of New York (SSNY) on 12/18/2017. Office location: Westchester. SSNY designated as agent of LLC upon whom process against it may be served and shall mail copy to 9 Highview Dr, Scarsdale, NY 10583. **Purpose: any lawful activity.**

**NOTICE OF FORMATION OF ADVANCED PROFITS, LLC.** Arts of Org filed with Secy of state of NY on 5/11/17. Office loc: Westchester County. SSNY designated as agent upon whom process against it may be served and shall mail process to **PO BOX 112, Dobbs Ferry, NY 10522.** **Purpose: Any lawful purpose.**

**NOTICE OF FORMATION OF @CESARCAPJR, LLC.** Arts. of Org. filed with Secy. of State of NY (SSNY) on 12/15/17. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: **United States Corporation Agents, Inc., 7014 13th Ave, Suite 202, Brooklyn, NY 11228.** **Purpose any lawful activity.**

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# EXAMINER SPORTS

## Tigers Tamed in 19th Annual Slam Dunk Tournament at County Center

By Albert Coqueran

The White Plains High School Basketball Team came into the 19th Annual Slam Dunk Tournament with a winning record this season at 4-3. Nonetheless, the home court flavor of the Westchester County Center did not prove beneficial to the Tigers, as they lost their Opening Round and Consolation Game by over 20 points each game.

The Tigers started the season with one of their big men; 6'-4" forward Spencer Lodes, already sidelined for the season while recovering from shoulder surgery. Then 6'-6" center Patrick Wynne also succumbed to what could possibly be a season ending injury, which left only senior forward Anthony Russo at 6'-3" and the young 6'-3" freshman Amare Miller to secure the inside game.

Without Wynne in the line-up the Tigers were certainly no match for last year's Suffolk County AA Champs Half Hollow East High School. The Thunderbirds led by as much as 22 points at halftime and 34 points by the end of the third quarter and walked away with an 84-56 win over White Plains, on Thursday, Dec. 28.

Thunderbirds senior forward Kendall Nero-Clark had his way under the basket with a double-double of 10 points and 10 rebounds. The Thunderbirds had four players who scored in double-figures with senior guard Savion Lewis leading the way with 28 points, five assists and six steals. The only player scoring in double figures for the Tigers was sophomore guard Eisaiah Murphy who netted 15 points.

Half Hollow East advanced to the Slam Dunk Boys' Bracket Two Championship and would play Saunders High School, who squeaked past CHSAA AA opponent Mount St. Michael Academy, 58-57, on a last second foul call.

The Tigers were definitely more competitive in the Consolation Game against Mount St. Michael, on Friday, Dec. 29. However, the Mountaineers from the Bronx still beat the Tigers handily by 22 points, 71-49, to capture third place in the 2017 Slam Dunk Tournament Boys Bracket Two.

The Tigers played with a vengeance in the first quarter while trying to capture the winning spirit again in their hometown. White Plains even lead at the end of the first quarter 22-21. Nonetheless, they were outscored by the Mountaineers, 19-6, in the second quarter, mostly due to turnovers caused by unforced errors. "Mount picked up their aggressiveness in the second quarter and we became a little tentative with the basketball and turned it over," commented Tigers Head Coach Spencer Mayfield.

However, in contrast to their Opening Round Game, the Tigers had three players scoring in double-figures with freshman



ALBERT COQUERAN PHOTOS

The White Plains High School Boys Basketball Team line-up for the singing of the National Anthem, at the 19th Annual Slam Dunk Tournament, at the Westchester County Center, on December 29. However, the Tigers lost both games and did not place in the local tournament this year.

forward Miller notching a double-double with 10 points and 11 rebounds and senior Miles Hardy with 10 points and seven rebounds.

Murphy led the Tigers with a team-high 14 points. But the Mountaineers made some defensive adjustments on Murphy, after he scored 12 points in the first half and held the Tigers sophomore guard to only two points in the second half. "I felt like I really could not get into a rhythm in the second half. We just had too many silly turnovers which really hurt us," said Murphy.

For the Mountaineers, guard Mike Green scored a game-high 18 points and added six assists. Senior guard Mike Krause had 17 points and nine rebounds, Truth Harris netted 15 points and 6-5" sophomore center Ibrahim Wattara had 11 points.

Half Hollow East High School won the Boys' Bracket Two 19th Annual Slam Dunk Championship by trouncing Saunders High School, 73-48. Lewis captured MVP honors for Boys' Bracket Two. Pine Bush High School beat Somers High School, 65-44, to capture the Bracket One Slam Dunk Championship, on Wednesday, Dec. 27. The Bushmen twins Bryan Powell and Brandon Powell were named Co-MVPs.

### Sean Kilpatrick to be Honored

White Plains High School graduate Season Kilpatrick ('08) will have his basketball jersey retired in a pregame ceremony before the start of the Tigers versus Arlington High School game, on Thursday, Jan. 4.

Kilpatrick, the second All-Time

Leading Scorer for varsity basketball behind the late Markus Austin, progressed through the NBA Gatorade League to sign a contract with the Brooklyn Nets of the NBA.

Kilpatrick was waived by the Nets on Dec. 7, to make room on Brooklyn's roster for Jahill Okafor and Nik Stauskas, who were acquired in a trade with the Philadelphia 76ers for Trevor Booker.

Kilpatrick signed a NBA Two-Way Contract with the Milwaukee Bucks, on Dec. 17, which allows him to play approximately 30 days of prorated service to the NBA Bucks, while spending the remainder of his time with the Bucks G-League affiliate the Wisconsin Herd.

Kilpatrick is one of the most prolific

players in the history of White Plains High School basketball and he certainly is the most successful, while achieving and succeeding on the NBA stage. "Sean Kilpatrick represents the finish product," Mayfield said with a smile. "Maybe someday the Tigers players of today will be the finished product as well."

Festivities to honor Kilpatrick will begin at 4 p.m. on Thursday, Jan. 4, before the start of the Tigers versus Arlington game. Kilpatrick was scheduled to attend the ceremony but due to the change in venue of his NBA team, he will be with the Bucks in Toronto on Jan. 4 and will not be able to attend. Nonetheless, expect the Kilpatrick Family to be out in force to celebrate!



Tigers Head Coach Spencer Mayfield tries to rally his team in the second quarter on Friday against Mount St. Michael in the Consolation Game of the 19th Annual Slam Dunk Tournament. But Mount won the game, 71-49, to place third in the Boys' Bracket Two of the Slam Dunk.





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