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January 30 -February 5, 2018

SMALL NEWS IS BIG NEWS

Volume 8, Issue 337

Hip Hop Freestyle Poetry Workshop Rocks the Vote



The nation's first Hip Hop ambassador, Toni Blackman, led a freestyle poetry workshop at ArtsWestchester in downtown White Plains on Jan. 18. The workshop was done in collaboration with Rock the Vote! a non-profit organization driving young people to the polls. Fusing pop culture, politics and technology, Rock the Vote! works to mobilize the millennial voting bloc and the youth vote, protect voting rights, and advocate for an electoral process and voting system that works for the 21st century electorate. The workshop led by Blackman took place against the backdrop of ArtsWestchester's current exhibit "Give Us the Vote," with a focus on freestyle (improvised) rap. Participants learned techniques for creating their own freestyle verse in a cypher, a group setting where everyone performs collectively in a circle. Blackman is a rapper, actress and writer. In addition to serving as the nation's first hip-hop ambassador, she has performed alongside Erykah Badu, the Wu-Tang Clan, Sheryl Crow and many others. She has served in Senegal, Ghana, Botswana, and Swaziland.

White Plains to Partner with Burbio Calendar Tool

In an effort to make it easier for residents to keep track of events taking place in White Plains, the city is partnering with Pelham-based Burbio, a free online platform that aggregates community events into a central calendar tool.

The company was started in 2014 by a Westchester couple, Julie and Dennis Roche, trying to manage parental, business and extracurricular family activities. The concept and the site have taken off.

The free-to-use site synchronizes local calendars (like town recycling and school schedules) to personal calendars from Google, iOS, or Outlook.

In announcing the partnership, Mayor Tom Roach said, "We all lead busy lives. Between the school calendar, the kids' extra-curricular activities, family obligations, and work meetings, it's challenging to just keep track of it all – and that's without even adding in city events, business events, and

the many interesting programs and activities sponsored by our community-based organizations. Simply identify the calendars you want to follow and Burbio will do the work for you, providing concise information about upcoming events in our community."

Using Burbio, residents can personalize the events they see by subscribing to calendars published by local businesses, community groups, not-for-profits, and the City of White Plains. The city plans to use Burbio to publicize dates for Common Council meetings, city-sponsored events, and meetings of city boards and commissions.

Not-for-profits and businesses in White Plains can also use Burbio to promote their events. Burbio lists not-for-profit events for free.

White Plains joins over 125 communities, including Yonkers, New Rochelle, Stamford, CT, and Norwalk, CT, which have already adopted the Burbio platform.

Westchester and Rockland County Executives Meet to Establish Shared Goals

By Pat Casey

Westchester County Executive George Latimer met with Rockland County Executive Ed Day last week in New City to find common ground and establish a working relationship going forward.

During a press conference after a two-hour meeting, Latimer and Day said they had met to discuss shared challenges.

"This is about governing and governing well," said Latimer. "This is about finding common ground and figuring out how we can do something that benefits both of our counties. Most people aren't concerned with governmental



Rockland County Executive Ed Day (left) and Westchester County Executive George Latimer met at the Rockland County office building in New City to discuss issues of common ground.

jurisdictions, they just want a better life and we want to both try to provide that together."

Both county executives agreed that commonalities can be found among all the counties in the lower Hudson Valley.

"We have one purpose here, the purpose we have here is to serve the people of our communities," said Day, who had previously worked with former Westchester County Executive Rob Astorino. "The other purpose we have is to work together as best we can to ensure that we are a contributing part of

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Westchester and Rockland County Executives Meet to Establish Shared Goals

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the lower Hudson Valley and that we do our utmost to work well for our home counties and find commonality."

Topics addressed in the meeting included bridge tolls, the express bus routes, shared services, state mandates and raise the age legislation.

Latimer acknowledged that one of the first issues to tackle jointly is raise the age legislation that Gov. Andrew Cuomo signed as part of the New York State FY 2018 budget. The new law raises the age of criminal responsibility in New York to 18-years-old. This will require residences that are not jails for young people aged 16 and 17, who previously were treated as adults in the state. By working together across counties, money can be saved by finding places for these youth, Latimer explained.

Bus service and other commutes across

the Hudson River were also discussed.

When asked what message the county executives might have for Washington, DC, Day said, "They should stop acting like children." For Albany, "stop giving us mandates," he said.

"Washington is dealing the cards and we have to find ways to handle what we're dealt cooperatively," Latimer said.

In terms of competition between counties when it comes to situations like attracting Amazon.com to locate its second headquarters in the region, both Latimer and Day agreed that the best approach is with regional thinking. When a large corporation comes to the area, all counties benefit, they agreed.

Latimer and Day will be traveling to Albany together for the NYSAC (New York State Association of Counties) Conference on Tuesday, Jan. 30.

Hospice of Westchester Shows Appreciation for First Responders



Hospice of Westchester (HOW) recently hosted a recognition ceremony for several community partners who aided the nonprofit organization in an active emergency management drill, evacuating the sisters of the Convent of St. John the Baptist in Purchase in November 2017. The celebration, which took place at HOW's offices in White Plains, acknowledged the Harrison Police Department, West Harrison Fire Department, Harrison Emergency Medical Services and Empress Ambulance, all of which assisted HOW in the drill. The drill was in response to new Medicare and regulatory requirements regarding emergency management, and the implementation of significant standards, which require the conduct of two drills. Pictured L-R: Ron Belmont, Mayor/Supervisor of Harrison; Jim O'Connor, Vice President of Empress Ambulance; Mary K. Spengler, MS, CEO of Hospice of Westchester; Lt. John Vasta, Harrison Police Department; Michelle Carlucci, Supervisor, Harrison Emergency Medical Services; Captain A.J. Briones, NRP, Commanding Officer, Special Operations, Empress Ambulance.

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One Local Company's Take on a 30% Tariff on Solar Panels and Cells

By Pat Casey

When President Donald Trump announced Jan. 22 that a 30 percent tariff was to be imposed on solar panels coming into the U.S. from outside suppliers, American companies in the renewable energy sector immediately recognized they had to react quickly and steadfastly to counter the negative fallout that would affect their businesses.

Sunrise Solar Solutions, which services most of the Hudson Valley, immediately responded.

In a media statement, Sunrise Solar, president and CEO, Doug Hertz said, "Although we are disappointed in the President's decision to impose a 30 percent tariff on solar panels, our commitment to our pricing, our customers and the solar industry is relentless and stronger than ever before. We are passionate about our work and our industry -- and we are certain that the solar industry boom will continue on its rise without any pause."

Industry pundits immediately said the move would handicap a \$28 billion industry that relies on parts made abroad for 80% of its supply.

According to Bloomberg, just the threat of tariffs shook solar developers in recent months, with some hoarding panels and others stalling projects in anticipation of higher costs. The Solar Energy Industries Association projected 23,000 job losses this year because of the new tariff in a

sector that employed 260,000.

Rand Manasse, Chief Operating Officer, Sunrise Solar Solutions, told The White Plains Examiner in an interview that the company knew the tariff was coming for a while and the news was not a big surprise.

"There are two markets concerned -- residential and commercial," Manasse explained. For Sunrise there will be little to no affect on pricing in the local residential market for solar installations and current projects will continue as planned.

Much of the company's product is manufactured in Mexico and if necessary that manufacturing capability will be brought to the United States, Manasse said.

Where the tariff hurts is in the low-end market, where additional costs will put American companies in jeopardy and that end of the market could cave, according to Manasse.

A similar situation could affect the corporate installation market, where the projects are larger and more product is needed.

The product, solar panels and the storage cells/batteries, make up only a third of the cost of a solar installation. The rest of the cost is labor, U.S. labor, Manasse emphasized. "I'm worried about those jobs."

While there are some U.S. companies that might benefit from the tariff, such as Arizona-based panel maker First Solar Inc., it would take two years for a company

to grow to make these. "What happens to the rest of the industry when waiting for this to happen?" Manasse asked.

While solar has been growing in the world market for years, American companies have not been competitive in the manufacture of panels and cells. According to Manasse, what instigated the tariff was one American manufacturer going bankrupt, followed by another that filed a lawsuit with the International Trade Commission claiming unfair competition on lower priced product coming in from China.

"My concern is that people will react to the higher costs by deciding not to install solar, and that could set the industry back,"

Manasse said.

In Cuomo's State of the State, he mentioned New York having 50% renewable energy by the year 2030. It will now be more costly to get there, Manasse said. There are still incentives out there to move to renewable, but this tariff seems like a policy to not support renewable energy or that the renewable energy industry is not important. This tariff is not going to help the American solar industry, so what industry will it help? The coal industry?

Despite the setback, Manasse is still positive. I'm passionate about renewable energy and keeping a low carbon footprint, he said.

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EPA Expands Scope of River Cleanup Analysis to Lower Hudson

Region 2 of the U.S. Environmental Protection Agency (EPA) has announced it will evaluate, in close coordination with the State of New York, approximately 1,800 sediment samples taken in 2017 by the New York State Department of Environmental Conservation (NYSDEC) from the Upper Hudson River. EPA also will continue efforts to complete the study of the Upper Hudson River and conduct supplemental studies of the Lower Hudson River.

“While EPA, its partners, and the public continue to give serious attention to post-dredging recovery of the Upper Hudson, it’s imperative that we also expand the

scope of the Agency’s efforts to ensure the Hudson River is fully remediated,” said EPA Regional Administrator Pete Lopez.

On Jan. 11, EPA Regional Administrator Lopez reached out to NYSDEC Commissioner Basil Seggos asking for the final data from NYSDEC’s sampling effort and offering federal resources to help analyze that data, which NYSDEC has now provided to EPA. The EPA has begun its analysis, will have its scientists closely analyze data from NYSDEC’s 2017 sediment samples, and expects to collaborate with the state in order to make joint findings and conclusions about the

data.

EPA is also advancing a study of the floodplain in the Upper Hudson River where work on the floodplain first began in October 2014 when General Electric (GE) agreed to conduct a Remedial Investigation/Feasibility Study of PCB contamination. Under this agreement, this study is investigating the PCB contamination in the 43-mile stretch of the Hudson River floodplain from Hudson Falls to Troy, New York. This study includes an evaluation of human and ecological risks, as well as potential long-term clean up solutions.

To date, this study has collected approximately 8,000 soil samples on more than 500 properties in the floodplain. Soil and stone covers have also been installed to prevent exposure to PCBs and/or installed warning signs on several properties. These measures are temporary, pending completion of the comprehensive study and the selection of a final cleanup plan for the floodplain. EPA will decide on the final cleanup plan with input from the public.

In addition to these efforts, EPA Region 2 is positioning itself to further engage in assessing the Lower Hudson River stretching from Albany to New York City. The initial assessment, from the 1990’s, indicated that PCBs from the GE plant sites had migrated downstream and into the Lower Hudson River. Since then, EPA and NYSDEC have continued collection and evaluation of water and fish data throughout the Lower Hudson River. These data are shared between the agencies and evaluated collaboratively. Given that fish recoveries in a portion of the Lower Hudson River may be slower than expected, EPA will begin conducting supplemental studies to include collection of additional sediment samples and other information necessary to better understand PCB contamination in the Lower Hudson River (including additional sources of PCBs).

Volunteer Drivers Needed for RideConnect

Can you spare a little time to make a difference in the life of an older adult? RideConnect, a program of Family Services of Westchester, is an information, referral and volunteer transportation program for older adults, age 60 and over, who can no longer drive. We are seeking volunteer drivers who are willing to provide occasional rides to our older adult neighbors. These rides enable our clients to remain active in their communities and to continue to lead fulfilling lives. Rides are typically to medical and dental appointments, grocery shopping and other errands.

Please consider giving the gift of mobility and independence. For more information, visit www.rideconnectwestchester.org or call Marietta C. Manoni at 914-242-7433 or e-mail mmanoni@fsw.org.

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Man Sentenced to 18 Years to Life for Role in Burglary Ring

Westchester County District Attorney Anthony Scarpino announced Thursday that a New York City man who had burglarized nearly a dozen homes



Angelo Carzoglio

throughout the county, including two in New Castle, was sentenced to 18 years to life.

Carzoglio, 52, was sentenced by County Court Judge Larry Schwartz for his role in a ring that stole jewelry and money during a four-month burglary spree in 2014.

Carzoglio was convicted by Schwartz on 11 counts of second-degree burglary and four other counts, including two additional felonies, on Nov. 13 after a month-long non-jury trial.

The evidence presented at trial showed that Carzoglio was part of a ring responsible for 11 home burglaries throughout Westchester County from June 19, 2014, until he was arrested by Harrison police on Oct. 21, 2014. Burglaries that he participated in were on June 19 in Tarrytown; June 24 and Aug. 7 in New Castle; July 1 and 23 in Bedford; July 21 and Sept. 25 in Irvington; Aug. 14 in Rye Brook; Aug. 20 in Harrison and the Town of Mamaroneck; and a Sept. 22 burglary in Harrison.

Authorities said Carzoglio relied on various tools and devices to commit the crimes, including a Garmin Nuvi 65 GPS device, which allowed him to easily navigate through unfamiliar suburban neighborhoods while assessing homes to burglarize. The GPS also helped him quickly flee the scenes and onto the nearest highway after committing each burglary.

While the GPS device was helping Carzoglio, it tracked and recorded his movements leaving a trail of digital footprints. It also proved he was at each of the burglaries.

On Oct. 21, 2014, Carzoglio was arrested when he drove his Mercedes Benz into the Town of Harrison after committing another burglary in Fairfield, Conn. Inside the trunk of his car, police discovered a safe and pillowcase containing jewelry worth thousands

of dollars that he and one of his co-conspirators had stolen from the master bedroom of the Connecticut home. Also recovered were various tools, including a pry bar and bolt cutters, and Carzoglio's handheld police radio scanners.

A search of his lower Manhattan apartment turned up a gold cigarette lighter, one of many items stolen in the Aug. 14, 2014, Rye Brook burglary. Although most of the other stolen property was never found, a small number of identified items were located and recovered from the homes and offices of Carzoglio's partners and co-conspirators, including the jeweler who bought and sold stolen jewelry out of an office in the midtown Manhattan Diamond District.

Scarpino said outstanding police work from all of the local police departments where the burglaries occurred, in cooperation with the district attorney's office and the Westchester County Intelligence Center, resulted in bringing Carzoglio and his accomplices to justice.

Driver in Taconic Parkway Crash that Killed Four Sentenced to Shock Probation

A Bronx man has been sentenced to four months shock incarceration probation for the 2015 Taconic State Parkway crash that killed four people, including his two-year-old daughter.

(DOB 2/13/82), who pled guilty in August of 2017 to four counts of Criminally Negligent Homicide, one count of Reckless Driving, and one count of Violation of Section 1180 of the Vehicle and Traffic Law (driving a vehicle at a speed greater than is reasonable and prudent under the conditions), was sentenced last week by Judge Barry Warhit. Under the terms of his sentence, Sinanovic will serve a four-month jail term followed by nearly five years of probation.

"(This) sentencing ends a very sad chapter for two families brought together by tragedy," said Westchester County District Attorney Anthony Scarpino. "It addresses the complexities of the evidence presented in this case, and honored the wishes of a family who chose forgiveness and compassion for a defendant who admitted his guilt."



Nerim Sinanovic

On Aug. 15, 2015 at approximately 2:50 p.m., Sinanovic was driving his BMW SUV northbound on the Taconic State Parkway in Yorktown. His wife was in the front passenger seat and their two young daughters were in the rear seats.

Sinanovic told New York State Police that while driving northbound on the Taconic State Parkway, he took his hands off the steering wheel, turned towards the back seat and steered with his knees. This caused the vehicle to veer to the right. His wife then grabbed the wheel and the vehicle veered left and continued up and over the dividing center median between the north and southbound lanes.

The vehicle became airborne and crashed into a Toyota Camry, which was traveling in the southbound lane. There were three family members in that vehicle at the time of the crash. Two sustained massive internal injuries and were pronounced dead within hours. The third person died on Sept. 15, 2015 at Westchester Medical Center.

Sinanovic's children, a two-year-old and a one-year-old who were both in child seats, were ejected from the vehicle. The two-year-old was pronounced dead at the scene.

Two additional vehicles, a Ford Escape and an Acura RSX were also struck. Those occupants sustained non-life threatening injuries.

A toxicology report indicated the Sinanovic had a level of Xanax in his system over therapeutic levels at the time of the crash.

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Climate Action Summit Scheduled for Feb. 3

By Neal Rentz

David Gelber, creator and executive producer of "The Years of Living Dangerously," the Emmy award winning series on Climate Change, and David Yarnold, president and CEO of the National Audubon Society, are the keynote speakers at this year's annual Bedford 2020 Climate Action Summit.

The eighth annual program is scheduled for Feb. 3, from 8:45 a.m. to 4 p.m. at Fox Lane High School, 632 S. Bedford Rd., in Bedford. The doors will open at 8 a.m. and the snow date is Feb. 4.

According to Bedford 2020, 500 attendees are expected to attend including climate activists, elected officials from 314 municipalities; experts and innovators; and concerned citizens from Westchester, the Hudson Valley and Long Island who want to fight Climate Change.

The program is being hosted by Bedford 2020 with co-hosts the New York League of Conservation Voters and the Bedford Central School District.

According to Bedford 2020 each session will focus on a project to reduce greenhouse emissions. Some of the session topics are: How do we get to 100 percent renewable energy? Electric vehicles, reducing food waste to cool our planet, the carbon tax and communicating about Climate Change.

Bedford 2020 is a non-profit group, which says it has "a mission to reduce greenhouse gas emissions and preserve natural resources not only in Bedford, but throughout Westchester County and beyond."

Bedford 2020 Executive Director Midge Iorio said last week the purpose of the Summit is, "to hear what the issues are" and which tools are needed to fight Climate Change.

Iorio said the ultimate goal is to have "100 percent renewable energy" in the region.

Iorio said the program will conclude with two, invitation only sessions, with one for elected officials and the other for environmental leaders to discuss action steps post Summit.

The sponsors for the event are Con Edison, Curtis Instruments, Healthy Home Energy and Consulting, NYSEDA, Betsy Davis - JM Kaplan Foundation, Rowan Energy Integration, Wizard Studios, and Ladle of Love.

Attendees can choose to attend up to four sessions and the Expo. A sustainably sourced lunch is included in the ticket price of \$30. To register for the Summit or receive more information about this year's event, visit <http://bedford2020.org/climatesummit2018> or call Bedford 2020 at 914-620-2411.

Entergy and Utility Workers Union Reach Contract Agreement

Entergy and the Utility Workers Union of America Local 1-2 reached an agreement last Wednesday on a new four-year contract for the union's approximately 330 workers at the Indian Point Energy Center.

The agreement between Entergy and union leadership will have to be approved by the union membership in a vote that is expected to take place within the next few weeks. Terms of the contract were not disclosed.

"This agreement benefits all parties - the workers, the union, and Entergy. I applaud the union's negotiating team, led by James Slevin, for its continued discussions to reach an amicable

agreement," said Tony Vitale, site vice president and Entergy's top official at Indian Point. "All of our employees will continue to focus on their mission to provide reliable power to millions of New Yorkers through the date of permanent closure in 2021."

Indian Point Energy Center, in Buchanan, which employs nearly 1,000 employees, is home to two operating nuclear power plants, Unit 2 and Unit 3, which generate approximately 2,000 megawatts of electricity for homes, business and public facilities in New York City and Westchester County.

The nuclear plants are slated to shut down in 2020 and 2021.

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Overdue Service Medals Awarded to Korean War Veteran

Congresswoman Nita Lowey (D-Harrison) presented five overdue service medals to Mario DiFelice, a resident and former Deputy Mayor of Sleepy Hollow and a Navy veteran of the Korean War, at a ceremony in her White Plains office last week.

"I have known Mr. DiFelice for years, and his dedication to his country and to our community is unparalleled," said Congresswoman Lowey. "I'm honored to present Mr. DiFelice with these medals for his service in the U.S. Navy, and I'm so glad that his family could be here to see this moment. Our nation owes Mr. DiFelice an enormous debt of gratitude."

Congresswoman Lowey presented Mr. DiFelice with the Navy "E" Ribbon, Navy Good Conduct Medal, Navy Occupation Service Medal (with Europe Clasp), National Defense Service Medal, and the Honorable Discharge Button.

Mr. DiFelice served in the Navy from July 2, 1948 to July 19, 1951 in Fighter Squadrons 173 and 174, on board the carriers USS Midway (CV-41), USS Coral Sea (CV-43), and USS Franklin D.



Roosevelt (CV-42). In addition to serving his community as Deputy Mayor of Sleepy Hollow from 2003 to 2008, Mr. DiFelice served as a Sleepy Hollow Trustee from

1996 to 2003 and as Director of the James F. Galgano Sleepy Hollow Senior Center.

Mr. DiFelice was joined at the ceremony by members of his family, including

his wife, Elinor; his daughter, Michelle DiFelice; his son-in-law, Albert Feliz; his granddaughter, Demi Carrero; and his cousin-in-law, Marilyn Helwig.

2018-2019 White Plains Bus Transportation to School

New York State Education Law §3635 requires parents to make a written annual request by April 1st if they are requesting transportation to a non-public school within the City of White Plains, in accordance with the District's mileage limits.

The required form is available at www.whiteplainspublicschools.org under "Offices," "Transportation," or by calling the Transportation Department Office at 914-422-2110.

Failure to submit this form by April 1st may result in denial of transportation.

Miles Applebaum Music Scholarships Accepted Until Feb. 15

Applications are now being accepted for The Miles Applebaum Music Scholarship Fund for qualified high school juniors and seniors. The submission deadline for this nationally recognized music pre-college mentoring program is Thursday, Feb. 15.

The Miles Applebaum Music Scholarship was created to honor and remember Miles Applebaum, a student at Lagond Music School for many years. Miles' dedication and passion for music, plus the training he received at Lagond, awarded him acceptance into eight of his college choices with varying degrees of scholarship monies.

He ultimately attended the Boyer School of Music and Dance at Temple University to pursue his dream of becoming an accomplished jazz guitarist. In 2014, depression caused him to take his life at the age of 21.

"The Miles Applebaum Music Scholarship opened my eyes to the world of being a professional musician," said 2016 scholarship recipient John Gillispie. "Lagond has prepared me to be a musician in many ways; they not only taught me how to work toward being a solid guitarist, but also the importance of giving back to your community."

The Applebaum family established The Miles Applebaum Music Scholarship to carry on Miles' dream by helping provide disadvantaged aspiring musicians an opportunity to ignite their passion and study music at Lagond Music School in Elmsford, where Miles received his training.

This scholarship will give a deserving young musician an opportunity to attend Lagond Music School's College Prep Program. The winner will be mentored throughout the music college application

process, core curriculum classes that are required by college admissions offices as well as assistance with written essays, prescreening demos and live auditions. The scholarship is \$13,000 per year up to two years.

For more information about this opportunity and to apply, contact info@lagondmusic.org. Criteria for consideration on this scholarship can be found at lagondmusic.org/about/scholarships.

Correction

In the Jan. 23 issue of The White Plains Examiner, in the article "The Collection Multi-Use Development Moves to Common Council Public Hearing"

We wrote that the project includes 275 affordable units. That is incorrect. There are 275 units total in the project. The affordable set-aside would be 6% (or 17 units). We also wrote that White Plains will have 200 parking spaces. The city will have 275 spaces. The White Plains Examiner regrets the errors.

Letters Policy

We invite readers to share their thoughts by sending letters to the editor. Please limit comments to 250 words. We will do our best to print all letters, but are limited by space constraints. Letters are subject to editing and may be withheld from publication on the discretion of the editor. Please refrain from personal attacks. Email letters to pcasey@theexaminernews.com. The White Plains Examiner requires that all letter writers provide their name, address and contact information.

Assembly Delegation to Hold Public Forum on Governor's Proposed Budget

Assemblyman David Buchwald (D-White Plains) invites residents, elected officials and representatives of local organizations to comment on the Executive Budget proposed by Gov. Andrew Cuomo at a forum to be held at the Greenburgh Town Hall, Friday Feb. 2.

To accommodate as many participants as possible, persons wishing to make a presentation at the forum are asked to register in advance by Wednesday, Jan. 31. The Westchester Assembly Delegation, which is organizing this forum, will try to accommodate any individuals wishing to testify who have not pre-registered and ask that comments be held to five minutes in length.

To register to make a presentation please contact Lisa Urban at 914-939-7028 or send an email to urbanl@nyassembly.gov. Bring ten copies of any prepared statement with you to the forum. Written comments may be emailed as an attachment to the same email address.

The forum on February 2nd will start at 10:30 a.m. and continue until 2 p.m.

The Greenburgh Town Hall is at 177 Hillside Avenue, Greenburgh, NY 10523.

The White Plains Examiner

Adam Stone
astone@theexaminernews.com
Publisher

Pat Casey
pcasey@theexaminernews.com
Editor-in-Chief

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Obituaries

Rocco Magnotta

Rocco Magnotta, a resident of N. White Plains, died Jan. 28 at the age of 86. He was born August 16, 1931 in Guardia Lombardi, Avellino, Italy to the late Angelo and Filomena Magnotta.

On Feb. 1, 1954 he married his wife Maria in Guardia Lombardi, Avellino, Italy.

Rocco worked as a construction laborer for many years, retiring in 1995. He loved gardening, bowling and Bocce. He was a member of the Italian American Club in Silver Lake.

Besides his wife Maria of N. White Plains, he is survived by his sons Angelo Magnotta and his wife Ann of Milford, Conn. and Anthony Magnotta of N. White Plains. Also surviving are his brothers Gerardo and Vittorio and his sisters Assunda and Benina, along with his grandchildren, Marc and Michael Magnotta. He is pre-deceased by a brother Michele and sister Elena.

First Visitation is Tuesday, Jan. 30, 2 to 5 p.m. and Wednesday, Jan. 31 7 to 9 p.m. at McMahon, Lyon & Hartnett Funeral Home Inc., 491 Mamaroneck Ave., White Plains.

Funeral service will be held Thursday, Feb. 1 at 10 a.m. at Holy Name of Jesus

Church, 2 Broadway, Valhalla followed by interment at Mount Calvary Cemetery, White Plains.

Renaldo LeDonne

Renaldo "Ren" LeDonne "went home to God" on Jan. 24 at age 87, after a prolonged disability. He never married but was an indispensable member of the family and fully engaged in all their activities. He was especially devoted to all his nieces and nephews and loved spending time with them.

Ren graduated from White Plains High School in 1947 and received a degree in economics from Iona College in 1951. After college he served four years in the US Air Force and returned to White Plains after his time in the military.

He was employed at Univac Corp. and held several other positions over the years, including at the family owned business. He resided in White Plains for many years and later moved to Dover Plains, NY. In recent years he made his home in Pawling, NY with his niece and her family who were very devoted to him.

Renaldo is survived by three brothers, Alexander of White Plains, Edmond of Bedford, Joseph of El Paso, TX and one sister Mrs. Mary Ann Johnson of Somers.

Teresa Sherwood

Teresa Sherwood beloved wife of Peter W. Sherwood who predeceased her in 1997 passed away on Jan. 24 at the age of 97.

She was the loved and respected mother of Douglas Peter Sherwood her only son.

She grew up in Essen, Germany, where she worked as a nurse. She met her husband when he was stationed in Germany with the U.S. Army during World War II. Mrs. Sherwood was a volunteer in the gift shop at St. Agnes Hospital in White Plains for many years. Her interests included fashion, the stock market and travel. She loved her family, loved her dogs and loved to laugh. She was a member of the German Club of Greenwich. Mrs. Sherwood lived in White Plains for 64 years and was a strong, sociable and independent woman.

Linda MacFadden

Linda L. MacFadden of White Plains died peacefully on Jan. 23. She was 65.

MacFadden was born on Apr. 3, 1952, to the late Clarence Sr. and Beatrice (nee Boyce) MacFadden in White Plains.

She is survived by her daughter, Ajalin MacFadden, of White Plains; her brothers, Donald MacFadden of White

Plains and Barry MacFadden of Holly Springs, N.C.; and many nieces, nephews, grandnieces, grandnephews and friends. She was predeceased by her brother, Clarence MacFadden Jr., nephew Steven MacFadden and her beloved cat Callie.

Visitation was at Hawthorne Funeral Home on Jan. 28. A funeral service was held at the funeral home on Jan. 29 followed by burial at Gate of Heaven Cemetery.

Oscar Salazar

Oscar Salazar, a White Plains resident, died Jan. 23, at the age of 70. He was born Dec. 27, 1947 in Lima, Peru to the late Julio and Alicia Salazar.

On Oct. 28, 1988 he married his wife Mariby in New York.

Oscar worked at the Westchester Hills Golf Course for the past 45 years. He was an avid Mets and Jets fan.

Besides his wife Mariby of White Plains, he is survived by his children: Jennifer Mott of New Rochelle, Oscar Salazar Jr. of White Plains and Kevin Salazar of White Plains. Also surviving are his brothers: Cesar and Jose "Pepe" Salazar, his sister Jesus Alicia. He is also survived by his grandchildren: Isabella, Ilianna, Ivanna and Jacob Mott.

Turning Your New Year's Resolutions Into Lifestyle Changes



By Dr. Maria Cuomo

Incorporating regular exercise into a daily routine is one of the most common New Year's resolutions for many people. New year, fresh start. It makes sense to start anew and focus on becoming a better version of you.

However, now that we are several weeks into the new year, has your resolution become a lifestyle change? Research performed by the University of Scranton has found that only 8 percent of people who make New Year's resolutions are actually successful. The better question is: How can you be one of them?

Anyone and everyone can exercise, but busy lifestyles, injuries and medical conditions can interfere, especially for anyone who is attempting to start exercising for the first time. If you have been unsuccessful in fulfilling your New Year's resolution and we are barely a month into 2018, now may be the time to regroup.

The list of benefits one can experience from regular exercise continues to grow; improved cardiovascular health, decreased risk of diabetes, heart attack and cancer are just some. With this in mind, the timing of when we start exercising is less important than whether

we start at all. Here are a few tips on how to safely turn exercise into a part of your life that you look forward to for its many physical and psychological benefits.

Preparation/Planning is Key. Research on establishing lifestyle change has found that the planning phase of establishing a new habit is important for it to be successfully incorporated into your life. Creating short-term, realistic exercise goals is essential. This will help you measure progress and avoid discouragement while also preventing injury.

Based on your goals, you should consider whether or not to purchase a membership to a gym or any specialized equipment to begin your regimen. Will you be exercising alone or as a group?

You should also determine how many days per week you will need to exercise in order to achieve your goals. The American College of Sports Medicine (ACSM) guidelines recommend 30 minutes of exercise five times a week as the minimum effective dose to experience the benefits of exercise. Most of the time you will need to explore several options to determine which form of exercise works for you.

Start Slow. Progression is key to any exercise program. If your friend who exercises regularly invites you to an

intense/advanced, hour-long indoor cycling class and you have never clipped into a bike or exercised before, this is probably not the best way to start your journey. While exercising with friends is great and encouraging, it might be better to start a different routine together first. Gyms and studios offer beginners' classes for a reason. It is important to begin with the basics. Focusing on form and proper biomechanics will help you get the most out of your workout and avoid injury.

Most group fitness classes encourage participants to take as many beginners' classes as they need before advancing to avoid injury. Once you have a strong foundation, then you can incrementally increase either the frequency or intensity of the exercise. This will help you see results.

Listen to Your Body. Recovery and cross-training should be part of any well-balanced exercise routine. Pushing your body to the limit and beyond is a recipe for injury and feeling defeated. When exercising, you may feel sore for 24 to 48 hours post-workout, which is completely normal. If soreness persists greater than that time period, then it is definitely time to give your body a break. Establishing a regular rest day or an active rest day that

emphasizes more restorative forms of exercise including stretching, walking or yoga will help you stay on the right path and avoid injury.

If establishing an exercise routine for yourself has not produced the results you expected, then you may consider the assistance of a qualified healthcare or fitness professional. An assessment provided by your local physical therapist can help identify any muscular and biomechanical imbalances that may be resulting in pain or predisposing you to injury.

If appropriate, physical therapists can create a plan individualized to your needs and prescribe therapeutic exercises that you may need to incorporate into your exercise routine. Physical therapy is intended to be a short-term, medical necessity-based program that will educate you and transition you to exercise independently. After discharge from a physical therapy program, you may also be recommended to consult a personal trainer and/or nutritionist to achieve your fitness goals.

Let's make changes in 2018 that will lead to a healthier life!

Dr. Maria Cuomo is a physical therapist at ProClinix Sports Physical Therapy & Chiropractic in Ardsley. She can be reached at 914-202-0700. For more information, visit www.ProClinix.com.

**Guest
Column**

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Planning for Housing When Retired

A while back I was asked to speak about real estate at a meeting of the Retired Municipal Employees Association, and as I planned my remarks, I thought about the reality that I'm at an age when some people think about retiring and living differently than they do now. As for me, I intend never to retire from the enjoyable work I do unless I absolutely must because of the physical considerations of aging.

A realtor must be able to get around and I sometimes wonder whether my "trick" knee will someday get the best of me. However, for now, I'm good. Nevertheless, my living preferences have changed significantly in the past few years, just as if I were retiring.

When I was still in my 20s, my wife and I moved to a historic home that was to be our residence for many years to come, and I was eager and ready to restore and maintain it. I was known as the "young guy" on the block who always answered the door with a hammer or paint brush in hand. Eventually, however, I reached the stage of life when I would rather be doing something other than hammering and painting. I now live in a one-floor residence where all maintenance is provided, so I can retire here if I choose.

The housing issues facing retired and elderly people can be quite simple, such as finding living space on one level with no steps, and at the same time, they can be quite complex, such as the emotional toll

that may come with leaving a home in which their children grew up.

While many older people are still in the homes in which they raised their children, married them off, and then retired as empty-nesters, these homes may have become too big to rattle around in or maintain, and the tax bill that paid primarily for the education of their children no longer has the same payback.

But they may still want to remain in those homes, no matter how impractical. Interestingly, surveys by AARP find that about 80 percent of older persons say that they want to stay in their own homes and not move, and this phenomenon has been called the preference to "age in place." It's understandable. After a long period of living in one place, our homes become an extension of who we are and how we express ourselves. Long time residence is also a connection to the community where people know their neighbors and merchants as well as their houses of worship, libraries and community service.

But in today's sellers' market, retiring homeowners can do very well in selling



By Bill Primavera

their home at a price they could never have imagined when they first purchased it as young adults. The proceeds can allow a comfortable retirement, especially for those planning a move south where housing is much cheaper, as are living expenses.

Others who have paid off their mortgages and have equity can take reverse mortgages to stay put and live more comfortably through their golden years.

Those who decide to downsize still must think carefully about the percentage of income they should be paying for housing and still manage to

afford other necessities of later life besides food and clothing, such as transportation and medical care. Affordability depends on their individual situations and whether they live with a spouse, alone or with relatives. Today, about 54 percent of older persons live with their spouses, 31 percent live alone, 13 percent live with relatives other than their spouse, and two percent live with non-relatives.

If the decision is to move later in life, people seem to know what they want. A recent survey done by the National

Association of Realtors in concert with MetLife found that retired and older citizens want easy, comfortable homes, with single-story floor plans or homes that offer a first-floor master bedroom. They also like home maintenance and repair as part of their next home purchase, preferable with no necessary outside duties and low maintenance inside, washers and dryers, storage space, easy-to-open windows and easy to use climate controls.

There are other quality of life considerations, such as proximity to hospitals and doctors, shopping, transportation and recreation.

Interestingly, my daughter recently informed me that she and my son-in-law have discussed the eventuality of my wife and I living with them when the time comes. I was greatly touched, even though I'm sure we would rather remain independent as long as we can and to seek at-home care should we need it. And while the sentiment expressed by my daughter is lovely, I do wish she had waited another 10 or 15 years before discussing the matter with me!

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 Team to market your home for sale, call (914) 522-2076.

Northern Westchester Hospital Aids Patients with Music Therapy

By Neal Rentz

Traditional therapies are complimented by music therapy at Northern Westchester Hospital in Mount Kisco.

Among those making the program work at the hospital are Katonah resident Toni Russo, a holistic nurse in the hospital's integrative medicine department, Manhattan resident and music therapist Ariel Weissberger, and volunteer Dan Silk, a junior at Scarsdale High School. They discussed the program last week.

Weissberger, who has been a certified musical therapist for many years, said he was contacted by the hospital and asked to bring back music therapy to the facility. "It's our fourth year working together," Russo noted.

"Music therapy is the use of music for clinical purposes," Weissberger said. Music is used in a variety of ways in the hospital's program. "Sometimes, depending on the situation, we listen to music together. Sometimes we play music for (patients)," Weissberger said. "Sometimes they play music with us. Sometimes they sing with us."

Russo said the integrative medicine department employs two holistic nurses who work with many modalities of energy healing. Energy healing includes such



NEAL RENTZ PHOTO

Music therapy has been provided at Northern Westchester Hospital in Mount Kisco for the past four years. Shown above from the left: Katonah resident Toni Russo, a holistic nurse in the hospital's integrative medicine department; Manhattan resident and music therapist Ariel Weissberger, and volunteer Dan Silk, a junior at Scarsdale High School.

treatments as reflexology or acupuncture.

Weissberger and Russo work together in music therapy programs to help patients relax, reduce their pain and help them to be more in touch with how they are feeling emotionally and spiritually, Russo said.

Weissberger said music therapy programs can be tailored to either groups

or individual treatments. One of the programs is in the transitional care unit. "These are patients who have been in the hospital for a while, for weeks or months, and they are transitioning from hospital to home," he said. "The purpose of that program is to provide them with music-based coping resources so they can cope with their anxiety and their stress." Russo said many of the patients in the transitional care unit have had replacement surgery, such as hip or knee replacements. "So it's a change of lifestyle for them," she said. "So there's a lot of anxiety. There's pain that they're dealing with and we help them to deal with that."

Russo explained why music therapy is helpful in dealing with physical pain. "Physical pain is very tied into your mental status and how you view your pain," she said. "It's sort of like a vicious cycle. You're in pain. It causes anxiety, which causes physical symptoms of tension and muscle tightness, which increases the pain, which increases the anxiety." Music therapy helps improve the outcome of the medication or other modes of treatment, she said.

Weissberger said music therapy assists other patients, such as those in the behavioral health unit, the hospital's psychiatric unit, to help them cope with their hospitalization. "With music it's a

different way of exploring their emotional and mental status," he said. "It's a more non-verbal process compared to the other groups that we have."

Music can bring back to patients emotions, memories, skills or their interests related to music, Weissberger said, adding through music patients can learn to relate to others in a different way or can let them express their emotions in a healthy way.

"Music definitely calms them down a lot," said hospital volunteer Dan Silk, a junior at Scarsdale High School. "I've noticed patients who I go to who just like hearing live music. It helps them just fall asleep."

Silk, who has been playing the guitar for the past eight years, said, he chose to volunteer because, "I wanted to bring my guitar skills and really make the most out of them and help people out. Silk said he researched programs online and found out about music therapy at the hospital. "It just really struck a chord with me, I was really interested," he said. "I enjoy it a lot. I feel I'm really making a difference."

Northern Westchester Hospital is seeking volunteers. For more information call Ellen, Muentener, director of volunteer services and 55 plus community connection, at 914-666-1925 or visit nwhe.net.

Enjoying Football, Junk Food and Wine. A Super Sunday.



By Nick Antonaccio

We're in the middle of that time of football wasteland. No home team to root for in the post-season and no built-in reason to quaff our favorite wine or beer as we veg-out in our favorite reclining chair.

Super Bowl LII is as much anticipated for its off-the-field festivities as it is for its on-the-field combat. The season has come down to a single game and the glory and esteem it will bestow on one team.

A few statistics as a reference point for the game:

On the field: The New England Patriots are appearing in their tenth Super Bowl (first place all-time), with five wins. The Philadelphia Eagles have been in the Super Bowl three times. It's their first appearance since 2004; they are seeking their first Super Bowl win. Overall, two proven teams vying for national glory.

Now to the off-the-field coverage: Super Bowl Sunday brings together friends and family to indulge in the biggest junk food day of the year. Once a year we indulge guilt-free in those waist-widening, artery-clogging foods we attempt to avoid fastidiously all year. And what better way to wash down those calories and fat than with your favorite beverage. Although

beer comes to mind as the beverage of choice for junk food, wine will stand up to the challenge for a number of these ubiquitous items.

On this traditional National Junk Food Day, the National Restaurant Association predicts that 48 million Americans will order takeout food. What will we be eating?

69% will be noshing on salsa, chips and dips and 63% will be inhaling chicken wings. In fact, according to the National Chicken Council, 1.25 billion chicken wings will be devoured. They calculate that is enough to put 572 wings on every seat in all 32 NFL stadiums.

When it comes to the American palate, we are gluttons for fat, salt and sugar, the Holy Trinity of obesity and early onset heart disease. And the staple of many American diets. So let's splurge this one time a year and indulge in those foods we crave all year but from which our intellect and heart try to dissuade us. Super Bowl Sunday is the perfect challenge: pairing potentially artery-clogging, blood-pressure-raising junk food with antioxidant, resveratrol-rich wine.

Here are my choices for pairing popular Super Bowl Sunday junk foods with wine.

1. Buffalo wings. The high acidity

and seemingly perpetual bubbles of any sparkling wine cuts through the indulgent fat and spiciness of the wings. Suitable alternatives include Riesling and Grüner Veltliner.

2. Pigs in a Blanket. A soft, bright red wine works, as well as a medium-bodied white or perhaps a rosé, but don't go hog-wild (a tongue and cheek reference, literally, of earlier versions of miniature frankfurters) and consume too many. I suggest a fruity Tempranillo or velvety Merlot, but you can also borrow that bottle of Grüner Veltliner your wings-fanatic friend is hogging.

3. Spinach and artichoke dip, or its close cousin, the seven-layer taco dip. The fat, salt and sugar components are easily sublimated by a crisp, mineral, acidic Spanish Albarino or Verdejo.

4. The scores of fried, baked or otherwise-processed potato products. Again, it's the fat and salt combo that sets our salivary glands craving for a wine to cut through the grease and yeast. My go-to recommendation is Sauvignon Blanc for its acidity and minerality. Be it the lemon grass aromas of the New Zealand offerings, the grapefruit, tropical flavors of the New World offerings, or the lime, green grass French offerings, there's a perfect

match for these finger-licking snacks. For fans of chips and salsa or hummus, certain Sauvignon Blancs also pair very well. French fries? Sparkling wine every time, to cut through the fattiness and salt, setting up our palate for the next morsel.

I've run out of space for other pairings such as chili with Cabernet Sauvignon, popcorn with Chardonnay, Jalapeno Poppers with Riesling and brownies with Port.

Just as Super Bowl Sunday draws many once-a-year viewers to football, so too can junk food draw once-a-year indulgers to satiate their cravings.

Nick Antonaccio is a 40-year Pleasantville resident. For over 20 years he has conducted numerous 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 or on Twitter @sharingwine.



14th Annual EagleFest Scheduled for Feb. 10

The grand celebration of the bald eagle will soon descend upon Croton Point Park, a Westchester County park. The 14th annual "EagleFest" has been scheduled for Saturday, Feb. 10.

EagleFest is hosted by Teatown, a nonprofit environmental education center and nature preserve. Also, State Senator Terrence Murphy, an outdoorsman and a lover of wildlife, will partner with Teatown to sponsor EagleFest. Murphy has secured a \$500,000 appropriation for a critical meadow restoration project at Croton Point Park, a sanctuary for bald eagles and other wildlife.

The annual EagleFest celebration allows visitors to see live birds of prey and provides opportunities to view the national symbol in its natural setting. Various birds of prey species will be featured in a special program led by nationally renowned experts in the handling and care of the birds. The birds in captivity have been rehabilitated after suffering various injuries and are no longer able to live in the wild.

Environmental experts will lead other nature-related workshops and presentations to guests of all ages as well as host educational shows. Guests will also be able to enjoy cuisine from a variety of food trucks and enjoy live music inside heated tents along the river. Teatown educators will lead two-hour bus tours



EagleFest is held annually at Croton Point Park to celebrate the return of bald eagles to the Hudson River Valley.

along the Hudson River to various eagle viewing sites where an eagle expert will be stationed with spotting scopes. This feature has limited seating.

New this year is a performance by Dar Williams. Known as much for her staunch progressive ideals as her raw acoustic energy, Williams has been captivating audiences with her folk-pop songwriting since the '90s. Her growth as an individual over her two-decade-long career has gone hand-in-hand with her evolution as an artist, touring along the way with such distinguished peers as Joan

Baez, Patty Griffin, Ani DiFranco, Loudon Wainwright III and Shawn Colvin among others. Dar's most recent album, Emerald, "deals as bluntly as ever with the shadowy, subtle corners of humanity" according to Rolling Stone, and was recorded with friends such as Richard Thompson, Jill Sobule, Jim Lauderdale, the Milk Carton Kids, Lucy Wainwright Roche, Suzzy Roche, the Hooters and others in various studios across the U.S.

Additionally, Bill Streeter, Director of the Delaware Raptor Center (DVRC), has over 30 years of experience as a raptor

rehabilitator, falconer, and educator. He has a BA in Biology and MS in Zoology, and has completed Tuft's University Veterinary School's Leadership Program in Wildlife Medicine and Rehabilitation. He will provide a presentation to guests with his golden eagle and bald eagle. He trains and uses live hawks, eagles, falcons, and owls for more than 120 presentations to schools, camps, scouts, and a variety of other groups each year. He is responsible for the care of the birds in residence at the center.

Wildlife Educator Brian Robinson will also present various birds of prey. Robinson has been providing wildlife education programs to schools, libraries and museums since 1993. His animals have been featured on many national television shows such as Regis and Kelly and The Today Show.

EagleFest 2018 will be held at Croton Point Park, 1 Croton Point Avenue in Croton-on-Hudson from 9 a.m. to 4 p.m. Pre-sale tickets are \$17/adults (12+), \$10/children (6-11) and free for children 5 and under. Tickets sold at the venue on the day of the event are \$22/adults (12+), \$12/children (6-11) and free for children 5 and under. To purchase tickets, visit teatown.org/eaglefest.

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Happenings



The Examiner is happy to help spread the word about your community event. Please submit your information at least three weeks prior to your event to pcasey@theexaminernews.com. For a full listing of the upcoming week's events, visit www.theexaminernews.com and click on Happenings.

Tuesday, Jan. 30

Tuesdays@ Dorry's. This week George Latimer returns to speak with us for the first time as County Executive. He has made much news for his innovative approaches to setting policy and governing, and for the diversity of his transition teams and his appointments to date. Now he will share his perspectives as he completes his first month in office and looks to the future. 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. 31

Noonday Getaway Concert. Downtown Music at Grace welcomes Violinist Anna Rabinova and pianist Svetlana Gorokhovich collaborate on a program, which includes the Beethoven Sonata, Opus 47 "Kreutzer" and the Tchaikovsky Valse Scherzo. Anna Rabinova joined the New York Philharmonic in 1994, two years after arriving in the United States from her native Russia; in the 2008-09 season she was a soloist with the Orchestra in Bach's Brandenburg Concerto No. 5, led by Lorin Maazel. Svetlana Gorokhovich is an internationally recognized pianist and prolific recording artist whose appearances include major concert halls in the United States, Germany, Italy, Holland, Japan, the Caribbean, and Iceland. 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, in part, with the generous support of Dagher Engineering, PLLC.

Thursday, Feb. 1

Poets and Writers Series. Ramya Ramana is an author, activist and former New York City Youth Poet Laureate. In 2014, she won the New York Knicks Poetry Slam. She has performed at the Apollo Theater, New York City Hall, Hammerstein Ballroom and at the inauguration of New York City Mayor Bill DeBlasio. Westchester Community College's Gateway Center, Davis Auditorium, 75 Grasslands Rd., Valhalla. 11 a.m. and 12:30 p.m. Free. Info: 914-606-6716.

"Avenue Q." The Music and Dance & Theatre departments at Manhattanville College present this musical production that is part flesh, part felt and packed with heart. A laugh-out-loud musical that tells the timeless story of a recent college graduate named Princeton who moves into a shabby New York apartment on Avenue Q. There, he meets Kate (the girl next door), Rod (the Republican), Trekkie (the Internet sextpert), Lucy the Slut (need we say more?) and other colorful types who help Princeton finally discover his purpose in life. The show contains adult themes; may be inappropriate for children 12 years and under. Manhattanville College's Little Theatre, Brownson Hall, 2900 Purchase St., Purchase. 8 p.m. \$10. Seniors and students (with ID): \$5. Also. Feb. 2 and 3 at 8 p.m. and Feb. 4 at 2 p.m. Info and tickets: 914-323-7175 or e-mail mvillethboxoffice@gmail.com.

Friday, Feb. 2

Budget Town Hall. Comment on the Executive Budget proposed by Gov. Andrew Cuomo at a forum at the Greenburgh Town Hall, 10:30 a.m. to 2 p.m. To accommodate as many participants as possible, persons

wishing to make a presentation at the forum are asked to register in advance by Wednesday Jan. 31. The Westchester Assembly Delegation, who is organizing this forum, will try to accommodate any individuals wishing to testify who have not pre-registered and ask that comments be held to five minutes in length. To register to make a presentation contact Lisa Urban at 914-939-7028 or send an email to urbanl@nyassembly.gov. Please bring ten copies of any prepared statement with you to the forum. Written comments may be emailed as an attachment to the same email address. The Greenburgh Town Hall is at 177 Hillside Avenue, Greenburgh.

Saturday, Feb. 3

Matchbox Valentines. Think out of the box with this fun workshop using simple collage techniques. Children can make beautiful matchbox valentine to give as a gift. Participants are welcome to bring photographs or any personal material to include in their matchbox valentine. Pelham Art Center, 155 Fifth Ave., Pelham. 1:30 to 3:30 p.m. Free. For anyone eight years old and up. Info: 914-738-2525 or visit www.pelhamartcenter.org.

Jewelry Pop-Up Shop. Auburn Jewelry Pop-up Shop at J. Crew at The Westchester mall; 10 a.m. to 7 p.m.

EVBH Youth Conference. The Westchester Martin Luther King, Jr. Institute for Nonviolence with the Calvary Baptist Church of White Plains present the 19th annual Ending Violence, Building Hope Youth Conference, or "EVBH". This year's conference on the theme "The Many Faces of Racism: What Defines Who I Am?" will be at Calvary Baptist Church, 188 Orawaupum Street, White Plains from 9:30 a.m. to 3 p.m. Featuring the International Black Summit Network, Chef Giovanni Green from "Break Bread Not Hearts" and the musical talents of Lord Judah and H.I.P. H.O.P. There will be free parking, continental breakfast and lunch.

Advance registration is recommended for youth in grades 7-12. All event details, schedule and registration can be found at <https://evbh2018.eventbrite.com>.

Camp Fair. White Plains Recreation & Parks Camp Fair, 10 a.m. to 1 p.m., at White Plains High School Cafeteria (entrance on North Street). This is a Free event open to residents and non-residents. Bring the kids! We'll have fun activities for them, such as popcorn, crafts and a magician show at 11 a.m., while you meet and talk to our camp directors and staff. Camp registration is available on site with early bird savings. Enrollment is limited. Immunization records are required to register. To qualify for a scholarship you must present your 2016 tax return for income verification. For additional information, call (914) 422-1424.

Sunday, Feb. 3

Symphony of Westchester Showcase. Concerto competition winners and student composers will be the focus of The Symphony of Westchester's Young Artist Showcase at 3 p.m. at Iona College's Christopher J. Murphy Auditorium. Two winners of the Symphony's fourth annual Young Artist Concerto Competition will play a movement of a concerto with the fully professional Symphony. In addition, the Symphony will perform compositions written by students in the Composers of the Future program, a collaboration with New Rochelle's Songcatchers after-school organization. A snow date for this concert has been set for Sat., Feb. 3 at 3 p.m. The decision to use the snow date will be made on Fri., Feb. 2 and will be available on the Symphony's website: www.thesymphonyofwestchester.org and by phone: (914) 654-4926. Special reduced ticket prices for this concert are \$15 for all adults and \$5 for children and students. Tickets are available on-line: <http://www.thesymphonyofwestchester.org>.

continued on next page



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Calendar Quirk Provides an Unusual Lunar Experience This Month

By Scott Levine

It's been an interesting start to the year for the moon. Our nearest neighbor was full New Year's night, and coming up Wednesday, Jan. 31, we'll finish the first month of the year with another full moon. Maybe you've heard about this "Super Blue Blood Moon."

A supermoon, if you like that term, is a full moon that happens near perigee, the spot in its orbit when it's closest to Earth. It's about 17,000 miles – about 7 percent – closer than average. This is the third, and last, of three consecutive perigee full moons.

This time around, there will also be a total lunar eclipse. In a lunar eclipse, the moon falls into Earth's shadow. An eclipsed moon turns a gorgeous, ruddy and, if you like, bloody red. They're safe to look at. Unfortunately, here in Westchester, this eclipse won't really get going until just as the moon is setting, so we won't see much. Still, it's interesting to know it's happening.

That takes care of the "Super" and "Blood," but what about "Blue?" The Old Farmer's Almanac has kept much of the folklore around the moon's nicknames alive. These names are usually associated with the full moon that happens each month, and I usually mention them in each column. Names like the Wolf Moon (January) and the Buck Moon (July). The delicious Worm (March) and Sturgeon Moons (August) generally come from the connections eastern Native American peoples, often the Algonquins, had to the moon and its comings and goings.

In the early 1900s, the Almanac began calling the third of four full moons in a season "blue." A possible origin is the old English word "belewe," meaning betrayed. The idea being that the extra full moon was a betrayal of the regular cycle.

Guest Column

The use that most of us are familiar with, as the second of two full moons in a calendar month, comes from a mistake that was published in Sky and Telescope in the 1940s, and the name stuck. Either way, the moon won't actually turn blue. Though, because of the eclipse, it'll be a red blue moon. Life is puzzling.

But, there's more. Because of our calendar's quirk that has February, the shortest month, follow January, which is tied for the longest, the Jan. 31 full moon puts us in an interesting spot. A lunation, or a full lunar month from one phase to when that phase returns, takes about 29 days. So, every month, whatever phase the moon was in at the start happens again at the end. There's a "blue" phase, be it a waxing crescent, a first quarter or a waning gibbous every month.

February is only 28 days, shorter than

the lunar cycle, so no phases have time to repeat. If January's repeated phase happens to be a full moon – a blue moon – then February is likely to have no full moon. We'll go from a blue moon to what I've been calling a null moon. After tomorrow, the next full moon is at the beginning of March. Can you guess what happens at the end?

By themselves, perigee, eclipsed and blue moons aren't rare, but the three together hasn't happened in about 150 years. I hope this clears up some of what's going on, and you'll step out and take a look. Clear skies!

Scott Levine has loved astronomy since he was young and now watches and writes about the skies near his Croton-on-Hudson home. You can read Scott's Sky Watch astronomy website, with its "Space, taken easy" approach to naked-eye astronomy, at scottastronomy.wordpress.com. You can also find him at astroscott@yahoo.com or on Twitter @scottlevine13.

Happenings

continued from previous page

org or by phone: (914) 654-4926

Interreligious Prayer Service. The 14th Annual Interreligious Prayer Service for Peace and Justice Celebrating World Interfaith Harmony Week; 3 p.m. at Bet Am Shalom Synagogue, 295 Soundview Ave., White Plains. Representatives of world religions, faith and humanist traditions will come together to recite universal prayers or statements for peace and justice. Universal Prayers for Peace and Justice will be recited, including prayers from the following religious traditions: Hindu, Humanist, Buddhist, Jain, Muslim, Jewish, Sikh, Baha'i, Christian, Native American, Society of Friends/Quaker and the Church of Jesus Christ of Latter-day Saints/Mormon tradition.

Blood Drive. The Greenburgh Hebrew Center of Dobbs Ferry is hosting its annual community blood drive in partnership

with the Red Cross. All eligible donors 16 years old and up are welcome. Donors under the age of 18 must have parental consent. Refreshments will be provided to all donors after they complete their donation. Greenburgh Hebrew Center, 515 Broadway, Dobbs Ferry. 9 a.m. to 1 p.m. Appointments encouraged; walk-ins welcome. Appointments: E-mail blooddrive@g-h-c.org or visit www.RedCrossBlood.org and enter sponsor keyword GHC. Info: 866-236-3276 or 914-693-4260.

Hoff-Barthelson Music School Master Class Series. Internationally renowned pianist and lecturer Michael Boriskin will perform and coach the school's piano students. Hoff-Barthelson Music School, 25 School Lane, Scarsdale. 2 p.m. Free. Info: 914-723-1169 or visit www.hbms.org. org. or e-mail hb@hbms.org.



Jacob Burns Film Center Annual Mindfulness Series

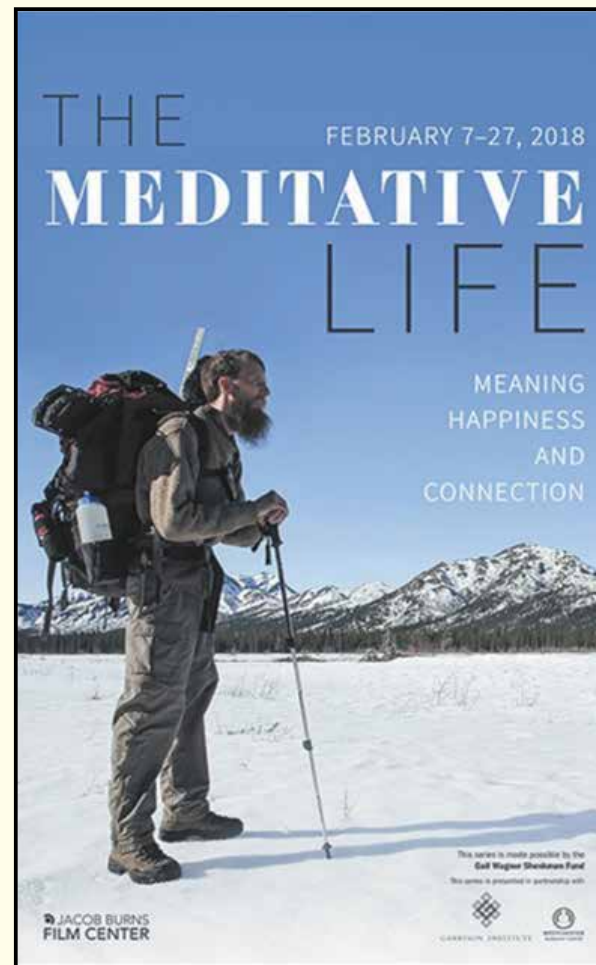
By Anna Young

The Jacob Burns Film Center will kick off its annual Meditative Life Series in February.

The series will run from Feb. 7 until Feb. 27 and explore not only meditation and mindfulness, but the many ways in which we investigate the different realms of the human experience. This year's slate will draw the audience closer to Thich Nhat Hanh and the Dalai Lama, steep moviegoers in music and silence, and bring them into the worlds of tai chi and the monastic life.

The series will begin with "Ram Dass: Going Home," a 32-minute documentary about the fearless joy and honesty spiritual teacher Ram Dass has approaching the end of his life. The event will include a conversation with Krishna Das, a student of Dass, moderated by Garrison Institute's Jane Kolleeny.

Additional films include, "The Last Dali Lama?" "Novitiate," and "The Work," a film detailing the powerful form of personal growth and exploration a group of maximum-security convicts undergo at Folsom State Prison.



The Jacob Burns Film Center is located at 364 Manville Road in Pleasantville. For more information on The Meditative Life series, call 914-747-5555 or visit www.burnsfilmcenter.org/series/the-meditative-life-2018-meaning-happiness-and-connection/.



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LEGAL NOTICES

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 @CE-SARCAPJR, 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.

NOTICE OF FORMATION OF MAN ON FIRE PRODUCTIONS, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on October 20th, 2017. 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: **Joel Fendelman, 8 Fox Hill Road Pound Ridge, NY 10576. Purpose: Film Production.**

NOTICE OF FORMATION OF FRANK MARKETING GROUP LLC. ARTS. Of Org. filed with SSNY on 10/10/2017. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served & shall mail process to **109 Robins Road, New**

Rochelle, NY 10801: Purpose: Any lawful act or activity.

NOTICE OF FORMATION OF THE TUMMI GROUP, LLC. Arts of Org. filed with SSNY on 12/11/17. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **The Tummi Group, LLC, 7 Triumph Court, Flanders, NJ 07836. Purpose: any lawful act or activity.**

NOTICE OF FORMATION OF KRK-NY, LLC. Art. Of Org. filed with SSNY on 02/05/2016. Office Location: Westchester County. SSNY designated as agent of the LLC upon whom process against may be served. SSNY shall mail process to **88 Pietro DR, Yonkers, NY 10710. Purpose: any lawful purpose.**

NOTICE OF FORMATION OF MAYA-B, LLC. Art. Of Org. filed with SSNY on 02/05/2016. Office Location: Westchester County. SSNY designated as agent of the LLC upon whom process against may be served. SSNY shall mail process to **88 Pietro DR, Yonkers, NY 10710. Purpose: any lawful purpose.**

NOTICE OF FORMATION OF GOFF U, LLC Art. of Org. filed with Sec. of State 01/04/2018. Off. loc.in Westchester CO. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process to **90 Mile Square Road, Yonkers, NY 10701 PURPOSE: Any lawful business.**

NOTICE OF FORMATION OF APPLE HILL CONSULTING LLC ART. OF ORG. Filed with the Secretary of State of NY (SSNY) on 11/15/17. Office of Westchester County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: **Dwight McLeod, 60 La-belle Road, Mount Vernon, NY 10552. Purpose: any lawful purpose.**

NOTICE OF FORMATION OF CHET-TLE LABS, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on October 17th, 2017. 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: **91 Grove St, Mount Kisco, NY 10549. Purpose: Any lawful purpose.**

PLEASE TAKE NOTICE that the year 2018 Tentative Assessment Roll will be filed on February 1, 2018 with the Village Clerk, 80 Wheeler Avenue, Pleasantville, New York, where it may be seen and examined by any person at all times during business hours (8:30am-4:00pm). The Board of Trustees and the Assessor will meet for the purpose of completing such assessment roll and of hearing and de-

termining grievances in relations thereto by any person(s) conceiving himself aggrieved thereby on Tuesday February 20, 2018 between the hours of 6:00pm to 9:00pm, at the Clinton Street Senior Center, 1A Clinton Street, Pleasantville, New York. The last filing date is February 20, 2018.- **Village of Pleasantville, Pleasantville, New York 10570, Judith Weintraub Village Clerk**

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EXAMINER SPORTS

NY Knicks Kristaps Porzingis is a 2018 NBA All-Star

By Albert Coqueran

In just his third season in the NBA, NY Knicks forward Kristaps Porzingis has been selected to play in his first NBA All-Star Game. Porzingis was voted by the NBA Head Coaches as an Eastern Conference Reserve for the 2018 NBA All-Star Team.

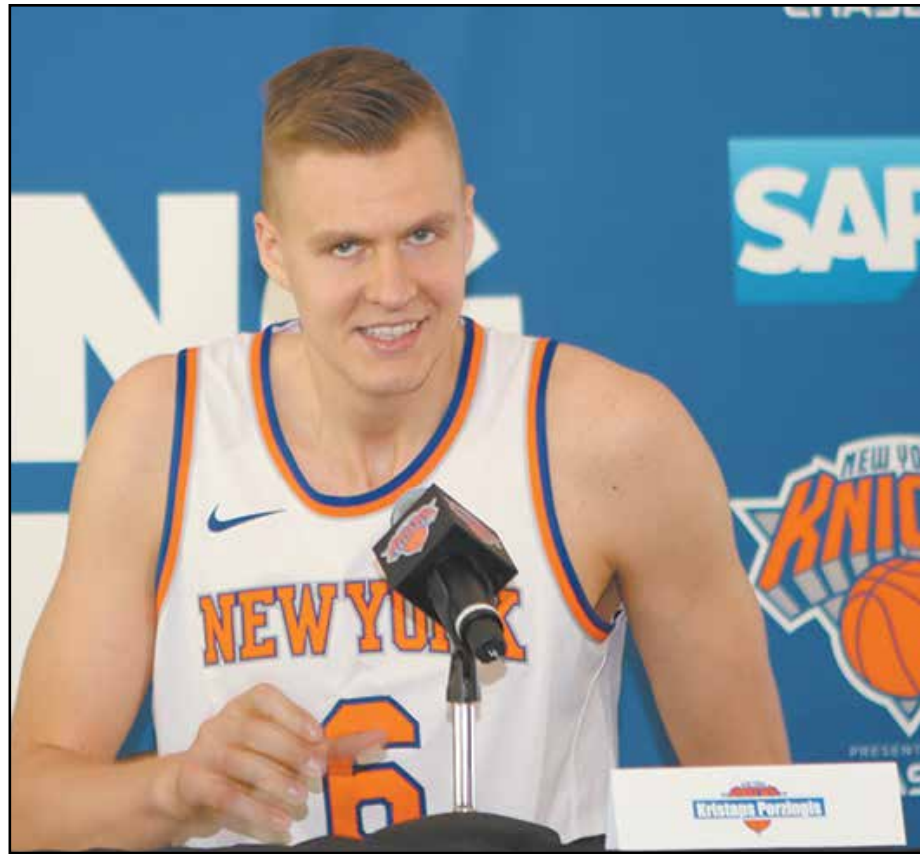
Porzingis, a Latvian native, is averaging 23 points and 6.7 rebounds per game this season, while shooting 39% from three-point range and over 80% from the foul line. The 7'-3" Knicks forward, also averages 2.3 blocks per game.

Porzingis was selected in the first round, fourth overall by the NY Knicks in the 2015 NBA Draft. The superstar forward is one of the few positive remembrances of the Phil Jackson era.

After the Knicks traded their scoring leader Carmelo Anthony during the offseason, Porzingis vowed to lead the storied New York franchise on the court.

Porzingis has followed through on his pledge, as his 23.1 points and 2.3 blocks per game leads the Knicks. Porzingis, at the young age of 22 years old, has also been a vocal leader for the Knicks and his courtside manner is a positive example for the entire team.

"I'm thrilled for Kristaps and proud of him for all the preparation he did to



ALBERT COQUERAN PHOTO

NY Knicks 7'-3" forward Kristaps Porzingis has been named to the 2018 NBA All-Star Team, as an Eastern Conference Reserve. In the midst of his third season in the NBA, this is Porzingis's first selection to the NBA All-Star Team.

get himself ready for this season," said Knicks Head Coach Jeff Hornacek. "He has established himself as a team leader on both ends of the floor, and is well on his way to becoming one of the premier players in this league," acknowledged Hornacek.

The NY Knicks record is presently 22-28, so far this season. The orange-and-blue remains in Fourth Place in the Atlantic Division and 10th Place in the Eastern Conference. The Knicks are four-and-a-half games back of the Milwaukee Bucks for that coveted eighth place and last Playoff spot in the Eastern Conference.

The 2018 NBA All Star Game will be played at the Staples Center in Los Angeles, on Sunday, Feb. 18.



Westchester Knicks Greet Youth Shelter Program at Anthony's Coal Fired Pizza

By Albert Coqueran

The Westchester Knicks, the NBA Gatorade League affiliate of the NY Knicks are in the midst of having their best season in the four-year history of the local franchise. Presently, the local Knicks have a 22-12 record and are on top of the Atlantic Division. Moreover, the Westchester Knicks 22-12 mark puts them in First Place in the Eastern Conference with the best overall record in the entire G-League at this time.

Despite their recent success and rigorous schedule, three local Knicks players took time to interact within the community by meeting and speaking with 12 young men from the Youth Shelter Program of Westchester, at Anthony's Coal Fired Pizza, on Main Street, in White Plains. The Westchester Knicks speaking engagement with the Youth Shelter Program was a function of the NBA Voices initiative.

The Youth Shelter Program of Westchester provides a home-like alternative to jail for young men awaiting disposition for criminal offenses, who are involved in the adult criminal justice system. The YSPW residential facility is located on Eighth Street in Mt. Vernon and is the only one of its kind in New York State.

Westchester Knicks Isaiah Hicks, Devon Baulkman and Jordan Henriquez-



ALBERT COQUERAN PHOTO

(Back row, l-r) Westchester Knicks Devon Baulkman, Jordan Henriquez-Roberts and Isaiah Hicks joined the Youth Shelter Program of Westchester, at Anthony's Coal Fired Pizza, on Main Street, in White Plains to have an intimate conversation with the young men as an effort to help guide and inspire them during a difficult time in their lives.

Roberts led an intimate conversation with the young men about life beyond the basketball court, as Anthony Coal Fired Pizza Manager Rob Caporale served pizza for all.

Henriquez-Roberts the 6'-11" center for the Westchester Knicks understands well the challenges a young man faces

in life. Henriquez-Roberts struggled with his studies at Rice High School in Harlem before moving to Port Chester and attending Port Chester High School from 2006-2008. He graduated from the Winchendon School in Massachusetts before excelling at Kansas State University.

"When it was brought up to me to

participate, I knew I wanted to be a part of it," commented Henriquez-Roberts. "I know how it goes around here having gone to high school in Port Chester and for me to come out to show my support and speak with these young men really means a lot to me. Whatever they are comfortable speaking with me about is fine and I will share some of my experiences as well," said Henriquez-Roberts.

The Westchester Knicks will celebrate Faith & Family Night when they take-on the Greensboro Swarm, on Friday, Feb. 2, at 7 p.m. at the Westchester County Center.



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