



## Tigers Begin 2018 Football Season with a Big Win

ALBERT COQUERAN PHOTO



The White Plains Tigers productive preseason football camp paid dividends on Friday, when they trounced the Poughkeepsie Pioneers, 57-20, to open the 2018 season. The team scored a total of 119 points last season, but opened their 2018 campaign by scoring nearly half of that sum in one game. **See full story on page 15.**

## Local Postal Service Problems Continue

By Pat Casey

After several months of government inquiry into ways to improve Post Office mail delivery service and correct issues related to mail theft, it appears some problems have been solved, but others remain.

In a recent email, Greenburgh Town Supervisor Paul Feiner, who has been very proactive in trying to get to the root cause of the problems, said he is again hearing from constituents that postal service problems continue.

"If the Postal Service doesn't get their act together, more and more people will stop using the mail and the Postal Service won't survive. We can't depend on mail delivery for checks, bills, prescriptions. There have been stories in the national media about mail being thrown away," Feiner said.

What should be done?

Feiner recommends that the US Congress should hold public hearings on the postal service problems and come up with specific recommendations. "I believe that the US Postmaster General should visit Greenburgh and Westchester and hear, first hand, what the complaints are. Something needs to be done," Feiner said.

"Every complaint I receive is not only sent to the Westchester district manager, regional manager but is also sent to the United States Postmaster General, other high ranking officials at the US Postal Service and to our Westchester congressional delegation. I have sent hundreds of complaints to them in recent months."

Just last week, Congresswoman Nita Lowey (D-Harrison) penned another letter to the Deputy Postmaster General

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## County Officials Eye Initial \$7.5M Savings in Shared Services Plan

By Martin Wilbur

A Westchester panel will meet to vote Thursday on a reworked shared services plan that projects savings of \$7.5 million next year and up to \$27 million in recurring savings in the future.

Details of the updated plan were announced last Tuesday by the county's Director of Operations Emily Saltzman and other officials during a public hearing at the White Plains Public Library. The savings would be generated by potential efficiencies in eight areas, Saltzman said.

County Executive George Latimer resubmitted the Westchester County-Wide Shared Services Plan to the state because officials believed they could find more savings than the estimated \$2.13 million for the first year in the initial plan



MARTIN WILBUR PHOTO

Picture left to right are County Executive George Latimer, Deputy County Executive Ken Jenkins and Westchester Deputy Director of Operations Emily Saltzman discussing Westchester's revised shared services plan

in 2017. Gov. Andrew Cuomo signed legislation creating the Shared Services Initiative that asks counties to submit a cost-saving plan.

Deputy County Executive Ken Jenkins said with fiscal pressures mounting, exacerbated by the uncertainty of whether the state will be able to circumvent the new \$10,000 limit in state and local tax deductions, finding savings is essential.

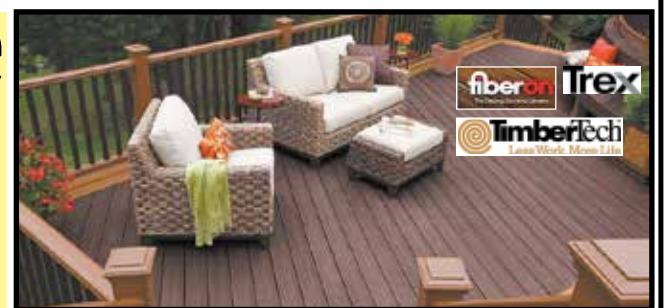
"With the IRS's recent decision and guidance on the SALT deductions, Westchester County is bracing for a bit hit," said Deputy County Executive Ken Jenkins. "So we've got to continue to work together and create solutions to reduce the tax burden. We must think outside the box and let go of our old mentality and

*continued on page 2*



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## County Officials Eye Initial \$7.5M Savings in Shared Services Plan

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holding onto geographic lines.”

The eight changes that will be presented to municipal officials across the county next week include creation of an online shared services portal for a potential first-year savings of \$2.3 million that would help municipalities see where they could share equipment and services with other towns; digitizing electronic records management, which would centralize an electronic storage of records, saving an estimated \$100,000 in 2019; creating a centralized contract for technology and IT services at a potential \$1 million cost savings next year; regional management of tax assessment and billing for a \$1.8 million savings; and enhanced energy efficiency programs and shared school resource officers saving \$1 million each.

Two other proposed service sharing

initiatives – consolidating justice courts and a county-wide health consortium – is not expected to yield savings the first year but could save several million dollars each down the road, Saltzman said.

“It’s actually what the county would save in a year if all of these things were to happen and were undertaken by the municipalities,” Saltzman explained of the projected figures.

The plan must be received by the state no later than Sept. 15 and presented to Westchester residents by Oct. 15, she said.

Latimer said the effort is only a start. Some difficult decisions may have to be made by municipal leaders, which could require relinquishing control of certain operations or taking on more responsibility, he said.

“We have to figure out do we change, do

we adapt or do we continue to grow or do we shrink because we’re not ready to make these changes,” Latimer said.

An incentive to file and execute a shared services plan is the \$225 million in state matching funds that will provide money to the counties equal to the dollars saved, Jenkins said.

Feedback from municipal and school officials who attended the hearing was generally positive, although there was some frustration regarding statutory limitations on certain types of service sharing and that local governments and school districts at the forefront of shared services will not receive matching funds for previous efforts. However, any expansion of previous service sharing would count toward receiving matching funds.

“I am actually happy that this is happening,” said Yonkers Board of Education Trustee Edgar Santana. “I think it’s long overdue. If we don’t face the reality that we don’t save and cut costs we’re heading off a cliff.”

Scarsdale Mayor Dan Hochvert said it doesn’t bother him that his village won’t receive reimbursement from past efforts because residents have already reaped the benefits.

“I love the process,” Pleasantville Superintendent of Schools Mary Fox-Alter added. “Congratulations, I love being part of the conversation and we look forward to the next steps.”

Westchester’s proposed shared services plan will be presented to representatives from all of the county’s municipalities on Thursday at the County Center.

## White Plains Aa 1 Rating Is Reaffirmed by Moody’s

Moody’s Investors Service has reaffirmed the Aa1 Stable bond rating for the City of White Plains. According to Moody’s, the Aa1 rating reflects the city’s “healthy financial position following a trend of structural balance.” The stable outlook reflects Moody’s expectation of “continued structural balance given conservative budget management and the local economy’s regional importance.”

In a statement, Mayor Tom Roach said, “The Aa1 Stable rating is the direct

result of the city’s fiscally responsible approach to its finances and the diligent work of city Budget and Finance staff and department heads throughout the year. White Plains has stayed within the state property tax cap for seven consecutive years without borrowing to fund pension costs or tax certioraris. Each year, we work hard to provide quality services to our residents at a reasonable cost. Moody’s has recognized this effort in their rating.”

## Local Postal Service Problems Continue

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Ron Stroman warning that problems at the Westchester Processing and Distribution Center “will make mail delivery even later than it already is.”

Lowey also said she had been in touch with the Westchester County District Attorney about “unacceptable occurrences” of mail theft inside post offices themselves.

Some of these thefts took place in White Plains, Ossining and Tarrytown.

Earlier in August, following a June meeting with Stroman and other high-level postal officials, Lowey sent a letter to the Deputy Postmaster General pressing for additional answers on security enhancements and missing passport applications in Tappan. In May, she joined fellow New York congressional delegation members in sending a letter to United States Postmaster General Megan Brennan calling for the Postal Service to address theft of mail across the Hudson Valley.

The most recent letter, dated Aug. 30

addresses concern by union officials that mail carriers in the Westchester Postal District were told to come in up to 90 minutes later beginning Saturday, Aug. 25, because of problems at the Westchester Processing and Distribution Center.

“It has been suggested to me that the distribution problems relate to staffing issues because, although the Postal Service is recruiting carriers, it is losing as many as 50 percent of new hires because of working conditions. These include 12-hour days, 16 to 19 days without days off, and a shifting of routes that require carriers to cover areas far from their homes, often with little notice,” Lowey said in the letter.

She also requested information about the number of thefts that have been reported in the past two months, and whether customers have been informed by the USPS so that they can monitor their bank accounts and take additional steps to verify that mail has been received.

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# College Students, Administrators Decry Rising Costs at Lowey Forum

By Anna Young

Westchester college students and administrators joined Rep. Nita Lowey (D-Harrison) at Pace University last Thursday to discuss college affordability as Congress considers a bill that would cut \$15 billion from federal student aid.

During the hour-long discussion, Lowey listened to stories of how students from many of the county's colleges have struggled with the escalating cost of higher education, mounting student loans and how they have benefited from receiving scholarship money.

"Federal aid is a huge help to us, but the scare for us also is that sometimes it may not always be enough," Pace student Olivia Wint said. "That's one of my worries; I don't want someone's education to come to a stop simply because of other factors in their life."

Lowey cautioned that the Promoting Real Opportunity, Success and Prosperity Through Education Reform Act, also known as the Prosper Act, would cut billions from federal student aid and increase the cost of education. The bill would create an annual limit on loans for graduate students, abolish loan forgiveness and eliminate in-school interest subsidies for middle- and low-income students.

Lowey said the "partisan, mean-spirited bill" is dangerous and being pushed by House Republicans to reauthorize the



ANNA YOUNG PHOTO

Rep. Nita Lowey leads a roundtable discussion at Pace University addressing the spiraling costs of higher education and the threat of a reduction in student aid.

Higher Education Act.

"The ability of students to access a quality, affordable education we all know is key to good paying jobs and economic security, but the rising cost of college has made the burden of student debt a roadblock for too many Americans," Lowey said. "Under the Prosper Act, more students would have even more debt. This bill is quite simply an assault on the financing of higher education as we know it."

Lowey said that students in the United States currently hold \$1.5 trillion in student loan debt. The average 2016 college graduate has about \$37,000 in student loans, she said.

Shelly Connor, a mother of two and a Westchester Community College and New York University graduate, said she disagrees with rising student loan rates. She said by limiting the amount of loans and eliminating loan forgiveness, education would become less

accessible for many students, especially those attending community college.

Westchester Community College President Dr. Belinda Miles said the Supplemental Education Opportunity Grants, Pell Grants, subsidized undergraduate loans and income-contingent repayment plans make college more affordable and accessible to millions of community college students nationwide.

"Current proposals in the Higher Education reauthorization bill would cut federal student aid, thereby shrinking the talent pipeline into high-demand jobs that stimulate economic growth," Miles said.

Pace President Marvin Krislov said more than 90 percent of Pace students receive financial aid. At Pace, more than \$196 million in institutional aid was awarded to students last year, he said, and more than 3,000 students, about 30 percent of the student body, received Pell Grants. Another 4,000-plus students received subsidized loans and 1,200 students received Supplemental Education Opportunity Grants.

"Federal financial aid is a key part of the funding mix for our students," Krislov said.

Pace student John-Carlo Bautista said Pace wasn't his first choice of college, but he ultimately chose to attend the

*continued on page 4*



## DEMOCRATIC PRIMARY – SEPTEMBER 13

# VOTE PEREZ

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## VIRGINIA PEREZ

*Virginia Perez emigrated to the U.S. from the Dominican Republic with her family as a young girl. Her father drove a cab and her mom was a home health aide. Tragedy struck in 2007 when her beloved brother Martin was murdered delivering food on a 12th floor stairwell in a Yonkers apartment building. Frustrated by lack of action to improve security in apartment buildings, Virginia ran and won a county legislative seat in 2011 and has been re-elected three times.*

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# Registration Open for 9/11: Serve + Remember Volunteer Projects

In honor of those killed and those whose lives were forever changed by the tragic events of Sept. 11, 2001, Westchester County Executive George Latimer will join with Volunteer New York! to host 9/11: Serve + Remember next weekend and on Sept. 11.

Volunteer opportunities will be taking place on Saturday, Sept. 8, Sunday, Sept. 9 and Tuesday, Sept. 11. Service projects at the County Center will take place on Sept. 11 from 9 a.m. to 5:30 p.m.

"On Sept. 11, many Westchester County residents will search for a way to

honor those lives that were lost, or forever changed by the tragic events at ground zero," Latimer said. "The 9/11 Serve and Remember Program provides that opportunity, and I encourage everyone to make time in their schedules to join in and participate yourself."

This year's #911Day event has a special focus on the helpers that emerge in times of crises or who volunteer their time every day in the face of injustice and inequality.

Many volunteer opportunities are family-friendly, and all will help support one of 35 local nonprofits and causes

where helpers are needed throughout the year.

Westchester County will also host its annual employee blood drive in partnership with the New York Blood Center on Sept. 11 at the County Center. To sign up or learn more, contact Janet Lokay at 914-995-2127 or e-mail [jell@westchestergov.com](mailto:jell@westchestergov.com).

"Serving together as a community on #911Day is a way to honor the lives of those lost, while bringing us closer through volunteerism," said Alisa Kesten, executive director of Volunteer New York!

"We encourage families, individuals and business groups to participate."

Volunteer opportunities at the Westchester County Center on Tuesday, Sept. 11 include:

- Donate blood (for ages 16 and over)
- Create inspirational cards for deployed service members with United for the Troops from 12 to 1 p.m., 2 to 3:30 p.m. and 4 to 5:30 p.m.
- Create math kits for Head Start Early Learners from 12 to 1 p.m. and 2 to 3:30 p.m.
- Recycle old t-shirts to create dog toys for shelter dogs in support of the SPCA of Westchester from 12 to 1 p.m.
- Make peanut butter and jelly sandwiches for local food shelters with One Sandwich at a Time from 2 to 3:30 p.m. and 4 to 5:30 p.m.
- Package diapers and support families with the Westchester County Diaper Bank and the Junior League of Central Westchester from 2 to 3:30 p.m. and 4 to 5:30 p.m.
- Create literacy puppets to support youth development with WestCOP from 2 to 3:30 p.m.
- Create therapy pillows for people with autism from 2 to 3:30 p.m. and 4 to 5:30 p.m.

• Create blankets for youths in hospitals with Westchester-Rockland Project Linus from 2 to 3:30 p.m.

Create laundry sachets for formerly homeless women with the YWCA White Plains from 2 to 3:30 p.m.

For the complete list of the 2018 #911Day Volunteer Opportunities taking place on Sept. 8, 9 and 11 and to register to participate in the volunteer projects, call 914-948-4452 or visit [www.volunteernewyork.org/service](http://www.volunteernewyork.org/service).

The community-wide action event is sponsored by Robison Oil, with additional support from Empire City Casino and Westchester Medical Center.

## College Students, Administrators Decry Rising Costs at Lowey Forum

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Pleasantville school because he could receive subsidized loans while he focused on his studies and worked a part-time job. Emerald Rodriguez, another Pace student, said access to federal finance aid programs along with the financial aid package from Pace is helping her pursue a nursing degree.

Lowey said she would bring student concerns to Washington in an effort to prevent the cost of higher education from climbing even higher.

"I'm fighting with many of my colleagues to prevent this bill from becoming law," Lowey said. "We're going to continue to protect federal investments in higher education and make sure that every student has access to a quality, affordable education."



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## Police Blotter

# Valhalla Man Arraigned for Stealing from Homeowners Association

John Pacor (DOB 10/14/74) was arraigned Aug. 30 in Greenburgh Town Court on charges related to stealing thousands of dollars from his homeowners association. Pacor surrendered earlier in the day to Mount Pleasant Police. He was charged with one count of Grand Larceny in the Second Degree, a felony.

Pacor was released on his own recognizance and is expected back in court Nov. 15, 2018.

John Pacor is an attorney and a former board member of the Pleasant Ridge Homeowners Association (HOA) in Valhalla where he lives with his wife and children. His wife is a former president of the HOA and his mother was the treasurer. The felony complaint alleges, between November 2012 and April 2014, Pacor deposited 51 checks from the Pleasant Ridge HOA bank account totaling \$93,955 into his own checking account for his own purposes.

In August 2017, members of the HOA discovered the theft and filed a complaint with the Mount Pleasant Police Department.

The case is being prosecuted by the Westchester County District Attorney's



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## Advocating for Common Sense Gun Reform

Our nation recently endured yet another horrible shooting in which two people were killed in Jacksonville. Once again, our hearts are broken for the lives that were lost due to senseless gun violence. Incidents like this have become tragically normalized and have exposed the desperate need to make serious reforms to our gun laws at every level of government. Yet despite public outcries for gun control, the Trump Administration and the NRA want to take us in the exact wrong direction. Just a couple weeks ago, Education Secretary Betsey DeVos announced that she is considering allowing states to use federal tax dollars to buy guns for teachers. It's an outrageous proposal that shows how far off base she and President Trump are

on guns.

Here in New York State, the Republicans in control of the State Senate are not much different. They have refused to take any action despite repeated attempts by my colleagues in the Democratic Conference and I to force votes on common sense gun reforms. We have proposed strengthening New York's background checks by giving authorities more time to screen gun purchasers and creating extreme risk protection orders which would take guns out of the hands of people deemed potentially violent by a judge. We've also proposed a bill that would ban bump stocks on assault rifles like the one used by the gunman in the Las Vegas shooting. All of these bills have broad support among New Yorkers,

but the Republican Majority in the State Senate has blocked every one of them from advancing.

One would think that in a State as progressive as New York, we'd be able to pass common-sense gun laws. And in some cases, we have. When I was a County Legislator, we passed safe storage requirements for gun owners in Westchester. And in the State Senate, my colleagues in the Democratic Conference and I passed the NY SAFE Act in 2012, the toughest gun control laws in the nation. Among other things, the SAFE Act banned assault rifles and expanded background checks. But there is still so much more we need to do to improve gun safety in our state.

These are extremely unsettling times.

The rise of Donald Trump has taught us that elections can never be taken for granted because the consequences are real. That's why we have people like Betsey DeVos making such outrageous proposals, and it's why we have a Republican State Senate that won't pass common sense gun control.

The good news is that we have the power to make change, and that power rests in our ability to choose our leaders at the ballot box. So, if you care about standing up to Donald Trump and the NRA, if you reject proposals like Betsey DeVos' and if you believe that New York should strengthen its gun laws, please vote this election season.

—Andrea Stewart-Cousins,  
NY State Senator, District 35

## Pace Law School Moves Toward Becoming a Plastics Free Campus

Pace Law School in White Plains will no longer use non-reusable water bottles, plastic straws, disposable plates or cutlery in newest effort to promote a more sustainable campus and reduce waste.

The Elisabeth Haub School of Law at Pace University has taken measures to become one of the greenest campuses in the region. It has nearly eliminated the use of plastic in its cafeteria and other areas of campus. Beginning last week, the Law School will use paper straws instead of plastic and students will use china

and metal flatware in the cafeteria. In addition, at all of its programs, the school will not use paper or plastic products and will provide water-filled bubblers rather than individual plastic water bottles.

"For decades, the Elisabeth Haub School of Law has been a pioneer in the field of environmental law and home to a nationally recognized environmental law program," said Dean Horace Anderson. "I am so pleased that today, we are ensuring that we continue to lead the way by taking important measures to ensure

that our campus is more sustainable than ever."

"Plastic pollution is one of the most urgent environmental issues facing our planet. It is estimated that by 2050, there will be more plastic in the ocean than fish by weight," said Gilbert and Sarah Kerlin Distinguished Professor of Environmental Law Jason Czarnecki. "The Law School is taking a first and necessary step to help confront this crisis and enact more sustainable practices."

In addition to reducing plastic, the

Law School is using new energy efficient dishwashers to reduce the amount of water used by the school. New trash and recycling bins are also being installed with clearly marked components. Should members of the Law School community request a "to-go" container they will be given a paper container.

By 2019, Pace University will convert all campus water fountains to water filling stations. Faculty, staff and students are encouraged to use their own re-usable water bottles.

## Service Medals Awarded to WWII Navy Veteran Posthumously

Congresswoman Nita Lowey (D-Harrison) presented three overdue service medals to the family of Anthony Giaccio, a deceased Navy veteran of World War II, at a ceremony in White

Plains on Aug. 20. Among those who joined Lowey for the ceremony were Mr. Giaccio's son Anthony P. Giaccio of Hawthorne, the village administrator of Sleepy Hollow, and grandchildren of the

deceased veteran.

"These medals are a testament to Mr. Giaccio's distinguished service to our country, and I'm deeply honored to be able to present them to the Giaccio family and to pay tribute to Mr. Giaccio," said Congresswoman Lowey. "Even after his passing, Mr. Giaccio's legacy lives on, and I know his family will be enormously proud and inspired every time they look at these medals and think about his service and sacrifice."

Lowey presented Mr. Giaccio's family with the Asiatic Pacific Campaign Medal, the Honorable Discharge Button (Navy), and the Honorable Service Lapel Pin. Mr. Giaccio had previously been issued two other medals: the World War II Victory Medal and the American Campaign Medal.

Mr. Giaccio served on active duty from March 31, 1943, until his honorable discharge on November 19, 1945. He was a Gunner's Mate, Third Class, who served aboard the USS Adopt (AM-137) in the Pacific Theater. The Adopt was a minesweeper and escort vessel, which after operations off California, Hawaii, and Alaska, was transferred in July 1945 to the Soviet Navy under Lend-Lease. Mr. Giaccio died in August 1992. His family was going through his effects earlier this year and contacted Congresswoman

Lowey to obtain any medals for which he might be eligible.

Veterans or family members who believe they or a loved one are eligible for service medals should contact Lowey's White Plains District Office 914-428-1707.

### The White Plains Examiner

**Adam Stone**  
astone@theexaminernews.com  
Publisher

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

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# Ceol – or Can it Be Called Irish Soul?



By Brian McGowan

Let's delve into the heart of Irish culture: ceol (pronounced kee-yole), the Gaelic word for music. Call it "Irish soul," if you want. While Irish traditional music embraces many forms, it is in the realm of instrumental music that it truly shines.

This is music that inevitably gets people tapping their feet, reflecting its origins; music that was made for dance. Of the more than 1,600 tunes forming the bulk of the genre, 95 percent originated to liven the feet of long-ago dancers, through brilliant jigs, reels and hornpipes. This was music composed by and for a rural working culture, music that lifted them from the drudgery of hard lives and fed their enjoyment at communal celebrations and other events, such as fairs and weddings and even wakes.

Rarely was an event held without a fiddler or a piper nearby, or at the very least a reveler playing the humble but beautifully tuneful tin whistle. Few of these musicians could read a note of music. They didn't need to. The music was learned and passed on by ear, much as the stories and legends of the Irish were also transmitted,

from speaker to listener.

Where can one hear this Irish soul? Topping any list is Dunne's (914-421-1451 or [www.dunnespubandrestaurant.net](http://www.dunnespubandrestaurant.net)) at 15 Shapham Place in White Plains. At half past seven on a Wednesday evening you can enjoy a host of performers playing reels and jigs and airs for hours on end, in a true Irish music seisiún, or session, which has been a hallmark of the establishment for many years now.

Dunne's is a perfect place to sit and relax in a genuine pub atmosphere and sample some of the delicacies of an excellent kitchen serving traditional Irish dishes and more standard American fare, all well and hearty. And if you have a decent hand at the fiddle, flute, uilleann pipes, tin whistle, or bodhrán drum and have a working knowledge of some good session tunes, you may be able to edge your way into the performer's circle. If not, sit back and tap your foot and enjoy the music.

Despite the wealth of Irish monikers gracing numerous pubs, restaurants and assorted watering holes throughout the area, few offer anything close to what Dunne's provides. Have a favorite place

of your own where traditional music is reveled in? Let me know and I'll spread the word.

If you're interested in the more technical aspects of the music, visit my blog, where I will soon be documenting some of the finer details for those with a curious mind.

An equally important part of the "Irish heart" is storytelling. On this topic, I just finished reading a nice little book, "Leitrim Folk Tales," by Susie Minto, a transplanted Scot who at the time of birthing this collection of tales (2013) claimed nine years of residence in Ireland's County Leitrim as a "blow-in," local vernacular for a resident not born there.

Largely drawn from stories collected by the Irish Folklore Commission in the late 1930s, Minto's book brings alive the memories of folk, some whose lives reached back to the days before the Great Famine of 1845 to 1852. Other titles in the series, published by the History Press Ireland ([www.thehistorypress.ie](http://www.thehistorypress.ie)), bring us the legends and tales of Roscommon, Clare and Donegal.

Reader Maureen McLoughlin shared with me recently the Irish

Folklore Commission's website ([www.ucd.ie/irishfolklore/en/collections/schoolscollectionanduchas](http://www.ucd.ie/irishfolklore/en/collections/schoolscollectionanduchas)). It's a fascinating online trove of folk history and legend. One can spend many hours digging into the tales and recollections it preserves, items that would have been lost forever if not for the work of dedicated researchers and archivists who roamed the Irish countryside 80 years ago and set the schoolchildren of Ireland on a mission to save their country's heritage from obliteration.

Take a look when you have a moment. Do a search for the area your own immigrant ancestors hailed from, and a familiar surname or two, and you may find a relative speaking to you across eight decades of time. And that, trust me, is beyond remarkable.

*Pleasantville resident Brian McGowan was born and raised in the Bronx and is a second, third and fifth-generation Irish-American/Canadian, as his immigrant ancestors followed several paths to the New World. Reach him at [brian.m.mcgowan1952@gmail.com](mailto:brian.m.mcgowan1952@gmail.com) or on Twitter (@Bmcgowan52M). To see more of his writing on "things Irish," follow his blog, "Rethinking Irish," at [www.rethinkingirish.com](http://www.rethinkingirish.com).*

## Guest Column

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### Obituaries

#### Frances M. Downey

Frances "Fran" Downey (Graziano) of White Plains and Westbrook, Conn., passed away surrounded by her family on Aug. 31.



Fran was born on Nov. 21, 1945 in Mount Vernon to the late Genaro and Frances Graziano.

She is survived by her loving husband and best friend of 51 years, Tom, her daughter Carol Ann, her son in law Thomas Hart, her grandchildren Jack and Caroline, her sister Rosemary Brooke, and her brothers Bruno and Michael Graziano. Her son Michael predeceased her in 2002.

Fran was a beloved aunt, cousin,

Godmother, friend and babysitter. She was considered a "second mom" to many neighborhood children. Fran spent her life helping others, whether young or old. In 2001 Fran was presented with the Eleanor Loucks Award for distinguished service to the Loucks Track and Field Games held annually at White Plains High School. Fran had a huge heart and loved spending time with her family and friends. She will be greatly missed by all who loved her.

#### Marlene V. Perez

Marlene V. Perez a long-time White Plains resident died on Aug. 30.

Marlene was born on Jan. 30, 1944 and raised in Port Chester. She shared her birthday with Franklin Roosevelt. She moved to White Plains in 1972, where she became actively involved as a volunteer in local nonprofit organizations and began to develop an interest in political activities.

Marlene always believed in helping others as she has been helped in life. Her credo was "We are our brothers' keepers." She was an early member of SHORE, Inc., which was formed to provide shelter to the homeless. She was a member of the Justice and Peace Committee of St. Bernard's Church; a volunteer at The Lord's Pantry, delivering meals to people with AIDS and was a key organizer of the Friendly



Gathering for many years. She was a board member of Westchester Disabled on the Move and Access Westchester, where she worked with others to create accessible playgrounds for children with disabilities, the first of which opened at Saxon Woods Park in White Plains. As a tireless accessibility advocate, she successfully lobbied for "push pads" at City Center, so that those in wheelchairs can gain easier access.

She became actively involved in the White Plains Democratic Party in 1987 and played a significant role over many years. In 2011 she was a recipient of the Marilyn Stagg Award, based largely on her tireless work as the party's organizational chair, responsible for overseeing the nuts

and bolts of volunteer work for candidates. She was a protégé of Marilyn Stagg herself, for whom this award is named.

Marlene spent most of her 27-year professional career with AT&T-NYNEX-Verizon as an Administrative Assistant, retiring in 1998. In 2001, Marlene fulfilled a lifelong dream by graduating from Mercy College, which she did with Department Honors. After an internship at NY Presbyterian Hospital in the alcohol and substance abuse unit and an internship at a domestic violence shelter, she joined the staff of the shelter. She also worked as a Client Care Worker at Samaritan House, a woman's homeless shelter in White Plains, run by Grace Church Community Center [now Lifting Up Westchester, Inc.]. In her retirement years, Marlene lived in downtown White Plains with her two cats and, while continuing to be an avid community volunteer, she struggled with the effects of post-polio syndrome. In 2015 she relocated to Cabrini Eldercare in Dobbs Ferry.

Visitation at McMahan, Lyon & Hartnett Funeral Home, 491 Mamaroneck Ave., White Plains Thursday, Sept. 6, 4 to 8 p.m.

Funeral Service Friday, Sept. 7, 10 a.m. at St. Bernard's Church, S. Lexington, White Plains. Interment at Greenwood Union Cemetery, Rye.

*continued on page 8*



# Active Release Technique and How it Can Help You



By Dr. Ivana  
Monserrate

Are you a runner with severe knee pain that is preventing you from training for a marathon? Or are you a mother who can't lift your newborn because of low back pain?

If so, you are not alone.

Millions are agonizing from similar conditions as a result of repetitive stress or acute injuries. A solution for this pain and suffering is Active Release Technique (ART).

## What is ART?

ART is a muscle stretching technique used to resolve issues involving the muscles, tendons, ligaments, nerves and fascia. It is performed with the provider's hands to reduce fibrous adhesions and restore proper motion and function. Many symptoms may not be a result of a direct injury and instead are the result of a repetitive stress.

With these micro-injuries, tearing of the muscle and soft tissue occurs gradually over time. The body then responds with

inflammation and eventually repairs the small tears with adhesions and scars. These adhesions then begin to accumulate causing the muscle to become tighter and eventually weaken, leading to a decrease in performance. The overall goal of ART is to break down these adhesions over time and restore the texture and function of the soft tissue.

## Who can benefit from ART?

With more than 500 protocols, ART can be helpful in various conditions such as headaches, shin splints, plantar fasciitis, tennis elbow, muscle strains and pulls, frozen shoulder, IT band syndrome and even general low back pain. ART can also be performed to release any nerve entrapments in injuries such as sciatica and carpal tunnel syndrome.

## What to expect during an ART session?

ART sessions are comprised of examination and treatment. The provider begins by using their hands to evaluate the texture, tightness and movement of the soft tissue along with searching for adhesions and attempting to reproduce the main complaint.

Once the abnormal tissues are

identified, a tension is applied with the provider's hands to the area and the patient is directed to move their body part in a certain position. This is repeated a few times. Retesting after treatment is then performed to assess the specificity of the treatment.

Each ART session is unique and specific to each patient given the nature and severity of their condition. After being treated, patients typically respond rapidly with decreased pain and increased flexibility and mobility. A few sessions may be needed depending on the tissues' response to each treatment.

## Other benefits

ART is not only used to treat specific injuries once they occur. Incorporating ART into daily life or any training regimen can prevent injuries from wear and tear on our bodies, reduce recovery time and help with overall maintenance. Routine ART treatments prevent accumulations of scarring in the tissues and stress on the joints, tendons and ligaments leading to reduced risk of acute injuries or injuries resulting from overuse.

Dr. Ivana Monserrate is a chiropractic

at ProClinix Sports Physical Therapy & Chiropractic who is certified in Active Release Therapy. Monserrate works in ProClinix's Armonk and Ardsley locations. For more information or to ask questions about ART and how it can help you, call 914-202-0700 or visit [www.proclinix.com](http://www.proclinix.com).



## Obituaries

continued from page 7

### Blanche J. Bruesewitz

Blanche J. Bruesewitz, a resident of White Plains for over 50 years and most recently a resident of the Meadowview Assisted Living at The Wartburg (Mt.



Vernon), died Aug. 30 at the age of 93.

She was born June 18, 1925 to the late Louis Dobos and Mary Toth Dobos.

Blanche graduated from Trenton High School, and received her B.S. from The Teachers College of New Jersey. She did graduate work at Rutgers University and at the University of Wisconsin, Madison. Blanche taught kindergarten in South Brunswick Township, NJ in the 1940's.

On Aug. 30, 1953 she married Arthur "Bruce" Bruesewitz in Ewing, NJ. They moved to White Plains when Bruce was offered a position teaching history at

the high school. She was a White Plains substitute elementary school teacher.

In retirement, they were antique dealers participating in shows throughout Westchester and Connecticut for over 30 years. Arthur predeceased her in 2016.

She was a member of the Woman's Club of White Plains and served as chairman of the Evening Membership; she was honored with lifetime membership in 2016. She was a member of College Club; White Plains Historical Society; Friends of White Plains Library, serving as vice president; Embroiderers Guild of America; American Needlepoint Guild, and retired Educators Organization.

She is survived by her daughter Gail Bruesewitz-LoPinto and son-in-law Dr. Joseph F. LoPinto of New York, NY and Sag Harbor, NY. Also surviving are her two grandsons Frank, and Joe.

Visitation at McMahan, Lyon & Hartnett Funeral Home, 491 Mamaroneck Ave., White Plains Friday, Sept. 7, 4 to 8 p.m.

Funeral Service Saturday, Sept. 8, 10 a.m. at the Wartburg Chapel, Mount Vernon. Interment at White Plains Rural Cemetery.

### Neftali Laracuate

Neftali Laracuate, 89, passed away Aug. 29.

He was born Oct. 28, 1928 in Vega Alta, Puerto Rico to Ramon Laracuate and Juana Arismendez.

Neftali worked as an engineer at the Doral Arrowwood Hotel in Rye Brook for

over 10 years, before retiring in 1994.

Neftali served his country in the US Army during the Korean War. During his service he earned the Korean Service Medal, the United Nations Service Medal, and the National Defense Medal.

Neftali is survived by his wife of 58 years, Angela, his two children, Edith Capetillo of Carmel and Nestor Laracuate of White Plains, four brothers and three sisters. He is also survived by his granddaughter Yolanda Capetillo of Carmel and two great grandchildren, Victoria and Luis.

Neftali was a beloved husband, father, grandfather and great grandfather. He enjoyed fishing and listening to Latin music.

### Grace Ann D'Onofrio

Grace Ann D'Onofrio, 87, passed into eternal rest on Aug. 29, surrounded by her loving family.

Grace was born in the Bronx on Sept. 1, 1930 the only child of Italian immigrants Anna and Emil Masillo. Her parents strongly believed in education, a value Grace maintained throughout her life. Grace attended Cathedral High School in the Bronx and graduated Hunter College where she was a member of the Phi Beta Kappa Honor Society. She received a B.A. in education and Classical Languages, resulting in her ability to speak four languages fluently. For 30 years she devoted her time to substitute teaching in various schools throughout Westchester. During that period she connected with students and faculty who continued to ask

about her long after she retired.

Grace, who had deep love of music, began playing piano at the age of three. She always kept a piano in her home and enjoyed entertaining at social gatherings, delighting her family and friends.

Grace will be remembered for her many wonderful qualities. She was a loving and devoted mother and grandmother whose happiest moments were those spent with family. But the quality that most defined Grace was in her deep, unshakeable faith in Our Lord, which she perpetually instilled in her children. Her devotion to her faith was expressed through attendance at Daily Mass and daily recital of the Holy Rosary. But Grace did not believe in confining her faith to the walls of a Church. She unabashedly expressed her spiritual convictions to friends and strangers alike and this free expression inspired all those whose lives she touched.

Grace was predeceased by her loving and devoted husband of 49 years, Nicholas, who died in 2001. She is survived by her five children, Adele La Croce of the Bronx, Anne Marie Fitzpatrick (Kevin) of Amawalk, Grace Carnevali (Paul) of La Grangeville, Michael D'Onofrio (Susan) of Somers and Emil D'Onofrio of White Plains. She also leaves behind seven grandchildren: Joseph, Justin and Jared Fitzpatrick, Michael, Christopher and Gregory Carnevali, and Danielle D'Onofrio.





# How Best to Use the Color Red in the Home

As a teenager just beginning to form preferences in style and substance, I told anyone who asked to know my favorite color that it was green because it was the color of nature. But that was a lie.

Actually, I was drawn like a magnet to the color red but didn't want to admit it for some reason. Did it seem too radical or daring for a young man of 16? I can't say, but given the first opportunity to choose a color for my immediate surroundings – my bedroom – I chose a flaming red.

My mother, who waited until I was in my thirties to finally tell me that she always knew I was “different,” let me have my way. Her liberal permission backfired when she listed that house for sale and every prospect who came by exclaimed “Wow!” when opening my bedroom door. As a realtor now, I know that neutral colors are best when it comes to preparing a house for sale and that flaming red bedroom just may have impeded the sale.

It never occurred to me as a teenager that something deeply psychological might have been going on with me at the time. Perhaps it was a quest for excitement which the color red is said to induce. But that excitement might tend to be on the side of aggravation for some people. Consider that a matador's cape, which taunts bulls, is always red. On the other hand, consider again that bulls, along with all other cattle, are color blind and the color red has nothing to do with their charge. It is therefore probably most

exciting for the bullfight spectators.

There are other famous instances where red has been used for effect. Remember the dress Scarlett O'Hara decked herself out in after the scandal of being caught in Ashley Wilkes' amorous embrace? What about the walls of every bordello ever depicted in film? The power tie, the power suit for women (think Nancy Reagan), they're always red, right?

Whether it's lipstick or brick, the allure of red is undeniable. But as learned by my teenage bedroom, the color – as bold and captivating as it might be – needs to be used carefully. Red isn't always the best choice for an entire room.

According to environmental psychologist Sally Augustin, “Red can be a useful color to include in a home. People are drawn to red so painting the wall at the end of a long hallway red is a good idea. But it's not such a desirable color to use in places where thoughtful work will be done.”

Benjamin Moore advisories tell us that “Nothing perks up a room like decorating



By Bill Primavera

with red, but many are afraid to introduce this powerful color into their home.” However, there are many creative ways in which you can spice up your décor with red's ebullient energy without feeling overwhelmed. One way could be to create a focal point or define a space with one red accent wall. Playful touches of red can be applied in unexpected places such as stair risers, the interior of a bookcase or china cabinet or the legs of a table.

When I owned an 18th century home, I painted the floor of one room red and the effect was transforming. Of course, I have always recommended the use of red, preferably Benjamin Moore's burgundy, for the front door.

Based on research studies by Andrew Elliot, a professor of psychology at the University of Rochester, the use of red has distracting effects that reach into the subconscious levels of our minds.

“Their studies showed that when people see something red, even briefly, before they begin some sort of competency evaluation, such as an IQ test, they do not perform as well on the test and actually avoid challenging tasks.”

“On the bright side – and opposite spectrum – Elliot and his team have found that red backgrounds increase the attractiveness and desirability of a person standing in front of it,” said Augustin, which explains the common association of sexual attraction with the color. “So even though your bedroom walls are a pastel blue or green, red sheets may be in order.”

Red sheets? My response to that is while red sheets might induce sexual attraction, for me personally they would hardly accommodate a good night's sleep.

Bill Primavera, while a publicist and journalist, is also a Realtor® associated with William Raveis Real Estate and Founder of Primavera Public Relations, Inc. (www.PrimaveraPR.com). To engage the services of The Home Guru to market your home for sale, call 914-522-2076.

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# The Multiple Influences of Oak on the Profile of Wine



By Nick Antonaccio

What makes an individual wine unique from another? Why does a Chardonnay from one country differ so greatly from another? Why does one winemaker's Chardonnay differ so greatly from his neighbor's a few miles away?

There are three principal (and many minor) factors that influence a wine in its final state: vintage, terroir and oak. In prior columns I've explored the first two factors; let's now focus on the third.

Winemakers have many choices for the vessels used in producing wine. Traditionally oak has been the vessel of choice, especially for red wines. However, there is a growing preference for stainless steel tanks and concrete eggs. This week I'll focus on oak.

Oak adds complexity to a wine; it also adds unique aromas and flavors. Oak wood naturally has a vanilla-like aroma and a tannic taste. Both of these are considered by many to be critical in the overall style of white and red wines. The vanilla hints add complexity to the wine flavors, while the natural tannins in the wood aid in softening the harshness of wines as they age.

Winemakers have many choices in

oaking that enable them to stylize their wines to their unique preferences. Light oaking adds subtlety while heavier oaking adds additional structure and complexity. Your preference for a style of wine is significantly influenced by the winemaker's use of oak.

If you taste a barrel-fermented and aged Chardonnay next to one produced using stainless steel, the difference will be obvious and may influence your buying decisions.

Winemakers have many choices to impart an oaky character to their wines during barrel aging. Let's briefly explore five:

- The origin of the oak trees. French oak trees are the dominant wood used, followed closely by American oak trees. French oak has a tighter grain. The tighter the grain the less absorption by the wood and therefore less flavor is imparted. This is one reason why French wines (and other wines using French barrels) are considered more subtle than American wines.

- The "toast" level of the barrel. The art of barrel making (coopering) is dependent on curving the barrel slats (staves) over an open fire to form the familiar shape

of the barrel. Depending on how long they are toasted, the flavors imparted will range from vanilla and mild smokiness to caramelized and more dominant smokiness and tannins. The winemaker decides the style he desires and purchases barrels accordingly.

- The size of the barrel. This one is counterintuitive. The larger the barrel the less oak is absorbed due to the volume of wine in the barrel. The smaller the barrel the more surface area there is to be absorbed by less volume of wine. Bottom line: aging in smaller barrels imparts more oak flavor.

- The age of the barrel. New, virgin, barrels leech higher levels of oak than older, previously used barrels that have already given their best effort. Winemakers seeking heavier oakiness will only use new barrels (translation: Cabernet Sauvignon). Others will mix new and old barrels or use old barrels exclusively (translation: many Chardonnays). In some cases, economics dictate. New barrels can cost from \$900 to \$2,000 each versus \$200 for older ones.

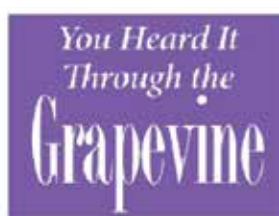
- The length of time wine ages in the barrel. The most influence by the individual winemaker on the final product comes at this stage. The longer wine

matures in the barrel the more obvious the oak. This is when the subtlety, or lack thereof, is determined. However, in France, Italy and Spain the time in barrel is governed by law.

Each of the steps in producing a fine wine is critical to the final product offered in your local wine shop. The impact of oak is not always understood or appreciated. But if you look for the influence of oak, you'll begin to appreciate the subtleties of individual winemakers' efforts and whether they meet your preferences in wine.

NB: This week's column is a reprise of an earlier composition.

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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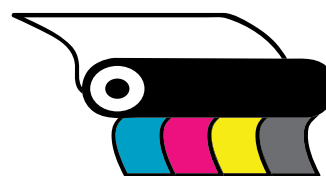
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# Back to School: Where Can We Eat and Mingle?



By Morris Gut

Fall college semesters are gearing up. Here are some dining and networking suggestions with students in mind.

**Dunne's Pub, 15 Shapham Place, White Plains, 914-421-1451**

A short drive from College of Westchester, Westchester Community College, Berkeley and Pace, Dunne's is a neighborhood treasure, an authentic Irish tavern with all the traditional Gaelic accoutrements intact. Over the years owner Sean Dunne has taken great strains

scallops, chilies and arugula; classic Veal, Chicken or Shrimp Parmigiana; Wild Striped Bass Mediterraneo with capers, olives and cherry tomatoes; and Day Boat Scallops, pan-seared with baby arugula, risotto, sundried tomato and roasted pepper gremolata. Bar/lounge. Happy Hours. Live entertainment and dancing Thursday evenings. Party facilities. Major credit cards. Ample free parking. [www.trattoria632.com](http://www.trattoria632.com)

**Mughal Palace, 16 Broadway, Valhalla, 914-997-6090**

Westchester Community College, Pace University and New York Medical College are nearby. Owner Mohammad Alam of Mughal Palace serves a delicious all you can eat Indian lunch buffet from 11:30 a.m. to 2:30 p.m. daily. More than a dozen



to please. Cesarini, a 'local grill man' himself whose family owned and operated several cafes and grills in the Bronx-Tuckahoe-Eastchester area, has kicked it up a notch with a nice mix of reasonably priced American tavern comfort fare with a good dose of broccoli rabe. \$10 lunch special served daily. Their juicy burgers, the Spiedini, and Lobster/Shrimp Salad Roll are winners. Open 7 days. [www.thequarryrestaurant.net](http://www.thequarryrestaurant.net)

**Ernie's Wine Bar, 7**

**Pondfield Road, Bronxville, 914-652-7859**

Near Sarah Lawrence College, I have been impressed with the great food, fine wines and hospitality I have encountered at cozy Ernie's Wine Bar & Eats in Bronxville. Out of Ernie's tiny kitchen come laudatory renditions of American/Global dishes bursting with flavor. Oenophiles, take note. The carefully selected wines served here, many from small-batch independent producers, can be heavenly. It is a wonderful place to unwind, take in some music on special nights, and indulge. The small bar is great for networking, too. Recent food tastings here have included Luisanna's amazing polpettina meatballs, cheese and charcuterie platter, Duck Wontons, Duck Confit, a wonderful Fettuccine Carbonara; Mushroom and Pea Risotto, and Baked Cod with Vierge Sauce. There is live entertainment. Check ahead for updates. Open Monday thru Saturday for happy hour and dinner. [www.ernieswinebar.com](http://www.ernieswinebar.com)

**Mamma Francesca, 414 Pelham Road, New Rochelle, 914-636-1229**

Near the College of New Rochelle, Monroe College and a short drive from Iona, owner Nick DiCostanzo serves seaside meals, great farm-to-table tomato salads, and sea-to-table dishes. A new Cicchetti Bar Menu offers a variety of tasty small plates throughout the day. Mamma Francesca is located on the banks of Long Island Sound with 6-story views of the 'Queen City's' boat clubs. There is a talented kitchen staff preparing a seasonal menu of robust specialties: fresh Ischia Salad; good retro versions of Chicken, Veal or Shrimp Parmigiana; Mamma's Chicken Breast Europeo, stuffed with prosciutto, mozzarella, mushrooms and spinach in a Marsala wine sauce; a big platter of Misto Frutti di Mare loaded with shrimp, clams, calamari and mussels in a red sauce over linguini; and Pork Chops or Sirloin della Nonna, served with sliced potatoes, peppers, mushrooms and onions. Daily Happy Hours. Party facilities and off-premise catering. Free parking. [www.mammafrancesca.com](http://www.mammafrancesca.com)

**Nutmeg Cafe, 64 Main Street, Tuckahoe, 914-779-1328**

Not far from Concordia and Sarah Lawrence, and laptops welcome! Nutmeg Café opened on Main Street in Tuckahoe offering Westchester a variety artisanal



Lunch platter at Mughal Palace, Valhalla.



Popular Corned Beef Reuben with spinach and mashed at Dunne's Pub, White Plains.



Decadent Chocolate Torte at Ernie's Wine Bar, Bronxville.

selections from salad, main courses to desserts with all the trimmings. Dinner is a la carte and begins at 5 p.m. Look for such specialties as: Lasuni Gobi, cauliflower florets tossed with bell peppers, onion, garlic and green herbs; Chicken Barbecue Kabab, marinated boneless chicken cooked in the tandoor oven; Lamb Bhuna, pieces of lamb cooked in a medium spiced sauce of bell peppers, tomatoes and fresh Indian herbs; and Mango Chicken, boneless chunks of chicken cooked with fresh mango, ginger, garlic and dry spices. A glass of lassi with help wash it all down, and don't forget the delicious house made Indian breads to scoop up the sauces. Bar. Lunch buffet: \$12.95 weekdays; \$14.95 Saturdays; \$15.95 Sunday brunch. Open 7 days. [www.mughalpalace.com](http://www.mughalpalace.com)

**The Quarry, 106 Main Street, Tuckahoe, 914-337-0311**

Near Concordia and Sarah Lawrence College, owner Dominic Cesarini of The Quarry operates a handsomely renovated bi-level 70-seat dining room and bustling bar/lounge that is always engaged in spirited networking. There are artsy exposed pipes and vents on the ceiling. A lovely area rug and acoustics temper the noise level. Handsome brown wood and clay tone walls, warm lighting fixtures and modern sturdy dark brown butcher block type chairs and tables highlight the floor with large picture windows with seating spilling out onto Main. The staff here is most friendly, efficient and eager

not to get caught up in the modernist Irish mode so prevalent these days. It is a friendly, home-style place. Sean and his staff know how to pour that pint of Guinness while keeping the crowd in spirited conversation. You can also try such kitchen favorites as their fabulous Corned Beef Reuben Sandwich, Plain Jane Burger served on a Kaiser roll, Beer Battered Fish & Chips, Grilled Irish Bangers, and Cheddar Cheese Meatloaf served with Irish beans and mashed potatoes. Their Sizzling Steak is a tasty eye catcher. There is an exciting live Irish music session every Wednesday night. And Oktoberfest is celebrated the first Thursday of every month all year. Open 7 days for lunch, dinner and Sunday brunch. Municipal parking. [www.dunnespubandrestaurant.net](http://www.dunnespubandrestaurant.net)

**Trattoria 632, 632 Anderson Hill Road, Purchase, 914-481-5811**

This restaurant is just a short drive from SUNY Purchase and Manhattanville. There is a Pizza Bar creating tasty pies you can order to eat in or take out. Chef Nazareno Danielle and his team serve up a seasonal Italian menu loaded with flavor. Also check out such house specialties as: Roasted Beets with goat cheese mousse, Sicilian pistachios and micro greens; house made Chittara pasta with veal polpettina and shaved ricotta salata; Squid Ink Pasta with shrimp, bay

baked goods, craft foods and beverages for eat-in and take-out. Proprietor and creative force behind Nutmeg is Cindy Bothwell. The Café is warm and inviting. There is seating for up to 25, soft background music, exposed brick walls and display cases filled to the brim with the tempting daily larder. Bothwell calls her way of cooking and baking: "American home-style rustic" and insists on keeping up with the seasons. Delightful beverages include such exclusive artisanal makers as Joe's Coffee out or Brooklyn. Custom Cold Brew coffees, teas and smoothies on-site. Fresh made soups, salads and sandwiches have been added to Nutmeg's menu and posted daily on the blackboard. Enjoy delectable cheddar scallion scones; caramelized onion and gruyere crostada; and cauliflower, leek & Asiago quiche. Open daily; Sundays, 9 a.m. to 3 p.m. [www.thenutmegcafe.com](http://www.thenutmegcafe.com)

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

Not far from Fordham University, five generations of the Miglicucci family have worked the front and back-of-the-house making sure patrons are well served at this venerable Little Italy institution. This restaurant is about to reach its 100th Anniversary! Amiable Joe Miglicucci, the current patriarch, is there with his wife Barbara, daughter Regina and sons Michael and Mario. Joe's mom, Mama Rose Miglicucci, was considered to be 'the first lady of Arthur Ave.' The flavorful sauces and gravies produced in this kitchen are the stuff of Italian 'foodie heaven.' And for those in the know, the old-world menu also holds many surprises. For starters enjoy the palate pleasing lagniape of marinated carrots, hot peppers and good crusty Arthur Ave. bread. Special Hint: If you ask, the house will prepare one of its famous Neapolitan pizzas, or the ultimate fresh Calzone. They are truly among the best! Open Tuesday thru Sunday. Private party facilities. Free parking lot and valet service. [www.mariosrearthurave.com](http://www.mariosrearthurave.com)

*Morris Gut is a restaurant marketing consultant and former restaurant trade magazine editor. He has been tracking and writing about the food and dining scene in greater Westchester for 30 years. He may be reached at: 914-235-6591. E-mail: [gutreactions@optonline.net](mailto:gutreactions@optonline.net).*



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## AUCTIONS

**ST. LAWRENCE COUNTY TAX FORECLOSED REAL ESTATE AUCTION** 150+ Parcels! Saturday, September 8, 2018 Registration: 8AM- Start: 10AM Lockwood Arena- 141 W. River St. Ogdensburg, NY 13669 [www.auctionsinternational.com](http://www.auctionsinternational.com); Call: 800-536-1401

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## LEGAL NOTICES

**NOTICE OF FORMATION OF I AM MY SISTER (WOMEN HELPING WOMEN) LLC.** Filed with SSNY on June 29, 2018. Office: Westchester County. SSNY is designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of any process against the LLC: **I Am My Sister (Women helping Women) POB 2593, Peekskill, NY 10566. Purpose: any lawful act or activity.**

**NOTICE OF FORMATION OF DS EQUITY CONSULTING, LLC. ARTS. OF ORG.** filed with SSNY on 06/29/2018. Office location: Westchester County. SSNY shall mail process to **DS Equity Consulting, LLC 1064 Saw Mill River Rd, Yonkers, NY 10710. Purpose: any lawful act or activity.**

**NOTICE OF FORMATION OF THE DESIGNER REALTY GROUP, LLC.** Arts. of Org. filed with SSNY on 6/1/16. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against may be served. SSNY shall mail process to **760 White Plains Rd, Scarsdale, NY 10583. Purpose: Any lawful purpose.**

**NOTICE OF FORMATION OF BRONX BASKETBALL, LLC.** Arts. of Org. filed with the Secy of State of NY (SSNY) on April 13, 2018. Office Loc.: Westchester County. SSNY has been designated as agent upon whom process against it may be served. The address to which the SSNY shall mail a copy to is: **The LLC, 43 Seacord Rd, New Rochelle, NY 10804. Purpose: Any lawful act.**

**NOTICE OF FORMATION of MAR Sweet Homes LLC.** Articles of Organization filed with the Secretary of State of New York (SSNY) on 8/6/18. Location: Westchester County. SSNY designated as agent for service of process on LLC. SSNY shall mail a copy of process to **United States Corporation Agents, INC, 7014 13th Avenue, Suite 202, Brooklyn NY 11228. Purpose: Any lawful purpose.**

**NOTICE OF FORMATION OF YONKERS MANAGEMENT SERVICES, LLC.** Articles of Organization filed with the Secretary of State of New York (SSNY) on 8/13/18. Location: Westchester County. SSNY designated as agent upon whom process against it may be served. SSNY shall mail a copy of process to **185 Briggs Avenue, Yonkers, NY 10701. Purpose: Any lawful purpose.**

**NOTICE OF FORMATION OF HF SERVICES LLC.** Articles of Organization

filed with Secretary of State of New York (SSNY) on 08/07/2018. Office Location: Westchester. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to principal business address: **54 Lawrence Drive, Apt A, White Plains, NY 10603. Purpose: Any lawful act or activity.**

**Notice of Formation of SHEDEZIGNS2 LLC.** Articles of Organization filed with the Secretary of State of New York (SSNY) on June 14, 2018. 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, 11 Field Street, Peekskill, New York 10566. Purpose: For any lawful purpose.**

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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](mailto:pcasey@theexaminernews.com). For a full listing of the upcoming week's events, visit [www.theexaminernews.com](http://www.theexaminernews.com) and click on Happenings.*

## Wednesday, Sept. 4

**Farmer's Market.** White Plains Outdoor Farmer's Market on Court Street at Main Street; open 8 a.m.

**Lunchtime Meditation.** At the White Plains Library. A weekly meditation program. No registration or equipment necessary. Starts promptly at 12:15 p.m. Brief beginning instruction will be followed by silent meditation. An experienced guest teacher will attend the first Wednesday of each month. For information please contact: Christiane Deschamps at 914-422-1496 or [cdeschamps@whiteplainsny.gov](mailto:cdeschamps@whiteplainsny.gov).

**Mother Nature's Storytime.** Children, enjoy nature-themed stories, nature walks, live animals and/or crafts. Dress for outdoor activity in this six-week session. A portion of each class is spent outdoors except in extreme conditions. For children two to four years old, with a parent or caregiver. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 10 to 11 a.m. Members: \$50 per child and caregiver for the session. Non-members: \$90. Meets Wednesdays through Aug. 15. Pre-registration required. Info and pre-registration: 914-723-3470 or visit [www.greenburghnaturecenter.org](http://www.greenburghnaturecenter.org).

**Tuesday's at Dorry's.** This week Tuesday@Dorry's returns to Dorry's Diner. This past Spring, Shelley Mayer was elected to fill the vacancy left by George Latimer in District #37. She is active in the Senate now as Ranking Member of the Education Committee and a member of the committees on Environmental Conservation, Health and Local Government, among others. We are pleased that she asked to come speak with us again. Shelley will tell us what she has been working to accomplish, what she sees ahead, and what New York State issues concern her the most. Of course, bring your own questions too. Join the table talkers every Tuesday at 5:15 p.m. to order dinner. Speaker's presentation 6 to 7 p.m. Dorry's Diner, 468 Mamaroneck Ave., White Plains.

## Wednesday, Sept. 5

### School's Open Drive Carefully

**Sunset Yoga in the Park.** Bring your mat or towel. All levels welcome. Sponsored by the Westchester Parks

Foundation. Kensico Dam Plaza, 1 Bronx River Parkway, Valhalla. 5:45 to 7 p.m. Free. Info: 914-231-4033 or visit [www.thewpf.org](http://www.thewpf.org).

**Flamenco in the Courtyard.** Be transported for a day amid Caramoor's architecture and sprawling grounds with the characteristic dance and song of Spain, bursting with passion, color and rhythm. Featuring a 45-minute concert followed by a tour of the Mediterranean-style Rosen House and its collection of fine and decorative art amassed by founders Walter and Lucie Rosen and an optional buffet lunch inspired by Spanish cuisine. Afterward, explore the lush and expansive gardens. Caramoor Center for Music and the Arts, 149 Girdle Ridge Rd., Katonah. 11 a.m. Concert and lunch: \$56. Concert only: \$25. Info and tickets: Visit [www.caramoor.org](http://www.caramoor.org).

**"Close-Up."** Internationally revered Iranian filmmaker Abbas Kiarostami ("Taste of Cherry," "Certified Copy") has created some of the most inventive and transcendent cinema of the past 30 years and this is his most radical, brilliant work. This fiction-documentary hybrid uses a sensational real-life event – the arrest of a young man on charges that he fraudulently impersonated the well-known filmmaker Mohsen Makhmalbaf – as the basis for a stunning, multilayered investigation into movies, identity, artistic creation and existence in which the real people from the case play themselves. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7 p.m. Members: \$9. Non-members: \$14. Info and tickets: Visit [www.burnsfilmcenter.org](http://www.burnsfilmcenter.org).

## Thursday, Sept. 6

**Dog Days of Summer.** Dog swim at Kittrell Pool, Fisher Ave., White Plains; 5 to 7:30 p.m. free.

**Opening Reception for "The Vicomte and Some of His Parts."** A solo exhibition of paintings and works on paper by American artist Gary Komarin. Included in the exhibit are seven oil paintings and four works on paper all completed in the past year. Komarin is internationally recognized as a risktaker of contemporary painterly abstraction. An artist who has forged a singular style over 30 years of painting, Komarin's freewheeling works have a deep connection to Color Field and Ab-Ex painting, and the current trend of Provisional painting. Komarin will be on hand for the reception. Madelyn Jordon Fine Art, 37 Popham Rd., Scarsdale. 6 to 8 p.m. Free. Exhibit continues through Oct. 20. Gallery hours are Tuesday through Saturday from 10 a.m. to 5:30 p.m. Info: 914-723-8738 or e-mail [info@madelynjordonfineart.com](mailto:info@madelynjordonfineart.com).

**Hoff-Barthelson Music School's Festival Orchestra Auditions.** Students in grades 9-12 are invited to be a part of one of the finest high school orchestras in the United States. Applicants must perform a two-minute section from a piece written for their instrument that is comparable to a NYSSMA Level 6 piece; scales and prepared excerpts. Timpani applicants must perform a demonstration of rolls; a rudimentary solo of choice; and prepared excerpts. Excerpts can be downloaded at <http://hbms.org/festival-orchestra.php>. Hoff-Barthelson Music School, 25 School Lane, Scarsdale. 6:30 to 10 p.m. Free. Info: Contact Orchestra Manager Mark Kushnir at [festivalorchestra@hbms.org](mailto:festivalorchestra@hbms.org).

## Friday, Sept. 7

**Hoff-Barthelson Music School Early Childhood Open House.** Start the new school year off right – learn all that Hoff-Barthelson Music School's Early Childhood Program has to offer. Children ages nine months to five years old and their adults are invited to join in the fun of a music and movement class followed by a brief Q&A with faculty and a reception where attendees can socialize with other families. Exercises and games during classes involve singing, moving and improvising; using small percussion instruments to promote inner hearing and rhythmic sensitivity; and working with a variety of whimsical materials to inspire the imagination. Hoff-Barthelson Music School, 25 School Lane, Scarsdale. 10 to 11:30 a.m. Free. Also Sept. 8 from 1:30 to 3 p.m. Registration required. Info and registration: Contact Kathryn Kitt at 914-723-1169, e-mail [kkitt@hbms.org](mailto:kkitt@hbms.org) or visit [www.hbms.org](http://www.hbms.org).

## Saturday, Sept. 8

**Farmer's Market.** White Plains Outdoor Farmer's Market on Court Street at Main Street; open 8 a.m. to 2 p.m. every Saturday for the season.

**Legends of Lore and the Little People.** Hear tales of leprechauns, elves and fairies with master storyteller Jonathan Kruk. He will lead visitors on a magical tour through trails and over a troll bridge, as he tells enchanting tales of some very special spots at the reservation. Visitors will find leprechaun lairs, fairy gates, troll knolls, tree ents and more along this one-mile journey. There will even be an appearance by a live unicorn. Sponsored by the Friends of Trailside Nature Museum and Ward Pound Ridge Reservation Westchester County Parks. Trailside Nature Museum at Ward Pound Ridge Reservation, Routes 35 and 121, Cross River. 2 p.m. Free. Parking is \$5 for county park pass holders; \$10 without the pass. Info: 914-864-7322 or visit [www.parks.westchester.gov](http://www.parks.westchester.gov).

## Sunday, Sept. 9

**Rockefeller State Park Preserve Fall Warblers.** This walk has been timed for the fall migration of warblers and other birds that concentrate in the preserve this time of year. Meet in the main parking area. Rockefeller State Park Preserve, 125 Phelps Way, Pleasantville. 6 a.m. Free. Info: 914-666-6503 or [www.sawmillriveraudubon.org](http://www.sawmillriveraudubon.org).

**"The High Holidays: A Call to Covenant."** Rabbi Frank Tamburello will lead a discussion on this topic during this humanistic Rosh Hashana service. The Westchester Community for Humanistic Judaism invites families, singles and couples interested in a new and more creative relevant interpretation of the holiday are welcome to attend. Community Unitarian Universalist Congregation, 468 Rosedale Ave., White Plains. 6:30 p.m. Free: donations accepted. Info: Contact Charlotte Klein at 914-218-8535 or visit [www.wchj.org](http://www.wchj.org).

**An Evening With Groucho.** Award-winning actor and director Frank Ferrantes recreates his PBS, New York and London acclaimed portrayal of legendary comedian Groucho Marx in this fast-paced 90 minutes of hilarity. The two-act comedy consists of the best Groucho one-liners, anecdotes and songs including

**"Hooray for Captain Spalding"** and "Lydia, the Tattooed Lady." The audience becomes part of the show as Ferrante ad libs his way throughout the performance in grand Groucho style. Accompanied by his onstage pianist, Ferrante portrays the young Groucho of stage and film and reacquaints us with the likes of brothers Harpo, Chico, Zeppo and Gummo, Charlie Chaplin, W.C. Fields. Paramount Hudson Valley, 1008 Brown St., Peekskill. 7 p.m. \$25, \$30 and \$40. Info and tickets: 914-739-0039 or visit [www.paramounthudsonvalley.com](http://www.paramounthudsonvalley.com).

## Tuesday, Sept. 11

**9/11 Remembrance Ceremony.** Liberty Park, Lake Street, White Plains; 8 a.m.

**9/11 Ceremony at the Rising.** Westchester County will hold a ceremony to commemorate those lost at the county's memorial, The Rising, at Kensico Dam Plaza in Valhalla at 3 p.m.





# Westchester Choral Society to Hold Auditions for New Members Next Week

Members of the Westchester Choral Society will meet for their first rehearsal of the season on Sept. 11 and you could be among them.

The Westchester Choral Society, the longest continuously performing chorus in Westchester County, welcomes new members at its first few rehearsals each season. Interested singers may attend one or two open rehearsals before scheduling a singer-friendly audition, which requires singing a prepared solo, sight reading and repeating scales and arpeggios.

The Sept. 11 gathering will be held at Rye Presbyterian Church in Rye with subsequent rehearsals at the Music Conservatory of Westchester, located at 216 Central Ave. in White Plains. All rehearsals are from 7 to 9:30 p.m.

Once the roster is set, the chorus will begin working in earnest on learning



The Westchester Choral Society, pictured here at its spring concert last May, will be holding auditions for new members starting on Sept. 11.

Westchester Choral Society has the continued good fortune to be guided by Music Director Frank Nemhauser, who brings knowledge, enthusiasm and humor to the group. In addition to holding the choral society's baton, Nemhauser serves as musical director for the Berkshire Choral International and is director of vocal studies and associate professor at Mannes College of Music in New York.

For additional information on the Westchester Choral Society and its upcoming concerts, visit [www.westchesterchoralsociety.org](http://www.westchesterchoralsociety.org).

Contact Numa Rousseve at 914-285-9026 or e-mail [wcpresident@gmail.com](mailto:wcpresident@gmail.com) if you would like to audition for the chorus.

## The Great White Plains Camp Out

Come one; Come all to the Great White Plains Camp-Out!

All resident families and scout troops are invited to camp overnight in Delfino Park on Saturday, Sept. 15 through Sunday, Sept. 16. Delfino Park is located on Lake Street.

Really, what could be better than a family camp out? Whether you are a novice or experienced camper, this is an opportunity to spend time with your family under the stars in the safe confines of Delfino Park.

The fee for participating families is \$60 and includes campsite (maximum six people of same family), kayaking, games, science shows, Magic by Harrison, craft workshops, outdoor movie, campfire, Transformation Story



Faces around the campfire, and leisure fun under the stars.

Registration applications will be accepted at the Recreation and Parks office located at 85 Gedney Way. If you need additional information, call 914-422-1336.

The registration deadline is September 11 with limited availability.

## Whatever Your Skill Level, Take Part In Grass Volleyball Tourney

Volleyball players of all skill levels are invited to take part in the first Co-ed 4s Grass Volleyball Tournament sponsored by Westchester County Parks, Saturday, Sept. 22, at Tibbetts Brook Park in Yonkers.

The tournament welcomes players at all levels, allowing even newcomers the chance to enjoy the action and feel comfortable as they experience the fun. Levels include Novice, Intermediate BB and A, as well as Advanced.

The "novice" category is for those just starting out. The Intermediate/BB class is for those who have a slightly more experience and can do some hand setting. The Intermediate/A category includes players who can bump set, spike and use more hand setting. The Advanced (Competitive) Open AA class is for

players with experience in the game and who can play at the highest level.

This tournament incorporates beach rules, providing even more challenges to players. The co-ed teams incorporate two men and two women (roster maximum, six players). The fee is \$30 per person.

There will be a cash prize for first place in each division. Check in starts at 8 a.m. and games start at 9 a.m. sharp. Rain date is Sunday, Sept. 23.

Register by joining [volleyamerica.com](http://volleyamerica.com) and select Westchester Volleyball, NY.

Questions regarding registration and rules can be directed to [westchestervolleyballny@gmail.com](mailto:westchestervolleyballny@gmail.com).

Go to [parks.westchestergov.com](http://parks.westchestergov.com) or call (914) 231-4645 for tournament information.

## Atlantic Starr to Perform in Tarrytown Later This Month

The founding musicians of world-famous musical group Atlantic Starr had their beginnings at Woodlands High School in Greenburgh.

On Sept. 26, 2015, the Greenburgh Town Board declared each September 26 as "Atlantic Starr Day" in the Town of Greenburgh to celebrate these students: David Lewis, Wayne Lewis and Jonathan Lewis. This year, on Thursday, Sept. 27, the group will hold the "Atlantic Starr Day Celebration Concert" at the Double Tree Hotel Ballroom, 8 p.m. at 454 North Broadway, Tarrytown. A portion of the proceeds from this event will support scholarship opportunities for students graduating from Woodlands High School, also the alma mater of members of Atlantic Starr.

Atlantic Starr began in Greenburgh with



trumpeter Duke Jones (who left the band prior to their first recordings), drummer Porter Carroll Jr., bassist Clifford Archer, percussionist and flutist Joseph Phillips, Sheldon Tucker (guitar; parted ways with the band before the first recordings), and three brothers: David Lewis (vocals/

guitar), Wayne Lewis (keyboards and vocals), and Jonathan Lewis (percussion and trombone).

The band's membership eventually stabilized around Carroll, Archer, Phillips, the three Lewis brothers, lead singer Sharon Bryant (who was later replaced by Barbara Weathers), trumpeter William Sudderth iii, and saxophonist Damon Rentie (who was later replaced by Koran Daniels).

Throughout the late 1970s and early 1980s, Atlantic Starr scored several hits on the R&B charts. However, significant crossover success (onto the pop charts) did not come until halfway into the 1980s, with the release of their album *As the Band Turns* (their last on A&M Records), and the single "Secret Lovers." By this time, the band had pared itself down to

a quintet, consisting of the three Lewis brothers, Phillips, and Weathers. In 1987 (after signing to Warner Bros. Records), the band solidified their pop success by scoring a #1 pop (and R&B) hit with "Always," a love ballad off their album *All in the Name of Love*.

The band would continue to score hits on both the R&B and Pop charts into the early 1990s. 1991 saw the introduction of yet another new female lead singer, when Martin was replaced by Miss Black America 1986 Rachel Oliver, for the album, *Love Crazy*. This album featured the band's biggest hit of the 1990s, with "Masterpiece" reaching #3 on both the pop and R&B charts in early 1992.

Atlantic Starr still continues to perform and released their 14th album, *Metamorphosis* in 2017.



# EXAMINER SPORTS

## Tigers Chase Pioneers, 57-20, to Open the 2018 Season

By Albert Coqueran

The White Plains High School Varsity Football Team scored a total of 119 points last season. On Friday, Aug. 31, the Tigers (0-1) opened their 2018 campaign by scoring nearly half of the total sum of last season points in one game. On Friday, the Tigers exploded for 57 points to beat Poughkeepsie High School, 57-20, on the road in Poughkeepsie.

After a dismal season last year with only one win; the Tigers also matched their win total from last season in their 2018 opening season game. The Tigers made a competitive statement on the field in Poughkeepsie to Section 1 opponents, which interpreted, "we are to be taken seriously this season."

The Tigers amassed 250 yards rushing and 186 yards passing for a total of 436 yards in the game. These totals are a long way from the offensive marks last season when the Tigers could only manage 20 total points in the initial four games.

"We made plays; we had a lot of big plays. We went up-tempo and gave our athletes chances in space. I really think our tempo kept Poughkeepsie off-balance," stated Head Coach Michael Lindberg, starting his third season.

Tigers' senior quarterback Marcus



ALBERT COQUERAN PHOTO  
White Plains High School Head Varsity Football Coach Michael Lindberg began his third season at the helm by leading the Tigers to a 57-20 win over Poughkeepsie High School in Poughkeepsie, on Friday.

Andre put his growth and improvement since last season on full display. Andre completed 5-of-10 passes for 186 yards and two touchdowns with only one interception. Andre also ran for

two touchdowns.

"Marcus has definitely matured. He threw some really nice passes. We talked about this during the preseason how last season was going to be huge for his maturity and he will be a little more comfortable this season," evaluated Lindberg.

Ossining High School transfer senior Josiah Harris made an impact immediately in the game. Harris scored the Tigers first touchdown on a one-yard run at 9:07 in the first quarter. Harris also exhibited his full array of talents to the Tigers fans by catching a 72-yard pass from Andre and running 79 yards for scores in the fourth quarter. He also added an interception on defense.

Harris finished his first game in a Tigers uniform by gaining 142 yards on 11 carries and two rushing touchdowns while adding two receptions for 104 yards and a TD.

The Tigers led the Pioneers by as much as 20-6 after the first quarter and 34-6 at the half.

Andre also hit his favorite receiver from last season senior Zyon Poteat with a 42-yard touchdown catch-run in the first quarter. Tigers' linebacker Caleb Gillen also showed that the defense was ready

with a pick-six in the second quarter.

Tigers' junior running back Christian Young, who was a standout for the junior varsity last season, added some offense as well with 11 carries for 79 yards and a touchdown. Noteworthy, the Tigers totaled 250 yards rushing on 32 carries against Poughkeepsie with their star running back Elizah Gordon out with a hamstring injury and watching from the sidelines.

Nonetheless, what was most impressive in this Tigers win was that their Place-Kicker has improved immensely since last season. Senior Israel Perez got seven extra-point opportunities against the Pioneers and converted on six. He also kicked a 39-yard field goal in the third quarter.

The game on Friday represented the first time White Plains and Poughkeepsie have matched-up on the gridiron since 1930. Despite the fact that the Pioneers are Section 1 Class A team and the Tigers a Class AA team; this was an impressive win to start the season for White Plains.

The Tigers will begin Section 1 AA competition this season when they host Mount Vernon High School in their 2018 Home Opener, on Friday, Sept. 7, at 6 p.m. at White Plains High School.

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