



FREE

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SMALL NEWS IS BIG NEWS

Volume 9, Issue 385

A Tumultuous 2018 Gives Way to a Hopeful Local Outlook in 2019

By Pat Casey

A look back over the news stories of 2018 reveals a rather tumultuous year at both the national and local levels.

It is certain 2018 will be marked with distinction in the history books. Increased storms and poor response by utilities highlighted inherent weaknesses in established energy protocols. Public policy actions taken by the Administration in Washington, DC, were followed by emotional national and local protests. Worldwide economic uncertainty caused budget woes. Mail theft at the Post Office combined with delivery delays and losses caused residents financial and medical pain as deliveries became uncertain. The ongoing push to "build" more and higher buildings, while others remained vacant, brought many residents to a boiling point.

These are just some of the issues that brought people out in droves to voice their concerns in the streets, at private and public meetings locally and to the ballot box as the year closed.



Congresswoman Nita Lowey

What followed in White Plains and Westchester County was a change in government policy-making. Some of those changes had already been put into motion with the 2017 elections, but as 2018 closed and 2019 opened, a new wave of local political activism was on the rise.

The uncertainty of early 2018 is giving



State Senator Andrea Stewart-Cousins

way to a more organized approach to handling the rising pressures on our society in a quickly changing time. If this response to change continues on track, the outlook for 2019 and beyond is hopeful.

Nita Lowey, Andrea Stewart-Cousins Achieve Historical Firsts in 2019

Two women living in and serving the

local community have achieved historical firsts as government representatives.

Congresswoman Nita Lowey (D-Harrison), serving NY Congressional District 17, has been elected by the Democratic Caucus to serve as Chairwoman of the House Appropriations Committee in the 116th Congress, beginning January 2019.

Lowey will be the first woman in history to chair the House Appropriations Committee.

In this position Lowey will be able to work with authority to help pass federal spending bills that will affect Westchester residents, New Yorkers and all Americans.

Right out of the box, she will be challenged with the ongoing federal government shutdown.

NY state Senator Andrea Stewart-Cousins (D-Yonkers) is set to make New York history as the first woman to lead the state senate after a vote by the Democratic

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Cuomo Vetoes Toll Payer Protection Act, Says Bill Would Hamstring Enforcement

On Dec. 28, Gov. Andrew Cuomo vetoed the Toll Payer Protection Act promoted by local legislators, Assemblyman Thomas Abinanti (D-Greenburgh) and state Sen. David Carlucci (D-Clarkstown), author of the state Senate version of the bill.

The two lawmakers had called on the governor to sign the law to protect the public from what they described as outlandish fees and penalties forced on drivers who are sent toll bills by mail. The lawmakers view the problem as becoming increasingly pervasive as cashless tolling increases in New York state.

In December it was announced that cashless tolling would be installed on Interstate 95 in New Rochelle.

As reported by Lo-Hud.com, "This

bill makes a number of substantial and systematically problematic changes to the capability of toll authorities to both collect tolls and enforce toll violations in the state of New York," Cuomo wrote in his veto, which concluded with his intention to "propose additional enhancements to benefit all system users in next year's executive budget."

The Toll Payer Protection Act would have established a user-friendly process to ensure that motorists receive timely notices and could easily pay their toll bills. It also would ban the practices of suspending vehicle registrations and imposing exorbitant fines and penalties on vehicle owners.

However, Cuomo said the bill would facilitate greater toll evasion, by lowering

to the point of insignificance any penalty that would be charged for nonpayment of a toll bill and that prohibiting registration suspension for nonpayment would hamstring the state's ability to enforce toll collection.

According to Abinanti and Carlucci, the cashless tolling systems are not specifically authorized by New York State law and are of questionable legality.

On average, toll-by-mail bills make the Thruway Authority about a \$1 million a month in revenue.

In their argument for the Act, Abinanti and Carlucci said many vehicle owners claimed they never received their toll bills in the mail or were already sent to collections by the time they realized they had an outstanding bill.

Both lawmakers noted that if the current system were working on behalf of drivers then fines would not exceed actual toll fares collected by the state. Cashless tolling began in April 2016 and the Thruway Authority collected more in fines than in fares from July 2017 to January 2018.

"We are disappointed the Governor vetoed the Toll Payer Protection Act. Now drivers are left vulnerable to an unfair cashless toll system. As a result, drivers will still not get timely bills, they will face exorbitant penalties, and they could be victimized by vehicle registration suspensions. We welcome discussions with the Governor to fix the cashless toll billing system," Abinanti and Carlucci said in a statement released Dec. 28.

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Conference secured her position as Senate Majority Leader, beginning in January 2019.

Representing District 35, Stewart-Cousins was first elected to the State Senate in 2006 and currently represents Greenburgh, part of White Plains, part of New Rochelle, part of Yonkers and Scarsdale. She has served as state Senate Minority Leader since 2012.

Stewart-Cousins takes the reigns as Democrats took over the New York Senate for the first time in decades after several seats turned during the November 2018 election.

Westchester Responds to Increased Gun Violence, Hate Crimes

In February 2018, the United States was



MARTIN WILBUR PHOTO

Crowds protested in downtown White Plains asking for stricter gun control legislation.

rocked when 17 people were gunned down at a Florida high school. Several hundred Westchester residents demonstrated in White Plains demanding that gun control legislation be enacted.

Members of Indivisible Westchester, Moms Demand Action, Northern Westchester Million Mom March and other groups spilled out onto Mamaroneck Avenue vowing to defeat candidates and elected officials who oppose

common sense measures to limit the proliferation of firearms. The anger in the crowd was palpable just four days after students and staff members were killed at Marjory Stoneman Douglas High School in Parkland, Fla. There were dozens of people holding signs as the crowd chanted numerous slogans such as, "We need more than thoughts and prayers" and "We will resist, we will persist."

Just the month before, in January, newly elected County Executive George Latimer had signed an executive order banning gun shows from being held on county-owned property.

Despite a record-breaking turnout at the 2017 knife and firearm show at the

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Man Charged for Stealing Credit Card from Dobbs Ferry Gym Locker

Ivan Vrabec (DOB: 5/15/70) was arraigned last week for Identity Theft in the Second Degree and Criminal Possession of Stolen Property in the Fourth Degree, both felonies, for stealing a credit card from a gym locker in Westchester.

Vrabec was arrested and arraigned Dec. 19, in Greenburgh Town Court. At the time, he was remanded into custody awaiting a bail hearing before County Court Judge George Fufidio, Jr. Dec. 24. The judge set bail at \$100K cash/\$250K bond, based on information that Vrabec is currently on probation for similar crimes



Ivan Vrabec

committed in New Jersey and his six prior felony convictions.

The felony complaint alleges Vrabec stole a credit card from the men's locker room at the New York Sports Club in Dobbs Ferry, Dec. 14. He opened the combination lock on the victim's locker and put it back on without the victim knowing someone had broken in. He used the victim's stolen credit card to purchase over \$660 worth of wine from the Westchester Wine Warehouse in Greenburgh.

The investigation and arrest into

these crimes was collaboration by the Westchester District Attorney's Office Investigations Division, Larchmont Police Department and Greenburgh Police Department.

Note: If you believe your credit cards were stolen at the New York Sports Club in Dobbs Ferry, Dec. 14, 2018, or in similar ways, please contact the District Attorney's Office at 914-995-3420.

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County Center in White Plains, Latimer cited a national rise in gun violence, stating that he doesn't want gun culture glorified on county property.

A few weeks later, the County Board of Legislators approved a law banning gun shows from being held on county-owned property. Following intense debate, the votes, 12-5, were cast along strict party lines.

The mass shooting in Parkland was a grim reminder that despite numerous extra security that was put in place following the massacre at Sandy Hook Elementary School in Connecticut more than five years ago local school personnel and authorities must always be vigilant.

Little more than a week after the Parkland incident, the White Plains City School District (WPCSD) became aware of allegations posted on the Internet by a WPCSD student, which included threats of violence in school. According to a message sent to parents and educators School Superintendent Dr. Joseph Ricca, said the matter was immediately referred to the White Plains Police Department (WPPD) and that the police had responded and taken control of the ongoing investigation and an arrest was made.

Similar incidents occurred at numerous schools in Westchester County and law enforcement took steps to make arrests, not allowing threats of violence to be taken casually or as just an adolescent prank.

The majority of students on Westchester's campuses, however, both high schools and colleges, rose to sound their voices in protest of gun violence.

White Plains High School senior Kelly Marx, organized the White Plains March for Our Lives march and rally, which attracted about 9,000 people who marched through White Plains to a rally at the Martin Luther King Jr. statue in front of the Westchester County courthouse, where students delivered passionate speeches.

Marx urged the crowd to educate themselves on which state legislators support these measures. "I am tired and scared and I've had enough," Marx said.

Many in the crowd who attended said they came not only because they want to see tighter gun legislation but to stand with the students who have been a source of inspiration.

As the debate about gun control waged on, attacks on immigrants, many believed were encouraged by the Trump Administration's tough stand on immigration, began to escalate. Communities across the country took different actions in response.

In Westchester the BOL approved the Immigrant Protection Act (IPA), a bill that would restrain Westchester from using its resources for immigration enforcement.

Lawmakers voted 11-3 to support the measure, maintaining that immigrants

would be provided the protection to keep them from living in fear of deportation.

Despite the legislative efforts, Westchester residents again found themselves compelled to take to the streets chanting as immigration policies that separate children from their migrant parents at the U.S. border became apparent.

Children's Village in Dobbs Ferry, Leake & Watts in Yonkers and Lincoln Hall in Somers were among the four facilities reportedly housing children within Westchester. Latimer offered the county's Department of Social Services to assist federal officials with reuniting children with their families. As this process was underway, it became clear that records had not been adequately kept to follow the separate paths of parents and their children to allow timely reunions, if at all.

As the immigrant policy debate continued, the Anti-Defamation League (ADL) reported that the number of anti-Semitic incidents, including physical assaults, vandalism, harassment and attacks on Jewish institutions in New York rose by over 90% in 2017 compared to 2016.

In Pittsburgh, the Tree of Life, New Light and Dor Hadash Congregations suffered a gun attack during worship services. The Holocaust & Human Rights Education Center, based in White Plains, pledged to fight anti-Semitism and racial hatred by redoubling its efforts to educate youth, create upstanders and defend human rights.

As bomb threats and other acts of hate continued, in October 2018, the Westchester County Human Rights Commission (HRC) prepared a draft proposal on policies and procedures for the county government to respond to hate incidents.

As the year ended, a student at SUNY Purchase was arrested and charged with committing a hate crime for posting messages with images of Hitler and swastikas on school buildings during the Hanukkah holiday.

Examiner newspapers in the northern section of Westchester were defaced with similar signs, including "KKK," when a lead story praised a Hispanic immigrant from the area for making her way to Congress during the last election.

SALT Deduction Cap Causes IRS Taxation Grievance

As the Trump Administration announced the Tax Cuts and Jobs Act, local government representatives who studied the plan, soon recognized the harm the new federal tax laws would cause many New Yorkers, in particular those living in the Metropolitan suburbs.

The SALT (state and local tax) deduction had been a major source of tax fairness for high cost of living and high tax states such as New York.

In Westchester, 45% of residents depend on the SALT deduction at an

average of \$25,000 annually, making the new \$10,000 cap for local and state taxes and income tax an unfair burden.

New York lawmakers got together with tax attorneys and academics from around the country to study the new law and came up with a plan to allow residents to make charitable contributions to certain municipal agencies that would make up the difference and ultimately reduce their overall tax bill.

The IRS, however, thwarted the attempt by proposing changes to the charitable deductions section of the tax law.

The Coalition for the Charitable Contribution Deduction, spearheaded by Assemblywoman Amy Paulin (D-Scarsdale), is comprised of close to three-dozen Westchester municipalities and school districts, including the City of White Plains and White Plains Schools.

The group submitted a letter to the IRS requesting the proposed regulations, which would deny a full charitable deduction for donations to the charitable funds be withdrawn.

Paulin said the new regulations break IRS precedent and undermine the effectiveness of the new charitable fund established.

If the proposed regulations become final, the coalition, which is currently working with a law firm, is threatening to file a federal lawsuit.

Progress in Mail Service Quality, But Some Problems Persist

The severe drop in the quality of mail service over the past year in Westchester County has been mirrored in communities across the nation. In many cases the problem has not been merely a lack of service, but outright criminal activity as mail is stolen from post boxes and some postal service employees have been implicated.

Customers have been advised to use online banking rather than sending written checks through the mail and to bring their outgoing mail directly to the post office rather than dropping it into an outside box.

Local leaders have been in contact with Post Office officials but the problems continue.

In August, Congresswoman Lowey penned a letter addressing concern by union officials that mail carriers in the Westchester Postal District were told to come in up to 90 minutes later 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 that customers be informed by the USPS of any known thefts so they can monitor their bank accounts and take additional steps to verify that mail they have posted has been received.

Utilities Under Fire for Poor Response to Winter Storm Damage

In early March 2018, County Executive George Latimer declared a state of emergency as communities throughout



The Chapel of the Divine Compassion was given Landmark Status by the White Plains Historic Preservation Commission along with others buildings on the property at 52 N. Broadway, White Plains.

Westchester were left reeling with blocked roads and thousands without power following the powerful Nor'easter, Storm Riley that had hit the area three days before.

The cause for the state of emergency was the inability of Consolidated Edison and New York State Electric & Gas (NYSEG) to bring service back up to normal levels quickly enough with another storm bearing down on the area within days.

Officials later called for investigations by the Public Service Commission (PSC) related to the preparation for the Nor'easter and following snowstorm.

Latimer accused the utilities of having been "missing in action," for failing to arrange for adequate mutual aid from out of state and for inept communication with the public and officials afterward. He called for the resignations of the utilities executives.

As the winter storm season for 2019 approaches, new procedures have been put into place to avoid a recurrence of the 2018 event.

A surprise snowstorm in October 2018, had some residents up in arms about the county's ability to clean up during rush hour traffic, but that weather event was noting compared with the earlier storms.

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County Launches Climate Action Task Force to Reduce Carbon Emissions

Speaking to the crowd gathered at a recent workshop titled "Confronting Climate Change: What to Expect in Our Region," County Executive George Latimer announced the creation of a Climate Crisis Task Force tackling actions needed to reduce Westchester's carbon footprint and make the county more resilient.

Steered by Sustainability and Energy Conservation Director Peter McCartt, the task force, led by Janet Harckham, Beth Sauerhaft and Anjali Sauthoff, will be creating short-term action initiatives for the county while working on an updated

long-term Climate Action Plan. Both of these moves will help shape Westchester's climate future now and going forward.

"Westchester County is one part of a very large puzzle in the country, and we all must work together to make a big impact on stopping climate change," Latimer said. "While certain levels of government might down play its impact – and even say its fiction – I don't. We are going to fight for our climate's future; we are going to do it together and it starts right here at home."

This task force joins an already extensive list of actions taken by the Latimer Administration aimed at combatting

global climate change. These actions include:

- Entering into a Demand Response Program that eliminates the chance of brownouts and blackouts and the subsequent need for more expensive infrastructure repairs and upgrades;
- Solarizing county properties and facilities while creating energy savings and minimizing expensive and non-sustainable infrastructure construction;
- Electrifying county fleets, which will result in savings on repairs and fuel costs, reducing reliance on fossil-fuels and reducing pollutants;

•Expanding electronic vehicle infrastructure, creating a network of charging stations across the county;

•Expanding recycling measures, including new programs for textile and food scrap recycling, which minimizes waste disposal expenses including incineration;

•Initiating a teleconferencing system which minimizes travel expenses as well reducing vehicle emissions; and

•Installing 30,000 LED bulbs countywide that maximizes energy savings and lowers the cost of maintenance of lighting.

"I am proud of the work we are doing here in Westchester County under County Executive Latimer's leadership," McCartt said. "Global warming is real and we need to address our critical infrastructure to withstand rising waters on both sides of the county. Devastating storms and flood surges are going to be much more intense and frequent, we need to build resilience in addition to being proactive on long term sustainability."

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WP Development Projects Continue, Some Stalled by Ongoing Debate

The ongoing debate about the development of the former Ridgeway Country Club into a regional school, the French American School of New York (FASNY), continued through 2018 with back and forth court battles.

In August, State Supreme Court Judge Joan Lefkowitz presented her decision to reject two separate legal challenges to the City of White Plains Common Council's grant of Special Permit and Site Plan approval for the FASNY application for a reduced School on 27 acres of the 129-acre property.

The Gedney Association countered by filing a Notice of Appeal with hopes of reversing the decision.

In a September statement, the Association said it believes clear requirements of the State Environmental Quality Review Act (SEQRA) were neglected.

The Gedney Association is also appealing the Judge's dismissal of its lawsuit seeking enforcement of the private Deed Restriction prohibiting Institutional Use on the property.

2019 should bring another court decision.

Another hotly contested development project on a vast open space on the outskirts of the White Plains downtown is 52 N. Broadway. It is the site for the former Good Counsel campus.

The property was given historic landmark status by the White Plains Historic Preservation Commission in 2018, but the new property owner wants to change the zoning to allow multi-use development and a residential unit density beyond the current allowable amount.

A plan, which focuses on preserving the expansive green space and front lawn views from North Broadway, keeps the Chapel of the Divine Compassion on the site as well as a few other existing buildings, and would put a large multi-family apartment structure to the back of the property.

Residents in the surrounding neighborhoods came out to public hearings held during the summer of 2018 to object to the plan. They requested a study of a toxic dump site on the former campus athletic field be done and suggested the development of the site be held to single-family residences constructed throughout the site, eliminating open space, but keeping with existing zoning requirements.

The city of White Plains commissioned its own independent survey of the toxic landfill and has postponed continuation of the public hearings until the report is in.

The discussion will resume in early 2019.

Several other residential development projects for the White Plains downtown and surrounding area are on the books for 2019 construction.

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Local Resident's Hoops Clinic Brings Holiday Joy to Teens

By Martin Wilbur

When David Simon was a teenager, he would go nearly anywhere to find a basketball court and have a place to play ball.

The Armonk resident wanted to make sure during last week's holiday break from school, teenagers from the Family Services of Westchester in White Plains had a constructive activity for part of their time off.

Simon organized a three-day co-ed basketball clinic at the North White Plains Community last Wednesday, Thursday and Friday, teaching roughly a dozen youngsters some of the sport's fundamentals. All of the teens, ranging from grades 8-12, are from White Plains, some of whom live in group homes.

"It goes back to the stuff I've been through. I remember being of this age and having no place to go Christmas week and you didn't want to hang out in the streets," said Simon. "So I called up the folks (at Family Services of Westchester) and said 'Let's find a place.'"

He and Family Services split the cost of renting the facility and brought in pizza for lunch for the kids each of the three days.

Simon has been finding ways to give back to kids facing long odds. He's held football clinics before his sons went off to



MARTIN WILBUR PHOTO

Shooting drills were part of the holiday week basketball clinic for teens from Family Services of Westchester. High school player James Fallon, left, one of the clinic's instructors, oversees the drill.

college, softball games and even theater workshops.

This time, however, the connection for Simon was more personal. A former high school and college basketball player, it was the first time he led a clinic that featured his favorite sport.

With the help of Gyorgy Goloman of the Westchester Knicks during the Thursday session and James Fallon, the captain of the varsity basketball team at EF Academy in Thornwood during the three days, the

teens learned basic basketball skills, such as how to shoot, take layups, pivot and use their teammates by passing. In the final hour on Friday, they played three-on-three games.

During lunch each day and near the end of the three-day clinic, Simon sought to encourage the youngsters with positive messages that helped him growing up.

"The reason why I do it, I remember what it was like not to have a father, to be quite candid, and my grandfather was my father and my basketball friends were my family," said Simon.

Que Coleman, the recreational and educational coordinator for Family Services of Westchester, said students who wanted to be part of the voluntary clinic signed up in advance. She said she was happy that it gave them an opportunity

to be active and engaged with their peers rather than staying home with no place to go for the week.

"This is the first time and I'm hoping this is something that can be a tradition for us and we can do it every year, or at least again next year," Coleman said.

Participants looked forward to having a fun experience with their peers. Maylyn Pittalugh, a senior at Rochambeau Alternative High School in White Plains, said while she is familiar with basketball, the clinic was rewarding.

"The coach, like he helps you, he's always very positive and motivational," she said. "I think it helps because of the coach that we have. So it makes it fun and like a learning experience."

Andre Washington, a senior at White Plains High School, added that it was good to be with new people for a few days.

Simon is hopeful that the clinic will become an annual holiday week fixture for him and the Family Services of Westchester.

During lunch and before the clinic ended on Friday, Simon told the youngsters that basketball is more than a game; it provided him with purpose and camaraderie when he was their age.

"I just loved basketball and I made it my exit plan with people to interact and I always have loved that," said Simon.

Obituaries

Linda Pantore

Linda Pantore, 58 of West Harrison, passed away on Dec. 28, peacefully and surrounded by family.

Born Oct. 1, 1960 to Dante Salvati and the late Eva Caprari in White Plains.

She is survived by her husband Dennis Pantore, children GinaMarie and Patrick Pantore, siblings Francis Madera, Dante Salvati, and Pamela Feeney, as well as numerous cousins, nieces, nephews, and loving family and friends.

She is remembered as a kind, caring person whose hardworking nature inspired those she met throughout her life.

For 14 years, Linda worked in a Pediatric Endocrinology office at Phelps

Memorial Hospital in Sleepy Hollow and was a constant source of laughter and inspiration to all who knew her.

In lieu of flowers, donations can be made in her memory to Memorial Sloan Kettering Cancer Center at <https://giving.mskcc.org/>.

Anna Rose Lattarulo

Anna "Rose" (Bruno) Lattarulo, of White Plains, passed away peacefully in her family home on Dec. 28, surrounded by the presence of family and love.

The daughter of Anthony and Elisie Bruno, and known to most as Rose or Roseanne, she was born in New York City on July 27, 1933.

She is preceded in death by her husband

of 54 years, Emil Lattarulo, and her brother John Bruno.

She is survived by her beloved children, to whom she was a devoted and loving mother: daughter Jessica, who cared for her ailing mother until her last breath, and sons Anthony and Emil Lattarulo as well as her two beautiful granddaughters, Emilcie and Luciana, whom she cherished and were the lights of her life.

In addition to raising three children and managing a household, she also worked in banking and was part of the team at the family business that she and her late husband started.

Rose was equal parts gentle and sweet as she was strong and courageous. She always had a kind word for people she met and could hold her own when the going got tough. Her "one liners" often gave her family a good laugh and brought some light heartedness where it was most needed. Rose enjoyed ballroom dancing, dining out, and she felt most fulfilled

when spending time with family, enjoying good food, conversation and happy times.

We will certainly miss our sweet Rose.

Louise E. Sciuolo

Louise Sciuolo, of White Plains, 85, passed away Dec. 26.

She was born Dec. 31, 1932 in Akron, OH.

For 20 years Louise was a manager at Macy's in White Plains.

Louise is survived by her two sons Vincent (Carmella) and George, and her three grandchildren, George, Patrick, and Mary Alice.

She was predeceased by her husband Frank Sciuolo in 2008.



The White Plains Examiner

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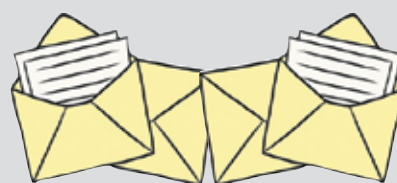
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Workshop Preserving Holocaust Survivors' Stories Expands Throughout Westchester

By Anna Young

The Holocaust & Human Rights Education Center (HHREC) in White Plains will expand its effort to provide the children and grandchildren of Holocaust survivors an outlet to preserve and share their family's story of horror and survival.

As the number of Holocaust survivors continue to dwindle, the HHREC has made it a priority to ensure the survivors' stories continue to live on through their family.

"Since the survivors are getting on in years, it's going to come to a point where they won't be available to tell their stories," said the center's Executive Director Millie Jasper. "We felt very strongly that the second and third generation should learn how to preserve their family's Holocaust story to tell their story."

The organization's 18-week Safekeeping Stories Workshop, which will begin Jan. 8, comes to Mount Kisco for the first time at Bet Torah. It will give the attendees the necessary support, comfort and

education to share their experiences.

With the organization focused on sending speakers to nearly every public and private school in Westchester, Jasper emphasized how important it is to ensure history is kept alive and students know that the Holocaust really happened.

"It's important that we tell these stories to kids and put a face to it so when they're older they can say they heard a survivor's story and know that it's true," Jasper said. "We're trying to do something that's impactful for many years to come."

With the workshop producing more than two dozen graduates from Larchmont Temple, where the program has been held since its inception, the HHREC will kick off the new year expanding its efforts to Bet Torah and the Jewish Community Center (JCC) in Tarrytown.

The workshop consists of 90-minute sessions where professionals teach participants how to save their family's Holocaust history using the practice of

"story keeping," a method that makes it easy chronicle. Jasper said participants receive valuable insight from workshop discussions and learn how to assemble fragments and slices of their family's past into one coherent story.

Their family's story can then be preserved for this and future generations, she noted.

Jasper said the first 12 weeks are dedicated to sharing, sifting through facts and events to discover the stories that matter most and learning how to effectively write and compile them. Participants will then spend the last six weeks of the program presenting and perfecting their story to share with others.

While the workshop ensures history won't be forgotten, Jasper said it also helps create relationships with those who have had a similar experience living with a Holocaust survivor.

"The people who join the workshop have all grown up with a Holocaust survivor and they find they have a lot

in common with each other and strong bonds are made," Jasper said. "They learn more about their parents' stories because there's a lot of overlap. This is a wonderful way to get together to talk, to meet, to learn and to share."

Jasper added that regular meetings with survivors and their family members are also held outside these workshops by the HHREC. She said sharing their stories has allowed those to overcome their own difficulties and trauma.

"It's inspiring that they could survive so much," Jasper said. "It's inspirational."

The Safekeeping Stories Workshop will be held most Tuesdays starting next week through June 4 at Bet Torah, located at 60 Smith Ave. in Mount Kisco from 7:30 to 9 p.m. Enrollment will be opened at the Jewish Community Center in Tarrytown at the end of January. The fee to participate is \$360.

For more information, visit www.hhrecny.org/ or contact Millie Jasper at mjasper@hhrecny.org.

Ronald McDonald House Provides a Necessary Respite for Families

By Martin Wilbur

The most sought-after lodging in Westchester isn't one of the hotels in White Plains or facilities that are scattered in communities throughout the county.

It is Ronald McDonald House on the campus of Westchester Medical Center for families who have children at Maria Fareri or Blythedale children's hospitals in Valhalla. Opened in 2011, it provides those families that have a sick child with overnight accommodations in a hotel-style suite with a television, two queen-size beds and toiletries.

There are meals, two laundry rooms to wash clothes and a comfortable place to take a nap or quietly reflect. There is also a playroom for young siblings and a game room for older children.

For most people, an hour-plus commute for a doctor's appointment every once in a while, isn't much of an inconvenience. For those with a child that has a life-threatening medical issue, the emotional and financial stress to their families can be too much to bear.

"We're lucky if we have access to quality health care because it's not a big deal for us to go down to the city, but there are families that don't have the means or live out of state or out of the country," said Christina Riley, the executive director of Ronald McDonald house in Valhalla, one of more than 300 locations around the world to help families who have a child with a health crisis. "We give these families the ability to have that access to health care that they need."

Despite providing more than 1,500 families accommodations since its opening nearly eight years ago, the occupancy rate at the 12-room facility is 100 percent virtually every night, said Director of Events Lisa Fine. In fact,

there's a nearly perpetual waiting list that averages 12 to 15 families, she said. The typical length of stay ranges from 22 to 25 days.

Fine said that Ronald McDonald House asks most families to check out after 30 days and apply again two weeks later if they need to stay longer. However, depending on the condition of a child and where the family lives that requirement is sometimes waived. Since Maria Fareri draws patients from all over the world, it is s unfeasible to ask some families to leave, she said.

About 63 percent of the families come from the mid-Hudson Valley counties of Orange, Putnam Dutchess, Ulster and Sullivan.

"They all understand that there's a whole hospital of families up there and everybody is taking their turn," Fine said. "I wish we had 12 more rooms."

Families are asked to contribute only a \$15-a-day donation for what is currently estimated to cost \$219 a night, Fine added.

The convenience of being located within a walk across the parking lot from a sick child instead of driving an hour or more or finding expensive accommodations is a blessing. Earlier this month, Favi Cuesto of the Bronx gave birth to a son whose lungs were filled with fluid that blocked his ability to breath. He was rushed to Maria Fareri Children's Hospital, and while his condition was improving about a week into his stay, health scares always create upheavals.

But for Cuesto, her husband and their three other children who are between one and six years old, being together with their needs taken care is a tremendous relief.

"It's a very scary time, for sure," Cuesto said. "We don't know what's going to happen. We don't know how the kids are

taking it, so just the fact that it's kind of homey, the kids are distracted, it's a good distraction and it kind of helps our stress and their stress, too."

In the dining room, families have the ability to bring and prepare their own food if they'd like. Each family has a space in a commercial-style refrigerator, their own cupboard and access to the pantry, Fine said. The pantry contains donated nonperishable food, including cereal, pasta, peanut butter and jelly and canned foods in case any guest needs to eat during off hours.

Corporate sponsor Coca-Cola's vending machine dispenses beverages for just 25 cents each, she said. Those quarters go toward the annual budget.

There is also one day room that can be reserved for up to three hours by a family or individual with a child in the hospital. They can use that smaller room to take a nap and a shower.

"By staying here, we do try to alleviate a lot of that stress because the parents know if something's going on in the hospital at three o'clock in the morning, they're three steps across the parking lot," Fine said.

Most of the funding for Ronald McDonald House comes from private



One of the 12 rooms at the Ronald McDonald House made available to families with a child at Maria Fareri or Blythedale children's hospitals.

sources, Riley said. About 10 percent is derived from the McDonald's corporation with donations and fundraising accounting for the remainder. The annual budget for the Valhalla facility is about \$930,000, she said.

The first steps are being taken for an expansion that would at least double the number of rooms with possibly as many as 30 rooms, Riley added. Families, particularly those that ask for a room for one night because their child may return for a follow up visit or recurring treatment, are turned down because of lack of space, she said.

"So to be able to help these families, in addition to everyone we serve, would be wonderful because it's a hardship to take off as a family, drive down here, stay overnight with a child," Riley said.

Garnishing is a Great Way to Add Zest to Your Food



Guest Column

Similar to how bows and cards adorning wrapped gifts add to the sense of festivity, food garnishes can enhance the pleasure of cooking and enjoying meals.

Visualize a delicious piece of baked cod on a colorful serving platter: the contrast of the white fish and the decorative plate is a first step toward pleasing food presentation. However, consider taking this a step further by creatively experimenting with colorful sprigs of parsley or bright citrus zest atop the piece of white fish. Both the artistic approach to garnishing and the end result of how the meal looks are beneficial.

Easy garnishes to try – either on or nestled around – the food may include green herbs, sprinkles of spices, slices of fruit, edible flowers and ribbons of dark chocolate.

Here are two recipes for you to try. As you prepare these, notice what you think about how the food appears before and after garnishes are added.

Citrus Cod (makes four servings)

Ingredients

4 cod fillets (4 ounces each)
2 tablespoons of extra virgin olive oil
1 teaspoon grated orange zest
1/3 cup freshly squeezed orange juice
1 tablespoon freshly squeezed lemon juice
1/8 teaspoon freshly ground black pepper
1 tablespoon minced fresh parsley

Directions

Preheat oven to 375 degrees and place fillets in a baking dish that is coated with cooking spray.

Mix olive oil, orange zest and citrus juices in a bowl, then drizzle over fish.

Bake uncovered until fish just begins to

flake easily with a fork, usually after 15 to 20 minutes.

Sprinkle with black pepper and parsley.

Chocolate Mousse (usually makes one serving, depending on how much you love chocolate)

Ingredients

1 cup chocolate chips (milk, bittersweet or dark)
1 cup whipping cream
1 teaspoon orange extract
3 leaves of fresh mint
3 fresh berries of your choice
A sprinkle of ground cinnamon

Melt chocolate in a saucepan on the stovetop, using low heat and stirring frequently.

In a large bowl, beat the whipping cream until soft peaks form using a hand-mixer.

Pour the orange extract and melted chocolate into the whipping cream and beat until all are thoroughly mixed together.

Spoon into serving cups, arrange garnishes on top of the mousse and enjoy immediately. Or chill in the refrigerator for a firmer set of mousse.

Joanne Witmyer is the founder of Indigo Health and Wellness based in Croton-on-Hudson. She teaches group classes, offers wellness consulting to companies and helps private clients achieve their health goals – particularly during times of change and transition. You can reach Joanne at 914-208-1022 or Joanne@IndigoHW.com.



Strength Training in Your Exercise Routine Shouldn't Be Overlooked



By Rachel Amarosa

For many people, improving one's health is a common New Year's resolution. Two essential ways to achieve this goal is by starting a new exercise routine or revamping an existing one.

Adding regular physical activity to your weekly routine will improve physical and mental health, help prevent chronic diseases, improve cardiovascular health and decrease risk of heart attack, diabetes and cancer, just to name a few diseases. For some, an exercise routine mainly consists of aerobic activities such as walking, jogging or treadmill work.

What is often overlooked is the value of strength-building exercises. Adding strength training helps create a more well-rounded program that will add additional health benefits along with maintaining an independent lifestyle as we age.

Strength training, also known as resistance training, are exercises that require you to resist against an opposing force. Strength training exercises are designed to engage one or more major muscle groups in your legs, hips, back, core, chest, shoulders and/or arms.

Using machines, free weights, resistance bands, kettlebells, vests or by simply using your own body weight (like when performing squats or pushups) are all forms of resistance training exercises. Whichever type of resistance you decide to use, the most important factor is maintaining good form. Focusing on form and biomechanics will help you get the most out of your workout, avoid injury and help to build a strong and necessary foundation for progression.

What are the benefits? Strength training becomes more critical as we age. An article from Harvard Medical School states that as we enter our fifties, strength-building exercises are essential in preserving our ability to perform daily activities, allowing us to maintain an active and independent lifestyle. Other benefits include strengthening of bones and muscles; improving balance; controlling blood sugar; boosting cardiovascular fitness; improving cholesterol levels; helping maintain a healthy weight; and helping relieve pain associated with arthritis.

How often should one incorporate strength training? The American College of Sports Medicine's guidelines recommend 30 minutes of exercise five times week as the minimum effective level

to experience the benefits of exercise. Furthermore, 150 to 250 minutes per week of moderate to intense exercise will yield more health benefits and weight loss.

If you're going for the full five days a week of either 30 minutes or an hour of work, three days should focus on strength training, two days for cardiovascular training and two days of rest. Active rest days are just as important to help your body recover, build new muscle, restore energy systems and prevent injury.

All workouts, whether aerobic or strength focused, should also include a five- to 10-minute warm up of dynamic stretches and activities that get the body ready for exercise and a cool down, which consists of stretching and/or foam roller work.

Determining the appropriate amount of repetitions, sets and resistance/weight can be a little bit of trial and error. Generally, strength training routines will consist of two to three sets of eight to 12 repetitions of several different exercises, with a brief rest in between. The trick can be choosing the appropriate amount of resistance and weight. You know you have the right resistance if you can complete a set with effort that wasn't to the point of needing to hold your breath with excessive strain or with compensation of form.

When you are ready to start, begin slowly and listen to your body. A beginner's strength training workout can be as little as 20 minutes. Remember, when instituting a strength training routine, good form (slow and steady motions) and working within your means is paramount. After four to eight weeks, you will experience noticeable gains in strength and performance.

If you haven't produced the results you expected by that two-month mark, then you may need to consider the assistance of a qualified healthcare or fitness professional such as a physical therapist, personal trainer or nutritionist for additional help.

We hear it all the time, "new year, new you." I say accept that challenge and up the ante by saying "new year, better you." In 2019, work toward that better you by investing your time and effort into your health and fitness and get the results you want to see!

Rachel Amarosa is a certified athletic trainer at ProClinix Sports Physical Therapy & Chiropractic in Armonk. For more information about this article or about ProClinix, she can be reached at 914-202-0700 or at ramarosa@proclinux.com. You may also visit www.ProClinix.com.

Guest Column

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Four New Year's Resolutions You Can Actually Keep



By Anthony J. Enea, Esq.

As the New Year approaches, many of us feel compelled to make resolutions that are often very difficult to keep. The most notable being that one is going to exercise more, eat healthier and lose weight. While it is an admirable resolution, it is often one that is doomed for failure (trust me, I know!).

The following are four resolutions that can be made and easily keep that will help insure your estate and elder law planning needs are in good order:

1. If you have executed a Durable Power of Attorney, take it out of the drawer and review it. Check to see if whom you have appointed as the agent is still the person you wish to handle your financial affairs if you are unable to do so. Is that person still in good health and someone you have full faith and confidence in? Please ensure that you have selected an alternate agent in the event the primary agent can no longer act.

Review the Power of Attorney to determine if the agent is given broad powers to handle your affairs. For example, does he or she have unlimited gifting power? Does the agent have the ability to create and fund an irrevocable trust, transfer assets to said trust as well as your spouse and other loved ones without any limits. The most frequently seen problem with a standard short form Durable Power of Attorney form is its lack of broad gifting powers. This prevents the agent from making transfers to protect the assets of a principal that has become disabled or taken ill. Thus, without these broad powers in the Durable Power of Attorney, the incapacitated person's family must often commence a guardianship proceeding with the Court to obtain the powers to make the necessary transfer. It is an expensive and time-consuming procedure.

If you have not executed a Durable Power of Attorney with very broad

powers, I suggest you consider doing so.

2. Be proactive with respect to ensuring that you have taken all appropriate steps to protect your life savings from the cost of long-term care. Unfortunately, the cost of long-term care has well surpassed estate taxes as the number one factor resulting in the dissipation of assets being available to be passed to one's spouse, children and grandchildren for the vast majority of Americans. With the Federal and New York, estate tax exemptions being relatively high (\$11.18 million per person Federally and \$5.49 million in New York for 2019) they are of little concern to more than 99% of Americans. However, the exorbitant costs of long-term care, whether it be a nursing home or home care are real and impactful.

Whether it be considering the purchase of long-term care insurance or having a Medicaid Asset Protection Trust to protect one's house and other non-IRA assets, taking the steps to learn about said options is a lot easier than going to the gym five times per week and not eating any carbs. They are generally no more than one phone call and one or two meetings away with a qualified elder law attorney.

3. Review any Last Wills and/or Trusts you have executed so as to determine that the beneficiary(ies), executor(s) and trustee(s) named therein are still in conformity with your present wishes and are still able to perform the duties of an executor and/or trustee. It is also not unusual for one to have had a falling out with the person previously named as a beneficiary and/or executor in one's Last Will. If your relationship has changed, you may wish to consider changing your Last Will.

Additionally, as one's family grows, the possibility exists that one's grandchild may have a disability. If he or she may be a beneficiary under the term of your Last Will and/or Trust, it might be prudent to consider having said disabled beneficiaries

share being held in a Special Needs Trust for them. This would help ensure that the amount inherited by the disabled person does not impact their eligibility for any federal and/or state programs to which they might be entitled.

4. Last but not least, review your health care proxy to ensure that you have only one named agent and alternate agent.

All too often the proxy is executed with two named agents, which is not legally permitted in New York. It is also important that your agent specifically knows your wishes regarding your health care and end of life wishes if you are no longer able to make these decisions. You should have a candid conversation as to whether or not you wish to be placed on life support and the conditions that need to be present in doing so or not doing so.

In sharp contrast to the resolution that one will go to the gym daily and lose weight – which could take hundreds of hours of time and effort, the above stated can be easily accomplished in a relatively short period of time (a handful of hours at the most). If anything, think of it as a welcomed pre-workout exercise!

Anthony J. Enea, Esq. is a member of Enea, Scanlan & Sirignano, LLP with offices in White Plains and Somers, NY. Mr. Enea is a past chair of the New York

State Bar Association's Elder Law Section. He was named Best Lawyers' 2019 Trusts and Estates "Lawyer of the Year" in White Plains and Westchester County's Leading Elder Care Attorney at the Above the Bar Awards. Mr. Enea can be reached at 914-948-1500 or A.Enea@esslawfirm.com.

Guest Column

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Sampling the Sweet Spot for Tempranillo Wines – Rioja



By Nick Antonaccio

In last week's column our virtual travel transported us to the Ebro River Valley, a hotbed of exciting developments in Spanish wines. Here the Tempranillo grape reigns supreme. This grape is rarely grown outside of Spain and Portugal (I'm starting to see a bit coming out of Argentina, California and even Texas), but within Spain it thrives as the unabashed answer to France's Cabernet Sauvignon and Pinot Noir. Different for sure but with favorable components of each of those two illustrious and legendary grapes.

In the Tempranillo grape, the Spaniards have the thick skin, complex characteristics and deep color of the Cabernet Sauvignon with the subtleties and unique fruit and herb aromas of the Pinot Noir. The result is a bold wine redolent with berry aromas, a hint of vanilla and spices and a whiff of leather.

To confuse matters, this grape is known by different names across Spain: Cencibel, Tinto, Tinto de Toro and Tinto Fino, among others. The two most respected locales of this grape are Rioja and Ribera del Duero (we'll focus on this region in a future column). But don't be confused; it's the same grape, just grown in unique locales.

Having just described the unique

characteristics of the Tempranillo, be aware that, just as with French winemakers, most Spanish winemakers are not content to allow the grape to rest on its laurels. The French art of blending is pursued vigorously by the Spaniards. Through winemakers' masterful crafting with other grapes, principally Graciano and Garnacha, a very American-style wine has surfaced: medium bodied, medium alcohol, fruit-forward, mild acidity and very aromatic.

There is a plethora of Tempranillo-based Rioja wines coming into the United States market, in multiple price ranges and different styles. They are excellent accompaniments to most tapas-style foods as well as traditional Mexican dishes. Experiment with Italian tomato-based pastas and meats. And don't forget grilled meats; the char and smoke of steak or ribs pair well with the rich aromas of an inexpensive Tempranillo.

Here is a sampling of the current releases of the most prevalent offerings and a few to be sought out. The wines are available at many of the wine retailers in The Examiner distribution area. These dedicated proprietors all strive to meet customers' preferences and requests. Stop in and try one, you may discover your

newest favorite wine.

1. Sierra Cantabria Crianza 2015 (\$15): Plum flavors, good ripeness and concentration.

2. Sierra Cantabria Cosecha (\$15): Dark color, black cherries, medium bodied, very rich.

3. Sierra Cantabria (\$12): The third Cantabria offering recommended. Lovely red fruits, perfectly balanced.

4. Marques de Caceres (\$10): Black fruit, discreet touch of oak.

5. Osoti Crianza (\$13): Organically grown, vibrant fruit and oaky notes.

6. Allende Estate (\$39): Layers of fruit, ripe tannin and excellent balance.

7. Campo Viejo Crianza (\$13): Soft and fruit-forward, not oak driven.

8. Campo Viejo Reserva (\$16): Aged for three years, well balanced.

9. Marques de Vitorio Gran Reserva (\$32): Aged five years, huge wine at a great price.

10. Conde de Jauregui Crianza (\$13): Long finish, vanilla notes.

11. Marques Vitoria Crianza (\$11). Compare and contrast to the top bottling above, rich bouquet of berries and spice, creamy oak.

12. Abel Mendoza Seleccion Personal (\$49): Single vineyard, 100 percent

Tempranillo, opaque purple, berries galore.

13. El Coto Crianza (\$10): Superb concentration of fruity flavors.

14. Marques Murrieta Reserva (\$20): Plenty of fruit, 25 months in oak, will evolve even more with age.

15. Bodegas Muga Reserva (\$15): Mid-priced offering from this top producer, layers of flavor, lengthy finish.

16. El Pundito (\$55): Notes of dark raspberry and oak, creamy body, great complexity.

17. Marques de Riscal Reserva (\$14): Oaky vanilla and spices, soft tannins.

From the Ebro River region to the Duero River region; our adventures in Spain continue next week.

Nick Antonaccio is a 40-year Pleasantville resident. For over 25 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 or on Twitter @sharingwine.



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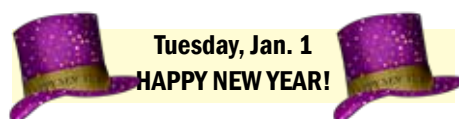
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Happenings

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.



Wednesday, Jan. 2

Lunchtime Meditation. A weekly meditation program. Brief beginning instruction will be followed by meditation. No experience or special equipment needed. A guest instructor will lead the program the first Wednesday of each month; 12:15 to 1 p.m. White Plains Library, 100 Martine Ave., White Plains. For more information, contact Christiane Deschamps at 914-422-1496 or cdeschamps@whiteplainsny.gov.

Poetry Slam. "1st Wednesday" series continues with Open Mic, SLAM competition and feature performances from guest poets from around the country. To take part in the open mic or slam, register between 6:30 and 7 p.m. Slam poets should bring at least one original poem of up to 3 minutes. Registration closes promptly at 7 p.m., and the program starts shortly thereafter. Co-hosted by local poet and slam-master Eric ZORK Alan. All are welcome. White Plains Library, 100 Martine Ave., White Plains. Poetry Slam is a project of the White Plains Library Foundation.

"Antony and Cleopatra." Caesar and his assassins are dead and General Mark Antony and Egyptian Queen Cleopatra have fallen in love. Ralph Fiennes and Sophie Okonedo play the famously ill-fated couple in this hotly anticipated production. Director Simon Godwin sees Shakespeare's great tragedy of politics, passion and power as both love story and political theater. A rebroadcast of this production from National Theatre in London. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 6:30 p.m. Members: \$20. Non-members: \$30. Info and tickets: Visit www.burnsfilmcenter.org.

Thursday, Jan. 3

Family Karaoke. Free event, but come early limited seating. Tickets 30 min before; 4:30 to 5:30 p.m. at White Plains Library, 100 Martine Ave., White Plains.

T(h)ech Thursday: Virtual Reality for Teens. Learn about Virtual Reality and try our "VR" equipment, such as the Oculus Rift or the HTC Vive Pro. At least one will be available. A signed permission waiver

(if under 18, in person at the library by parent or legal guardian) is required before using Virtual Reality Equipment. 4 p.m. White Plains Library, 100 Martine Ave., White Plains.

Friday, Jan. 4

Comic Book Club. For teens. 4 to 5:30 p.m. Discuss new titles and learn drawing and sketching techniques from a local artist. Pizza will be served. White Plains Library, 100 Martine Ave., White Plains.

Country Line Dance. Dancing followed by a complete dinner. All proceeds to go to the scholarship fund at Fox Lane High School and New York Boys' State. Moses Taylor American Legion Post 136, 1 Legion Way, Mount Kisco. 7 to 11 p.m. \$15 per person. First Friday of every month. Info: 914-241-0136.

"The Fifth Element." In the 23rd century, New York City cabbie Korben Dallas (Bruce Willis) finds the fate of the world in his hands when a mysterious young woman, Leeloo (Milla Jovovich), falls into his cab. Dallas soon learns that a Great Evil is approaching and the remarkable Leeloo is the key to preventing world destruction. Together with Father Vito Cornelius (Ian Holm) and zany broadcaster Ruby Rhod (Chris Tucker), Dallas must race against time and the wicked industrialist Zorg (Gary Oldman) to save humanity. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 10 p.m. Members: \$9. Non-member: \$14. Info and tickets: Visit www.burnsfilmcenter.org.

Saturday, Jan. 5

Winter Wolves for Kids. This is the best introduction to wolves for families with young children. Children will learn about the mythology surrounding wolves and the important role of wolves in the natural world. This is an exciting time for wolves; they're out searching for prey as their growing pups experience their first winter season. Guests will visit ambassador wolves Alawa, Nikai and Zephyr and potentially behold the critically endangered red wolves and Mexican gray wolves. Guests will enjoy hot beverages in the woodstove-heated classroom. Dress for cold weather. Wolf Conservation Center, South Salem. 2 p.m. Adults: \$15. Children (under 12): \$12. Also Jan. 6, 13 and 20 at 11 a.m. and Jan. 26 at 2 p.m. Pre-registration required. Info and pre-registration: Visit www.nywolf.org.

Drop-in Do Gooders. A drop-in community service opportunity. Teens will make birthday cards to donate to Meals on Wheels. No registration required. This program is supported by the Allstate Foundation. 2 to 4 p.m. White

Plains Library, 100 Martine Ave., White Plains.

Sunday, Jan. 6

Sunday Cinema at the Trove. Curious George. In this sweet, sometimes silly monkey tale based on the classic children's books by Margret and H.A. Rey, The Man in the Yellow Hat (voiced by Will Ferrell) is an oddball museum employee who looks after his pet monkey, an inquisitive and wonderful creature whose enthusiasm often gets the best of him. 2 to 3:45 p.m. White Plains Library, 100 Martine Ave., White Plains.

Storytelling/Drumming. First Unitarian Society of Westchester and the Unitarian Universalist Fellowship of Northern Westchester jointly welcome Irene "Strong Oak" Lefebvre as guest storyteller, drummer, and teacher. Strong Oak is Mi'kmaq, a First Nations people indigenous to Canada's Atlantic Provinces and the Gaspé Peninsula of Quebec as well as the northeastern region of Maine. She serves as Circle Keeper and Executive Director of the Visioning B.E.A.R. Circle Intertribal Coalition, which works to prevent domestic and sexual violence in intertribal communities. 12:45 to 2:15 p.m. Free event. Visitors are welcome. Childcare is provided. To RSVP for childcare, email DRETracyB@gmail.com. The First Unitarian Society of Westchester is located at 25 Old Jackson Ave., in Hastings-on-Hudson.

Monday, Jan. 7

Chess Club. All skill levels welcome, ages 7-21. 7 to 8 p.m. Chess instructor Lynda Allen will teach a session to beginners for the first Monday of every month until May. Galaxy Hall, White Plains Library, 100 Martine Ave., White Plains.

Tuesday, Jan. 8

Senior Afternoon Cinema: "The Visitor." A stodgy college professor drags himself from Connecticut to New York City to attend a conference. When he arrives at his old apartment, where he rarely goes anymore, he finds a vibrant young couple – a Syrian musician and a Senegalese street vendor – living there. An unlikely friendship follows. Richard Jenkins, who stars in the film, was nominated for an Academy Award for best actor. Part of the Jacob Burns Film Center's Senior Afternoon Cinema series. Sponsored by The Knolls – A Bethel community. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 1 p.m. Members: \$9. Senior non-members: \$11. Non-members: \$14. Info and tickets: Visit www.burnsfilmcenter.org.

Talkie Tuesdays. Teens watch a different classic movie each week. 4 to 6

p.m. White Plains Library, 100 Martine Ave., White Plains.

Tuesdays@Dorries. Rabbi Lester Bronstein has served Bet Am Shalom Synagogue (Reconstructionist) since 1989. He is president of the New York Board of Rabbis, and past president of the Westchester Board of Rabbis. Throughout his three decades in White Plains he has been an active participant in interreligious dialogue, especially but not exclusively through the work of the White Plains Religious Leaders Association. He will speak about an area in which he has "a lot of experience and absolutely no expertise," namely, the role of race in interfaith work. He will regale us with some tales of the struggle to create trust and dialogue among races while trying to serve the greater community's needs. Weekly table talk, 6 to 7 p.m. Food ordering begins at 5:15 p.m. Dorries Diner, 468 Mamaroneck Ave., White Plains.

Wednesday, Jan. 9

Noonday Getaway Concert. Internationally acclaimed mezzo-soprano MaryAnn McCormick has performed at La Scala, with the opera companies of Rome and Turin, the Lyric Opera of Chicago and, for 25 seasons, with the Metropolitan Opera. She has appeared in concert with the New York Philharmonic, the Philadelphia Orchestra, and the Academy of St. Martin in the Fields. She is joined by the celebrated American pianist Kayo Iwama, who has been heard in concert at the Walter Reade Theater at Lincoln Center, Weill Recital Hall, the Morgan Library, Boston's Jordan Hall, the Isabella Stewart Gardner Museum, Seiji Ozawa Hall at Tanglewood, and the Kennedy Center. Together, they will offer Schubertiade – A program of Selected Lieder of Franz Schubert. A Downtown Music debut. 12:15 p.m. 30-minute concert at Grace Church, located at Church Street and Main, downtown White Plains. Free admission, donations accepted. This concert is made possible, in part, with the generous support of Dagher Engineering, PLLC.

Which Craft? Wednesday: Light Switch Cover. Teens refresh your room decor by decorating a light switch cover with scrapbook paper and washi tape. All supplies provided. 4 to 5 p.m. White Plains Library, 100 Martine Ave., White Plains.

An Evening With Paul Schrader: Revisiting "First Reformed." Following its spring release, Paul Schrader's "First Reformed" has been generating tremendous year-end attention as one of



Approaching 2019 With Thoughtful Resolve

Green Living: 5 Water-Saving New Year's Resolutions

It's that time of year to start setting New Year's resolutions: work out more; get a new job; save money. While these are admirable goals, have you considered how your resolutions might make a bigger impact?

Protecting our water is one of the biggest challenges facing the planet, but many of us don't realize how much water flows through our lives every day. According to the EPA, the average US household wastes nearly 10,000 gallons of water each year – roughly enough to fill a residential-sized swimming pool. Talk about a reality check.

This year, resolve to care for our most precious resource with a few simple eco-conscious tricks and swaps that will reduce water waste and keep our water clean – not to mention help out your wallet, too.

- Implement meatless Mondays: A single pound of beef requires more than 1,800 gallons of water to produce, compared to tofu, which only takes approximately 300 gallons, according to the Water Footprint Network. So, once a week, plan a meat alternative for a meal or hit up your hipster, foodie friend and go



to a vegan restaurant (they're all the rage right now).

- Reuse excess water: Your leftover cooking water is liquid gold. Save water remaining from boiling pasta and steaming vegetables and recycle it by nourishing your houseplants or outdoor garden with the surplus. Plus, your plants

will love the extra nutrients.

- Replace your showerhead: A great way to conserve water is by installing a low-flow showerhead. With an Eco-Performance showerhead, like the Velocity rainshower showerhead from Moen, you can conserve water and still have plenty of pressure to lather,

rinse and repeat.

- Invest in a reusable water bottle: Whether you're chugging water after SoulCycle or casually sipping throughout the day, reusable water bottles are convenient and eco-friendly. With the growing problem of plastic pollution in our water supply (see ya, straws!), utilizing a reusable water bottle can make a big difference, with the possibility to save an average of 156 plastic bottles each year, according to EarthDay.org.

- Try a waterless facial cleanser: The secret is out: rinse-free cleansers are taking over. These detergent-free liquids will purify skin of dirt, oil and makeup. Simply apply a few drops to a cotton pad, swipe it across your skin and you're done. These cleansers will get your complexion squeaky clean -- no water necessary.

As you pledge to improve yourself in the year ahead, these great water-saving ideas can help you be more conscientious when it comes to protecting this limited resource -- and will ensure you'll get a hearty pat-on-the-back from Mother Earth.

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Health: 10 Doctor-Recommended New Year's Resolutions

With the New Year upon us, you may be looking for resolutions that will help to keep you and your loved ones healthy and happy in the year ahead.

"This is the perfect time of year to consider your personal goals, and how you can make positive health choices in the coming year," says American Medical Association (AMA) President Barbara L. McAneny, M.D. "Small lifestyle changes today can have a lasting effect in improving your health."

To help you start the year off on the right foot, Dr. McAneny and the experts at the AMA are offering 10 recommendations to help you determine where you can make the most impactful, long-lasting improvements to your health.

1. Learn your risk for type-2 diabetes by taking the self-screening test at DoIHavePrediabetes.org. Steps you take now can help prevent or delay the onset of type-2 diabetes.

2. Be more physically active. Adults should do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.

3. Know your blood pressure numbers. Visit LowerYourHBP.org to better understand your numbers and take



necessary steps to get your high blood pressure -- also known as hypertension -- under control. Doing so will reduce your risk of heart attack or stroke.

4. Reduce your intake of processed foods, especially those with added sodium and sugar. Also reduce your consumption of sugar-sweetened beverages and drink more water instead.

5. If your health care professional determines that you need antibiotics, take them exactly as prescribed. Antibiotic resistance is a serious public health problem and antibiotics will not make you feel better if you have a virus, such as a cold or flu.

6. If consuming alcohol, do so in moderation as defined by the U.S. Dietary

Guidelines for Americans -- up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

7. Talk with your doctor about tobacco and nicotine use and quit. Declare your home and car smoke-free to eliminate exposure to secondhand smoke.

8. Pain medication is personal. If you are taking prescription opioids, follow your doctor's instructions, store them safely to prevent diversion or misuse, and properly dispose of any leftover medication.

9. Make sure your family is up-to-date on their vaccines, including the annual influenza vaccine for everyone age six months or older.

10. Manage stress. A good diet and daily exercise are key ingredients to maintaining and improving your mental health, but don't hesitate to ask for help from a friend or mental health professional when you need it.

The lifestyle choices you make now will have long-lasting impacts. So, this new year, prioritize your long-term health by forming great habits.

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Approaching 2019 With Thoughtful Resolve

Living: 5 Ways Technology Can Help You Achieve New Year's Resolutions

You may have a long list of New Year's resolutions. Luckily, these days, your efforts can be simplified with the use of technology. Check out these high-tech ways to achieve your 2019 goals:

- **Focusing:** An ancient practice with renewed popularity today, the benefits of meditation can't be overstated. If you're resolving to meditate in the New Year, you may be hard pressed to actually go about it, particularly if you haven't meditated before. Luckily, there are plenty of handy apps available that can lead you through a guided practice. From Headspace to Stop, Breathe & Think, a calmer day is at your fingertips.

- **Staying Active:** If staying active is a struggle for you, consider some wearable tech for that needed jolt of motivation. Whether you are already an outdoor enthusiast or an aspiring one, a watch that's also an activity tracker, compass, altimeter and more is a great tool for getting active in the New Year. For example, the WSD-F30 from the PRO TREK Smart series has Bluetooth connectivity, Wi-Fi and enables the use of offline maps and GPS log recording for up to three consecutive days. And because it is water-resistant up to 50 meters and



boasts environmental durability built to military specifications, it's a sound choice no matter what your 2019 plans include -- be it mountain biking, hiking or whitewater rafting.

- **Making Music:** Resolving to finally learn to play the piano? The struggle to learn a new skill can be disheartening. Learn to make music in a way that's

intuitive and fun so that you stick with it. New models of keyboards often offer features that can help. The CT-X700 from Casio is an affordable option that features a Step-Up lesson system that displays proper fingering and notation so you can quickly learn songs, and a six-track recorder is waiting for you when you are ready to put your new skills to the test and

record your music.

- **Boosting Knowledge:** Taking on a foreign language in the New Year is easier than ever before. Whereas in the past, you may have been inclined to buy language CDs and sit in a quiet room to study, now apps such as Duolingo are allowing language learners to squeeze in lessons and practice whenever they have downtime.

- **Getting Organized:** With tax season on the horizon, and the perennial importance of building savings and having good credit, if you resolve to organize one aspect of your life in the New Year, let it be your finances. Use next generation tools to do so, like the HR-170RC, a printing calculator, which can help you find discrepancies, keep records and get a great start to 2019. Be sure to look for features like fast, two-color printing, tax keys, a calendar and multicolor display.

This new year, achieve your resolutions with style and ease, using up-to-date technologies to learn new skills, get organized and more.

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Wellness: 4 Simple Tips for Blending a Better-For-You Smoothie

There's no better time than a new year to embrace healthy habits. And it's easier to embrace a "new me" mentality by fueling your body with the goodness it needs now. You can incorporate more fruits and vegetables into your daily regimen with one simple snack hack: smoothies! Smoothies are convenient, fast and easy to make -- all you need is a liquid base, frozen or fresh ingredients and a blender.

However, not all smoothies are made equally. It's easy to overlook the amount of sugar we're sipping, which can make your "healthy" smoothie the sugar equivalent of a candy bar. Yikes! The secret to making a better-for-you smoothie is cherry picking the right ingredients that not only taste good but also are good for you.

Here are four tips for blending healthful smoothies that will help you reach your wellness resolutions in the New Year:

1. **Sacrifice sugar, not taste.** Smoothies made with fruit-flavored juices or sweetened with frozen yogurt might taste great, but can wreak havoc on your health, often adding up to more than an entire day's worth of added sugar. Cut back on the excess sugar by making them at home, where you can control what's inside. Consider smart swaps, like no sugar added Mooala Bananamilks. These dairy-free milk alternatives add great-tasting



flavor with sustainably-sourced bananas, roasted sunflower seeds and a touch of cinnamon and sea salt. Whether you're making a green smoothie, something sweet and creamy or packed with tropical flavors, the Original, Chocolate and Strawberry Bananamilk varieties are packed with real ingredients and won't leave you with a sugar crash.

2. **Turn flavor into function.** Make your smoothie as efficient as you are. Multitask

with ingredients to provide your body with all it needs without adding excess calories. Blend in a scoop of collagen for better skin or a dash of turmeric to decrease inflammation. Also consider adding extra fiber, which takes longer for your body to digest, making you feel full longer and on fewer calories. Functional foods can help fill in nutritional gaps of your diet while pairing added benefits.

3. **Incorporate a dairy-free base.** Over

65 percent of the population experiences a reduced ability to digest lactose after infancy, so if you're experiencing unexplained bloating after meals, it's possible that dairy could be the culprit. Daiya, the tasty brand known for creating plant-based versions of favorite comfort foods, now offers delicious dairy-free yogurt cups in fruit flavors, like strawberry, peach and more. These yogurt cups are made with coconut cream, are low in sugar and pack in a healthy dose of B12, calcium and 6 grams of protein per serving. Plus, the coconut cream provides a satisfying creamy texture without the discomforts associated with dairy.

4. **Plan ahead.** Let's face it, busy lives require timesaving measures, and making smoothies is no exception. Prep smoothie packets the night before or, even better, for the week ahead. It just takes a few minutes to portion out the right amount of fruits and veggies, throw them in a baggie and into the freezer. Measuring the night before also ensures you don't overindulge in the morning rush, plus you won't have to add ice cubes, which lets you pack in more antioxidants while simplifying the process.

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LEGAL NOTICES

NOTICE OF FORMATION OF SU-JEAN STUDIO LLC filed with Secretary of State NY on 11/14/2018. Office location: Westchester. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to **33 Windmill Rd., Armonk NY 10504. Purpose: Any lawful activity.**

NOTICE OF FORMATION OF SECOND MOUSE CHEESE, LLC. Articles of Organization were filed with the SSNY on 10/18/2018. Office location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to **SECOND MOUSE CHEESE, LLC, 351 Manville Road, Pleasantville, NY 10570. Purpose: Any lawful act or activity.**

NOTICE OF FORMATION OF KABATCHNICK ENTERPRISE HOLDINGS LLC Arts of Org filed with Secy of State of NY (SSNY) on 12/7/2018. Office location is Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: **18 Belmont St., White Plains, NY 10605. Purpose: Any lawful act or activity.**

NOTICE OF FORMATION OF ROMANOFF ELEMENTS, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on 10/25/2018. Westchester County. SSNY designated as agent for service of process on LLC. SSNY shall mail a copy of process to **Carol Romanoff 55 Byram Ridge Road, Armonk NY 10504 Purpose: Any lawful purpose.**

Articles of Organization (DOM-PROF. LLC). Erica O'Connor PT PLLC filed with the Secy. of State of NY (SSNY) 11/6/18. Office loc.: Westchester County. SSNY is designated as agent of DOM-PROF.LLC upon whom process against it may be served. The address SSNY shall mail copy of process to **c/o Schecter, 153 W. Main St., Mount Kisco, NY 10549. Purpose: The practice of Physical Therapy.**

NOTICE OF PUBLIC HEARING The Board of Trustees of the Village of Pleasantville will hold a Public Hearing on Monday January 14, 2019 at 80 Wheeler Avenue, Pleasantville, NY, at 8:00pm to accept comments on the Manville Road Corridor Improvement Project and Memorial Plaza Civic Space Project. Information about the projects is available on the Village's website www.pleasantville-ny.gov. **Noreen Regan, Deputy Village Clerk, Village of Pleasantville**



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ESTOPPEL NOTICE On November 26, 2018, the Board of Trustees of the Village of Pleasantville, Westchester County, New York (the "Village") adopted a Bond Resolution, a summary of which is published herewith, and the validity of the obligations authorized by such resolution may be hereafter contested only if such obligations were authorized for an object or purpose for which the Village is not authorized to expend money or the provisions of law which should have been complied with as of the date of publication of this notice were not substantially complied with, and an action, suit or proceeding contesting such validity is commenced within twenty (20) days after the date of publication of this notice, or such obligations were authorized in violation of the provisions of the New York State Constitution. Summary of Bond Resolution **1. Class of Objects or Purposes** – the purchase of machinery and apparatus to be used for constructing, reconstructing, repairing or maintaining Village improvements, including a dump truck to be used by the Department of Public Works, the cost of each item of which is \$30,000 or more. **2. Period of Probable Usefulness** – fifteen (15) years. **3. Maximum Amount of Obligations to be Issued** – the maximum amount of obligations to be issued for the objects or purposes described above is \$225,000. The Bond Resolution

herein summarized shall be available for public inspection during normal business hours for twenty (20) days following the date of publication of this notice at the office of the Village Clerk of the Village of Pleasantville, Westchester County, New York. **Noreen Regan, Deputy Village Clerk, Village of Pleasantville, Westchester County, New York**

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Happenings

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the most important films of the year, having received four Gotham Award nominations (including wins for best screenplay and best actor), four Independent Spirit Award nominations and New York Film Critics Circle Awards for best screenplay and best actor. It's one of the year's boldest and most daring films. Followed by a conversation with Schrader moderated by Jacob Burns Programming Director Brian Ackerman. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 7 p.m. Members: \$15. Non-member: \$20. Info and tickets: Visit www.burnsfilmcenter.org.

The Environment of Local Breweries.

Justin DiNino, owner of the Tarrytown-based nanobrewery Duncan's Abbey, will discuss sustainable hop growing, locally sourced ingredients, grain composting and more. Learn about their commitment to sustainable process and the local environment. This program is in partnership with the Sierra Club Lower Hudson Group. Dobbs Ferry Public Library, 55 Main St., Dobbs Ferry. 7 to 9 p.m. Free. Info: 914.723.3470 or visit www.greenburghnaturecenter.org.

Friday, Jan. 11

Lucy's Laugh Lounge: Nick DiPaolo.

In this day of watered-down comedy, Di Paolo's brutally honest performances remind us of what great stand up should be – funny, socially relevant and a little bit reckless. His strong political opinions and razor wit make him a perfect fit for talk radio. He hosted his own shows on New York's 92.3 Free FM, "The Nick Di Paolo Show" on SiriusXM, co-hosted "The Nick & Artie Show" and currently hosts "The Nick Di Paolo Podcast." He has also performed on "The Tonight Show," "Late Night with David Letterman" and "Jimmy Kimmel Live." Lucy's Lounge, 446 Bedford Rd., Pleasantville. 7:30 p.m. \$30. Info and advance tickets: Visit www.lucyslaughs.com. Type in the promo code Examiner at the prompt when buying tickets online.

Broken Arrow: A Musical Tribute to Neil Young. Broken Arrow performs the music of this legend, featuring the rockin' electric Crazy Horse tunes and the more acoustic, pedal steel-driven country rock material. The band delivers these classic songs faithfully while taking them out on some jamming excursions and tastefully tweaking some of the arrangements. Joe Mass nails Young's vocals perfectly and the harmonies are spot on. Broken Arrow has audiences on their feet singing along and demanding encores. Tarrytown Music Hall, 13 Main St., Tarrytown. \$25, \$30 and \$35. Info and tickets: Visit www.tarrytownmusichall.org.

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