October 22 - October 28, 2019 **SMALL NEWS IS BIG NEWS**

Pedestrian Bridge to Connect Longview Garage with Cancer **Care Center**

By Pat Casey

The White Plains Planning Board reviewed a change to the White Plains Hospital master development plan during its October meeting to connect a pedestrian footbridge from the

Parking Longview Garage to the new hospital office building on Maple Ave.

The original plan, developed back in 2009, had called for the bridge to connect the Longview garage E. Post Road, but according to William Null, legal counsel for the hospital, as well as a member of the hospital board, "it had always been contemplated that the bridge might be moved."

The Longview garage serves a considerable number of staff for the

> hospital as well staff patients visiting the Cancer Care Center, Null said. The new proposal is considered to be more beneficial because it serves more people.

The new design



Architect's rendering of Longview Sky with the Bridge connecting Longview Garage with hospital building at new White Plains Hospital Office Building. continued on page 2

WPHS Student Takes First Place in Track Championship

Sophie Ginsberg of White Plains High School finished first in a field of 59 runners at last week's League 1D Championship, held at Croton Point Park. Ginsberg finished the three-mile course in 18:55.9, nearly sevenseconds better than the runner-up. Teammate Abigail Roman wound up in third



ANDY JACOBS PHOTO

Volume 9, Issue 427

League of Women Voters Candidates Forum Highlights White Plains' Issues

By Pat Casey

The seven candidates vying for three seats on the White Plains Common Council answered questions for two hours during last week's League of Women Voters White Plains Candidates Forum.

John Hessel, a member of the League of Women Voters of New Rochelle, was the moderator.

On a number of issues, predominantly lack of affordable housing for the average White Plains citizen and over-development within the city at large, most of the candidates agreed something had to be done and that these two concerns were their primary

Jennifer Puja, running on the Democratic Party line, said there is definitely a housing crisis in White Plains. She said every single person should be able to stay in White Plains and thrive.

To address the housing crisis as well as overdevelopment, AnneMarie Encarnacao, running on the Republican Party line, said the city's Comprehensive Plan must be updated.

Nadine Hunt-Robinson, running on the Democratic Party line and the only incumbent candidate for a Council seat, said the White Plains Affordable Housing Program is the most aggressive in Westchester with a substantial set-aside for affordable units in market-rate buildings and a fund to subsidize affordable housing projects. She also said White Plains already engages in "Smart Development." Her intention is to continue the positive trends.

Andrew Custodio, Republican, said rather than continuing in the same direction, the city needs to find more creative ways of raising revenue and should not rely on residents. High taxes are his priority.

Brian Peroni, Republican, said his main concern is overbuilding. "It's too fast, too quick. We are creating a transient resident. People come to rent and then they go. People are not staying.'

Kat Brezler, running on the Working Families Party line after losing in a Democratic primary, said the affordable housing floor should be set at 20 percent in all developments and that developers should participate in community development programs that hire students so those not going to college have a plan to work in the city – "while living in the affordable housing."

Victoria Presser, Democrat, said she was most concerned about sustainability.

The problem of increasing traffic, both cars and commercial vehicles, generated a number of potential solutions from the

candidates and also showed how different neighborhoods experienced the increase of traffic and the resulting unhealthy emissions in different ways.

Hunt-Robinson explained that the city is always looking for ways to reduce its carbon footprint. "There are more electric vehicle charging stations, an electric garbage truck has been added to DPW, more bicycling within the city is encouraged as well as students walking to school," she said.

Custodio, who lives on Gedney, said his neighborhood has been trying to get the trucks off of Gedney and back onto Bryant Ave. "We should ask why there are so many trucks," he said.

Peroni said the increase in traffic was due to over building and increased deliveries to the new projects.

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League of Women Voters Candidates Forum Highlights White Plains' Issues -

continued from page 1

Brezler, who lives off of Bryant, said part of the Bryant Ave. traffic problem is related to school buses waiting to turn into the Mamaroneck Avenue elementary school.

Presser suggested a lower speed limit of 25 mph might be safer and reduce the impact of emissions.

Puja said the traffic issue in the city should be looked at from a wider view. "You don't want to throw traffic from one neighborhood onto another," she said.

Encarnacao said she had looked into the traffic on Bryant Ave. and saw that the Postal trucks were not adhering to an agreed upon

delivery schedule. "The Post Office needs to address this. They should be driving electric vehicles," she said.

All candidates agreed that traffic studies of the entire city should be made. It was noted that the Traffic Dept. would come out to neighborhoods to look at specific problem areas if residents make the request.

Regarding the high number of empty storefronts in the White Plains downtown, the candidates were asked if they favored fining those landlords who turned away tenants, deliberately keeping spaces empty to force higher rents.

Presser indicated she had no immediate answer and would have to research the affect of fines in such situations.

Puja felt that rather than fining landlords and leaving the storefronts vacant, they should be encouraged to work with local entrepreneurs, creating pop-up shops and other activities to bring life to the area.

Encarnacao explained that as a real estate broker

she has been through many of the empty buildings downtown. They need to be brought up to par, she said, maybe fining them is the answer.

Hunt-Robinson said fines can drive people away. "We have to be careful on what we do with fines and taxes. We are trying to expand the commercial base," she said.

Custodio was not in favor of fines and preferred forming a committee to look at the problem to find alternative solutions. Peroni agreed that pop-up shops and encouraging entrepreneurs might work.

Brezler said she didn't see why the city shied away from ticketing landlords when it had no problem ticketing people in the city with fines and parking to raise revenues.

On the issue of cooperation between the White Plains Police Department and government agencies such as ICE, the candidates broke on party lines.

Hunt-Robinson said the city cooperates when someone is wanted for a violent felony, but when dealing with misdemeanors, the police should do their own thing. Regarding immigrants, Hunt-Robinson said they should not be targeted. We need the immigrant population to feel safe and report crimes, she said

Custodio felt the White Plains Police should work closely with ICE, Peroni agreed. Brezler simply said, "No."

Presser said what ICE has been doing has nothing to do with criminal behavior and Puja told a story about a neighbor who had been wrongfully arrested in the middle of the

night. They both said, "no."

Encarnacao said all city agencies should cooperate with whatever authorities are out there. "There should be penalties for illegal immigrants. They broke the law," she said.

Other issues up for discussion included resident participation in the creation of the annual city budget, further development of a Veterans' park; whether or not the Winbrook Housing Project update is worth it; population growth and the need to construct another school; what should be done with the FASNY property; updating the Comprehensive Plan; open space and transparency of statistics of policing activities.

The entire debate can be viewed on Verizon channel 47 and Optimum channel 75 every evening at 5 p.m. through Election Day, Nov. 5; Optimum channel 76 every Saturday and Sunday at 3 p.m. through Sunday, Nov. 3.; and on the wpcommunitymedia.org website under The League of Women Voters section.



Screen shot. White Plains Common Council Candidates at the League of Women Voters of White Plains Candidates Forum. (L to r) Victoria Presser, Jennifer Puja, AnneMarie Encarnacao, Nadine Hunt-Robinson, Andrew Custodio, Brian Peroni, Kat Brezler.

Pedestrian Bridge to Connect Longview Garage with Cancer Care Center continued from page 1

to connect the third floor of the garage with the second floor of the hospital office building creates a slight slope downward, according to Null. It would also provide elevator access to the Cancer Care Center.

Called the Longview Sky Bridge

because it crosses over Longview Ave., the proposed design incudes a glass and steel bridge similar to the one on Davis Ave. that connects the Davis Avenue Garage with the hospital's main lobby. The colors would match the design of the new hospital

office building.

Crossing over Longview, the bridge would be 16-ft 6-inces high, considered high enough to accommodate traffic flowing below.

Null said there would be no need to close

Longview Ave. for any extended period of time to do the construction.

Board members agreed to send a letter to the Common Council, lead agency on the hospital project, stating it has no problem with the design change.



Sleet ANNEMARIE ENGARGAGE FOR COMMON COUNCIL

AnneMarie Encarnacao is running for Common Council on the Republican ticket and she asks you not to hold that against her! She asks that you look at her involvement in the city and community. Party affiliation does not mean anything to her. The city and community means everything! AnneMarie's party is "White Plains!" She is the Co President of the Highlands Association and VP of the Council of Neighborhood Associations. She is active on social media which is a source of community communications from residents of different neighborhoods and city groups. Many different issues are brought up and AnneMarie will reach out to the Commissioners of the correct departments in resolving them for the residents. She has a relationship with all the Commissioners of each city department and



with all the Commissioners of each city department and she gets the job done!

State Issues Discussed at White Plains Town Hall Meeting

By Neal Rentz

The Democratically controlled state Senate achieved much during its first year in power, local residents were told during an open house on Oct. 16 at the Slater Center in White Plains.

The "2019 Legislative Session Wrap-Up" was conducted by Senate Majority Leader Andrea Stewart-Cousins (D-Yonkers) and state Sen. Shelley Mayer (D-Yonkers), whose districts include White Plains.

"We had a historic session this year," Stewart-Cousins said, adding later she is the first woman to lead the state Senate.

Stewart-Cousins said the Democrats have one of the largest majorities they have ever had in the state Senate. There are currently 40 Democrats in the 63-member state Senate.

Stewart-Cousins said she and Mayer have been conducting town halls in the local area. "The idea is to make sure our communities know some of the things we were able to accomplish and hopefully understand that we are very, very committed to access, to hearing, to listening, to being available."

"For us in the Senate, we have really taken on some big issues," Stewart-Cousins said. One of the keys to the success has been setting up work groups "to get to the answer" on issues, Stewart-Cousins said.

The first action taken by the Senate was to reform the election process. One part of that reform is early voting, which will begin on Oct. 26, Stewart-Cousins said. Another reform is combining Congressional and state



NEAL RENTZ PHOTO

State Senate Majority Leader Andrea Stewart-Cousins and State Sen. Shelley Mayer discussed state issues at a town hall on Oct.16 at the Slater Center in White Plains.

primary dates at the end of June. However, there is no fixed date for the presidential

The Legislature passed gun safety laws, Stewart-Cousins said. One of the new laws is the expansion of background check days for gun purchases. Under the new law the background check time has been expanded from a maximum of 10 days to 30 days. Ninety percent of the persons who seek to purchase a gun are able do so within minutes following a check, however, the other 10 percent of gun seekers may have "red flags"

come up during their background check and it takes longer to determine if those persons should be allowed to buy a firearm. Federal agencies, including the FBI, have indicated that it takes at least 30 days to do a thorough background check for some gun purchasers, Stewart-Cousins said.

Another piece of gun safety legislation approved earlier this year is a gun buyback program.

The state also approved the Child Victims Act, allowing people who were abused as children to now have legal recourse against

those who abused them, Stewart-Cousins said, adding the legislation was passed unanimously.

The Legislature also approved legislation preserving abortion rights. Federal law had abortion rights protections that New York State did not have, Stewart-Cousins said.

New state environmental laws "have been hailed as being the most progressive laws with real serious target dates" to reduce greenhouse gases and the state's carbon footprint, Stewart-Cousins said.

Mayer, chair of the Senate Education Committee, touted what she felt were achievements in education made during the previous legislative session.

Stewart-Cousins said the Legislature added \$1 billion in education aid to districts.

Mayer said education aid is the largest portion of the state budget and New York City gets, by far, the most school aid. Mayer praised Stewart-Cousins for creating a subcommittee on New York City schools "so that we are not fighting among ourselves."

"Every one of our districts deserves to have its kids have the best public education they can have. And that is a commitment from everyone in our conference. This is the number one issue," Mayer said.

The Legislature this year applied the Human Rights Law to public schools, protecting job seekers and employees from discrimination; previously, it only applied to private schools in the state, Mayer said.

The Legislature approved Erin's Law. Erin Merryn was sexually abused as a youth.

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- **Westchester Probation Officers Association**
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State Issues Discussed at White Plains Town Hall Meeting

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"She really did not know how to deal with it at the time because no one gave her the language and the information about how to talk about it," Mayer said. "Erin's Law will improve curriculum on the subject in the early grades."

Mayer said the state needs full-day prekindergarten in every district that wants it and the programs must be funded by the state. This is particularly important with two parents working "We have a big agenda on education," she said.

Libraries are part of education and the Legislature approved additional library funding, Mayer said. "I get more e-mails about libraries than about anything else," she said. "The libraries have become the civic centers of communities."

Stewart-Cousins and Mayer responded to residents' questions during the town hall.

Bronxville High School sophomore Bethany Lee, an unpaid intern working in Stewart-Cousin's office, asked what the Legislature would do about the "health care epidemic" of vaping injuries, particularly among youths. She also asked for the senators' thoughts on legalization of the recreational use of marijuana.

Mayer said she has "very serious concerns" about vaping. School

superintendents, guidance counselors and parents have expressed concerns about vaping, she said. The recent serious heath damage among some who vape "causes us grave concern," she said. Three Senate committees are planning to hold a hearing on vaping, including her own committee, in Manhattan on Nov. 4, Mayer noted.

The legalization of recreational marijuana use was not approved during the session, Mayer said. "Many of us have grave concerns."

However, the Legislature decriminalized the possession of up to two ounces of marijuana for personal use. Past convictions for marijuana possession are being expunged from criminal records without the hiring of an attorney to make a motion to do so, she noted.

Stewart-Cousins said that Gov. Cuomo recently enacted executive orders on vaping devices and certain vaping flavors that would be permitted. The Legislature could codify the executive orders into law during the next session, she said, adding that Senate Democrats are concerned about vaping.

Stewart-Cousins said there will be legalization of recreational marijuana use sometime in the future. There have been people harmed by the "War on Drugs," including personal marijuana use, she said.

Another resident asked the senators' opinions of allowing young women to take an HPV (human papillomavirus, a sexually transmitted virus) vaccination without parental consent. Mayer and Stewart-Cousins said they opposed the concept, which has not been brought up to the state Senate as formal legislation. "I don't see this as a pressing issue," Stewart-Cousins said.

Resident Kat Fisher, a representative of the AARP, asked if the senators supported legislation to allow for the importation of prescription drugs from outside the United States to New York State and what else they would do to "fight the high cost of prescription drugs?"

Stewart-Cousins said the Senate would continue to discuss the legislation.







Guiding Eyes CEO Gets New Running Guide Dog **During Blindness Awareness Month**

President and CEO of Guiding Eyes for the Blind, Thomas Panek, is celebrating this National Blindness Awareness Month (October) with a brand new guide dog. Blaze, a two-year old yellow lab, is an official graduate of the organization's Running Guides program.

In his downtime as "top dog" at Guiding Eyes, Blaze can be found training alongside Panek with his four children at their high school track and field. Panek hopes to pass on his love of health and fitness to youth who are blind and sighted alike.

"Blaze has big paws to fill, but on his second birthday this month, he is looking every bit as capable as Gus (Panek's former guide dog)," Panek said. "Maybe even a little faster running around the track."

Panek's last guide dog Gus, an eight year old yellow lab, retired at the finish-line of the 2019 New York Half-Marathon, the first guide dog ever to officially participate in a New York Road Runners Race.

"I am looking forward to continuing my journey inspiring health and wellness for the blind with my new guide dog Blaze. This

year, I turn 50, and my lifetime goal is to run a sub-five minute mile, 400 yards at a time, with each of my four children. I have my new guide dog to keep me moving, to blaze the trail and get us to that next finish line."

"Recently, the first man to finish a subtwo hour marathon, Eliud Kipcho, proved that no human is limited. My mantra is that no blind human is limited. Running with a dog is as close as we can get to a fountain of youth," Panek continued, "Thank you to Blaze's puppy raiser, Kelly Walsh, and the community of people who fuel the passion to help Guiding Eyes achieve our mission of providing guide dogs to people with vision loss, helping them achieve their health and wellness goals.'

Guiding Eyes for the Blind has graduated over 8,000 guide dog teams since its founding in 1954. All services provided to the recipients, who are blind or visually impaired, are provided free of charge. Specialized training and a lifetime of veterinary support for the guide dog teams is second to none. The organization relies 100% on donations and a community of over 1,400 volunteers located throughout the United States. https://www.guidingeyes.org.

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Moody's Reaffirms White Plains' Tax Rating

By Neal Rentz

Moody's Investors Service reaffirmed the City of White Plains Aa1 Stable tax rating last week.

White Plains has maintained this rating since June 2013.

Moody's cited the city's "solid reserves and liquidity driven by conservative budget management and sound fiscal practices" in its decision.

"We have worked hard to produce budgets that are fiscally sound and which do not rely on gimmicks or one-shots," Mayor

Tom Roach said last week. "This rating is a recognition of that diligent work. We take very seriously our obligation to use our residents' tax dollars and other revenues in a responsible and transparent manner."

Common Council President and chair of the city's Budget and Management Advisory Committee John Martin said, "The reaffirmation of the city's Aa1 Stable rating demonstrates the city's commitment to work within a tight budget environment, constantly looking for ways in which we can continue to provide quality services in a more efficient manner for our residents."



President and CEO of Guiding Eyes for the Blind "Blazes" the Trail with New Running Guide Dog

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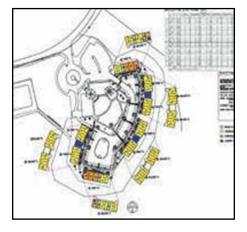
Affordable Rental Housing for Seniors Moves Forward in Greenburgh

By Pat Casey

On Oct. 18, the Town of Greenburgh received \$600,000 from Marathon Development to develop the former WestHELP homeless shelter site into 74 units of affordable senior housing.

Marathon has also paid \$900,000 to Westchester County to lease the property. The Board of Legislators voted unanimously to approve the Mayfair Senior Housing project in November 2018.

The Mayfair project is located at the Knollwood Road entrance to the Westchester Community College campus. It will transform long-vacant buildings once used as transitional housing for homeless families into 60 one-bedroom apartments,



Site Plan for Mayfair senior housing project.

eight two-bedrooms, and six studios for residents 62 and older with low and moderate incomes.

The payment for the former WestHELP site comes after years of discussion between the county, the Town of Greenburgh and the Valhalla School district.

The project is expected to have no impact on the Valhalla school district in which it is located

In an email statement, Greenburgh Town Supervisor Paul Feiner said, "It is a win, win for everyone."

"The WestHELP homeless shelter used to house 108 homeless individuals. Former County Executive Rob Astorino closed down the shelter, which was built by Andrew Cuomo when his father was Governor in the 1980s. The senior housing development has the support of the Mayfair Knollwood Civic Association which participated in the discussions leading to the decision of the town to support converting the shelter into affordable housing," Feiner said.

A previous plan would have knocked down the existing buildings for a 54-unit development. "The existing buildings are beautiful and once the renovations are complete will be enjoyed by seniors. The location is also great, on the grounds of Westchester Community College. This will provide seniors with the chance to audit classes at the college and interact with students," Feiner further said.

It is expected the renovations will take over a year to complete.

New Energy Saving Bulbs to Light Up White Plains Parking Garages

In 2017 White Plains was designated a Clean Energy Community by the New York State Energy Research and Development Authority (NYSERDA) in recognition of its leadership in reducing energy use, cutting costs, and driving clean energy locally.

The designation gave the City an opportunity to apply for up to \$250,000 to be used for additional clean energy projects, with no local cost share. The City received

approval to use that funding for a project to retrofit the lighting in four city-owned garages to energy efficient LEDs. This project is now underway in the Chester-Maple, Hamilton-Main, Library, and TransCenter Garages.

In total, over 2,700 light fixtures will be changed from 175-watt high intensity discharge bulbs to 35 watt LEDs. This change is expected to result in a significant

reduction in energy use as well as cost savings of approximately \$500,000 annually to the City, as the vast majority of the lights in these facilities are on 24/7.

All costs associated with the project are covered by the NYSERDA grant money.

The project is expected to be complete by the end of November. The work is largely being done at night in order to minimize disruptions in the parking garages during the day. The project was initially developed by the Parking Department after an analysis of its needs and the available lighting options. The Parking Department then undertook a pilot-program to arrive at the final project specifications. The City expects that these changes will have public safety benefits as well as enhance the appearance of the garages both during the day and especially at night.

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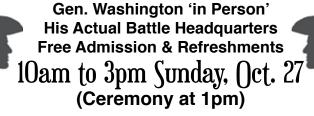
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SOLA SALON STUDIOS, WHITE PLAINS

By Neal Rentz

About 12 years ago a group of friends in Colorado started the Sola Salon Studios franchise, Manhattan resident Frank LoFrisco noted last week.

"I lived in Colorado at the time and then when I moved back to New York I decided to open one out here," LoFrisco recalled. The "out here" he is referring to is Hamilton Avenue in White Plains. "I looked in Manhattan. I looked on Long Island. I looked in Fairfield County," he said.

LoFrisco said he decided to open in White Plains in 2011 because "it's great for businesses. There are a lot of people here, a lot of commuters, and a lot of residents. And in this area there are a lot of salons." LoFrisco said.

For his business, LoFrisco said it was important to be located in an area with many salons because there will be "a lot of salon professionals."

"Basically, what we do at Sola is we make it very easy for career orientated professionals to have their own business," LoFrisco said. "So if they're doing really well at a salon but they're still working for someone they can say hey, I'll just come over to Sola, pay weekly rent and I can be in business for myself." He added he can get a new business "up and running literally in a day."

Sola allows professionals to determine their own working hours, LoFrisco said, adding at Sola they are not told how much to charge for their services or what products they need to carry.



NEAL RENTZ PHOTO

Manhattan resident Frank LoFrisco opened a Sola Salon Studios franchise in White Plains in 2011.

"If someone has a strong following, that's where Sola works really well, especially if they've worked in the White Plains area," LoFrisco said.

Sola is divided into 31 studios where clients can have a private environment or be in suite with an open door, LoFrisco said.



Sola offers a variety of services, but the business is primarily known for its full services for hair including cutting, weaving, curling and coloring, LoFrisco noted. Sola also provides nail and skin care

services, as well as one studio devoted to eye lash services.

re lash services.

Though Sola is primarily focused on

women, "there are plenty of men who come in too," LoFrisco said.

LoFrisco explained why his business has been successful, "I think it's really the concept," he said. "From stories that I've heard from stylists, I just get the sense that stylists aren't treated well. They might have a boss who's also a hair stylist in a typical salon. So the boss wants to have some amount of control over the stylist."

"For me it's easy," LoFrisco said. "You just treat people well. You treat them like professionals and you don't get involved in their business."

Sola Salon Studios is located at 445 Hamilton Ave. in White Plains. For more information call 347-625-7652, visit solanewyork.com or send an e-mail to frank@solanewyork.com.







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And remember the (R) after my name is really the resident party let me be your voice.

We need balance on the council.

Obituaries

Susan O'Donnell

Susan L. O'Donnell, of White Plains, passed away Oct. 15. She was 54.

Susan was born May 14, 1965 in White Plains to Brian and Lee O'Donnell.



Susan was a devoted mother to her son Michael, her most precious gift. She will be greatly missed by her family and friends.

Susan is survived by her loving son, Michael Baton, of White Plains, her mother Lee O'Donnell of West Harrison, and her siblings, Brian O'Donnell Jr. of California, Kelley Dolce of West Babylon, and Jayne Ahearn of White Plains.

In lieu of flowers the family requests donations be made in Susan's name to The Miami Project to Cure Paralysis. www. themiamiproject.org.

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Michael Gravino

Michael James Gravino, born Aug. 31, 1937 in the Bronx to Minnie and Michael Gravino, passed in peace at his home on Oct. 13. He was 82.

Michael attended Cardinal Hayes High School ('56) and was a US Marine. He worked for Xerox for 35 years. When he



retired, he pursued his love of the outdoors, camping cross-country with his beloved wife, Evelyn. He was also a school bus driver for the White Plains Bus Company.

Michael and Evelyn married on Oc. 14, 1961. They moved to White Plains in 1971 with their daughter, Meg. Many happy times were spent with friends and family camping throughout the United States.

Michael is survived by his wife Evelyn

Gravino, daughter Meg Doherty, son-inlaw Peter Doherty, granddaughter Brooke Doherty, brother Dominick Gravino, sister Theresa Gravino, and sister-in-law Georgiana Farrelly.

In lieu of flowers, the family asks that contributions be made to the Alzheimer's Association. act.alz.org.

Audrey Harlow



Audrey Rose Harlow passed away on Oct. 12. She was 85.

Audrey was born and raised in White Plains the daughter of Arthur Rose of New York City and Julia Keeler Rose of South Salem, N.Y.

She attended White Plains Schools. In

1949 the family moved to Elmsford and Audrey graduated from Alexander Hamilton High School in June 1951.

Audrey earned both her BS and MS degrees from the State University of New York at New Paltz. Her teaching career spanned 48 years for the Yorktown Central School District where she taught both primary and intermediate grades and was selected to be an Instructional Specialist to assist new teachers.

Audrey lived and worked in Yorktown Heights, until she and her husband, Ed Harlow, retired and moved to Fearrington Village, NC, in 2008.

Audrey is survived by her husband, Ed Harlow, two children, James Howard Wynkoop and Carolyn Jane Wynkoop, and six grandchildren, David, Beth, Ellen, Katelyn, Ethan and Aaron. Her two children, James and Carolyn, are from her marriage to Douglas Howard Wynkoop who pre-deceased her in 1977.

When living in Yorktown Heights, Audrey was a member of St. Mark's Episcopal Church in Mt. Kisco. After moving to North Carolina, she became a member of the Congregation at Duke University Chapel where she participated in the Local Missions' Committee and the Staff-Parish Relations Committee.

Audrey's Memorial Service will take place at Duke Chapel on Nov. 4 at 2:30 p.m.

Memorial gifts may be sent to: The Congregation at Duke University Chapel, Box 90974, Durham, NC 27708-0974.

www.stepinac.org



WEDNESDAY OCTOBER 2 PRESENTATIONS @ 6PM & 7PM

SUNDAY OCTOBER 27 PRESENTATIONS 1 1PM & 2PM

How Chiropractic Care Can Help Your Sciatica

Sciatica is not a condition, it is a symptom. There is always an underlying problem and cause of the sciatic nerve being compressed.

Sciatica is a term to describe the sensation of sharp, dull, achy, numb or tingling pain into the buttock, leg or foot. Causes of sciatica include, but are not limited to, a bulging or herniated disc, scar tissue, bone spurs, pregnancy or tightness of the piriformis muscle. Because the sciatic nerve is the widest and longest nerve in the body, the effects, when compressed, can be debilitating.

Fortunately, chiropractic care has a long history of success in treating sciatica. Not only does chiropractic provide a conservative, non-surgical and drug-free option for cure, but it also targets and addresses the root cause of the sciatica symptoms.

A chiropractor first will determine the cause by taking a medical history and completing a physical and neurological examination. If needed, a chiropractor can order any additional tests, including an x-ray or MRI to help further confirm diagnosis.

Differentiating the cause of the sciatica helps delegate the proper treatment protocol. For instance, if the cause is the piriformis muscle being tight, the treatment may consist of piriformis stretching and strengthening of the area. On the other hand, if the cause is from the lumbar discs, relief may be achieved more from traction of the lumbar spine, massage or manual therapy of the lumbar musculature and possible chiropractic manipulation.

As mentioned before, one cause of sciatica can be a tight piriformis muscle, otherwise

named as Piriformis Syndrome. The piriformis muscle is a small muscle that lies deep in the buttock, connecting from the sacrum, or tailbone, to the hip. It helps turn the thigh outward. The sciatic nerve either travels under or through the piriformis muscle, which explains why it can get compressed by tightness of the muscle.

How does the piriformis become tight? In 90 percent of the population, the sciatic nerve passes directly through the piriformis muscle. In the remaining population it may travel above or under the muscle. The piriformis can tighten from sitting in the same position for periods at a time, running or walking, falling on the buttocks, misalignment of the pelvic bones

or exercising without stretching. People who walk with their feet outward may be at risk for Piriformis Syndrome.

When diagnosing, the patient will have tenderness, pain and possible weakness when the piriformis muscle is touched. It is possible for the patient to also experience increased sciatica pain when the piriformis is touched. This point of tenderness will help a chiropractor differentiate between sciatica coming from the piriformis muscle or another source like the low back.

How does a chiropractor cure Piriformis Syndrome? Once diagnosed, the chiropractor will determine the proper



By Dr. Ivana Monserrate

Guest Column

treatment protocol. The protocol may include stretching, massage or myofascial release techniques such as Active Release Technique (ART) to the piriformis muscle. Because the piriformis muscle attaches to the pelvic bones, joint mobilization may also be necessary.

Rehabilitative stretches may be given for the patient to complete at home to continue decreasing the tightness and compression on the sciatic nerve. Common stretches given may include a figure 4 or pigeon stretch.

Another cause for patients experiencing sciatica could be from a lumbar disc bulge or herniation. In this case, the patient will experience pain and tenderness mostly in the low

back. The sciatica symptom can extend into the buttock, back of the thigh, calf and foot. Usually when the cause of the sciatica is a lumbar disc, a patient may not have as much relief with massage or ART of the piriformis as they would with ART of the lumbar musculature.

Patients may also have increased pain and sciatica symptoms when coughing, sneezing or sitting on the toilet as well as decreased range of motion of the low back. In some cases, the chiropractor may find it necessary to order an x-ray, MRI or other imaging studies to help confirm diagnosis.

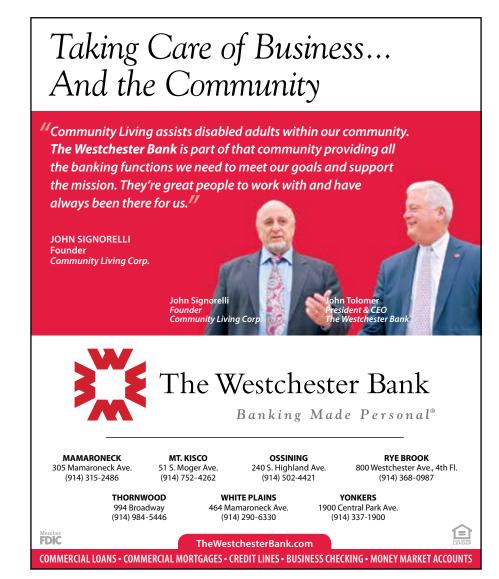
Overall, with the appropriate treatment

protocol and correct diagnosis of the cause of sciatica, chiropractic care has proven success in resolving the issue. By taking breaks from sitting, stretching of the gluteal area and proper lifting or posture techniques, sciatica can be prevented.

Every patient is different and depending on the severity and other factors helps determines progress and length of recovery.

Dr. Ivana Monserrate is a chiropractic at ProClinix Sports Physical Therapy & Chiropractic's Armonk and Ardsley locations. She is also certified in Active Release Technique (ART). For questions or more information about ART and how it can help you, call 914-202-0700 or visit www.proclinix.com.







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Letters Policy

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



Letters

Letter to White Plains Council on FASNY Property Expectations

As you know the French American School of New York (FASNY) put approximately 48 acres on the market for sale earlier this year. More recently we have learned from potential purchasers that FASNY is entertaining offers for the entire former Ridgeway Country Club property.

The former golf course property is one of the largest remaining open spaces in the City. Importantly, the entire property is designated as an environmentally sensitive characterized by watercourses. wetlands, steep slopes, a lake and pond. The Comprehensive Plan states that should a golf course no longer be feasible then the property should be developed at the lowest density residential zone.

In recognition of these features, the Common Council, a number of years ago, unanimously rezoned the property to the R-30 zone. The R-30 zone permits detached single-family homes on minimum lots of 30,000 square feet.

The former Ridgeway Country Club property is characterized by other unique features. Primary among them are that:

it is divided into four tracts separated by local neighborhood streets;

it adjoins the historic Gedney Farms neighborhood, the oldest subdivision in the City; and

it threads through the Gedney Farms single-family neighborhood.

It is not a single, large 129-acre parcel separated from the adjoining properties. Indeed, the former golf course's parcels are narrow, ribbon-like tracts that back up upon single-family detached homes. Therefore, it is essential that any proposed development be in conformity with the existing character

of the Gedney Farms neighborhood and adhere to the R-30 zoning classification. Any subdivision plan must be carefully designed so all non-buildable areas are deducted before any calculation of the number of R-30 residential lots.

Gedney Lastly, The Association expects the Common Council to mandate preservation of the same amount of usable open space as proposed in earlier applications.

When appropriate, we are prepared to discuss in greater detail the neighborhood's views and concerns regarding the possible development of this very important property with you.

This includes nicotine, flavored liquids,

marketable technology and flavorings seen

in vaping devices," explains Dr. Nora D.

Volkow, director of NIH's National Institute

on Drug Abuse. "However, it is urgent that

teens understand the possible effects of

vaping on overall health, the development

of the teen brain, and the potential for

addiction." Exposure to media promotions

encouraging use of e-cigarettes and flavoring

targeted to attract young people, further

supports use. More than seven out 10 teens

report being exposed to e-cigarette ads.

"Teens are clearly attracted to the

marijuana, and hash oil.

-- The Board of the Gedney Association

Wear a Red Ribbon this Week and Say "No" to Drugs

The City of White Plains Youth Bureau's Institute for Health & Wellness, along with the White Plains Cares Coalition, is celebrating National Red Ribbon Week this week (Oct. 21 to Oct. 27). Red Ribbon Week focuses on teaching kids to say no to drugs and tobacco and promoting positive youth development.

In partnership with the El Centro Hispano Girl Scouts, red ribbons will be placed at City Hall and other select neighborhood locations to commemorate this event. Additionally, children in the White Plains Youth Bureau's after school programs will be engaged in a variety of informative and fun prevention activities.

Red Ribbon Week is a national event celebrated during the 4th week of October. The White Plains Cares Coalition celebrates Red Ribbon Week in White Plains to promote a drug free life and to encourage positive youth development with a variety of activities. By wearing red ribbons and participating in community anti-drug

events, people pledge to live a drug-free life and pay tribute to DEA Special Agent Enriqué "Kiki" Camarena who was killed in 1985 by drug traffickers. Several state parent organizations called on community groups to wear red ribbons during the last week of October as a symbol of their drugfree commitment in honor of Special Agent "Kiki" Camerana's sacrifice. The first Red Ribbon Week celebrations were held in La Mirada and Norwalk, California. In 1988, the National Family Partnership (NFP) coordinated the first National Red Ribbon Week with the President and Mrs. Reagan as chairpersons.

According to the Center for Disease Control (CDC), although the use of cigarettes among teens has declined, the use of e-cigarettes has increased dramatically. More than 37% of 12th graders report using e-cigarettes (vaping) as compared to only 8% using cigarettes. According to the National Institute of Health (NIH), vaping of each substance that was asked about increased.

Ebersole Ice Rink is Open for the 2019-2020 Season

The City of White Plains Recreation and Parks Department has announced the opening of Ebersole Ice Rink for the 2019/2020 season.

Public skate sessions are held: Thursdays 1 to 3 p.m.; Fridays 3:30 to 5:30 p.m. and 8 to 10 p.m.; Saturdays 1:30 to 4:30 p.m.; Sundays 8:30 to 10:15 a.m. (adults only) and general public skating 1:15 - 3:45 p.m.

Skate rentals are available at \$5 per person. Admission to the rink is \$8 for youth, \$10 for adults and \$5 for seniors.

Registration is also open for learn to skate programs, with classes offered for beginners to advanced skaters.

Free Rink Admission to Ebersole on Election Day, Tuesday, Nov. 5, 11 a.m. to

The Ebersole Ice Rink is located at 110 Lake St. in White Plains.

Latimer to Officially Reopen Miller House Next Monday

County Executive George Latimer will officially welcome the public back to the historic Miller House in North White Plains with a ribbon-cutting ceremony on Monday. Oct. 28, at 1 p.m. at the newly-renovated Westchester County Park historic property at 140 Virginia Rd. in North White Plains.

The reopening follows a \$3.5 million capital project to restore this 18th century Island-style farmhouse house that was used as a Revolutionary War headquarters and command post by George Washington during the Battle of White Plains.

The Miller House is listed on the National Register of Historic Places, the New York State Register of Historic Places and the Westchester County Inventory of Historic Places. It is also a Town of North Castle landmark.





Avoiding a Horror Story When It's Time to Move

When I told my wife that I received a cold call from a moving company and agreed to meet with a representative because the caller seemed so nice, she went into panic mode. "Oh, my," she said, "haven't you heard all the horror stories about movers?"

Before the end of the day, she had printed out 89, count them, 89 online postings of moving stories from hell, everything from drivers showing up drunk to not showing up at all, to holding truckloads of furniture for ransom until inflated prices were paid to victims of a scam. Even we had experienced a couple of them ourselves. With our last move when the company did the packing for us, hadn't they unbelievably thrown our hammer into the same box with our signed Tiffany candy dish, shattering the latter to bits?

By the time I had skimmed through all the postings, I was really anxious and was prepared to ask a lot of questions, even though my eventual move is be barely four miles across town.

However, within moments from the time Phil Derasmo of Advantage Moving & Storage Systems arrived, I felt totally at ease. First of all, even though his direct marketing representative, the nice lady on the phone named Felice, had called from someplace in New Jersey, I learned that Phil was the president of the company and a neighbor, hailing from neighboring community, Mahopac. Somehow, even though I do a lot of business with global companies, I like everybody else feel very good about shopping and supporting "local" as well.

When I asked how long he'd been in the business, he said, three generations, and it came with a story with real heart.

"My grandfather Mario started the business in the early 50s by making arrangements with his neighbors in the Bronx to go down to the port in lower Manhattan in his open wagon to pick up their relatives who were arriving by boat from Italy," he told me. "There were a lot of Italian immigrants coming over at that time, and they didn't come just with suitcases. They came with trunks. With many, maybe 2,000 or more, he was the first person they met when they got off the boat. He would charge them about \$25 to get them up to the

Bronx, and it took about two hours because it included an impromptu tour of Manhattan. He then started moving people, a natural progression"

Today, Phil's company is highly advanced with a contingent of trucks and warehousing and the most technically sophisticated website you can imagine which takes the guesswork out of calculating what the cost of a move is going to be by moving your browser over a map of the country. "That's the biggest problem with some





By Bill Primavera

companies in the business today," Phil said, "getting a straight answer about what the bottom line is with cost when you do comparative shopping among several movers. With our company, you just go to our website, and our cost calculator can take you anyplace in the country and you'll know what the basic cost will be." It's true. Go to www.advantagemoving. com and check it out. It's like a game to play.

But as technically advanced as Advantage may be with its marketing, the personal touch that its president offers, along with just a few other representatives who deal oneon-one with customers, is actually disarming.

I knew I was dealing with an honest, straight shooter when we were going through the rooms of my home and my

biggest concern was my paintings. I was trying to calculate what it would cost to package up our paintings and framed prints, which we've collected over the years. He simply said, "Why go through that expense? I'll give you some big boxes with separators, either cardboard or bubble wrap, and package them up, and why not move them yourselves? It will save you a lot of money!"

Phil tells me that 75 percent of his business comes from personal referrals and, indeed, I can understand why. His information kit

gives the names and telephone numbers of people in my own community I can call for recommendations.

Be sure to check out Advantage's really fun website even if you're not planning a move soon, but if you are, call 1-800-444-

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





HELP WANTED • CITY OF STAMFORD, CT TRAFFIC SIGNAL SYSTEM ENGINEER Annual Salary Range: \$97,131 - \$124,584

POSITION: The City of Stamford is seeking a Traffic Signal Engineer to undertake all aspects of traffic signals, from inception through to operation. The successful candidate should have extensive experience in the field of traffic signal design, implementation and/or operation and will have achieved engineer status or significant experience.

The successful candidate will be expected to demonstrate excellent written and oral communication skills and a strong awareness of signal design, construction, and management. The candidate will work as part of a traffic signal team, overseeing three field technicians and will be expected to demonstrate an ability to use their own initiative to deliver excellence on projects. An efficient and accurate working style with attention to detail is required, and flexibility in order to meet project requirements is expected.

ESSENTIAL SKILLS, KNOWLEDGE AND ABILITIES: In depth experience with traffic signal operation, design, and configuration. • Good knowledge of GridSmart design and operation • Ability to engage with the public and the ability to communicate and influence effectively. • Thorough knowledge of a wide range of ITS technologies, including GridSmart, Fiber Optic communication, VMS, and CCTV • Ability to apply management techniques and prioritize responsibilities to ensure work is accomplished by project deadlines • Proven ability to learn new skills and understand complex technical projects rapidly • Excellent problem solving skills and the ability to develop new and innovative ideas. • Ability to work as part of a team and to supervise, coach and mentor subordinates. • Familiarity with State and Federal design processes with respect to signal design.

QUALIFICATION REQUIREMENTS: Bachelor's degree in Computer Science; Computer, Civil, Traffic or Transportation Engineering; or a closely related field and three (3) years of progressively responsible experience in the field of traffic engineering, one (1) year of which must have been in computerized traffic signal systems and control. NOTE: A Master's degree in one of the above noted fields may substitute for one (1) year of the general traffic engineering experience. Valid Driver's License.

Interested applicants are advised to submit a fully completed application form along with their resume, listing all related degrees, training and work experience. Incomplete applications or those submitted without a resume will be rejected. Applications of candidates who do not meet the stated position requirements will not be considered. **Position is open until filled.** Applications can be obtained at the:

City of Stamford, Human Resources Division, 9th Floor 888 Washington Boulevard, Stamford, Connecticut

orat www.stamfordct.gov

The City of Stamford is an equal opportunity/affirmative action employer and strongly encourages the applications of women, minorities and persons with disabilities.



HELP WANTED • CITY OF STAMFORD, CT CIVIL ENGINEER

Annual Salary Range: \$97,131 - \$124,584

POSITION: Under the general direction of the City Engineer or designee, performs supervisory and administrative work in inspection and permit issuance as well as performs plan reviews ensuring the compliance of local and state codes, regulations and practice concerning site engineering and site construction development and inspection in connection with the construction of capital, departmental, residential and/or commercial development projects requested of the department; does related work as required.

QUALIFICATIONS: Graduation from an accredited college or university with a Bachelor's Degree in Civil Engineering or a closely related field and seven (7) years of progressively responsible engineering experience in the field of site engineering, construction, and inspection.

SPECIAL REQUIREMENTS: At time of application, possession of a valid motor vehicle operator's license and possession of a valid Connecticut Professional Engineer's license. **Applicants must attach a copy of their license to the application.**

SCOPE OF EXAMINATION: Qualified applicants will be evaluated, scored and ranked on their level and quality of related experience, education and training documented on the application and application supplement. Incomplete applications will be rejected.

APPLICATION PROCESS: Interested candidates should submit a completed Employment Application and Application Supplement "19-40". Please note: only properly completed and submitted applications will be considered. Applications of candidates who do not meet the stated position requirements will not be considered. Position is open until filled. Application and application supplement can be obtained at the

City of Stamford Human Resources Division, 9th Floor, 888 Washington Boulevard, Stamford, Connecticut or at www.stamfordct.gov

The City of Stamford is an equal opportunity/affirmative action employer and strongly encourages the applications of women, minorities and persons with disabilities.

Reviving the History and Wines of the Campania Region in Italy

You Heard It

Through the

Grapevine



Bv Nick Antonaccio

previous columns, I've focused on a number of the 20 Italian wine regions, describing the history, culture and wines of

One of the regions that I've highlighted

is one of my favorites - Campania - for its backstory, its peoples and its wines. This week I'm beginning a multipart series on my personal journey to a specific area and specific town in Campania.

In the next few columns, I will be much more granular, focusing on the subregion of Avellino and the sub-appellations of Fiano, Greco and Taurasi. I'll conclude with a report on my trip to Cantine Ciani, a winery deep in Taurasi, in which I have recently invested.

My goal is to inspire you to sample the wines of greater Campania and for you to appreciate the inherent beauty of the region through these wines.

How ironic, in the 21st century, that a significant source of Italy's influence comes not from the cultural city centers of its past but from those areas not known for their historic influence - wine regions. Not from the famous wine regions, but from the agricultural underbelly that has been feeding Italians for centuries, including Campania, the region just south of Rome which incorporates Naples, the Amalfi Coast and the southern Apennine

Before the Italian Renaissance, there were wines being produced here. Revered wines from Campania date back two millennia to Greek and Roman settlements. Then came a long period of neglect and the near extinction of grapevines, which had been planted as early as 1,000 B.C.

The exodus of farmers to urban areas

after the devastation wrought by World War II contributed to this demise. But things began to improve in the early 1990s. Winemakers from the north rediscovered the coveted volcanic soil and temperate climate of the Campania region. They researched the history of

the indigenous grapes and they began to experiment in applying modern techniques and technology to the production of wines from these ancient grapes. The result a Southern Renaissance in winemaking that is just now becoming available in the United States.

Today's Campanian winemakers are plying their trade with a distinct elegance and aplomb that sets them apart from previous generations.

What are they planting? What grapes from this forgotten agricultural paradise are creating a stir?

There are three white grapes and one red from Campania that have surged in popularity in the last 10 years.

Greco. It is the oldest cultivated grape

in Campania. Its mild aroma and flavor profile make it perfect as a quaffing wine, but paired with a light seafood dish or a simple vegetable recipe, it seduces you with almond and pear aromas and flavor. This is the wine the Greeks cherished for its ideal balance between fruit and acid. Some wines never go out of favor.

Falanghina. like the Pinot Grigio of northern Italy for its aromatic bouquet and crisp palate pleaser, try this alternative. Bright and highly aromatic, it pairs well with Mediterranean white fish and light chicken and pork dishes.

Fiano. In my opinion, this is the most interesting of the Holy Trinity of Campanian whites. It has an intensity not found in its brethren and is redolent of nutty and spicy aromas. Try it with shellfish; you may never go back to white Burgundies.

Aglianico. This red grape is ascending to stardom next to its esteemed Italian brothers, Barolo and Brunello Montalcino. An intense wine, rich in red fruit aromas, high in acid and tannins in its youth, this wine is made for aging. I rarely drink an Aglianico that is less than five years old. This is a wine I will place in my wine cellar, next to my Barolos and Brunellos, to enjoy with my young grandchildren on their 21st birthday.

Campania's winemakers are practicing

their craft with Sprezzatura - the uniquely Italian art of effortless mastery. It's in their heritage and defines their destiny. Over the next several weeks, we'll get to know better my personal connection with the region, one winemaker in particular, and

Nick Antonaccio is a 40-year Pleasantville resident. For over 20 years he has conducted wine tastings and lectures. Nick is cochair 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.





and audacious roles in My Favorite Year and My Big Fat Greek Wedding, Ms.

nightclubs across the country.

Kazan will dish on her career including the years she spent running Playboy Club

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Crossword by Myles Mellor 10 11 12 14 15 17 19 25 31 33 35 36 38 39

Across

- 1. Make a goof
- 4. Mariner's pronoun 7. Watson makers
- 10. Formerly, in wedding
- columns
- 11. Cleveland cager, for short
- 12. "Modern" word starter
- 13. Like some sunsets
- 14. Barnstormed
- 16. Temperature controls, briefly

- 17. Bag holder
- 18. Game for hunters
- 20. Warty hopper
- 21. Military quarters often
- 25. Cortlandt canine day care
- 29. South-east Asian country
- 31. Canadian city, abbr.
- 32. Railroad device
- 33. 100 lbs.
- 34. Movie format
- 35. Ending of an enzyme

- 36. Make tracks 37. "Compren-
- 38. "You bet!" 39. Atlas abbr.

Down

- 1. Absorbed 2. Come back again
- 3. It parted for Moses
- 4. Emulates Ella _ cow
- 6. Lake Geneva resort
- 7. A huge fan of 8. Epitome of
- redness 9. Stylish, in the 60s
- 15. Is _ (proba-
- bly will) 19. Make sense
- 22. Periods in history
- 23. Bonehead
- 24. Tear into shreds
- 26. Dental crown alternative
- 27. Ones in a gaggle
- 28. They have to be rotat-
- ed every now and then 29. Somers spa
- 30. Bad-mannered
- 32. D.J.'s stack

Solution on page 19

Happenin8s

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

visit www.theexaminernews.com and click on Happenings.

Tuesday, Oct. 22

Tuesdays@Dorry's. David Gravitz will speak about Anti-Semitism in the 21st Century. A US Supreme Court opinion once famously said regarding obscenity, "I can't define 'obscene' but I know it when I see it." The same might be said of "anti-Semitism." It's hard to define but everyone knows it when they see it. Or do they? Anti-Semitic acts have increased greatly over the last few years in the United States and Europe, and throughout the world. The slaughters in Pittsburgh and Poway, California occurred in the last year. Locally, the Holocaust Monument in White Plains was desecrated on Oct. 8, Yom Kippur eve. Anti-Semitic graffiti was found recently at Scarsdale High School. Other acts have occurred in Pelham, Somers, Nyack, and elsewhere locally. David Gravitz, a long-time Dorry's attendee and presenter, will discuss how Anti-Semitism is defined today by the US government, the International Holocaust Remembrance Alliance, and the dictionary. He will review the history of the term—first used in 1851-where it comes from, and what we can do to oppose it. Weekly table talkers meet to discuss community issues and hear a presentation. Food ordering begins at 5:15 p.m. Presentation 6 to 7 p.m. Everyone is welcome. Dorry's Diner, 468 Mamaroneck Ave., White Plains.

Trove Time. Early literacy playtime for ages 2-4 with a caregiver. Children and their caregiver will play together, hear stories, and learn about enriching a child's life and increasing their early literacy skills. Tickets will be given out on a first-come, first-served basis beginning 30 minutes prior to the program. 10:30 a.m. to 12 p.m., White Plains Library, 100 Martine Ave., White Plains.

Tech Tuesday. A series of classes for children, specifically in grades 1-6. Each week, a particular topic related to digital technology is presented. Participants of this week's session will learn about "white hat" hacking and the importance of digital security. 4:30 to 5:30 p.m. White Plains Library, 100 Martine Ave., White Plains.

Wednesday, Oct. 23

Farmers' Market. Downtown Farmers' Market on Court Street in White Plains. Hours of operation each Wednesday are 8 a.m. to 4 p.m.

Tech Wednesday For Adults. What is Hacking? 12 p.m. Tech Wednesday is a series of classes focusing on different advanced digital technologies each week. The topic on this particular date is the world of hacking. Participants will have the opportunity to learn about "white hat" and "black hat" hacking and everything in between. Beginners and professionals alike are encouraged to attend. White Plains Library.

Noonday Concert. Music from Other Worlds – Theremin virtuoso Rob Schwimmer will amaze and delight as he plays the grandfather of all electronic

instruments. Notable for its eerie sound, contact-less playing technique, and its use in science fiction movies, the instrument is named after its inventor, Leon Theremin, who patented the device in 1928. Rob has made music with Paul Simon, Simon and Garfunkel, Stevie Wonder, Bobby McFerrin, Willie Nelson, The Orchestra of St. Luke's, Chaka Khan, Trey Anastasio, Laurie Anderson, Bette Midler, Queen Latifah, Ang Lee, Trey Anastasio, Gwyneth Paltrow and dozens of others. Our tour guide for this interplanetary voyage will be celebrated radio personality Bob Sherman who will lead a question and answer session with Mr. Schwimmer following the program. A Downtown Music debut. 12:10 p.m. The concert will be held in Grace Church, 33 Church St., White Plains. There is no admission fee, donation suggested. This concert is made possible, in part, with the generous support of Dagher Engineering,

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.

Coloring Book Club. For students in grades 6 and up; 4 to 5 p.m. White Plains Library.

Reading Buddies. Practice reading with a teen Reading Buddy. Reading Buddies will be available to read one-on-one with children in grades 2 to 5 Wednesday evenings for 15 minute sessions, 4:30 p.m. Sign-up will start 30 minutes before the program time. White Plains Library.

Movie – Addams Family. Meet the zany, spooky Addams Family. Watch the two classic 90s films and go see the new animated film now in theaters. In The Addams Family, a stranger shows up on the Addams' doorstep, claiming to be a long-lost uncle. However, he is really a ringer in cahoots with a lawyer; and the two are trying to dupe the ghoulish family out of their fortune. PG-13, 99min., 6 to 8:30 p.m., White Plains Library.

Thursday, Oct. 24

Trove Time. Trove Time is an early literacy playtime for ages 2-4 with a caregiver. Children and their caregiver will play together, hear stories, and learn about enriching a child's life and increasing their early literacy skills. 10:30 a.m. to 12 p.m. Tickets will be given out on a first-come, first-served basis beginning 30 minutes prior to the program. White Plains Library.

Westchester Residential Opportunities Dinner. This HUD-certified housing counseling agency and fair housing organization will honor Leah Caro, president of Park Sterling Realty. In addition to serving as co-chair of WRO's board, Caro is chair legislative council and chair of New York MLS and is a past president of the Hudson

Gateway Association of Realtors. The evening's special guest is Korey Wise, one of the "Central Park Five" who was wrongly convicted in the Central Park jogger case in 1989. Exonerated in 2002 after spending almost 14 years in prison, Wise is an activist and advocate for criminal justice reform. Vintage Lounge and Restaurant, 171 Main St., White Plains. 6 p.m. Tickets start at \$75. Info and tickets: Visit https://www.eventbrite.com/e/wro-fundraising-dinner-honoring-leah-caro-tickets-70205459419.

United We Rock. An event to benefit the United Way of Westchester and Putnam. This year's honorees are Sherry Saturno of Tarrytown; Executive Director of Gina Avila of Yorktown Heights; Brendan Klein of Pleasantville; Michelle Nicholas of Mount Vernon; and Meghan Tooley of Brewster. Also being honored are members of the chief analytics department of IBM for its use of machine-learning techniques to identify key social service gaps to evaluate enhanced service delivery to specific populations. Includes a cocktail reception. Reid Castle at Manhattanville College, 2900 Purchase St., Purchase, 6 to 8 p.m. \$65. Info: Contact Jamie Pessin at 914-997-6700 ext. 752 or e-mail jpessin@uwwp.org. Registration: Visit www.uwwp.org.

Tower of Power. Since its formation in Oakland, Calif. in 1968, this group has forged a reputation as a crack band of high-achieving musicians fluent in all realms of soul, rock and pop music with a sophistication and punch like that of a jazz big band. For their first album "East Bay Grease" in 1979, the interracial band became pillars and signatures of the Bay area music scene that included pioneering like-minded bands such as Sly & The Family Stone, Cold Blood, Graham Central Station, The Pointer Sisters and The Sons of Champlin, plus rock-oriented outfits such as Santana, Betty Davis and Journey. Tarrytown Music Hall, 13 Main St., Tarrytown. 8 p.m. \$48, \$58, \$68 and \$78. Info and tickets: Visit www. tarrytownmusichall.org.

Friday, Oct. 25

Dungeons and Dragons For Teens. Join a band of adventurers on a Dungeons and Dragons campaign. Attend every session, or drop in when you can; no registration required. For grades 7-12. Beginners encouraged. 4 p.m., White Plains Library.

The Sleepy Hollow Experience. This outdoor immersive theater event will now be seen for the first time in the tristate area, staged at the estate of Washington Irving, just in time for the bicentennial of his publication of "The Legend of Sleepy Hollow." The production features live professional musicians and singers, who will perform the scenes in various locations around the estate and engage with audience members. Theater-goers will be guided by storytellers from scene to scene, meeting Ichabod Crane and Katrina Van Tassel, imbibing and snacking during the famous party scene at the Van Tassel', and, in a thrilling climax, encountering the Headless

Horseman himself. Washington Irving's Sunnyside, 3 W. Sunnyside Lane, Tarrytown. 6:30 and 8:30 p.m. Tickets start at \$45 for adults and \$25 for children. Historic Hudson Valley members receive a 10 percent discount. Fridays, Saturdays and Sundays through Nov. 3. Info and tickets: 914-366-6900 or visit www.hudsonvalley.org.

White Plains Comedy: Queens of the Compound. Some of the most popular female comedians who grace the Compound Media Network are coming together for a huge night of laughs. Comics Chrissie Mayr and Kerryn Feehan and Miss New York 2013 Joanne Nosuchinsky will be on stage. White Plains Comedy Club, 189 E. Post Rd., White Plains. 7:30 and 10 p.m. General admission: \$25. VIP: \$45. Info and tickets: Visit WhitePlainsComedy.com.

Halloween Marathon VI. Stock up on coffee and energy drinks so you can stay up all night for the sixth annual Halloween Movie Marathon. Hosted by Senior Programmer Andrew Jupin, don't miss out on this year's selection of restored classics, oddball gems and shocking new favorites. There will be 10 features playing across two screens. There will also be a costume contest and activities and the concession stand will be open all night. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. Check-in at 8 p.m. Movies begin at 9 p.m. Members and students: \$50. Non-members: \$60. Info and tickets: Visit www.burnsfilmcenter.org.

Saturday, Oct. 26

Farmers' Market. Downtown Farmers' Market on Court Street in White Plains.

Howl-O-Ween Dog Costume Party. Prizes awarded in several categories for Best Costume. 11:30 a.m. to 12:30 p.m. at White Plains Dog Park, Brockway Place, White Plains. Sponsored by Pet Smart.

Movie: Monster House. Monster House (2006, PG, 86min). A haunted dwelling and three teens determined to bring it down. 2 to 4 p.m. White Plains Library, 100 Martine Ave., White Plains.

Sunday, Oct. 27

Frightfully Fun Festival and Parade. Downtown White Plains is transformed into a Halloween Festival for school age children and their families. Activities include: pumpkin patch, crafts, scary tattoos, music and magic show. Everyone is invited to showcase their costumes in our parade. Prizes awarded for numerous age groups and categories. Treat bags for all children. 1 to 4 p.m. Age Group: Families, pre-schoolers, elementary age. Location: Court St. between Main St. and Martine Ave., White Plains.

Battle of White Plains. The White Plains Historical Society will present it's annual commemoration of the Battle of White Plains fought in 1776, 243 years ago. The festive event will take place from 10 a.m. to 3 p.m. at Jacob Purdy House, 60 Park Avenue in White Plains – that served as

continued on page 19

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LEGALS

NOTICE OF PUBLIC HEARING
The Board of Trustees of the Village of
Pleasantville will hold a Public Hearing on
Thursday November 14, 2019, 8:00pm,
prevailing time, 80 Wheeler Avenue,
Pleasantville, New York to hear comments
as it pertains to Introductory Local Law No.
7 of 2019 to create Chapter 140 of the Code
of the Village of Pleasantville concerning
property maintenance. Eric Morrissey
Village Administrator/Clerk, Village of
Pleasantville, NY

NOTICE OF PUBLIC HEARING
The Board of Trustees of the Village of
Pleasantville will hold a Public Hearing on
Thursday November 14, 2019, 8:00pm,
prevailing time, 80 Wheeler Avenue,
Pleasantville, New York to hear comments
as it pertains to Introductory Local Law No.
8 of 2019 to amend Chapter 98, Section 19
of the Code of the Village of Pleasantville
concerning unsafe properties. Eric
Morrissey Village Administrator/Clerk,
Village of Pleasantville, NY

NOTICE OF PUBLIC HEARING UPON PRELIMINARY BUDGETS NOTICE IS HEREBY GIVEN, that the Preliminary Budget of the Town of Putnam Valley for the fiscal year beginning January 1, 2020, have been completed and are filed in the Office of the Town Clerk, Town Hall, 265 Oscawana Lake Road, Putnam Valley, New York where they are available for

continued on next page

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inspection by any interested persons at all reasonable hours. FURTHER NOTICE IS HEREBY GIVEN, that the Town Board of the Town of Putnam Valley will meet and review said Preliminary Town, Highway, all District Budgets and Fire Department and hold a Public Hearing thereon at the Town Hall at 5:00 p.m. on the 6th day of November, 2019 and at such hearing any person may be heard in favor of, or against any item or items therein contained. Pursuant to Section 108 of the Town Law. the proposed salaries of the Town Officers are hereby specified as follows: Supervisor \$75,366.20 Councilpersons, four@ \$15,000,00 each Town Clerk \$67,910.54 Highway Superintendent \$ 94,873.48 BY ORDER OF THE TOWN **BOARD Sherry Howard Town Clerk** Dated: October 17, 2019

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Examiner Sports

White Plains Secures League Title with Win Over Port Chester

By Rob DiAntonio

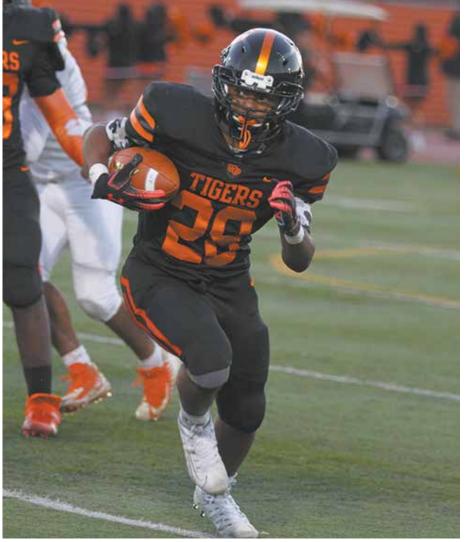
One of head coach Mike Lindberg's main goals for the White Plains' football team was to win a league championship and the Tigers were able to accomplish that goal last Friday night.

It was a dogfight but the Tigers pulled away for a 40-26 win over Port Chester at SUNY Purchase. With the victory, White Plains finished the regular season 6-1 and went 6-0 in their league.

"Winning the league title meant a lot for everyone on the team, it was huge," said senior Ben Finkel, the Tigers' quarterback. "It's been years since the last league championship so it was a great feeling for everyone on the team for all our hard work



Ben Finkel and White Plains earned the No. 5 seed in the Class AA sectionals and will be on the road at John Jay-East Fishkill Friday night for the quarterfinals.



ROB DIANTONIO PHOTOS

Christion Young rushed for 193 yards and three touchdowns in White Plains' 40-26 win over Port Chester.

in the offseason to finally come to fruition on the field. We were all really just ecstatic."

Port Chester got the early jump on the Tigers, taking a 6-0 lead, but Christion Young's 2-yard touchdown run tied the game at 6-6. Young had another huge game, rushing for 193 yards and three touchdowns.

"Christion is an amazing running back and his performance throughout this season has been consistently elite," Finkel said. "He's a hard runner and one of the fastest guys on the field. He's definitely been key to our success as a team. Along with great blocking from our O line and our receivers on the perimeter."

Finkel's 5-yard touchdown run gave White Plains a 12-6 lead with 8:31 left in the second quarter. White Plains extended their lead when Young got them down to the 1-yard line and then Josiah Harris scored on the ensuing play. A two-point conversion made it 20-6 with 5:51 left in the second quarter.

The Rams answered with a touchdown before halftime, sending the game into the break with White Plains leading 20-12.

"Port Chester was a tough team and played hard," said Finkel, who was 9 of 15 on pass attempts for 141 yards. "The key to bouncing back and taking a lead into halftime was our energy. We stayed calm and executed our assignments until we had success."

White Plains started the second half strong, capping off a four-play drive with a 4-yard touchdown run by Young. The senior's score made it 26-12 Tigers just over two minutes into the second half.

Finkel then found Harris when he lobbed the ball into the corner of the end zone. Harris went up and wrestled it from a Port Chester defender for the touchdown, giving the Tigers a commanding 34-12 lead with 1:34 left in the third quarter. The pass also helped Finkel tie the White Plains record for touchdown passes in a season with 15.

"The touchdown pass to Josiah was definitely a huge turning point in the game," Finkel said. "It helped us pull ahead with a little breathing room. I just put the ball up and Josiah made an unbelievable catch."

Port Chester trimmed the lead to 34-20 but Young had the answer again on a 6-yard touchdown run to seal the win with 3:50 to play.

White Plains earned the fifth seed in the sectionals and will travel to fourth-seeded John Jay-East Fishkill for the Class AA quarterfinals on Friday, Oct. 25.

"The mindset heading into the playoff game against John Jay-EF is to focus," Finkel said. "They're a great team and we're going to have to play our best. We just need to stay focused and work our hardest. As always our emphasis is also on speed and playing fast."

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· · · · · EXAMINER SPORTS · · · · · · · · · · ·

Injury-Riddled Tigers End Regular Season With Three Losses

By Rob DiAntonio

The injury bug has hit the White Plains girls soccer team at the wrong time.

The shorthanded Tigers had a tough end to their regular season, losing three straight games including two setbacks in overtime.

It started with a 2-1 overtime loss to visiting Port Chester last Thursday.

"We have multiple injuries at this point in the season, unfortunately," White Plains coach Meaghan Chase noted. "Our record has suffered as a result."

Alexa Galligani scored White Plains' goal

The next day, White Plains went on the road and suffered a 3-2 overtime loss against Fox Lane.

The Tigers took a 1-0 lead in the first half when Briana Nunez scored on a corner



Kate Ministro controls for the Tigers.



ROB DIANTONIO PHOTOS

sent in by Katie McAteer. But the Foxes responded just four minutes into the second half to tie the game up on a deep shot deposited in the upper left corner past goalie Keren Hazi.

Charlotte Seville pushes the Tigers' attack at Fox Lane.

Fox Lane took a 2-1 lead when a loose ball was pounced on in the box and shot into the left corner with 8:22 left in the first overtime.

White Plains answered when McAteer sent in a free kick from 40 yards out and Julia Reggio finished with 4:02 left in the first OT.

The Foxes regained the lead just 16 seconds into the second overtime when they darted through the White Plains defense and finished with a shot in the right corner past a diving Hazi.

White Plains closed out the regular season with a 3-0 loss to host Clarkstown North last Saturday evening.



The Tigers finished the regular season 8-8 and will compete in the Class AA sectionals this week.

"We are really looking forward to this week to hopefully heal and recover from the last two weeks of game after game," Chase said. "Friday will be our

sectional game and I hope to have our team healthy by then. While it has been extremely disheartening and tough these past three games, I am still so proud of how they never gave up hope and remain optimistic. Going from league champs last year, to losing several games at the end of the season is a tough pill to swallow. They are handling it so well and are excited to work this week and







Shannon Larkin makes her move.





White Plains' Sofia Andrade looks for a teammate.



Julianna Battaglia controls along the sideline while the Foxes give chase.

• • • • • • • • EXAMINER SPORTS • • • • • •

Kirby Kicks the Crusaders to Victory Over Cardinal Hayes, 28-26

By Albert Coqueran

Just when you thought that the Iona Prep versus Stepinac game on Sept. 28 was the CHSFL AAA gridiron classic of the year, the Cardinals of Cardinal Hayes High School flew in from the Bronx and landed on Paul J. Marbach Field at Stepinac High School on Saturday.

Stepinac (6-1, 3-1 AAA League) defeated Cardinal Hayes (4-3, 2-2) on a last second field goal by junior kicker Edna Kirby. Hayes tried to ice Kirby with a timeout just before he kicked but Kirby split the goal post from 29 yards to win the game for the Crusaders, 28-26.

It was a back-and-forth contest with unparalleled thrills. Stepinac led 10-6 at the end of the first half. But junior running back Kyle Benjamin helped his senior teammates celebrate "Senior Day" by running 68 yards for a touchdown to start the second half and make the score 17-6.

However, Hayes quarterback sophomore



Stepinac Special Teams Coordinator Adam Gullo (left) reviews kicking strategy with field goal kicker Edna Kirby during pregame warmups on Saturday. Who was to know that Kirby would kick two field goals in the game including a 29-yard boot with one second left to beat Cardinal Hayes, 28-26.



With one second left on the game clock Crusaders field goal kicker Edna Kirby kicks a 29-yard field goal to beat Cardinal Hayes, 28-26, on Saturday. "It felt great to make the kick for my team. My snapper Chris Peller and my holder James McCauley did a great job," said Kirby.



ALBERT COQUERAN PHOTOS

Crusaders running back Keven McKenna is hoisted high in the air by guard Michael Tartaglia after McKenna caught two consecutive passes, including a two-yard reception for a touchdown to end the first half.



On Saturday, before the Crusaders beat Cardinal Hayes, 28-26, the Stepinac Football Program celebrated "Senior Day" while honoring 29 seniors and their families in a pregame ceremony.

STEPHNAL BISTIFF
TOTALL

Saturday was also "Homecoming Day" for Stepinac football. Former Crusaders lineman James Prince III (left) Class of 2019 celebrated with his brother John (center), presently a sophomore playing for the Junior Varsity and his father Ron Prince, who is now coaching his son James as the Head Football Coach at Howard University.

Henry Belin hit receiver Yahya Kone with a 44-yard TD pass a little more than a minute later. The Cardinals struck again with two

> minutes left in the third frame as Sidiki Kone ran the ball in from the 17-yard line to give Hayes a one point lead 18-17.

> Undoubtedly, the Cardinals should have punted on a fourth down with five yards for a first down from their own 45-yard line; but they went for it. Crusaders outside linebacker Brendan Wilkins decided it was a good time to celebrate his "Senior Day" and intercepted Belin with 6:10 remaining in the game.

Stepinac QB Joey Carino marched his team down to the Hayes one-yard line and then ran the ball over himself for the score. Benjamin added two more points on the conversion and Stepinac led 25-18.

The Cardinals flew right back as Sidiki Kone scored his second

touchdown in the game to close the gap 25-24. Then the Cardinals went for what they thought was the win as Jerald Munoz jumped and hit Ibrahim Boja with a pass for the two-point conversion.

After Carino hit Quentin McCauley and Cory Richards with successive passes while aided by a 15-yard penalty for helmet-to-helmet contact; the football was marked on

the 19-yard line with one second left in the game.

Stepinac star wide receiver senior Myles Walker

(center), a White Plains resident, celebrated

"Senior Day" with his father Keith (left) and

In comes Kirby with his undaunted demeanor and splits the uprights for a 29-yard field goal and a Stepinac victory, 28-26. "Our players rebounded and got down the field. We know Kirby has a great leg and he is a weapon," said Head Coach Mike O'Donnell.



Crusaders Kyle Benjamin runs 68 yards from scrimmage for a touchdown on the first play of the second half. "My offensive line just stayed on their blocks and I had a tremendous block from Jayden (Jenkins) to lead the way," commented Benjamin, who also rushed for a two-point conversion in the fourth quarter to put Stepinac in the lead 25-18.

· · · · · EXAMINER SPORTS · · · ·

The White Plains High School Girls Tennis Team will graduate six seniors in June, including Krista Scapoli, Elaina Coppola, Georgia Sgouras, Natalie Pedi, Amanda Antenucci and Number One Singles player Andi Friedman.

"I've enjoyed coaching these seniors. Andi and Amanda have been with the program for five years. They, along with the rest of the senior class will be sorely missed next year," acknowledged Head Coach Sue Adams.

It was a tough season for the Tigers Girls Tennis team. The Lady Tigers recorded a 1-11 record this season, while losing many matches by a 4-3 score. "Our record was not indicative of our performance. We lost many matches by a score of 4-3, while playing a very competitive schedule this season," commented Adams.

However, despite a difficult year, the Tigers Number One Singles player Andi Friedman advanced to the second round of the Conference Championships. Friedman defeated Ali Waldman from Fox Lane High School, 6-4, 4-6 (10-8) in the first round of the Conference Tournament, on Oct. 16, at White Plains High School.

Friedman advanced to the second round where she met fourth seeded Emma Muchnick from Suffern High School. The match began on Wednesday but was postponed due to darkness with Muchnick leading 5-3 in the first set.

On Thursday, when the match continued, Muchnick went on to win the first set 7-6 but Friedman came back strong to win the second set 3-6. The match for a chance to advance to the Sectionals ended in a tiebreak with Muchnick winning (10-5).

"Andi had a great conference tournament ultimately losing a very close match in a third set tiebreak. I am proud of Andi and how she played this season. It is very difficult playing number one singles and she was very competitive in that role," expressed Adams.



ALBERT COQUERAN PHOTO

White Plains High School senior Andi Friedman advanced to the second round of the Girls Tennis Conference Championships. Friedman defeated Fox Lane's Ali Waldman, 6-4, 4-6 (10-8) in the first round. However she lost in the second round to Emma Muchnick of Suffern High School, 7-6, 3-6 (10-5).

"I witnessed a lot of growth and improvement as the season progressed. We have some nice young players who will continue to work on their skills and be that much better next year," concluded Adams.

Happenin8s

continued from page 13

General George Washington's headquarters during the Battle. Colonial soldier reenactors and General Washington, himself, will be there as he fought for freedom and self-determination right here in White Plains in October of 1776 and again in July-August of 1778. Be sure to attend and enjoy visiting and learning about White Plains' place in history.

Concert. New Westchester Symphony Orchestra Fall Concert. 3 p.m. at Port Chester High School, 1 Tamarack Rd., Port Chester. Free concert will include: Strauss Zigeunerbaron Overture, Bruch

Violin Concerto No. 1 in G minor, Op. 26, Tina Clara Lee, Violin, Beethoven Symphony No. 8 in F major, Op. 93.

Crossword Solution from page 12

¹ E	²R	³R		⁴ S	⁵ H	⁶ E		⁷ I	⁸ B	⁹ M
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Tigers Andi FriedmanCompetes in Tennis Conference Championships NY Liberty Vacate County Center, Move to Barclays Center

By Albert Coqueran

On Oct. 17, it was made official, the NY Liberty will vacate the Westchester County Center and establish their new home court at the Barclays Center in Brooklyn next

After the purchase of the Liberty by Joe Tsai, on Jan. 23, it was expected the Ladies of Liberty would be moving their home venue to Brooklyn. However, it was not officially announced until a month after Tsai became sole owner and Governor of the Brooklyn Nets, while also purchasing the Barclays Center on Sept. 18.

"The announcement by the New York Liberty that they will move to the Barclays Center for the 2020 WNBA season was expected, in light of new Liberty owner Joe Tsai's ownership of the Nets and the Barclays Center. Consolidating his holdings into one location makes good business sense," said Westchester County Executive George Latimer.

The Liberty resided at the County Center for the past two seasons (1918 -1919), while managing an 8-23 record on their home court in White Plains. The move to Brooklyn may not be beneficial for local fans but it should enhance the Liberty brand.

In 2020, the Liberty will be able to entertain a maximum capacity crowd of 8000 at the Barclays Center in comparison to the 2100 capacity at the County Center. "For the past two years Westchester County has welcomed hosting the Liberty at the County Center as they expanded their reach into the suburban market. As they relocate into the larger, dynamic urban market of Brooklyn, we wish the team much success for future seasons," graciously stated Latimer.

With the Liberty new home venue, also will come a new Head Coach. After two seasons at the helm, Katie Smith was relieved of her duties. Smith had a 17-51 record in two seasons with the Liberty. She was the only Head Coach to lead the Liberty during their two-year residency at the County Center.

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