



White Plains URA Approves Potential Eminent Domain Actions for Parking, Housing

By Neal Rentz

The White Plains Urban Renewal Agency voted unanimously on two resolutions at its Dec. 5 meeting to potentially allow the city to take possession of 13 parcels through eminent domain that could be used for parking facilities and workforce housing in the Post Road corridor.

The addresses of the properties are 223-225 Dr. Martin Luther King Jr. Blvd., 1-3 E. Post Rd., 2-4 East Post Rd., 60 E. Post Rd., 42 E. Post Rd., 34 E. Post Rd., 26-28 E. Post Rd., 22-24 E. Post Rd., 18-20 E. Post Rd., 14-16 E. Post Rd., 12 E. Post Rd., 184-188 South Lexington Ave. and at 190-192 S. Lexington Ave.

URA Executive Director and

White Plains Planning Commissioner Chris Gomez said last week the first resolution okayed by the agency was the State Environmental Quality Review Act resolution, which analyzed the environmental impacts, associated with the proposed property acquisitions.

The second resolution the agency approved was a determination and findings statement, "which analyzes the environmental impacts associated with the potential acquisitions," Gomez said.

Gomez said the city is considering constructing public parking facilities to meet the need for off-street parking and affordable workforce housing in the Post Road corridor from S. Lexington Avenue to Mamaroneck Avenue.

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Stepinac Crusaders Open Basketball Season with 81-69 Victory

R.J. Davis, one of the Crusaders "Big Three" drives the lane in Stepinac's season opening win. See page 17 for the full story.

ROB DIANTONIO PHOTO



Proposed 2020 Westchester County Budget Discussed at Final Public Hearing in White Plains

By Neal Rentz

Representatives of various non-profit organizations came to the third and final public hearing on the 2020 Westchester County budget in the county office building in White Plains on Dec. 4, either thanking county government for increasing funding or asking for additional funding.

The county Board of Legislators is working on next year's budget. County Executive George Latimer has proposed a \$2.1 billion 2020 spending plan that would cut the property tax levy by \$1 million.

Latimer is proposing to reduce the property tax levy to \$569 million next year. If his proposed cut is approved by the Board of Legislators the size of the tax cut in percentage terms will vary based on the equalization rates and assessment roles of each municipality, he said.

Spending, not the potential tax cut, was



NEAL RENTZ PHOTO

Deborah Porder of Indivisible Scarsdale spoke in opposition to salary increases for county legislators and commissioners during the public hearing on the 2020 budget that was held on Dec. 4 in White Plains.

the topic most of the speakers addressed at last week's hearing.

White Plains resident Tyler Jupal, a member of the Family Services of Westchester's Senior Youth Council, asked the legislators to provide funding for the agency, which provides programs for teens as part of its mission. "We are the future," he told the board.

Cindy Kanusher, executive director of the Pace Women's Justice Center, thanked the Board of Legislators for increased spending for its legal services program by 8 percent. The Justice Center is seeking to open an office in northern Westchester because it would be more accessible to residents of that part of the county than the White Plains office is, she said.

Robert Roth, president of the Board of Directors of ArtsWestchester, was one of

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Proposed 2020 Westchester County Budget Discussed at Final Public Hearing in White Plains

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several speakers who asked the legislators to provide adequate funding for the arts. ArtsWestchester provides grants to several arts programs in the county, Roth said. Funding of the arts “is an economic multiplier” that stimulates economic growth, he said.

Allison Lake, executive director of the White Plains-based Westchester Children’s Association, thanked the legislators for

providing an additional \$200,000 for the county Youth Bureau’s Invest in Kids program. The program is for at risk youths under 21 in 11 Westchester communities.

Deborah Porder of Indivisible Scarsdale said she opposed raises of 52 percent for county legislators and 26 percent for the county’s commissioners. Though the state has approved a 1 percent increase in the county’s sales tax for some municipalities,

that was only for one year and there is no assurance it will continue in the future. If there was a loss of revenue to the county it would be difficult to pay for the proposed raises after next year, she said. The raises are “maybe not such a great idea,” she said.

Bruce Anderson of Yonkers questioned some of the county’s funding for the Westchester Medical Center in Valhalla, which was formerly run by the county.

The Medical Center has executives making annual salaries as high \$500,000 and a \$1 million bonus was recently paid to its President and CEO Michael Israel. Anderson said. Many of the Medical Center’s executives earn more than commissioners of Westchester County government, Anderson said.

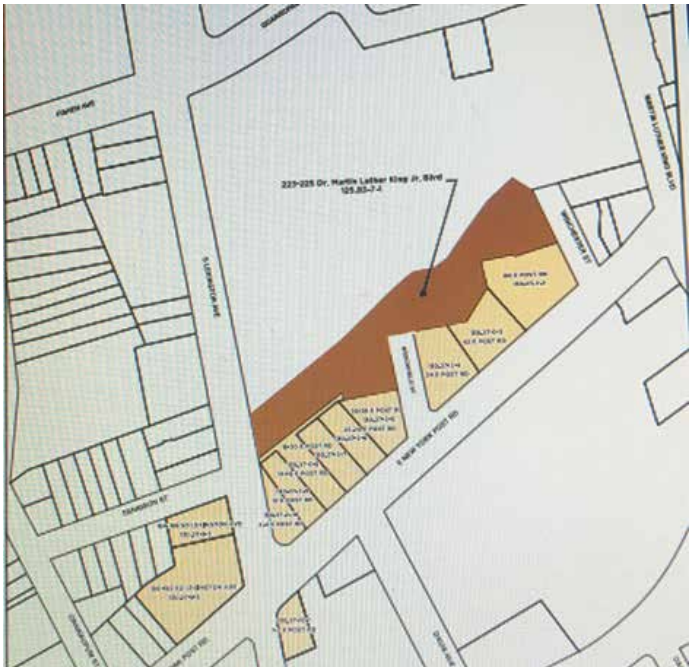
The deadline to pass the county budget is Dec. 27.

White Plains URA Approves Potential Eminent Domain Actions

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“It is important to understand that no properties have been acquired by the URA through eminent domain at this time and no specific project has been identified,” Gomez said. “If the URA does ultimately acquire these properties through eminent domain the property owners will receive fair market value based on current appraisals.”

“It’s also important to note that if any residential tenants end up being displaced through the eminent domain procedure the URA has committed to retain housing relocation specialists who will ensure that the residents find replacement housing accommodations,” Gomez added.



White Plains Urban Renewal Agency map showing properties proposed for acquisition. The lighter parcels, facing E. Post Road are privately owned. The darker parcels are owned by the White Plains Housing Authority.

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White Plains Retired Firefighters Health Insurance Vote Postponed

By Neal Rentz

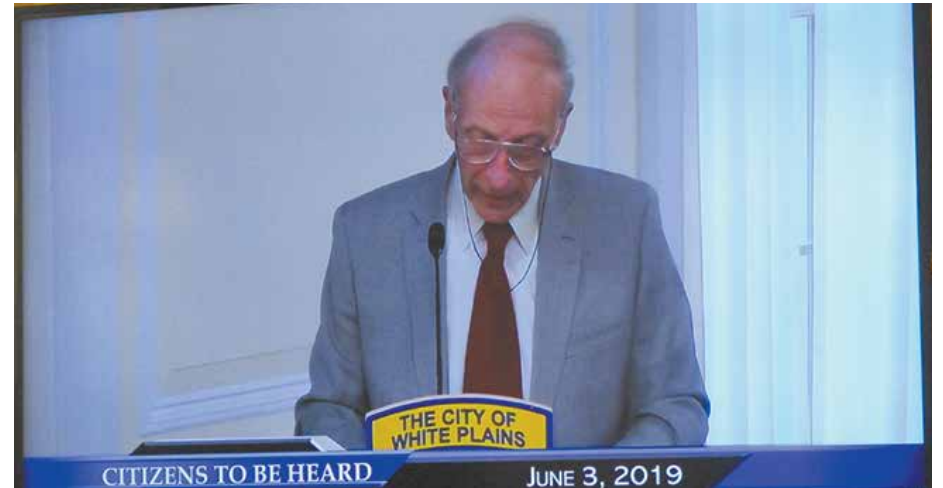
The White Plains Common Council on Dec. 2 postponed a vote on legislation that would have ended the requirement for some retired city firefighters to pay a portion of their health insurance premiums because one councilperson was absent.

For the past several months retired firefighters have attended the Citizens to be Heard portions of Common Council meetings to seek the policy change. Due to a difficult financial period, the city required firefighters to pay 15 percent of their health insurance premiums beginning in 2010. In 2015 the Common Council restored the benefit to active firefighters but not to retirees of the fire department.

During the Citizens to be Heard portion

of last week's meeting, Ed Lobermann, a retired firefighter who has been speaking on behalf of himself and about 100 other retired firefighters at several meetings, told the Common Council said he was asked by the city to submit a proposal to end the health insurance payment requirement and say how much it would cost the city annually.

Lobermann said he asked the city for data on how much retired firefighters 70 and older were paying the city and data on how much all retired firefighters who pay a portion of health insurance were paying. The July 31 e-mail from Corporation Counsel John Callahan stated retired firefighters 70 and older contribute \$31,600 and all retired firefighters required to make the payment provide \$97,500 annually to the city, Lobermann said, adding the city has not



NEAL RENTZ PHOTO

Ed Lobermann at The Citizens to be Heard segment of the July 3 White Plains Common Council meeting.

disputed the two figures.

Callahan told a local newspaper that the cost of dropping the health insurance premium payment for some retired firefighters would be about \$200,000 annually, but the city is currently paying \$168,400, Lobermann said.

"Even if you granted no relief to our retired firefighters and we contribute the same dollar amount which we are presently contributing your contribution would still be the \$168,400, Lobermann said.

Mayor Tom Roach said the legislation to end the health insurance premium would not be voted on during the meeting. "We're just offering the ordinance" because one of the Common Council members, Councilman

John Kirkpatrick, was not present. Roach said the legislation would be voted on before the end of the year.

Councilwoman Milagros Lecuona, who wrote the draft resolution, said an e-mail from Callahan stated the total being paid by those retired firefighters 70 and older is about \$31,600 annually.

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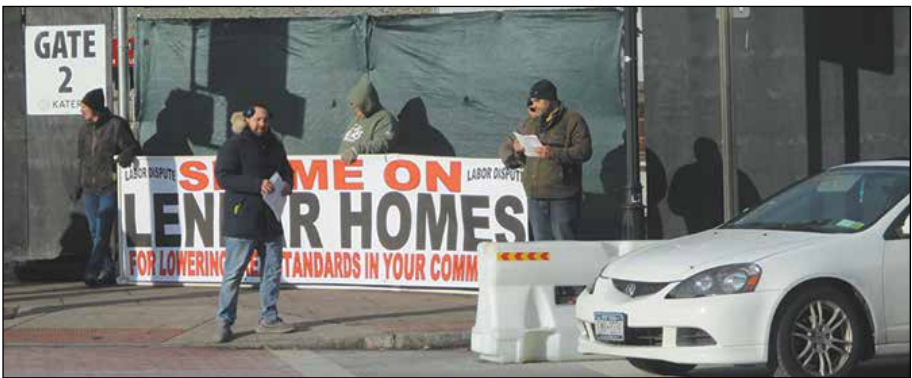
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Union Workers Protest at Lennar Homes Site in White Plains

By Neal Rentz

Members of The North Atlantic States Regional Council of Carpenters protested the use of non-union workers last week at the site of construction of the mixed-used Lennar Homes development in White Plains. Katerra Construction spokesman JZ Rigney said last week the project will feature 434-units in a mid-rise, mixed-use development. Project completion is expected in 2021, he said.

Several union members gathered at the corner of Mamaroneck Avenue and East Post Road, handing out flyers listing their concerns. “The union carpenters are not



NEAL RENTZ PHOTO

Members of The North Atlantic States Regional Council of Carpenters protested at the construction site for a mixed-use development in White Plains on Dec. 4.

getting a chance to work here. They’re taking IDA (Industrial Development Agency) money, tax dollars from Westchester residents. They’re hiring contractors from out of state,” Joe Karas of the Hopewell Junction-based Carpenters Local 279 of The North Atlantic States Regional Council of Carpenters said during an interview outside the construction site on Dec. 4. Contractors hired by Lennar Homes are paying workers less than local area standard wages and without employee benefits, he said.

Karas said construction workers are being forced to work 12-hour shifts or face being fired.

Katerra Construction responds

Rigney responded to the union protest on Dec. 6, saying its claims were untrue. “We’re not in a dispute with any union. Katerra meets all local, state and federal labor requirements and we provide our employees competitive pay, full benefits, career training and growth opportunities,” he said.



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MSNBC's Mimi Rocah to Run for Westchester DA

By Pat Casey

On the Dec. 4 edition of MSNBC's "Morning Joe," Scarsdale resident Mimi Rocah announced her intention to run for Westchester County District Attorney. That same day, on her Twitter account, Rocah said, "It's time for people to get off the sidelines and fight for what they believe in. That's why I've made a huge decision — I'm running to be Westchester's next District Attorney."

As a Democrat, Rocah's run will require a primary in 2020 against incumbent Westchester District Attorney Anthony A. Scarpino, Jr., who was sworn into the office in January 2017.

On the Morning Joe segment, Rocah, who had been a U.S. Attorney in the Southern District of New York for over 16 years, said that less than 24 percent of prosecutors in the United States are women. During her tenure in New York's Southern District, she said she put away gun dealers, drug traffickers, and child predators. And, for the past two years has been speaking out about the rule of law — about the lawlessness of the current administration (in Washington).

"We have a criminal in the White House," Rocah said. "We have a corrupt Attorney

General, who just today it came out that he said, 'if communities don't give more respect to law enforcement, they will not get the protection of law enforcement'. "That is their right and the law in our democracy," Rocah said.



Miriam (Mimi) Rocah, of Scarsdale, has announced her intention to run for Westchester County District Attorney.

Rocah continued, "These are the kinds of hateful, frankly criminal messages that are coming from Washington, and so I want to be a part now of what is happening on the local and state level pushing back against these policies of hate and this complete disrespect for the rule of law. And in Westchester County where we have sex trafficking and an opioid crisis — people dying from opioids every day — people are afraid to send their kids to school because of gun violence. These are the things that I can work on and also to help push back against the Trump administration."

Mimi (Miriam) Rocah, 49, lives with her husband David Brian Anders in Scarsdale. In 1992, she graduated from Harvard University with a B.A. in American History, magna cum laude. In 1997, she graduated magna cum laude and Order of the Coif from New York University School of Law. She currently is Co-chief of White Plains Division (April 2010-till now), Criminal Justice Fellow at Pace Law School, and Legal Analyst at NBC News and MSNBC.

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County Clerk Idoni Latest Official to Endorse Buchwald for Congress

By Martin Wilbur

Assemblyman David Buchwald (D-White Plains) was endorsed by Westchester County Clerk Tim Idoni last Thursday, securing the first county-wide endorsement of the race in New York's 17th Congressional District.

Since Buchwald announced his candidacy in October, he has built a broad coalition of support across the district, having been endorsed by more than 40 former and current local officeholders.

He also remains the only candidate to have been endorsed by local Democratic parties in the district. Last week, Buchwald received the enthusiastic support of the Harrison and White Plains Democrats. The North Castle Democratic Committee previously endorsed him unanimously.

"I am excited to endorse David Buchwald as he runs for Congress," Idoni said in a statement. "Throughout his career, David has worked hard to build relationships



Assemblyman David Buchwald has racked up more than 40 endorsements from current and former elected officials, including County Clerk Tim Idoni last week.

across the community and has been a leader we could count on at the state level to fight to hold Trump accountable, to protect women's healthcare, to pass laws to reduce gun violence, and to promote ethics in government. He's the advocate we need in Congress."

Raised in Westchester, Buchwald is a graduate of Yale and Harvard universities. He was first elected to the White Plains City Council. In 2012, he defeated Republican incumbent Robert Castelli to win the 93rd Assembly District seat.

Since then, Buchwald has enacted more than 65 pieces of legislation, and has gained attention this year for his successful push to adopt a law allowing the sharing of New York State tax returns of top government officials, a law which President Donald Trump is now suing to block.

"I am proud to have County Clerk Idoni's support," Buchwald said. "He has devoted his life to serving Westchester County, and

he has been a conscientious and effective leader for us. Together, we have worked to promote electronic recordkeeping that saves taxpayers millions of dollars. I am running for Congress to fight for an end to gun violence, protect women's reproductive rights, restore the SALT deduction, and advocate for our Democratic values."

Buchwald is one of at least seven Democrats vying for the Democratic nomination in hopes of succeeding Nita Lowey to represent the 17th Congressional District. The other Democrats who have officially announced are state Sen. David Carlucci; Evelyn Farkas, an official in President Obama's administration and Chappaqua resident; Mondaire Jones, an attorney from Rockland County; prosecutor Adam Schleifer; Sleepy Hollow resident and woman's advocate Allison Fine; and Asha Castlebury-Hernandez.

SMALL NEWS IS BIG NEWS

Governor Urged Not to Make Changes to STAR Program

A delegation of area state Assembly representatives is calling on Governor Cuomo to stop making changes to the popular STAR and Enhanced STAR programs that provide tax reductions for property owners.

During a gathering last week in Tarrytown with the Governor Mario M. Cuomo Bridge in the backdrop, Assemblywoman Sandra Galef (D-Ossining) and several of her colleagues said the programs have been modified every year for the last five budget

cycles, which has created "unnecessary confusion" for constituents.

"We want to ensure the STAR program is maintained," Galef said. "We cannot continue to negotiate away this vital tax benefit year after year in the budget. I have seen a steady increase in constituent outreach over the last few years from STAR and Enhanced STAR recipients who are simply unable to wrap their heads around the changes to their benefit."



Assemblywoman Sandra Galef (D-Ossining) and several of her colleagues said the STAR programs have been modified every year for the last five budget cycles, which has created "unnecessary confusion" for constituents.

In last year's budget, a zero percent cap was implemented, limiting annual growth in the programs. One major change was the STAR exemption was converted to a credit for many recipients, so they now receive a tax credit in the mail rather than having the amount automatically deducted from their school taxes.

In addition, Enhanced STAR, which offers additional support to senior citizens, now requires recipients to enroll in an income verification program in order for them to receive a rebate.

"It's so complicated now," said Assemblywoman Amy Paulin (D-Scarsdale). "We understand the state is in a predicament this year, but it should not be at the expense of our property taxpayers. In Westchester, it's a middle-class program. It's a program our school districts and taxpayers rely on."

Assemblyman Tom Abinanti (D-Tarrytown) said the STAR programs, which have been in place since 1990 and cost \$2.1 billion, are vital to maintain since the federal government has severely limited

property tax deductions.

"If it ain't broke, don't fix it, and don't break it," Abinanti remarked. "Every year there is less going into STAR. The governor has tried to reduce usage of STAR by making it confusing. It's very important for the suburbs that this program remain intact."

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HARD LUCK POOL HALL & LOUNGE, WHITE PLAINS

By Neal Rentz

Niko Frangos has enjoyed playing pool since he was a youth.

For the past 20 years he has turned that passion into his career by running the family-owned Hard Luck Pool Hall & Lounge. "I always liked it," Frangos said last week. "I enjoyed hanging out there when I was a kid."

Frangos, who splits his time between New Jersey and White Plains, said the pool hall originally opened on Mamaroneck Avenue in White Plains, which was in operation for about 30 years before he and his family purchased it two decades ago. Hard Luck was moved to its current E. Post Road site two months ago.

Hard Luck currently has 12 pool tables and Frangos said he would like to have additional tables in the basement and on the second floor in the future.

Hard Luck is more than just a place to play billiards. It features 11 big screen televisions used to broadcast sporting events. It also offers a menu featuring mixed drinks and 10 draft beers on tap with seven from local breweries.

"All our food is air fried finger food," Frangos said. The equipment used in his kitchen is a high-speed air fryer, he noted. "Nothing is deep fried. There's no oil," he said, adding jokingly, "It's the healthiest junk food around."

Frangos still likes playing pool for fun. "It's never the same thing more than once," he said. "It's constantly different. There are



NEAL RENTZ PHOTO

Some of the pool tables in the Hard Luck Pool Hall & Lounge in White Plains.

always different variations."

Frangos said his customers come from various local communities. There are only two other pool halls in the local area, he said. The reason for the lack of pool halls is the rent because there needs to be a large space to fit all the pool tables, he said. "If you don't have a bar you can't survive," he said.

"We want to make this very woman friendly," Frangos said. The facility has light colors and high ceilings, which are "totally opposite of what people think when they hear pool hall. That's what we were going for," he said.

Frangos has short and long term goals for his business. "The short term goal is to get

back our investment," he said. "The long term goal is to expand upon it and maybe open more (pool halls)."

Frangos said service is important for his business. "We try to make the customer comfortable," Frangos said. "We go out of our way with customer service."

Hard Luck Pool Hall & Lounge is located at 197 E. Post Rd. in White Plains. For more information visit <https://hardluckpoolhall.com/>. The business is on Facebook, Twitter and Instagram.

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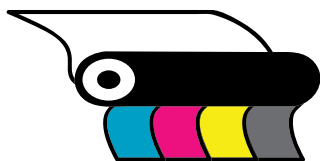
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Obituaries

Douglas Harrison



Douglas W. Harrison, 73, of White Plains, passed away on Dec. 5.

He was born on Nov. 24, 1946 in Oliver, British Columbia, Canada to Joyce (nee Crossan) and Donald Harrison.

Douglas married Yvonne D. Harrison at Saints John and Paul in Larchmont on Aug. 6, 1967. He was a truck driver for Rheingold Breweries in White Plains for 20 years, retiring in 1987.

Douglas is survived by his wife Yvonne, his sons, Douglas (Melanie) of Mamaroneck and Paul (Jennifer) of Frisco, Texas, his daughter Daneen, of West Harrison, and six grandchildren Douglas, Jr., Lexi, Paul, Jr., Ashley, Brendan, and Joey.

He is predeceased by his parents.

Douglas loved spending time with his grandchildren watching their sports. He also loved spending time with his best friends from high school, Carol and Jimmy Wagner, and his sister-in-law, Laurie Sturino. He was also an avid NASCAR fan.

In lieu of flowers, the family asks that donations be made to the Huntington's Disease Society of America, 505 8th Ave., Suite 902, New York, New York 10018. hdsa.org

Giovanna Edberg



Giovanna "Nina" Edberg, 84, a White Plains and Venice, FL resident, died Dec. 3.

She was born Jan. 26, 1935 in Italy to the late Francesco and Domenica Ventrella.

Nina loved to cook and spend time with her family.

She is survived by her children George Edberg and his wife Teresa of Pawling, and her daughter Gail Davis and her husband Robert of White Plains; grandchildren; Aaron Edberg and Jason Davis.

Also surviving is her brother Domenic Ventrella of Queens

James L. McGraw

James L. McGraw a lifelong resident of Elmsford, died on Dec. 2, after a short stay at Calvary Hospital in the Bronx.

James was born in Ossining on April 7, 1927, a son to the late James and Leanora (Locker). James attended Alexander Hamilton H.S. in Elmsford before enlisting in the Navy during WWII and later married Doris Habermehl in 1949. They were married 68 years before her passing in 2016.

James and Doris were avid bowlers and



enjoyed traveling. James also enjoyed playing golf. He is a 70-year member of the Local IBEW Union, a life member of the VFW and a Freemason achieving the

grade of Grand Master of the Masonic Temple Diamond Lodge in Dobbs Ferry, NY #555 F&AM.

James is survived by his six children Cheryl (Douglas) Dean, James J. (Debbie) McGraw, John (Loril) McGraw, Candice (Dennis) Percopo, Jill (John) Malone and Scott (Jennifer) McGraw.

His 21 cherished grandchildren survive him as well as eight adoring great grandchildren and many nieces and nephews.

James is predeceased by his wife Doris and his three siblings, Russell, Roen and Jerry.

In lieu of flowers donations can be made to The Disabled Veterans of America.



Restore Health Benefits to Retired White Plains Firefighters

As a former White Plains resident of many years, I am appalled to see the White Plains retired fire fighters in the position of begging

for their well-deserved health benefits. Hasn't the tragedy of 9/11 enlightened us all to the short and long-term health problems

of first responders? To add insult to injury, many of these retired fire fighters were paid close to poverty level salaries (unlike current W.P. fire fighters) because they were promised lifetime health benefits.

Even more shocking is the small amount of money required to restore these health benefits to the retired fire fighters. The most costly proposal in front of White Plains city officials totals \$97,500 for the upcoming fiscal year. This proposal would restore the health benefit to all of the retirees. It would amount to a mere 0.055% of the anticipated \$179M general fund budget and would cost the White Plains taxpayer all of \$1.50 per year. The less costly proposal the retired fire fighters have presented amounts to an even smaller \$31,600 for the upcoming fiscal year. This would cost the White Plains taxpayer approximately \$.50 per year but would only restore the benefit to retired fire fighters age 70 and over. Regardless of which proposal is chosen, the cost will decrease each year as these elderly fire fighters pass away.

Where is the voice of the active fire fighters union? Why aren't they defending the retired fire fighters? Aren't they afraid that the city will one day do the same thing to their health benefits?

Where does this leave the citizens of White Plains? Having fire fighters reluctant to become or remain members of the White Plains Fire Department? Will there be fire fighters willing to run into burning homes as their residents are running out?

Please Mayor Roach and City Council members, right this wrong and do the honorable thing for the White Plains retired fire fighters and for the safety of your citizens.

—Nora Manuelle, N. White Plains

Women's Justice Center Recognized as Changemaker by Nonprofit Westchester



PHOTO COURTESY OF NONPROFIT WESTCHESTER

A collaborative initiative between Pace Women's Justice Center (PWJC), Legal Services of the Hudson Valley and My Sister's Place, has been chosen as the 2019 Organization Changemaker by Nonprofit Westchester. The initiative centers on PWJC's Family Court Legal Program (FCLP), located in the White Plains and Yonkers Family Courthouses, and is the first of the organization's programs to provide direct emergency legal services on a walk-in basis to victims and survivors of domestic violence that are in the throes of an urgent situation, giving immediate help from FCLP attorneys, often same-day emergency orders of protection, as well as emergency custody and support. Nonprofit Westchester presents the Organization Changemaker Award to those that demonstrate an innovative impact through collaboration. The award was celebrated as part of Nonprofit Westchester's End of Year Celebration, held on Dec. 3 at The Surf Club on The Sound in New Rochelle. Pictured: Jean Chatzky (HerMoney and NBC Today financial editor), Cindy Kanusher, Esq. (Executive Director Pace Women's Justice Center), Lilian Yanez, Esq. (Managing Director, Center for Legal Services, My Sister's Place), Barbara Finkelstein, Esq. (Chief Executive Officer, Legal Services of the Hudson Valley), Terry Kirchner (outgoing Nonprofit Westchester board President).

Addressing Flat Feet Can Help Relieve Pain, Prevent Injury



By Dr. Brittany O'Rourke

to feel aches and pains?

There is something else you can do about your flat feet. Physical therapists and chiropractors are trained to assess foot posture and the alignment of the entire body to provide suggestions to help relieve associated pain and prevent injuries. Research supports that exercises can be prescribed to strengthen the muscles in your foot to help support the arch for normal and flat feet.

Arch-strengthening exercises are not working. There are many reasons why you could have developed a collapsed arch because everyone is different. You could have developed a flexible flatfoot deformity as a child and could benefit from foot and ankle strengthening and an orthotic. You could have gradually begun walking with your feet turned out to compensate for tightness in your hips. This abnormal walking pattern over time can put increased load on the arch of your foot, in which you could benefit from hip stretching in addition to foot and ankle strengthening.

Walking mechanics can also be affected by tightness in your calf and stiffness in your ankle and these compensations can put

increased load on the arch of your foot. You could benefit from calf stretching and manual therapy to improve joint mobility in your foot or ankle. Each case is unique and requires an individualized plan to treat, so getting a full body assessment, including a gait assessment, by a healthcare professional is important in developing the correct exercise program for you.

Can an orthotic support my arch? Orthotics provide a passive restraint to help support the arch, but when barefoot, you no longer have that support. You need an active restraint created by your muscles to help actively support your foot as well. It's also important not to forget that there may be other imbalances in your body that need to be addressed where an orthotic cannot help to decrease load on the arch of the foot.

Is there a link between flat feet and knee pain? Ever hear the song "Dem Bones?"

*Toe bone connected to the foot bone
Foot bone connected to the heel bone
Heel bone connected to the ankle bone
Ankle bone connected to the shin bone
Shin bone connected to the knee bone
Knee bone connected to the thigh bone*

Having flat feet could contribute to injuries in the foot and ankle, knee, hip and even back. The collapsed arch can lead to internal rotation of your lower leg and knee, putting increased strain on your knee, which could eventually create an overuse injury.

Flat feet could also be associated

with weakness or impaired posture and biomechanics at the knee or hip. Weakness in the hip muscles, especially the gluteal muscles, can lead to increased internal rotation of the thigh, knee and lower leg. This can put increased load on the arch of your foot and with time could lead to a collapsed arch. Other joints, in addition to the painful area, often need to be addressed to help effectively relieve strain and promote healing.

I don't have flat feet, but my feet hurt. Come get an assessment done by one of our skilled physical therapists or chiropractors. You may have a muscle imbalance somewhere in your body or there could be tightness in your foot/ankle or even hip, which could be contributing to your pain. Everyone is unique with different biomechanics so those online exercises for "foot pain" may not be for you.

Learn which exercises you should be doing specific to your body's impairments to help relieve your pain and prevent injury.

Dr. Brittany O'Rourke is a physical therapist at ProClinix Sports Physical Therapy & Chiropractic and provides care at the Ardsley location. For more information about this article or about ProClinix, contact O'Rourke at 914-202-0700 or at borourke@proclinix.com. Also visit www.ProClinix.com.

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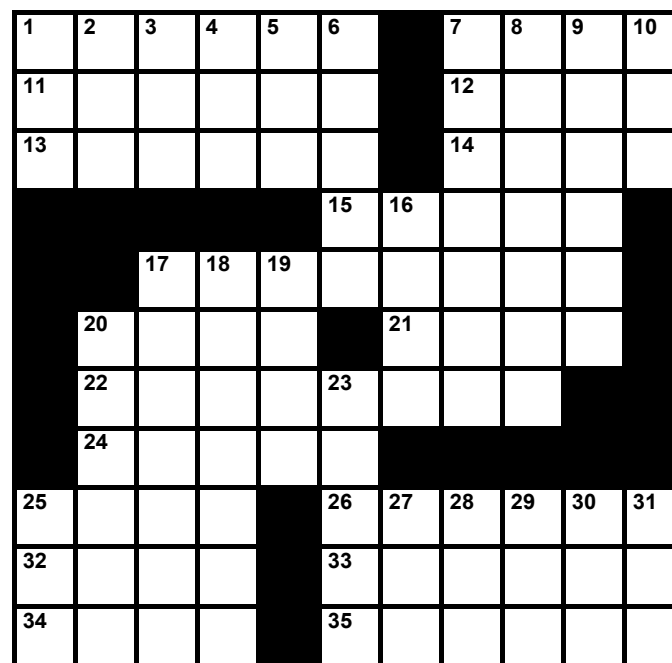
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Crossword by Myles Mellor



Down

1. School of whales
2. Space visitor
3. Camera type, briefly
4. Skin art, for short
5. Doctor's org.
6. Opera writer
7. First showing
8. Imply
9. Negatively charged ions
10. Charlie Chaplin's brother
16. Court grp.
17. It may require surgery
18. Forays
19. Powerful auto engine
20. From that place

Across

1. Swedish king
7. S. American tubers
11. Blazing
12. Small horse
13. Bond between bricks
14. Oklahoma city or writer Bagnold
15. "Beats me!"
17. You can "count" on this Peekskill restaurant for fine American dining, _____ Street Grill
20. "Sawbucks"
21. Explosives
22. Many senior citizens consider this Somers hamlet a "birthright," _____ Hills
24. Glue
25. Cuzco Indian
26. Ball of yarn chaser
32. Move quickly
33. Signs up
34. Willie Mays's last team
35. Bunny slope feature
23. Nursery denizens
25. Dogma
27. Indian maybe
28. Prefix for angle or lateral
29. Youngster
30. "All over the world" singers, for short
31. Australian state, abbr.

Solution on page 13

Looking Behind the Numbers at Why Americans Move

Do you ever think about the homes from your past? I do, quite frequently. Maybe because I'm a realtor, I think about all the homes I've lived in often. Either that or maybe I'm just an oddball.

I remember once when I asked my older sister, who moved quite frequently because of her husband's job, whether she ever thought about the homes she's owned formerly.

"I live in the present," she proclaimed. "I'm always happy where I am and never think about my old homes, either fondly or with regret."

I thought she was devoid of sentiment, but then maybe she's smarter than I.

I definitely think about my former homes. After having reached a certain maturity, I've had the opportunity to live in a number of them. A person in the United States is expected to move 11.4 times in a lifetime. Let's see, by count, I've lived in, what do you know, exactly 11 homes, not counting a temporary summer home when my father took our family with him for a temporary work assignment.

For 2012 and 2013, the most recent statistics on moving I could find, 28 million Americans 15 and older moved, 11 percent of the population in that age group. But when you take a closer look at the statistics, you see there's a lot more to it than age. The wealthiest individuals are the most likely to stay where they are: 7 percent of Americans with an annual income of \$100,000 or more moved, compared to 13 percent of those earning \$50,000 or less.

As one of the most mobile countries in the

world, Americans are known for their seemingly constant relocations. Let's look at how many times the average person moves in a lifetime.

Whether changing jobs, upsizing their homes or just looking to try a new neighborhood or city, Americans seem to always be on the move. In fact, between 2012 and 2013, again the most recent statistic available, 35.9 million people moved, including children.

According to the statistics, once the average person reaches the age of 18, they are likely to move at least another 9.1 times in their remaining lifetime compared to just 2.7 more moves once a person reaches 45 years old.

Why are they moving?

The 2013 Annual Social and Economic Supplement of the Current Population Survey of the U.S. Census Bureau finds that the most common reason to move is related to housing (48 percent). Another 30.3 percent of moves were family related, while job relocations made up 19.4 percent. Other reasons caused 2.3 percent of moves in the United States.

In general, many people move due to a need to upsize or downsize their homes. Whether their family is growing or their

children are going off to college, moving in to larger or smaller houses to accommodate such situations makes up a majority of moves in the United States.

The average American holds his or her current job for an average of 4.6 years, according to the Bureau of Labor Statistics. Therefore, it's possible that after about five years a person will land a new job in another city or state, necessitating a relocation.

Also, life changes such as marriage or retirement are major causes for relocations. Both of these life events cause a person to move to homes more suitable for their needs.

For a variety of reasons, people may want to change their neighborhoods. Maybe they received a large increase in salary and want to relocate to a more upscale neighborhood, or maybe their child is changing schools. It's also possible that their current neighborhood is changing either socially or economically, and so moving seems right for them. Regardless of the reason, changing neighborhoods is a common motive for American moves.

In my own case, it was a job change that yanked me out of the city – yes, I didn't want to leave – to suburban living, which I eventually came to prefer. But once here, I stayed in the same house for over 40



By Bill Primavera

years. My next move was to downsize from a 3,900-square-foot, three-level colonial to a 1,780-square-foot modern condo on one level, ready for retirement living.

I strongly doubt that there's another move in my future, so it's a good thing that I'm very happy where I am in a home that fits just right.

Bill Primavera, a Realtor® who writes or a writer who sells real estate, is 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. To engage the services of The Home Guru and his team to market your home for sale, call 914-522-2076.

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SMALL NEWS IS BIG NEWS

Pairing Cheese and Wine at an Artisanal Cheese Shop



By Nick Antonaccio

The popularity of artisanal cheeses in the United States has been growing over the past few years. Once the near exclusive domain of French restaurants throughout Europe, these cheeses have taken root in the United States. Americans are developing their palates beyond their local supermarket and are seeking out cheese specialty shops.

Here in Westchester we have several choices. The newest one is in Pleasantville. Ivy Ronquillo, a local resident who realized her long-term dream in April, owns Second Mouse Cheese Shop at 357 Manville Rd., diagonally across from the Jacob Burns Film Center.

Recently, I sat with Ronquillo to gain her perspective on cheese as a specialty food and to better understand the underpinnings of her palate. We sat at a dining table, replete with a cheese board, in the sunny window, where customers can enjoy cheeses, charcuterie and prepared foods.

Here is a summary and excerpts from my conversation with Ronquillo:

"As for types of cheeses, my palate embraces goat and sheep. Their range of texture and the flavor of the places of origin keep me experimenting as new offerings arrive at the shop. Goat cheeses with bloomy rinds and bold minerality are my favorites."

"Overall, I enjoy unique cheeses, those with their own personalities and traits. One

of my favorite cheeses are Alpine cheeses. For my palate, they are buttery and nutty and pair so well with so many foods and wines. The artisanal cheeses of Switzerland consistently surprise me with their finesse, diversity and true expression of their place, their cheese terroir if you will. Try a Gruyere from one of the small producers in the Alps."

Ronquillo clearly has a passion for her profession, her shop, her employees and especially her customers. I've seen her signature smile and bubbly effervescence each time a customer's eyes light up when they sample a suggested offering of a previously unknown artisanal cheese or charcuterie. And each encounter seems to fuel her passion and enthusiasm for the next customer experience.

"I have always been a strong advocate of local products," Ronquillo said. "Here at the Second Mouse I have the opportunity to offer local cheeses with local wines. Many folks don't realize the bounty of the Hudson Valley, which is continuously gaining in popularity and esteem. I carry several outstanding cheeses sourced from the Hudson Valley and upstate New York. I typically pair them with a locally produced wine, which I offer in my shop."

We shared our opinions on pairing individual cheeses with wine. With Brie? Ronquillo: Chardonnay and perhaps an

Albarino from Hudson Valley's Fjord Winery. Nick's alternative: sparkling wine.

We both agreed on these two wines. We also agreed that the overall go-to wine for many cheeses is sparkling wine. The acidity of the underlying grapes, coupled with the carbonation of the finished wine, are marvelous for cutting through the fatty coating imparted by cheese on your tongue and mouth, clearing your palate and setting it up for the next bite.

But how did Ronquillo develop her love of cheese? What inspired her to open a retail cheese shop?

Her passion for specialty foods developed as she followed a winding path with several diversions. She tried her hand in the corporate advertising world, but never lost her inner passion. She decided to enroll in culinary school, further fueling her desire.

She then worked in the kitchens of celebrity chefs, including Jean-Georges Vongerichten and Terrance Brennan (where she realized her love for specialty cheese), then followed her dream to Murray's Cheese Shop in Manhattan. After a side trip back to the advertising world, Ronquillo decided to venture once again into the world of cheese, working at a specialty cheese shop in Greenwich.

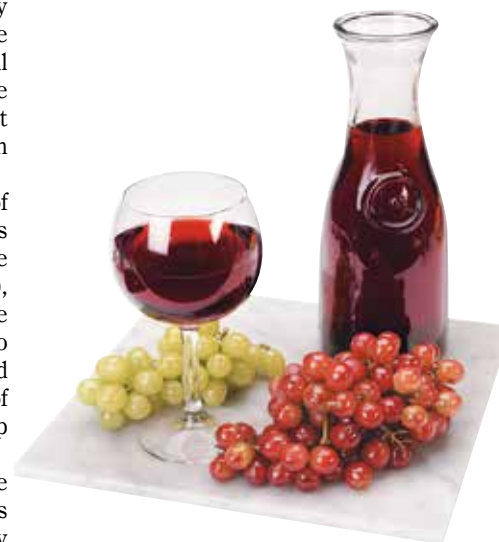
And 15 months later she opened the doors of Second Mouse, fulfilling her dreams of being an entrepreneur in the specialty

foods market.

You can view the video interview with Ronquillo on my show, "Pleasantville Raw," at the Pleasantville Community TV website www.PCTV76.org.

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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Where to Dine After the Holiday Train Show at NYBG



By Morris Gut

The glittering annual Holiday Train Show is on track through Jan. 26 at the beautiful New York Botanical Garden in the Bronx near Fordham University. It's a real seasonal treat, a must for the young and the young at heart. I look forward to visiting NYBG, walking through the beautifully restored Enid Haupt Conservatory and seeing the seductive floral arrangements and dramatic plantings. This year's theme is 'Central Park'. Special 'Bar Car Nights' will feature cocktails and food from the Bronx Night Market pop-up.

There are themed dining pavilions throughout the park and near the Enid Haupt Pavilion. The casual Pine Tree Café and Hudson Garden Grill are open daily. Early dining is recommended since they keep Garden hours to 6 p.m. most days, to 10:30 p.m. on dates as noted. (For additional info and tickets: www.nybg.org.)

If you prefer to dine after leaving the show, here are a few local options.



Spicy Bloody Mary at Alvin & Friends, New Rochelle.

Artie's Steak & Seafood, 394 City Island Ave., City Island, 718-885-9885. Owner Spiros Chagares puts a lot of Holiday spirit into the traditional and contemporary dishes served here. Sit back in one of several dining areas and enjoy such changing specialties as hearty Seafood Chowders; Smoked Salmon Roll-Ups; Wood Grilled Jumbo Shrimp and Scallops; hunks of tender Short Rib; a massive Zuppa Di Pesce; tender Oven Roasted Rack of Lamb; Chardonnay Poached Salmon with seafood; and fresh Lobster prepared in a variety of styles. Big combo platters. There's a loaded Lobster Salad Roll at lunch and their Mediterranean style Pizzas are good to share, too. A variety of craft beers are on hand. Check out the bar/lounge most evenings for good networking. Private party facilities. Open 7 days. Free parking. www.artiescityisland.com

Mario's Restaurant, 2342 Arthur Ave., Bronx, 718-584-1188. Arthur Avenue is just a stone's throw from the Garden. Since 1919 five generations of the Migliucci family have worked the front and back-of-the-house making sure patrons are well served at this venerable 'Little Italy' institution. Amiable Joe Migliucci, the current patriarch, is there with his wife Barbara, daughter Regina and sons Michael

and Mario. This restaurant has a long 100-year history full of colorful chapters. For starters enjoy the palate pleasing lagniappe of marinated carrots, hot peppers and good crusty Arthur Ave. bread. Great appetizers include: Hot Antipasto Platter for two and Spiedini alla Romana, skewered deep-fried mozzarella sandwiches. Move on to such specialties as Penne Rustica with sausage; stuffed Braciola Napolitana; Osso Buco the size of Mt. Vesuvius; or the traditional Tripe a la Livornese. Open Tuesday through Sunday. Private party facilities. Free parking lot and valet service. www.mariosrestarthurave.com

Bronx Beer Hall, 2344 Arthur Ave., Bronx, 1-347-396-0555. Located inside the historic Arthur Ave. Retail Market, not far from Fordham University and NYBG, the Bronx Beer Hall is a good place to hang for locally sourced sandwiches and craft beers. Mike's Deli just down the aisle coordinates some food service with the bar and it is good, hearty Italian. The beers are from all over the map. Good spot for mingling and networking. Entertainment schedule. Open 7 days. www.bronxbeerhall.com

Nutmeg Cafe, 64 Main Street, Tuckahoe, 914-779-1328. Nutmeg Café opened on Main Street in Tuckahoe serving a variety of artisanal baked goods, craft foods and beverages for eat-in and take-out. Proprietor and creative force behind Nutmeg is Cindy Bothwell. The Café is warm and inviting. There is seating for up to 25, soft background music, exposed brick walls and display cases filled to the brim with the tempting daily larder. Bothwell calls her way of cooking and baking: "American home-style rustic" and insists on keeping up with the seasons. Delightful beverages include such exclusive artisanal makers as Joe's Coffee out of Brooklyn. Custom Cold Brew coffees, teas and smoothies on-site. Fresh made soups, salads and sandwiches have been added to Nutmeg's menu and posted daily on the blackboard. Enjoy giant enchiladas, cheddar scallion scones;



Shrimp Francese at Mario's, Arthur Ave.

caramelized onion and gruyere crostada; and cauliflower, leek and Asiago quiche. Open daily; Sundays, 9 a.m. to 3 p.m. www.thenutmegcafe.com

Growlers Beer Bistro, 25 Main Street Depot, Tuckahoe, 914-793-0608. Located inside a renovated 1906 powerhouse Metro-North building. Growlers serves an ever-changing roster of international craft brews in a rustic 65-seat industrial space. There is a busy cocktail bar, communal high-top tables and a rear room with banquet seating. On occasion, you can hear the railroad whistle its way past. There are 20

taps on hand, and Cicerone certified servers who are knowledgeable about their product. Wines and craft cocktails are also available. Great starters include: New York Style Fresh Baked Pretzel served with choice

of dipping sauces; Hot Artichoke Spread, served with bread crisps; and Beer Cheese Potato Skins. Burgers and Sandwiches are always on hand: Turkey Reuben, on toasted rye, Dijon mustard, Swiss, sauerkraut and Russian dressing; Growlers Beef

Burger with choice of toppings, served on brioche roll; and Veggie Burger; spicy bean-based burger with tzatziki, lettuce, tomato and red onion on toasted brioche roll. Happy Hours: 4 to 7 p.m. www.growlersbeerbistro.com

Ernie's Wine Bar, 7 Pondfield Road, Bronxville, 914-652-7859. I have been impressed with the great food, fine wines and hospitality I have encountered at cozy Ernie's Wine Bar & Eats in Bronxville. Out of Ernie's tiny kitchen come laudatory renditions of American/Global dishes bursting with flavor. Oenophiles, take note. The carefully selected wines served here, many from small-batch independent producers, can be heavenly. It is a wonderful place to unwind, take in some music on special nights, and indulge. The small bar is great for networking, too.



Roasted chicken at 808 Social, Scarsdale.

Recent food tastings here have included Luisanna's amazing meatballs, cheese and charcuterie platter, Duck Wontons, Duck Confit, a wonderful Fettuccine Carbonara; Mushroom and Pea Risotto, and Baked Cod with Vierge Sauce. There is live entertainment. Check ahead for updates. Open Monday through Saturday for happy hour and dinner. www.ernieswinebar.com

Alvin & Friends, 14 Memorial Highway, New Rochelle, 914-654-6549. Proprietor, artist, model, and consummate host Alvin Clayton is marking his 10th year in New Rochelle with solid doses of American Soul Food, a taste of the Caribbean, and spirited jazz sessions. Alvin & Friends Restaurant has a sophisticated Manhattan vibe: Alvin's colorful paintings dramatically line the walls, big hanging lighting fixtures, a sparkling bar and community table, and a staff that makes it all very inviting. If you visit for the cuisine, check out the Classic Jambalaya, Shrimp and Grits, Fried Chicken, and Bourbon Glazed Pork Chops. Burgers and Mac and Cheese, too. Combine your visit with some live music. Love their Friday night jazz featuring local talent. Saturdays, too. The Sunday Jazz Brunch is a winning combination as well. www.alvinandfriendsrestaurant.com



Big meatballs at Ernie's, Bronxville.

alvinandfriendsrestaurant.com

808 Social, 185 Summerfield St., Scarsdale, 914-723-2600. Talented Chef Sal Cucullo, Jr., who operates The 808 Bistro in Scarsdale, is also a partner/executive chef at nearby 808 Social. It is a more casual laid-back spot featuring tables that spill out onto the sidewalk. The eclectic menu offers small and large plates, pizza baked in a pretty gold tiled oven, pastas and panini. An inviting bar serves specialty cocktails and a good selection of craft beers. Don't miss the delish Italian Egg Rolls, stuffed with sausage, pepper, cheese, Napa slaw, a little dose of Sriracha and soy garlic aioli; their Calamari Tacos, and Margherita Pizza. The Caramelized Sea Scallops are terrific, too. Entertainment and comedy nights. Check ahead for times and schedule. www.808socialny.com

The Quarry, 106 Main Street, Tuckahoe, 914-337-0311. Owner Dominic Cesarini's handsomely renovated bi-level 70-seat dining room and bustling bar/lounge is always engaged in spirited networking. There are artsy exposed pipes and vents on the ceiling. Handsome brown wood and clay tone walls, warm lighting fixtures and modern sturdy deep brown butcher block chairs and tables highlight the floor with large picture windows and seating looking out onto Main. The staff here is most friendly, efficient and eager to please. Cesarini, a 'local grill man' himself, whose family owned and operated several cafes and grills in the Bronx-Tuckahoe-Eastchester area, has kicked it up a notch with a good mix of reasonably priced American tavern comfort fare with a good dose of broccoli rabe to go around. Check out the Flatbreads, Short Ribs with garlic mashed, Filet Mignon Sliders, Pork Flatiron Scarpariello and Lamb Shank. Good burgers, too. \$10 lunch special daily. Open 7 days for lunch, dinner and weekend brunch. www.thequarryrestaurant.net

Magno's Grill, 108 Centre Ave., New Rochelle, 914-235-0008. Chef/owner Angelo Magno had put his talents to work at such lauded kitchens at Tango Grill, Milonga and Gaucho Grill. He has joined forces with his family at his own 60-seat spot featuring fine versions of Italian and Argentinean classics. Look for such house specialties as: fresh Empanadas, Chicken or Veal Parmigiana, hearty Paella, hefty Pork Osso Buco, and Argentinean Parrillada, hearty mixed grill with chimichurri sauce. Cocktail bar. Open daily for lunch and dinner. Municipal parking nearby. Reservations accepted. www.magnosgrill.com

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

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**.

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LEGALS

NOTICE OF PUBLIC HEARING PLEASE TAKE NOTICE, the Putnam Valley Town Board will conduct a public hearing on Wednesday, December 11th at 5:00 pm. to hear comments on the use of a law regarding Bubblers, De-icers and Aeration Systems in Water. This meeting will be held at the Putnam Valley Fire

continued on next page

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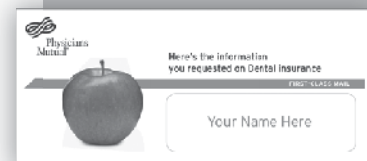
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House. IMMEDIATELY FOLLOWING the Putnam Valley Town Board will hold its public Work Session monthly meeting. BY ORDER OF THE TOWN BOARD Sherry Howard, Town Clerk Dated: 12-04-2019

TOWN OF PUTNAM VALLEY PUBLIC HEARING and Town Board Meeting December 11, 2019 5 PM at the Firehouse Pledge of Allegiance Public Hearing 5 PM Public hearing on the banning of all ice retardant devices and/or mechanisms.

Please be advised that the next meeting of the Planning Board will be held at

Town Hall, 265 Oscawana Lake Road on Monday December 16, 2019 for the purpose of considering the following applications: **Regular Meeting Start Time: 6:00pm AGENDA PUBLIC HEARING** The following public hearings have been scheduled for December 16, 2019 at 6:00PM (or as soon thereafter as agenda conditions permit) at the Putnam Valley Town Hall, 265 Oscawana Lake Road, Putnam Valley, New York, 10579. All interested parties are invited to attend and will be heard. A copy of the application materials and plans may be inspected during normal business hours at the office of the Planning Board Clerk, Town of Putnam Valley Town Hall. 1. Filho

WBT Presents "It Happened One Christmas Eve"

By Evelyn J. Mocbeichel

What better way to celebrate the holiday season than getting together with friends or taking family members out for a special afternoon or evening of wonderful, live entertainment? Visiting the Westchester Broadway Theatre (WBT) in nearby Elmsford is the perfect gift for that hard to shop for person on your list. Their latest production, "It Happened One Christmas Eve" opened on Nov. 27 and runs through Dec. 23. It is timely for the season.

The heart-warming story is about an infant left on the doorstep of an old brownstone rooming house in Brooklyn on Christmas Eve and the magic she brings to the lives of those who find her. The show features a book by Bob Fitzsimmons, original music and lyrics by Steven Silverstein and Barbara Campbell, and musical arrangements by Steven Silverstein.

The story of "It Happened One Christmas Eve" unfolds over several Christmas Eves. Told in flashbacks, the story spans plenty of time periods: 1989 to 1919 to 1929 to 1938, 1941, 1944 and 1952. Then back to 1989.

Richard Stafford, the Director said, "It happened One Christmas Eve" is the heartwarming story of a boarding house family. There are many kinds of families and sometimes we create our own based on trust, love and hope. Our characters had faith and they trusted in each other. They believed in charity, not the showy kind, but



JOHN VECCHIOLO PHOTO

the quiet kind that brings comfort to the soul. Isn't that what the spirit of Christmas is all about?" There are plenty of story lines among a house full of interesting characters: an Irish cook, an English spinster, a Brooklyn showgirl who dreams of stardom, a proud Boston poetess and two Romanian brothers. Their lives are changed forever one Christmas Eve when a baby is placed on their Brooklyn doorstep. That baby, they name her Dolly, grows in their love, a child of charity.

There are also plenty of songs, some familiar, some penned just for this show: From "Silent Night" and "Holly Jolly Christmas" to a bouncy "We Haven't Got Time for Christmas" that opens the show

and a heartfelt "I'm All Alone in the World."

The cast features Devon Perry reprises her role of Dolly, Elliott Litherland as Buddy, Allyson Tucker as Millie, Jayson Elliott as Serge, Sarah Colt as Elizabeth, Michael Farina as Sigmund, Amy Griffin as Bridget and Bonnie Fraser as Charlotte. Aubrey Sinn is the Standby. Young Dolly will be played alternately by local children Haylie Shea and Delia Spiegelman.

Bob Fitzsimmons, a gifted actor, director and playwright, ran publicity for Westchester Broadway Theatre in its early days and shepherded successful children's plays there. The graduate of Archbishop Stepinac High School directed school and community theatre shows across Westchester until

his untimely death, at 37, in 1992. Each year, WBT gives a scholarship in his name to a Stepinac graduate who has excelled in theatre.

The production is directed and choreographed by Richard Stafford, who has been at the helm for several WBT productions including "An American In Paris" and "Anything Goes." Musical Director is Bob Bray. Set design is by Steven Loftus, lighting design is by Andrew Gmoser, sound design is by Mark Zuckerman, and costume design is by Keith Nielsen. Wig design by Gerard Kelly. The production stage manager is Victor Lukas. ASM is Aubrey Sinn. Properties are by Grumpy Props. As with all WBT productions, Lisa Tiso is the Associate Producer.

Ticket Prices: Dinner and Show range between \$61 to \$91 plus tax depending on the performance chosen. Beverage service and gratuities are not included in the ticket price. Discounts are available for children, students, and senior citizens at selected performances. Also check the website for special offers. www.BroadwayTheatre.com.

Show Times: Wednesday, Thursday, and some Friday Matinees: Lunch: 11:30 a.m. and Show 1 p.m. Thursday, Friday, and Saturday Evenings: Dinner: 6:30 p.m. and Show: 8 p.m. Sunday Matinees: Lunch: Noon and Show: 1:30 p.m. Sunday Evenings: Dinner: 5:30 p.m. and Show: 7 p.m.

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Residence, - 135 Bell Hollow Road (TM# 51.-1-4/File: 2019-0190) The subject property consists of + 19.2 acres of land and is located on 135 Bell Hollow Road and within the R-3 Zoning District. The applicant is proposing to construct a swimming pool and terrace. A Site Development Plan, Major Grading and Wetland Permit and Wetland Mitigation is required. **2. Perez, Octavio, Ridgcrest Road (TM# 83.56-1-5, 6 & 7/File: 2018-0187)** The subject property consists of ±2.72 acres of land and is located on Ridgcrest Road and within the R-1 Zoning District. The applicant is proposing to construct a single-family residence. **3. Fields, Harrison-15 Locust Glen Road (TM#73.-1-44/File 2019-0202)** The subjects property is comprised of +/- 1.99 acres and is located on 15 Locust Glen Road within the R-3 Zoning District. The applicant is proposing to construct a log cabin home on existing foundation. **REVIEW 4. Gan, Roy, - 560 Oscawana Lake Road (TM# 62.-1-37&38/File: 2019-0206)** The subject property consists of + 3.58 acres of land and is located on 560 Oscawana Lake Road and within the R-3 Zoning District. The applicant is proposing to construct a single family residence on an existing parcel where a dilapidated residence will be removed. A Site Development Plan and Major Grading permit is required. **5. Bryant Taconic Corp., 157 Bryant Pond Road (TM#74.-1-60/File 2018-0179)** The subject property is comprised of +/- 2.81 acres and is located on 157 Bryant Pond Road within the CC-2 Zoning District.

The applicant is proposing to construct a pervious paver patio, outdoor freezer, relocation of refuse enclosure, landscape waterfall and signage for gas dispenser. The applicant requires an Amended Site Plan. **6. Patton, Rodman, 77 South Highland Road (TM#61.-2-25/File 2019-0208)** The subject property is comprised of +/- 35.634 acres and is located on 77 South Highland road with the CD Zoning District. The applicant is seeking permits necessary to repair dam and remove sediment. A Major Grading Permit is required. **7. Putnam Valley Fire Station- Oscawana Lake Road (TM#72.20-1-7.12/File2019-0196)** The property consist of +/- 10.3 acres of land and is located on Oscawana Lake Road and within the R-2 Zoning District. The applicant is proposing to construct a Fire Station building +/-30,000 sq.ft. in size, with well and septic system, 127 parking spaces, stormwater management facilities and related site improvements. **8. Putnam Valley Volunteer Ambulance Corp. (TM# 72.20-1-7.11/File2019-0204)** The applicant is proposing an amended site plan for improvements to allow shared access and parking with proposed fire station on adjacent property. The Planning Board will consider adopting a resolution declaring intent for lead agency for the Fire House and Ambulance Corp. project. **9. Cimarron Ranch Subdivision-75 Cimarron Road (TM#72.-1-47, 72.-1-50, 83.-1-1& 72.19-1-29/File2019-0207)** The subject property consist of 380.85 acres of land and located on 75 Cimarron Road and within the CSD

Zoning District. The applicant is proposing a two lot subdivision. **EXTENSION 10. Juliano, Sam, -50 West Shore Drive (TM: 62.13-2-18 /File:2010-0073) APPROVAL OF MINUTES 11. Approve Minutes of November 4 & 18, 2019**

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The WHITE PLAINS Examiner Sports

“Big Three” Leads Stepinac to Season Opening Win

By Rob DiAntonio

In front of a standing-room-only sold out crowd, which included NBA Hall of Famer Isiah Thomas and former St. John's star and NBA player Felipe Lopez, Stepinac's basketball team did not disappoint in its season opener.

The “big three” of Adrian Griffin Jr., R.J. Davis and Malcolm Chimezie combined for 70 points in the Crusaders' 81-69 victory over visiting Monsignor Scanlan last Friday night.

“They're great players and everybody's so versatile on this team,” Davis said when asked what the best part about playing with Griffin and Chimezie is. “Malcolm's a great big. He can post up, finish layups and dunks. A.J., as versatile as he is, he can break down a defender, shoot threes and his athleticism's off the charts. But everyone plays a role on this team to help us do well.”

The North Carolina-bound Davis, a



Patrick Massaroni began his fifth season as Stepinac's head basketball coach.

senior, netted a game-high 28 points and pulled down six rebounds. He was also 13 of 14 from the foul line. Griffin, a junior who



Adrian Griffin Jr. leads a fast break.



ROB DIANTONIO PHOTOS

Justin Morety leads a break after grabbing a loose ball.

has committed to Duke, netted 23 points, grabbed 10 boards and dished out four assists. Chimezie, a junior who has multiple Division 1 offers, tallied 19 points and 12 rebounds.

“We're all competitive and we all just want to win,” Griffin said. “At the end of the day, we all know we can rely on someone. Whether it's R.J. scoring or Malcolm, or either one of our shooters like Luke (Fizulich) or Matt (Brand). We just keep each other going and keep that energy.”

The teams traded baskets for most of the first half until Stepinac gained some separation in the final few minutes. A Chimezie putback was followed by a Davis bucket to extend the lead to 36-31. Davis then found Luke Fizulich, who nailed a

corner 3-pointer to send Stepinac into halftime with a 39-31 lead.

Stepinac blew the game open in the third quarter, outscoring Scanlan 25-11 to take a 64-42 lead into the final quarter.

Davis was fouled on a three and made all three at the line to make it 56-40 with two minutes left in the third. He was then fouled on a jumper and made the shot through contact along with the free throw. The crafty guard then attacked the rim and scored to make it 61-40 with a minute left. Davis then found Fizulich for a three again in the corner with two seconds remaining.

“When we got down to the locker room, we emphasized rebounding,” Davis said

continued on next page

EXAMINER SPORTS

Tigers' Quion Burns Stars in 26th Annual Harry Jefferson Holiday Showcase

By Albert Coqueran

The White Plains High School Varsity Basketball Team hosted the 26th Annual Harry Jefferson Men's Basketball Holiday Showcase on Friday and Saturday at White Plains High School.

The Tigers annual Holiday Tournament celebrates the accomplishments of legendary WPHS educator, athlete and coach Mr. Harry Jefferson, who retired as an Assistant Principal at WPHS in 1996.

Jefferson, as an athlete was an All-County, All-Conference and All-American Football player while attending WPHS. Jefferson received a full scholarship to the University of Illinois where he was selected to the All-Big Ten and All-American Football Teams in 1955. He was also a track star during his years at WPHS.

Jefferson was commissioned as a 2nd Lieutenant in the U.S. Marine Corp where he was selected to the All-American Armed Forces Team. He joined the New York Football Giants after his military service but his professional football career was cut short by a serious injury.

Jefferson returned to his high school alma mater after his football career abruptly ended. He became known as a father figure, who guided thousands of local students spiritually and morally as an educator and athletic

coach during his 37-year tenure at WPHS.

The Harry Jefferson Holiday Showcase featured a four-game slate during the two-day event on Friday and Saturday at WPHS. On Friday, Harrison High School defeated Ramapo High School, 65-48, in the opening game. Huskies senior point guard Josh Cooper was selected as the Player of the Game, while scoring 21 points in the win.

In the late game, host White Plains High School beat Peekskill High School, 82-71, as the Tigers secured a victory in their 2019-20 Home Opener.

Tigers senior forward Quion Burns put his brand on WPHS basketball while notching a double-double with a career-high 33 points with 15 rebounds, while also dishing six assists. Burns netted 25 points in the first half alone including five three pointers. The senior forward had 14 of the Tigers 24 points in the first quarter.



ALBERT COQUERAN PHOTOS

The White Plains High School Varsity Basketball Team lock arms in a show of unity during the National Anthem before taking the court in their 2019-20 Home Opener and beating Peekskill High School, 82-71, in the 26th Annual Harry Jefferson Holiday Showcase.

"Honestly, it is an honor, I could not ask to play a better game in front of a legend like Harry Jefferson," acknowledged Burns, who

was selected as the Player of the Game.

The Tigers, despite losing two of their top

continued on next page

"Big Three" Leads Stepinac to Season Opening Win

continued from previous page



R.J. Davis puts up a floater in the paint last Friday in Stepinac's season opening win over Monsignor Scanlan.



Samuel Gibbs looks to dribble past a Scanlan defender.



Malcolm Chimezie goes up for two.

of the halftime adjustments they made. "We just had to start crashing, rebounding, boxing out your man and going for loose balls. We had to be a little tougher. That's when the game swung in the second half. We were also finding the open man and finishing our layups."

It was academic from there with the highlight of the fourth quarter being a Griffin Jr. dunk, where he sprinted in from the foul line and slammed home a missed jumper with his left hand, resulting in an eruption from the sold out crowd. It was his second dunk of the game on a rebound.

Stepinac was well aware of Scanlan's style of play.



Samuel Gibbs attacks the basket.

"We just had to become more physical, don't let them punk us," Chimezie said. "That's what they did last year, they walked away with a win. They like to punk teams. We had to box them out, get physical with them and put them away."

Stepinac, which is coached by Patrick Massaroni, fell in the CHSAA AA championship game last season to Christ the King. The Crusaders are looking to get past that point this season.

"No matter how high the hype is for this team, we're always just going to work hard and know that we've got to reach the level we want to be at," Griffin said. "Our main goal is to win Federation."

Stepinac returns to action when it travels to Cardinal Hayes for a 7:30 p.m. game on



Malcolm Chimezie scores inside.

Friday, Dec. 13.

"It felt great," Davis said of finally getting the season started. "A lot of the offseason, we just worked hard, stayed in the gym and remained level headed. I told the team, we didn't prove anything yet. We got a lot of work to do. A couple of us, we know what it feels like to win a championship. Every day in practice, we compete and go hard just to get to that championship level again."

EXAMINER SPORTS

Tigers' Quion Burns Stars in 26th Annual Harry Jefferson Holiday Showcase

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Tigers junior forward Joe Carrier (left) held Peekskill's best offensive weapon Antonio Taylor to eight points in the first half and three points in the third quarter. But Taylor owned the fourth quarter while scoring 15 points for a total of 26 points in the Red Devils loss to the Tigers, 82-71, in the Harry Jefferson Showcase.



Tigers Quion Burns (left) jumps ball against Red Devils Laquan Jenkins (right) in the second game of the 26th Annual Harry Jefferson Showcase. White Plains went on to beat Peekskill, 82-71, to open their 2019-20 season with a victory.



WPHS Assistant Basketball Coach Davon Wilson (right) presents Harrison High School point guard Josh Cooper the Player of the Game Award, after Cooper scored 21 points to lead the Huskies to a 65-48 victory over Ramapo High School.

players during preseason camp, showcased that they are still a team to be reckoned with in Section 1 AA basketball this season. The Tigers had four players score in double figures and shared an outstanding 21 assists in their win over the Red Devils. "I felt coming into the game that we needed to make an impact and show people who we are," commented Burns.

Besides Burns, his frontcourt mate senior forward Jayon Norwood had 19 points, nine rebounds and three assists. Junior forward Joe Carrier netted 12 points grabbed seven rebounds and dished four assists, while shooting, 4-of-4 from the foul line in fourth quarter. Also, junior guard Tymir Greene had 14 points while also shooting 4-of-4 from the free throw line in the fourth quarter.

"My team can shoot, we can score the



Peekskill's junior guard Shamar Barnett (left) hoists a floater to the hoop over White Plains sophomores Elijah Pierre as three Tigers defenders (l-r) Quion Burns, Joe Carrier and Jayon Norwood get in position for the defensive rebound.



[L-r] WPHS Head Basketball Coach Spencer Mayfield greets Tigers legendary educator, coach and athlete Harry Jefferson, his wife Gertha and his son Harry, during Jefferson's namesake tournament, the 26th Annual Harry Jefferson Holiday Showcase in the Harry Jefferson Gym, at White Plains High School on Friday.

basketball. They can make plays and they like passing the ball. They had 21 assists," evaluated Mayfield.

Carrier had a difficult task on defense, while guarding the Red Devils scoring machine Antonio Taylor. The Red Devils senior guard was coming off of a 39-point performance in Peekskill's 66-64 win at Pelham Memorial, on Dec. 3. Taylor hit nine three-pointers against Pelham.

Nonetheless, Carrier played Taylor tough while holding him to one three-pointer and 11 points through three quarters. But Taylor broke out in the fourth quarter scoring 15 points, which brought his team-high total to 26 points in the game. "Joe (Carrier) is a tough defender, he made Taylor work for every point he got," commented Mayfield.

On Saturday, the Harry Jefferson Holiday

Showcase presented four teams in two afternoon contests. Spring Valley edged Fox Lane, 61-59, in the first game. Senior guard Emerson Therneus was selected as the Player of the Game with a game-high 16 points.

In the late afternoon game, Horace Greeley beat Poughkeepsie, 70-53. Quakers senior guard Nicholas Townsend lit-up the scoreboard with a double-double of 26 points and 20 rebounds. Townsend distinguished as Player of the Game.

"It made me so happy to see White Plains win," proclaimed Jefferson. "I am so pleased with the progression of White Plains High School athletics in the past few years. It is because of their spirit and you have to give credit to the coaches and teachers," stated Jefferson.



Tigers Quion Burns Stars in Harry Jefferson Showcase

ALBERT COQUERAN PHOTO

Tigers Assistant Basketball Coaches Davon Wilson (left) and Spencer Smith (right) joined legendary WPHS administrator, coach and athlete Harry Jefferson (second left), as he presented Tigers Quion Burns (third left), the Player of the Game Award, after Burns scored a career-high 33 points in the Tigers win over Peekskill, 82-71, in Jefferson's namesake tournament, The Harry Jefferson Holiday Showcase.