



**FREE**

August 27 - September 2, 2019

SMALL NEWS IS BIG NEWS

Volume 9, Issue 419

## Neighbors Strongly Oppose Sterling Ave. Subdivision

By Pat Casey

At its Aug. 20 meeting, the White Plains Planning Board held a public hearing on a proposed three-lot subdivision on a 24,000 sq.-ft. environmentally sensitive site at 1 Sterling Ave. Neighbors of the property, each grateful that something finally is being done to rehab the site, were also very critical of the number of residences planned and claimed the design as proposed would change the character of the neighborhood in a negative way.

Situated in the R2-4 Zoning District, the site, now configured as one lot and occupied by a single house that has been an eyesore for several years, will be reworked into three lots.

The Site Plan Application comprises

Lot-1, with a two-family house fronting Orchard Parkway; Lot-2, with a single-family house fronting on Sterling Avenue; and Lot-3, with a two-family house also fronting on Sterling Avenue.

A previous site plan had the three lots sharing driveway access. The new plan provides individual access for each residence.

The design, by CGA Studio Architects, provides two parking spaces for each residence as required in the R2-4 Zone. The house sizes are modest in scale and the overall design traditional.

An existing stone retaining wall and the steep slope that drops from it will be maintained and the house designs configured with underground garages or

*continued on page 2*



## New York Knicks Star Honors Academic Achievement

Former New York Knicks star Allan Houston of the New York Knicks (center) attended the TSTT Male Teacher of Color program brunch that honored the academic achievements of local students. See page 4 for the full story.

## Brittany Brandwein Appointed White Plains BID Executive Director

By Neal Rentz

Early next month there will be the passing of the torch at the White Plains Business Improvement District.

Brittany Brandwein will become the new BID executive director, replacing Kevin Nunn, who told the BID board earlier in the year he wanted to leave the position because he wants to work part time.

Brandwein previously served as the BID's director of events and business promotions.

Brandwein explained last week why she wanted to become the BID executive director. "Managing people is an important aspect to running events and over my

years in the field, I have come to enjoy inspiring a team," she said. "During my tenure at the BID I have developed insight into the various roles and institutions that make White Plains the wonderful place it is. In this leadership position at the BID I hope to bring a collaborative effort towards making White Plains the most attractive city in the tri-state area north of New York City."

Brandwein, who has been employed by the BID for the past six years, said she is "deeply committed to the success of downtown businesses."

"My goals are to continue to drive foot traffic to downtown White Plains," Brandwein said. "We do this with exciting events,



Brittany Brandwein was recently appointed as the executive director of the White Plains Business Improvement District. She will begin her new role on Sept. 9.

innovative business openings, and art in public places. I hope to grow these ideas and encourage more companies to lease space here and give people reasons to want to move, live, work and shop in downtown White Plains."

The BID has played a role in the growth of the city in recent years, Brandwein said. "The BID has increasingly become a trusted resource to the business community. The establishments within our BID look to us for marketing and business relationship advice and businesses and property owners interested in working in White Plains leverage us for our intimate knowledge of the downtown."

Brandwein said her

background is in development services, in which she has been involved in research, events, and promotions, primarily in the performing arts. "Utilizing these skill sets to spur economic development has been my purpose at the BID the past several years."

Brandwein said the BID executive director post is an at will position. "I look forward to my new role as executive director and hope it is the next step in a long, prosperous relationship with the downtown business community," she said.

Nunn, who was executive director of the BID for eight years, discussed his greatest achievements during his time

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## Neighbors Strongly Oppose Sterling Ave. Subdivision

*continued from page 1*

at-grade parking and with decks or terraces depending on the slope of the property on each lot.

Stormwater runoff, a major concern in the area, has been analyzed by Fusion Engineering, the company working with the property owner. A plan has been developed to mitigate added runoff and is currently being evaluated by the White Plains Dept. of Public Works. That report is expected to be complete before the next meeting of the

Planning Board on Sept. 17.

Before members of the public were invited to speak, Board member Lynn Oliva noted that there is one-way traffic in the area and no street parking allowed. She asked where visitors to 1 Sterling Ave. would park.

The president of the Fisher Hill Association asked if the Building Dept. had already made a decision on whether the proposed plan was compliant with the Zoning

Code. Eileen Mclean, Board Secretary said it was and that the only missing report was on storm water management from the DPW.

The remaining residents all said they felt five residences on such a small site was too much and were adamant that the neighborhood could not accommodate the added traffic of 20 cars. Snow removal, icy road conditions on the steep roads as well as how the railroad parking in the driveways on the site would require drivers to back

out onto a one-way street, were cited as very dangerous.

One speaker said the neighborhood favored the configuration of one house on larger lots and that the proposed subdivision was absolutely inappropriate and had to be stopped.

Planning Board Chairman John Ioris adjourned the hearing to the Sept. 17 meeting, when, he said, the discussion would continue.

## Brittany Brandwein Appointed White Plains BID Executive Director

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as the head. "Overall, I am proud of the fact that the relevance and visibility of the BID as a meaningful force to improve the economic and social fabric of the downtown has improved during the last eight years," he said. "Increasingly, we are asked when we are hosting our next event. It is great to hear that. In addition, site selection consultants, local property owners, entrepreneurs and state agencies reach out to us more than ever to assist in business relocations -- whether it's identifying space or simply providing information about our downtown. Finally, I am very proud of hiring a talented and hardworking team to staff the BID. They make everything that we do possible. We have a small team (four people) and they accomplish a tremendous amount of work at a high level of quality."

Dunn provided his impressions of his successor. "Brittany is a very talented, bright, organized and hardworking individual," he said. "She is an exceptional event planner, superior fundraiser, and gifted communicator. In addition to these qualities Brittany knows how to persevere, to come back from setbacks, diagnose what occurred and put a plan in place for going forward all while keeping her team together and committed to making things better."



## Elmsford Man Charged With DWI in Fatal Pedestrian Accident

An Elmsford man was charged with Driving While Intoxicated in connection with a fatal pedestrian accident Saturday across from the Westchester County Center in White Plains.

Glen Robinson, 26, of Saw Mill River Road was taken into custody by county police at the accident scene. He was treated for minor injuries at Westchester Medical Center in Valhalla and booked police headquarters following his discharge from the hospital yesterday.

The incident occurred at 6:39 a.m. Saturday when Robinson's 2016 Chevrolet Cruze, traveling westbound on Route 119, left the roadway at the intersection of Central Avenue and drove onto a center median opposite the County Center. A 57-year-old Bronx woman was struck by

the vehicle. The vehicle then struck a clock tower/electronic message board, knocking it down.

The victim was transported by ambulance to White Plains Hospital, where she died of her injuries. She was identified as Susan Benjamin-Bailey East 230th Street in the Bronx. She had taken the train to White Plains and was walking to her job in the area when the incident occurred.

Westchester County Police were assisted by the White Plains Police Department, the White Plains Fire Department and Empress Ambulance.

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# Soles4Souls Drive Donates Shoes for School Children in White Plains

By Neal Rentz

Just in time for the start of the new school year, a charitable White Plains tradition provided new shoes for local students.

For the seventh year an Earth Day Shoe Recycling Drive was conducted in the city. This year the city again partnered with Soles4Souls, a non-profit social enterprise whose mission is to create sustainable jobs and provide relief through the distribution of recycled shoes and clothing around the world.

This year more than 40,000 pairs of shoes have been donated by White Plains residents and businesses for recycling since the effort began.

Soles4Souls arranged for 100 pairs of new shoes to be distributed to children on Aug. 23 at El Centro Hispano, which works to assist, support, and strengthen Hispanic families to help them become self-sufficient and to ease their transition into their new culture while maintaining and enriching their own.

Children who are participating in El Centro Hispano's summer literacy program received the shoes last week.

El Centro Hispano Founding Executive Director Isabel Villar told the dozens of residents who came to her facility last week that El Centro Hispano was very grateful for the donation of shoes.

White Plains Director of Special Projects Jill Iannetta said, "Every year we do a shoe collection. We partner with the school district. Maybe you've seen the boxes



NEAL RENTZ PHOTOS

Some of the new shoes distributed on Aug. 23 at El Centro Hispano in White Plains.

in your school." The collected shoes are donated to Soles4Souls, which gave the city new shoes to give to residents, she said.

"We knew that El Centro Hispano was a great organization," Iannetta said. "Enjoy the school year with your new pair of shoes, she told the children."

Also participating in last week's event was White Plains Assistant Police Chief Joseph Castelli. Earlier in the day the chief met with representatives of El Centro Hispano. "He said I would like to be there because I want to get to know the Hispanic community,"



White Plains Assistant Police Chief Joseph Castelli and El Centro Hispano Founding Executive Director Isabel Villar at the shoe distribution event that was held on Aug. 23.

We're here for you," Castelli said.

Castelli gave the youths who received shoes shields and deputized them as "junior police officers in the City of White Plains." The requirements he gave to the youths were listen to their parents. Say hello to the police and keep on reading.

One of the appreciative parents at last week's event was White Plains resident Stacy Torres. "I'm super amazed and grateful," Torres, whose daughter, Crystine, and her son, Leonardo, received shoes, said. "They are extremely happy to be getting new shoes. They love shoes," Torres said.

Jose Torres, the father of Stacy Torres started Boy Scout Troop 2005 in White Plains 14 years ago, she noted.

Crossword by Myles Mellor

1	2	3	4	5	6		7	8	9	
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34						35				
36						37				

Across

1. Yorktown would never "farm out" this annual event, \_\_\_\_ Fair  
7. Car co. bought by Chrysler  
10. Wear  
11. Director Jean-\_\_\_\_ Godard  
12. Sort of  
13. Annoys, slangily  
14. Go this way and that

Down

1. Phone trio  
2. Fled quickly  
3. "Barefoot Contessa" marquee name  
4. Where many columns are found  
5. Football structure  
6. Celtic singer  
7. Old students  
8. Prison shot  
9. Syringe amts.  
13. Memorandum of documents  
15. Laggard  
16. Trademarks, abbr.  
17. \_\_\_\_ race  
18. Film material  
20. Lawmaker re electrical resistance  
21. Lean-\_\_\_\_ (sheds)  
27. School subj.  
28. Tour org.  
29. Unagi, at a sushi bar  
31. Confidentiality agreement, for short  
32. Many, many years  
33. Military rank, abbr.

16. "The Sound of Music" family name  
19. End of an iffy state-ment  
22. Asian gambling mecca  
23. A rocky mountain state  
24. Stairs  
25. Overflows  
26. Restraint  
28. Juicy fruit  
30. Belonging to "Granny

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# Non-Profit Seeks to Close Teacher Diversity Gap as It Celebrates 25 Years

There is one very alarming statistic that goes to the heart of the crisis in America's classrooms: Less than 2% of 3.5 million teachers are male teachers of color, vastly underrepresenting the student population whose ranks are more than 50% nonwhite in US public schools.

But, for 17-year-old African American Justice Mickens of Westchester, who continues his journey to become a teacher when he begins classes at SUNY Fredonia at the end of August, that gap has the potential of being gradually



College-bound Justice Mickens, recipient of the first Lois Bronz Scholarship Award, joins the ranks of Today's Students Tomorrow's Teachers (TSTT) Male Teacher of Color Initiative.

narrowed, thanks to the Male Teachers of Color mentoring model that Westchester-based Today's Students Tomorrow's Teachers (TSTT) launched seven years ago.

Mickens, who last May received the first Lois Bronz Scholarship Award in the amount of \$2,000 at TSTT's Annual Recognition Brunch, joins a growing cohort of African-American and

Latino high school males who are being trained and mentored by TSTT to pursue teaching careers.

Dr. Bettye H. Perkins, founder, President and CEO of the non-profit TSTT, cited tuition affordability as one of the major stumbling blocks why students of color do not go to college.

She explained, "The Lois Bronz scholarship will help Justice reduce some of the skyrocketing college costs like meal tickets, fees and book costs," adding: "The 56 TSTT high school male and female seniors who are on their way this year to 26 TSTT college partners such as Seton Hall University, SUNY New Paltz, Marist College, Syracuse University and Iona College may be eligible for a minimum 50% tuition scholarship. That financial support, combined with our model of providing our students with an education mentor, helps them to navigate and survive college."

"The bottom line is that while only one-third of students of color nationally are admitted to college, 97% of TSTT students go to college. And while only 36% of students of color nationally graduate from college, nearly 80% of our TSTT students complete their post-secondary studies," Dr. Perkins stated.

From the start, TSTT's innovative Male Teacher of Color program has been led and supported by Allan Houston of the New York Knicks.

Houston was among the dignitaries including New York State Senate Majority Leader Andrea Stewart-Cousins (D-Yonkers) who recognized Mickens for his outstanding academic achievement at the brunch.

In addition to Justice, the other TSTT male graduates who are heading to college are: Elijah Cintron, Woodlands High School (Tuskegee Institute); Brian Moore Jr., Kingston High School (Assumption College); Ibrahim Merisme, Ramapo High School (Dominican College) and Tony Boyd, Touro College.

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# FORME MEDICAL CENTER AND URGENT CARE, WHITE PLAINS

By Neal Rentz

Port Chester resident Gina Cappelli and White Plains resident Maria Alba-Trusa each have decades of experience working in the health care field.

The duo is using their backgrounds to provide health care to as many local residents as possible through their co-ownership of Forme Medical Center and Urgent Care in White Plains, which opened in April 2014. Cappelli, who had owned two physical therapy facilities before opening Forme, is the business' president and founder and Alba-Trusa is partner and CEO.

"Forme Medical Center and Urgent Care is all under one roof medical care," Cappelli said last week. Some of the in-house services the medical center offers are primary care, urgent care, physical therapy, podiatry, obstetrics and neurology. Through the membership system Forme also get discounts for patients who cannot receive treatment at the medical center, as well as prescription drugs at reduced costs." They have advocates with us," Alba-Trusa said.

The second part of the business is Transforme MD, which provides such aesthetic services as lasers, facials and Botox. "One side's health, the other side's beauty," Cappelli said.

Both the insured and the uninsured can become Forme members.

Alba-Trusa, who came to Forme to

become co-owner in 2015 said, "We joined forces and we decided to expand the medical center into the different specialties. The aesthetics center was created about two years ago. The idea was that the aesthetic center would help us support in a way the mission of the medical center," she said. "Our mission is to help the uninsured community. Nobody's focusing energy on the uninsured community,"

The uninsured include the self-employed, young adults getting off their parent's insurance as they become older and cannot afford to purchase insurance and the Latino immigrant community both documented and undocumented, Alba-Trusa said.

Cappelli said more than 27 million Americans do not have health insurance. "This population is not even getting

preventive care because it's too costly. So what happens? They wait until they're very sick," she said. "But through Forme, this population has access to care now. They can come in for as low as \$30 a month and get access to the urgent care, unlimited," she said. "For \$60 you get access to urgent care, plus primary care." Forme members also get tests at much lower costs than they could get on their own, Cappelli said.

"The whole system is broken. Everything is inflated," Cappelli said. "People can't afford to even go to the hospital."

Alba-Trusa said she and her partner jokingly refer to themselves as rebels in the

Businesses  
of the Week



NEAL RENTZ PHOTO

Port Chester resident Gina Cappelli, right, is president and founder of Forme Medical Center and Urgent Care in White Plains. Also shown above is White Plains resident Maria Alba-Trusa, the business's partner and CEO.

health care field "I've been in health care for 35 years," she said. "I know the ins and outs of the system. And Gin has been in (health care) for 20 years."

"We are finding solutions because we're focused on the solutions. We are not focused on the problem," Alba-Trusa said. "We don't care what anybody says. We just go and do things our way."

"We have found our purpose," Cappelli said.

Forme Medical Center and Urgent Care is located at 7-11 S. Broadway, on the first floor, in White Plains. For more information call 914-723-4900 or visit <http://formemedicalcenter.com/>. Forme is also on several social media platforms including Facebook, Instagram and YouTube.

## White Plains Beautification Foundation Promotes Pollinator Pathway Participation

By Jeanne Wilcox

Pollinators are all the buzz these days! Bees, birds, butterflies, bats and other pollinators are vital to our food supply, yet all are in decline from habitat loss and pesticide overuse. The Pollinator Pathway - [www.pollinator-pathway.org](http://www.pollinator-pathway.org) - is part of a major movement to create corridors of pollinator-friendly habitats and food sources for pollinating insects and wildlife up and down the East Coast and elsewhere in the country and throughout the world.

White Plains Beautification Foundation (WPBF) - [www.WPBF.org](http://www.WPBF.org) - which provides colorful public gardens and parklets throughout our city, has joined the Pollinator Pathway movement and is gradually adding native plants to its more than 65+-sponsored public gardens. This initiative has the full support of the City of White Plains and its Recreation & Parks and Public Works Departments. Both the City of White Plains and WPBF are encouraging residents to help our pollinators by including native plants in their gardens and avoiding pesticides.

According to WPBF Board Member Nancy Giges who spearheaded this project: "White Plains Beautification Foundation has been making our city beautiful for more than 50 years, and we hope to be a resource for any resident or business that wants to create safe and welcoming habitats for the creatures responsible for one of every three bites of food we eat."

The Pollinator Pathway is designed so that every city, town, and village can adopt a program that works best for its local



PHOTO COURTESY OF NANCY GIGES.

The pollinator garden of White Plains resident Sue Fragala includes these lovely coneflowers (*Echinacea purpurea*), which attract bees, butterflies and birds.



Pollinator Pathway sign

community. In White Plains, Pollinator Pathway initiatives include activities and opportunities for everyone to participate, including educational programs, advisory garden visits, a speaker's program, and much more. Everyone is welcome. Get involved as a volunteer in your neighborhood, your child's school, other youth organizations, your faith community, or elsewhere.

If you already have a garden of native plants, contact Pollinators of White Plains to see if you are eligible for a special "This property is on the Pollinator Pathway" sign and, if so, WPBF will put you on a poster-sized map of White Plains to identify all the properties, pockets, parks, pots and pathways of native plants throughout our city.

Want to volunteer? Have questions? Need more information? Email Pollinators of White Plains at [pollinatorsWP@gmail.com](mailto:pollinatorsWP@gmail.com). Any business or organization wanting to collaborate in this effort can also play a role. The White Plains Public Library is already on board with additional books about pollinators and native plants that will comprise a special display.

For more information, visit <https://www.pollinator-pathway.org/whiteplains>.

### How to Attract Pollinators to Your Garden

Want to attract butterflies, bees, birds and other pollinators to your garden? Offer a steady supply of nutritious foods throughout the growing season. Perennial plants, shrubs and trees that bloom and set seed at different times during the season provide nectar, pollen, seeds, and shelter for pollinators and also beauty for human visitors. Here are some native perennials for USDA Zone 7 (White Plains) gardens: *Agastache foeniculum* (Anise Hissop); *Asclepias tuberosa* (Butterfly Weed); *Aster* (*Symphotrichum* spp.); *Baptisia australis* (False Indigo); *Coreopsis lanceolata* (Tickseed); *Echinacea* spp. (Coneflower); *Eutrochium maculatum* (Joe Pye Weed); *Liatris spicata* (Gayfeather); *Monarda fistulosa* (Bee Balm); *Solidago speciosa* (Goldenrod).

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

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

**Examiner**  
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## Obituaries

### Peter J. Devine

Peter J. Devine of Flushing Queens, 61, passed away peacefully on Aug. 20.

Pete was born in White Plains. He is a graduate of White Plains High School and Westchester Community College. He was the proud father of three children Peter Jason, Chelsea, and Sean, and grandfather to Talia.

Peter worked as a Master Electrician/Foreman for the IBEW Local 3 for 40 years. After retirement Pete enjoyed spending time with his former co-workers from the union. Peter was predeceased by his parents, Tom and Marge Devine and survived by his sister Barbara Fleckenstein of Gainesville, Ga; and five brothers; Thomas (Linda) of White Plains; James (Rebecca) of Seminole, FL; William (Alison) of White Plains; Christopher (Linda) of Brewster; and Stephen (Kathy) of Ridgefield, Ct; He was the proud Uncle to eleven nieces and nephews as well.

There will be a funeral mass for Peter at Our Lady of Sorrows Church located at 920 Mamaroneck Ave., White Plains, NY 10605 on Saturday, Sept. 7 at 10:30 a.m.

In lieu of flowers donations can be made to The St Christopher's Inn, Garrison, NY (<https://stchristophersinn-graymoor.org/support-recovery/donate/>) or the White Plains Beautification Foundation (<https://wpbf.org/get-involved/donate2018/>).

### Ruth Dreisacker

Ruth Dreisacker, previously of White Plains, passed away peacefully on Aug. 20 in Bridgeport, CT with family by her side.

Born in Carrier Mills, IL on Aug. 10, 1929, to Mamie and James Holmes, Ruth was the eighth of 10 children.

Ruth was living in Dayton, Ohio in 1948, when she met and married John Dreisacker of Yonkers. They settled in Thornwood, where Ruth, a kind and loving mother,

raised her five children: Herbert John (predeceased), Ellen Ruth, Susan Margaret, Nancy Ann, and James Wiseman.

Along with four of her children, Ruth is survived by a brother, Roy Holmes, a sister Paulma Clark, 14 grandchildren and 15 great-grandchildren.

A church service will be held on Tuesday, Aug. 27, 2019 at 11 a.m., at the Presbyterian Church of White Plains, 39 North Broadway, White Plains. A burial service will immediately follow at Holy Mount Cemetery, Tuckahoe.

In lieu of flowers, donations can be made in her memory to the Dementia Society of America.

### Robert J. Martyn

Robert J. Martyn, of White Plains, died Aug. 18 at the age of 78.

He was born August 15, 1941 in Brooklyn to the late James and Mary Martyn.

Robert served in the U.S. Army from 1963 until 1965.

On April 6, 1974, he married his wife Ella.

Robert worked for 56 years as a Longshoreman, retiring from Maersk Line in New Jersey in 2013. He was a member of the American Legion Post #135 in White Plains. He loved going on vacations and enjoying time with his family.

Robert is survived by his wife Ella of White Plains, his children Michael J. Martyn of Richmond, VA, Katherine P. Martyn of White Plains, Robert Martyn, Marilyn Martyn and Glenn Martyn, all of Orlando, FL. He is also survived by his grandchildren Lauren, Zachary and Christopher Martyn and his brother James Martin of Boca Raton, FL.



### Lawrence McGowan

Lawrence McGowan, of White Plains, passed away Aug. 18. He was 67.

Lawrence was born Dec. 12, 1951 in White Plains to the late Joseph and Pauline (nee Sparrin) McGowan.

Larry was a gifted musician who began playing the organ in church. At age 13, he played the organ in front of the pope at the noon Mass during the 1964 World's Fair in New York City.

His other musical career started in 1968 with Rat Race Choir, a progressive rock band that had a cult-like following on Long Island and the metropolitan area. The group began as a bunch of teenagers in their White Plains homes. An original member of the band, Larry just completed 50 years with "Rat Race Choir."

He also had a career at Playland. As an employee at the amusement park, Larry became caretaker of the carousel. He knew everything about the organ, and repaired it to keep it up and running. For 35 years, McGowan, made the 100-year-old carousel sing. He also created unique bright signs and hand-painted rides. He became Playland's artist, and his job became that of a historic preservationist. Larry was given creative freedom to paint the rides and signs however he saw fit. He used his artistic touch on the carousel too; all 66 horses on the ride were painted by hand, and no two were painted alike.

Larry belonged to the Carousel Organ Association of America. Many people called him "Larry Love." He was an extraordinary pianist and a painter, lovingly restoring carousel horses.

He played at many churches including Eastchester Church and Mt. Carmel Baptist Church.

He is survived by his sister Gloria McGowan of New York City.

## Westchester Offering Free Back-to-School Vaccine Clinics

The Westchester County Department of Health is booking appointments for its free back-to-school vaccine clinics to assure children have the vaccines they need for school.

On June 13, Gov. Andrew M. Cuomo signed legislation removing non-medical exemptions from school vaccine requirements for children who attend childcare programs or public, private or parochial schools through 12th grade.

All children who do not have their required immunizations must have their first dose of vaccinations within 14 days from the first day of school. Parents and guardians of these children must show that they have made appointments for all required follow-up doses within 30 days of the start of school.

The County Health Department can help. Families with no insurance, ChildHealth

Plus or Medicaid should call the County Health Department to schedule an appointment for vaccines at no charge. Call 914-995-5800 to find out if you qualify and to make an appointment for one of the four special Back-to-School clinics:

**Friday, Aug. 30, 8:30 a.m. to 2 p.m.** in White Plains

**Tuesday, Sept. 3, 8:30 a.m. to 3 p.m.** in Yonkers

**Saturday, Sept. 7, 9 a.m. to 2 p.m.** in Yonkers

**Tuesday, Sept. 10, 8:30 a.m. to 3 p.m.** in White Plains

In addition to these special clinics, the Westchester County Department of Health provides free immunizations by appointment in its White Plains and Yonkers clinics to eligible children and students of all ages who are uninsured or whose insurance

does not cover vaccines. Vaccine visits can be scheduled on the first and third Fridays in White Plains or on the second and fourth Fridays in Yonkers, from 8:30 a.m. to 3 p.m. The Health Department clinics are located at 20 S. Broadway in Yonkers and at 134 Court St. in White Plains.

Ask your healthcare provider which vaccines your children need. All 7th and 12th graders must get the meningococcal vaccine, and all students must be vaccinated against whooping cough, measles and mumps.

Health Navigators available through the Health Department can help families and individuals sign up for the health insurance they need. Those without a regular doctor can learn where to go for ongoing primary care. **For more information, call (914) 995-6350.**







# How to Find the Best Back-to-School Deals

With households nationwide spending \$27.6 billion on items like clothes, accessories and supplies, back-to-school is now the second biggest shopping season of the year, according to Deloitte research.

Americans may be parting with a lot of their money, but not necessarily happily. A recent survey from online retailer Zulily finds that 71 percent of Americans think that shoppers spend too much on back-to-school shopping. It's no surprise then that over half of respondents marked budget as the most important factor in making purchases for that first day of school, over convenience and being on-trend.

But experts say you don't have to sacrifice convenience or style to stay on-budget. To help keep your wallet intact while you seek out all the coolest back-to-school gear, merchandising director at Zulily, Carmela Matthews, a retail veteran, offers these shopping tips.

- Plan in advance. Avoid stressful, pricey last-minute shopping. Get started early so you can be finished before all the good seasonal deals are gone.

- Get organized. Put together a checklist so you don't forget any of the necessities.

"Take stock of what you have and what you need by cleaning out closets prior to shopping," Matthews said. "Stay organized by sorting items into piles for donations, consignment and hand-me-downs."



White Plains resident Nilton Mori opened Delicias Del Jireh Peruvian Kitchen in the city four years ago.

- Create a budget. While summer sales can help you save, it's still important to set a realistic spending limit, as well as to look for the best deals available to stay within budget.

- Shop mobile. Apps like Zulily offer parents a wide variety of back-to-school

essentials for kids, whether they're pre-K or college age, at amazing prices. Essentials include apparel, shoes, accessories, school supplies, toys and dorm décor. Savings multiply when shoppers buy two items or more, but the great deals typically only last 72 hours.

With 77 percent of Americans saying that they think school supplies are more expensive today than during the 1990s (according to the Zulily survey) this year, the online retailer is taking a different spin on its time-limited sales and will be launching a special retro collection by debuting a six-week blast-from-the-past sale featuring iconic school season essentials from the '90s – at '90s prices.

On #ThrowbackThursday, Aug. 22, shoppers will have the opportunity to shop new, curated and charmingly retro-inspired goods for the whole family with prices to match the era of Tetris and Lisa Frank.

- Stockpile favorites. When you find something your child loves and needs each year for school at a great price, be sure to buy a few extra so you can take advantage of the great deal for years to come. Purchasing for kids for several years (with the expectation that they will grow) can provide wallet relief.

When you buy multiples of the same item in larger sizes, place them in labeled bins that you can pull out upon closet clean-out the following year to avoid buying duplicates.

With some smart strategizing, you can prepare for a successful, stylish and affordable school year.

*This article was printed by permission of statepoint.net.*

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# O'Connell's Heart: A Mystery Across Oceans, Lands and Time



By Brian McGowan

While it may not lay claim to the "Top 10 Hidden Secrets of Rome," there is a mystery surrounding a very famous Irishman, and what happened to his heart in the years following his death.

The man is Daniel O'Connell, nicknamed "The Great Liberator." He was a huge figure in 19th century Irish history. More than anyone, he came closest to re-establishing an Irish nation by championing repeal of the 1801 Act of Union. That Act, won through bribes, threats and outright coercion in the aftermath of the vicious Rebellion of 1798, abolished the Irish Parliament and relegated Dublin and Ireland to become backwaters of the British Empire.

O'Connell was born on Aug. 6, 1775, in County Kerry, to a distinguished Irish Catholic family. Embracing the law as a career, he found the path of lawful resistance the most promising way to change the status quo and wrest Ireland from British rule. Achieving fame, he was a major force behind the 1829 emancipation of Irish Catholics, releasing them from the draconian measures known collectively as the "Penal Laws." These laws had for several hundred years kept the native Irish an oppressed and impoverished race.

O'Connell sought to change that. He used words as guns and "monster meetings" as his stock in trade. A famous orator, he could

gather thousands at any place to listen to his arguments in favor of repeal. In the end, however, British threats to fire upon the last such monster meeting forced him to back down.

This meeting was to have been held at a site of tremendous historic significance to the Irish, the location of the 1014 Battle of Clontarf, where Brian Boru, High King of Ireland, defeated a Viking force and freed Ireland from several hundred years of Viking domination.

Events quickly eclipsed O'Connell's efforts, and the advent of the Great Famine dealt a death blow to his peaceful efforts at repeal. Weakened by his years of struggle, O'Connell sought a warmer clime in which to regain his health. On a pilgrimage to Rome, he died in the city of Genoa, a broken man.

I toured Genoa as part of a trip to Northern Italy in 2015 and stumbled upon a plaque on the side of a building commemorating O'Connell. It marked the site where he had breathed his last, on May 15, 1847, the darkest year of the Famine. He was 69 years old.

O'Connell had only three wishes, according to a 2010 article in the online Irish Independent: "that his body go to Ireland, his heart to Rome, and his soul to heaven." While the disposition of his soul remains purely speculative, we do know that his body was returned by ship to Ireland and his

remains laid to rest in Dublin's Glasnevin Cemetery. More than a half-million lined Dublin's streets to get a glimpse of his coffin. His grave is today visited by thousands annually.

But what of his heart? Removed by his physician following his death and embalmed, it was brought to Rome, as he wished, but relegated to a resting place in a rather obscure Roman church, Santa Agata dei Goti, rather than St. Peter's Basilica, its original destination. Vatican reluctance to offend the British Empire dictated this change in address, and over time visitors to Saint Agatha's dwindled, as did the memory of the brave heart that lay within its walls, preserved in a silver

reliquary.

Both reliquary and heart were last seen in the 1920's. Did workers installing central heating at the time steal the silver casket? Was it disturbed when the neighboring Bank of Italy extended its vaults into the crypt of the church? The disappearance was not discovered until 1927. Little was done to investigate the mysterious disappearance then, and less interest seems to exist today in discovering what really happened to the heart of arguably the greatest Irishman of his times, unsuccessful though he may have been in his lifelong struggle.

Pleasantville resident Brian McGowan was born and raised in the Bronx and is a second-, third- and fifth-generation Irish-



American/Canadian, as his immigrant ancestors followed several paths to the New World. Reach him at [brian.m.mcgowan1952@gmail.com](mailto:brian.m.mcgowan1952@gmail.com) or on Twitter (@Bmcgowan52M). To see more of his writing on "things Irish," follow his blog, "Rethinking Irish," at [www.rethinkingirish.com](http://www.rethinkingirish.com).

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## FAMILY COURT OF THE STATE OF NEW YORK COUNTY OF WESTCHESTER

In the Matter of a Proceeding Under Article 10  
of the Family Court Act **LAIYA STOVER**

Docket Nos. NN- 16768-19  
Children Under Eighteen Years  
of Age Alleged F/U No. 131936

To be Neglected by  
**SUMMONS (Child Neglect Case)**  
**DIVINE STOVER, Respondent.**

**NOTICE:** placement of your child(ren) in foster care may result in your loss of your rights to your child(ren). If your child(ren) stays in foster care for 15 of the most recent 22 months, the agency may be required by law to file a petition(s) to terminate your parental rights and to commit guardianship and custody of your child(ren) to the agency for the purposes of adoption. In some cases, the agency may file before the end of the 15-month period. If severe or repeated child abuse is proven by clear and convincing evidence, this finding may constitute the basis to terminate your parental rights and to commit guardianship and custody of your child(ren) to the agency for the purposes of adoption.

Upon good cause, the court may order an investigation to determine whether the non-respondent parent(s) should be considered as a respondent; if the court determines the child(ren) should be removed from his/her home, the court may order an investigation to determine whether the non-respondent parent(s) should be suitable custodians for the child(ren); if the child(ren) is placed and remains in foster care for fifteen of the most recent twenty-two months, the agency may be required to file a petition(s) for termination of parental rights of the parent(s) and commitment of guardianship

and custody of the child(ren) for the purposes of adoption, even if the parent(s) were not named as respondents in the child neglect or abuse proceeding.

A non-custodial parent has the right to request temporary or permanent custody of the child(ren) and to seek enforcement of visitation rights with the child(ren).

By order of the family court of the state of New York To the above-named respondent(s) who reside(s) or is found at [specify address(es)]:

**DIVINE STOVER (Mother)**  
**161 South 2nd Avenue**

**Mount Vernon, New York 10550** and to [specify name(s) and address(es) and relationship to child(ren)]:

N/A

Petitions under Article 10 of the Family Court Act having been filed with this Court, and annexed hereto

**YOU AND EACH OF YOU ARE HEREBY SUMMONED** to appear before this Court at 111 Dr. Martin Luther King, Jr. Blvd., 3rd Floor Annex, White Plains, New York 10601, on September 25, 2019 at 9:30 in the morning of that day to answer the petitions and to be dealt with in accordance with Article 10 of the Family Court Act.

Upon your failure to appear as herein directed a warrant may be issued for your arrest and/or the Court may proceed to Inquest and hear and determine the petitions as provided by law.

**Dated: July 25, 2019**  
**Clerk of Court**

## Hudson Valley Honor Flight Seeks Veterans for Fall Flight

Hudson Valley Honor Flight is seeking veterans for its fall flight, taking place on Saturday, Oct. 12.

The October flight will depart from New York Stewart International Airport in New Windsor and will take veterans on an all-expenses-paid trip to visit our nation's war memorials. Veterans will travel by a police-escorted bus convoy while in D.C. for the daylong tour and fly back to New York that evening.

All area World War II, Korean War and Cold War veterans from the following counties who have not previously taken part in a Hudson Valley Honor Flight are eligible to participate: Orange, Ulster, Dutchess, Westchester, Rockland, Sullivan, Putnam,

Pike (Pa.), Bergen (N.J.), and Fairfield (Conn.). In addition, veterans who served in the time between World War II and the Korean War are eligible to participate. Vietnam era veterans are also invited to apply for future flights. Applications can be found online at [www.hvhonorflight.com](http://www.hvhonorflight.com).

"Our fall flight is just around the corner and we still have seats to fill," said Chairman Frank Kimler. "We're seeking veterans to join us for an unforgettable day of reflection, thanks, lots of laughs and maybe a few surprises along the way. We know they're out there! We consider it a privilege to escort our heroes on this trip to our nation's capital. Thank you once again to ShopRite for their generosity in supporting our missions."

## Corrections

In the July 30 issue of The White Plains Examiner in the article "New Cricket Field Opens in Hartsdale," Gerard Byrne, Greenburgh Commissioner of Parks and Recreation, was misquoted, indicating the new cricket field could be reserved by non-residents. Rather, the park is for residents in the unincorporated area of Greenburgh only and their guests. Due to a local law this park cannot be reserved by non-residents.

In the Aug. 20 edition of The White Plains Examiner, the names of the agencies

involved in the dispute reported in the story "Group Home Project Criticized During Citizen's to Be Heard at WP Council Meeting," were interchanged in several places. The story has been corrected and updated online and can be viewed at: <https://www.theexaminernews.com/group-home-project-criticized-during-citizens-to-be-heard-at-wp-council-meeting/>.

The White Plains Examiner regrets any confusion caused by the error.



# Observations and Musings Courtesy of The Home Guru

From time to time, *The Home Guru* picks out snippets from columns that readers have enjoyed. Here is a sampling from past *Home Guru* articles.

## Bathroom Reading

I've never understood the practice of placing reading material next to the bathroom toilet. I've always thought that if the process took long enough to scan a newspaper or take in an article from a magazine, a visit to a gastroenterologist was in order.

## How I First Learned About Sex

With the pending demise of the home phone, it's sad that our children will never know the history and idiosyncrasies of the pre-cordless era. When was the last time, for instance, that you heard the term "party line?" For me, it took on meaning when my family moved to Virginia during a time of limited telephone lines, and most people had to share a line with one or more other families. At 11 years old, my neighborhood buddy, Tommy, and I would listen in secretly to that anonymous woman who was quite verbal with her boyfriend, with whom she was having an extramarital affair. It was a party line, all right. We didn't need sexting.

## A Mattress for Everyone

When I was a single young man, living as a carefree bachelor in the city, I preferred firmer mattresses that allowed greater movement. But once I got married, I preferred softer versions where one tends to sink into a spot and pretty much stay there.

## St. Joseph to the Rescue

There are so many stories about St. Joseph being petitioned successfully to help sell a house, but there are also warnings about the best way to bury his statue in the yard. Usually we are told to bury the statue upside down, facing the house. One real estate blogger shared the story of how his client made a directional error in the way the statue faced, and his neighbor's home across the street sold. And, it wasn't even on the market!

## The Days Before Child Safety Devices

I get so frustrated when I am showing a house and I encounter one of those child safety devices that I cannot figure out, such as those on doorknobs. Too bad they didn't exist when I was two years old. I opened the door to the basement and fell down a flight of steps, landing on my head on a concrete floor. I survived, but as I grew older and starting acting up as a teenager, my mother would say something like, "It must be from the time you fell on your head as a baby."

I soon learned to turn the tables on her and used it as an excuse many times. When



By Bill Primavera

she'd say, "You forgot to take out the garbage again," I would respond, "Gee, Mom, I guess it's from the time I fell on my head."

## The Attic Reveals Our Past

Functionally, the attic is the hat and umbrella of a house, but it is also the repository for the remnants of our past, and anyone who might have looked at the attic in my last home would think, wow, this guy has quite a past.

When it came time to move, I had to clean our attic out for the first time in 25 years. To save steps, we opened the attic window and threw down old clothes, books and office records directly to the lawn to sort out there. Any passerby would have thought that someone had gone berserk inside the house. After a number of subsequent attempts to perform the ultimate job of adequate attic cleaning and organization, I have only one tip: Get help!

## Fear of Heights

Clogged gutters and drains can cause terrible problems in the home such as wet basements, damaged soffits, deterioration of siding materials and soil erosion around the house. To avoid these problems, it is best

to clean rain gutters at least twice a year. You can do it yourself if you're not afraid of heights as I am. Correction: I'm not afraid of heights; I'm afraid of falling off the ladder and breaking my neck.

## Does the Name of Your Street Affect Its Appeal?

Can the name of your street influence the perception of your home and its value, positively or negatively? The thought occurred to me a while back when I read a newspaper report about a complaint among residents in a town in Putnam County where a local motel housed a number of sex offenders in their midst. The motel's street address was listed as Sodom Road.

You just can't make this stuff up.

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



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**Crossword Solution from page 3**

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10	H	A	V	E	O	N						11	L	U	C		
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# Happenings

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

## Tuesday, Aug. 27

**Toddler Tuesday.** Toddler Tuesday is an early literacy story and playtime for ages 2-4 with a caregiver. Children and their caregiver will hear stories, play together, and increase their early literacy skills. Tickets will be given out on a first-come, first-served basis beginning 30 minutes prior to the program. 11 a.m. to 12:30 p.m. White Plains Library, 100 Martine Ave.

**Talkie Tuesdays.** Come and watch movie trilogies. Three great movie trilogies in July. For teens. 2 to 4 p.m. White Plains Library, 100 Martine Ave., White Plains.

## Wednesday, Aug. 28

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

**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.

**Tech Wednesday for Adults.** Artificial Intelligence 101. Participants will learn about the world of artificial intelligence and all of its various aspects. 12 to 1 p.m. at White Plains Library, 100 Martine Ave.

**Which Craft Wednesday.** Coloring Book Club. For students in grades 6 to 8 on a first-come, first-served basis. 3 to 4 p.m. White Plains Library.

**The Artist's Loft.** On the last Wednesday of each month from February through September, join Art Bennett and other guest teaching artists in the library's café space from 6pm-8pm for evenings of fun, creativity, and community. Musicians are welcome every month, with all musical skill levels welcome. Bring your instrument and any tunes you want to work on, or just bring your ears to relax and listen. Art likes to run a workshop-style event, where you get a chance to see how musicians who have never played before work together to create! An electric piano and a PA will be available. 6 to 8 p.m., White Plains Library, 100 Martine Ave.

## Thursday, Aug. 29

**Noonday Concert.** Free concert 12 to 2 p.m. at Renaissance Plaza, White Plains, featuring Alive and Kickin.

**Concussion Conference.** Each year millions of children suffer from athletic head injuries that may result in a concussion. The debate on the topic has led to confusion and misinformation. Learn how to recognize the signs and symptoms of concussions, what to watch out for and help in navigating the process if your child is injured; the important role of exercise and active rehabilitation; and the impact on return to learn and return to sports. For parents, coaches, teachers, school administrators, healthcare professionals and adults overseeing youth sports. Refreshments will be served. County Center, 198 Central Ave., White Plains. 6 to 8:30 p.m. Free. RSVP required. Info and RSVP: Visit [www.concussion19.eventbrite.com](http://www.concussion19.eventbrite.com).

**T(h)ech Thursday for Teens:** How to Build a Computer. Participants will learn about the various parts of a computer and how they work together. 2 to 3 p.m. White Plains Library.

## Friday, Aug. 30

**Ossining Food Truck Fridays & Concert Series:** Marc Von Em. Ossining concludes its summer concert series with an evening of food trucks, craft beer, wine and cider and music. Louis Engel Waterfront Park, 25 Westerly Rd., Ossining Food trucks at 5 p.m. Music at 7 p.m. Free admission. Info: Visit [www.OssiningChamber.org](http://www.OssiningChamber.org).

**Movie: The Good Dinosaur.** A double feature of movies each Friday in Galaxy Hall in August. The Good Dinosaur (PG, 2015). In a world where dinosaurs and humans live side-by-side, an Apatosaurus named Arlo makes an unlikely human friend. 11 a.m. to 2 p.m. White Plains Library.

**Movie: Early Man.** Set at the dawn of time, when prehistoric creatures and woolly mammoths roamed the earth, Early Man tells the story of Dug, along with sidekick Hognob as they unite his tribe against a mighty enemy Lord Nooth and his Bronze Age City to save their home. 2 to 4:45 p.m., Galaxy Hall, White Plains Library.

## Saturday, Aug. 31

**Farmers' Market.** Downtown Farmers' Market on Court Street in White Plains. Saturday opening day with music and special events. Hours of operation each Saturday are 9 a.m. to 2 p.m.

**"Rock 'N' Roll High School."** High school punk Riff Randall just wants to slack off, have fun and listen to the Ramones in her bedroom. But when the school administration installs the oppressive and fascistic Miss Togar as the new principal, Riff and her friends have to stand up and fight to either take their school back – or knock it right to the ground. Featuring a killer soundtrack showcasing songs from Brian Eno, The Velvet Underground, MC5, Wings, Fleetwood Mac, Devo and, yes, several Ramones classics, this film is the perfect way to cap off the summer and flip the bird to the back-to-school blues. Part of the Summer Late Nights series. Jacob Burns Film Center, 364 Manville Rd., Pleasantville. 9:15 p.m. Members: \$10. Non-members: \$15. Info and tickets: Visit [www.burnsfilmcenter.org](http://www.burnsfilmcenter.org).

## Sunday, Sept. 1

**Feeding Fun.** It's mealtime for the animals. Come see what's on the menu and learn the critters are kept healthy. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. 1 to 2 p.m. Members: Free. Non-members: \$8. Info: 914-723-3470 or visit [www.greenburghnaturecenter.org](http://www.greenburghnaturecenter.org).

## Ongoing Events

**"Between Nightmares and Fairy Tales: Works on Paper From 2014-2019."** This exhibit will present a salon style installation of works on paper in black and white and color by Westchester artist Adam Handler. Recognized internationally and nationally for his whimsical, faux naive style of artmaking, Handler's graffiti-like works present a cast of unlikely characters including female figures, ghosts, Pac-men, animals, bats and tulips. New images are constantly emerging! Madelyn Jordon Fine Art, 37 Popham Rd., Scarsdale. Gallery hours are Tuesday through Saturday 10 a.m. to 5:30 p.m. Free. Exhibit continues through Aug. 24. Info: 914-723-8738 or visit [www.MadelynJordonFineArt.com](http://www.MadelynJordonFineArt.com).

**"Cool & Collected."** This exhibit features Mark Bartkiw, Julie Maren, Siobhan McBride, Vicki Sher, Audrey Stone and Kit Warren. The show is an exciting opportunity for the gallery to explore new talent and to introduce a new group of artists to its collectors. The show is curated by Lani Holloway and Kenise Barnes. Kenise Barnes Fine Art, 947 Palmer Ave., Larchmont. Gallery hours are Tuesday through Saturday from 10 a.m. to 5:30 p.m. and by appointment. Free. Exhibit continues through Sept. 7. Info: 914-834-8077 or visit [www.kbfa.com](http://www.kbfa.com).

**"Reflections."** An alluring odyssey in landscape, still life and seascape images. Artist Jarvis Wilcox and sculptor Edward Walsh realize the poetry of our present

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world, creating impressionistic images that animate our transient quests. As a student of Goya and Velasquez, Wilcox revels in the density of rich colors, applying layers of oil paint in dynamic patterns. Shimmering seas, vary from the peaceful to the monumental imposing compositions of unavoidable density of the paint upon canvas. Walsh experiences vivid impressionism that he translates in dense mediums manipulated in volume, shape and line suggesting both human and animal forms that excite the imagination. Curated by Audrey Leeds. The Art Gallery at the Rockefeller State Park Preserve, 125 Phelps Way, Pleasantville. Gallery open daily from 9:30 a.m. to 4:30 p.m. Free. Parking: \$6. Exhibit continues through Sept. 8. Info: 914-631-1470

**Story Walk.** Join a naturalist on a short walk to the Native Plant Meadow while enjoying a nature-themed story. Greenburgh Nature Center, 99 Dromore Rd., Scarsdale. During center hours. Continues through Sept. 22. Info: 914-723-3470 or visit [www.greenburghnaturecenter.org](http://www.greenburghnaturecenter.org).

**"The Edge Effect."** This exhibit describes an ecological phenomenon in the border area between disparate habitats, such as a meadow and a forest, which results in exponentially greater biodiversity. The Katonah Museum of Art recognizes that a museum creates a similar environment where works from artists with diverse backgrounds and locations are brought together to foster dialogue and spark creativity. Just as a border area is teeming with life, an exhibition can be a fertile place of ideas and images. This juried exhibition includes works in all media and subject matter submitted by artists throughout the U.S. and 13 countries. Awards will be granted to the top three submissions. Katonah Museum of Art, 134 Jay St., Katonah. Museum hours are Tuesday through Saturday 10 a.m. to 5 p.m. and Sundays 12 to 5 p.m. Adults: \$10. Seniors and students: \$5. Children (under 12) and members: Free. Exhibit continues through Sept. 22. Info: 914-232-9555 or [www.katonahmuseum.org](http://www.katonahmuseum.org).



## Shop The Annual Saxon Woods Garage Sale

Go on a treasure hunt and shop 'til you drop at the annual Saxon Woods Garage Sale. Mark your calendar for Saturday, Sept. 21, from 9 a.m. to 3 p.m. at Saxon Woods Pool in White Plains.

Almost 100 individuals and families will be on site selling pre-owned items such as clothing, household items, electronics,

accessories, jewelry, furniture, toys, books and sporting goods. You may even discover something you never knew you needed, so be sure to visit all the sellers.

Admission and parking for shoppers are free. The rain date is Sunday, Sept. 22.

Saxon Woods Pool is at 1800 Mamaroneck Avenue in White Plains.



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# Wine in Heat: Think About the Consequences



By Nick Antonaccio

*I'm away this week, squeezing in a bit of end-of-summer time with family. Below, I have reprised a Grapevine column from August 2011.*

Here we are in the midst of the August doldrums. It may be great if you're baking yourself at the beach, but for the rest of us, each day is another opportunity to bake under blistering temperatures, without any relief of a refreshing dip in an ocean, bay or lake.

As each day progresses—from the morning commuter train with the malfunctioning air conditioner, to sitting in traffic with the late-day sun penetrating our brains—we feel our bodies wilting, blood boiling and skin glistening from sweat. Thank goodness, at the end of the day we can readily find relief in a glass of cold Provençal rosé or a slightly chilled Spanish garnacha.

Take a step back. Consider the environmental issues that other living organisms must endure during the heat of summer—including wine. That glass of wine you are about to pour into your wine glass may have suffered a torturous journey similar to yours before it so lustily satiated your thirst.

Did it fare better than you did? Assuming that modern transportation and storage

technology, coupled with the advanced science of temperature control, has dealt your wine a better fate than you have persevered through, you eagerly bring the wine to your lips, expecting instant relief from the travails of the day.

Aargh. The wine smells and tastes as if it was cooked for a prolonged period in a microwave. It has the aromas and flavors of stewed fruits or burnt caramel; it doesn't taste of fresh grapes. What's going on?

The proper oenological term for this phenomenon is "cooked" wine. In essence, your summertime bottle of wine was not stored and/or transported under ideal temperature controls as it traversed the land and/or ocean from winery to consumer.

Wine is a living organism and is susceptible to changes in its environment. If ambient temperatures rise or drop gradually (generally within a 10-degree range), it can adapt—just as you and I do. If temperatures rise or drop dramatically for extended periods, the molecular structure of a wine is altered. The wine may expand, increasing the air pressure inside the bottle and pushing the (natural) cork upward; this allows air into the bottle, causing oxidation.

Your wine has been cooked.

Most, if not all, of the storage facilities that wine travels through on its way to your table have modern-day temperature control installations. However, one weak link in the chain will destroy wine. Refrigerated trucks, cargo ships, warehouses, retail shops and homes assure us of proper environments for wine.

But consider this: if the truck that transports wine from a French winery to an unairconditioned freight dock that is hours away on a hot summer Provençal day, the cases of rosé may cook. If a distributor's warehouse loses power for an extended period, the stored Spanish garnacha wines may cook.

If UPS is delivering wine to your home on a 99-degree day, and you are the last stop, your wine is at risk. (More ominous: you're not home and the process is repeated again.)

If you're drinking a wine for the first time, it may be difficult to discern if the wine has gone bad or is simply a bad wine. The safest course of action is to return the wine and ask your trusted wine merchant to make that determination.

Is there a way for consumers to detect cooked wine prior to opening a bottle? Unfortunately, no. My advice: find a

reputable distributor or importer that protects its wines; be wary of retailers who receive large land-freight orders in the summer months; and never order wines for shipping directly to your home during beach weather.

It's bad enough if you're cooked; it's worse if your wine shares the same fate.

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](mailto:nantonaccio@theexaminernews.com) or on Twitter @sharingwine.



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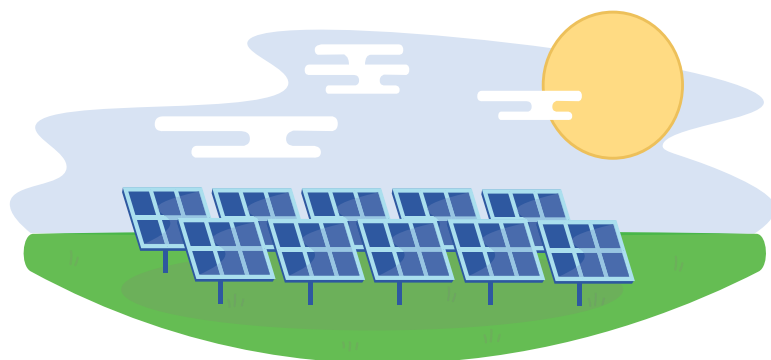
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# The WHITE PLAINS Examiner Sports

## White Plains Football Team Sets Goal of a Home Playoff Game

By Rob DiAntonio

Coming off a 6-3 season, the White Plains football team returns many key skill players and Mike Lindberg is optimistic heading into his fourth season as head coach.

"We want a home playoff game and we want to win the league," said Lindberg, who previously was the head coach at Our Lady of Lourdes and then an assistant coach at Arlington. "Those are our main goals right now. And just get off to a good start. Start off 1-0 and just kind of build from there."

Scoring points wasn't a problem for White Plains last season and Lindberg doesn't think that will change in 2019 for the speedy Tigers.

"Offensively, we should be very good," said Lindberg, whose team averaged almost 34 points per game last season. "We're very good with our skill guys. We get guys the



Ben Finkel fires a pass during a practice last week. The senior quarterback steps into a starting role after being the back-up last year.



Eli Pierre catches a pass in stride during last Thursday's practice.

ball in space and let them be athletes. We do speed work and really focus on being fast."

The Tigers work on their speed in practices doing "flying-30s" and other drills, but Lindberg doesn't make his team wear themselves out either.

"We're going to train to be fast but we don't want to beat our guys up," he said. "We want to make sure that we're really fast on game night. Our main thing we talk about is 'feed the Tiger,' so we're feeding our speed. That's what we are, so let's just embrace it."

Leading the Tigers' offense will be senior quarterback Ben Finkel. Finkel was a backup to the graduated Marcus Andre last season but did see some reps before suffering an injury.

"He's a big, strong kid," Lindberg said of Finkel, who is 6-foot-3 and also plays lacrosse and basketball.

Christian Young, a senior, is the team's top returning running back. He had 61 carries for 306 yards (5.0 yards per carry) and rushed for six touchdowns last season.



Tim DuBois works with the quarterbacks during a drill last week.

"He's very fast and he always makes a good football move," Lindberg said. "We're expecting big things from him."

Senior Josiah Harris is White Plains' No. 1 receiver. He caught 45 passes and gained 922 yards while scoring six touchdowns last year.

Another senior, Johnny Pasqualini, is a three-year starter on the offensive line. Ashlen Chevalier, a junior, is another returning starter on the line.

"They were our right side of the line last

*continued on next page*

ROB DIANTONIO PHOTOS



# EXAMINER SPORTS

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Caleb Gillen, seen here running the ball at practice, is a starting senior linebacker.



Mike Lindberg enters his fourth season as head coach of the Tigers.

year, so we feel pretty good about that," Lindberg said. "The other side (of the line), we're still piecing those in. Guys that were in the rotation last year that weren't starters, but they got game time."

The Tigers return an experienced defense. "We feel pretty good about our defense," Lindberg said. "Pretty much our d-line comes back, we return three linebackers and

a safety. We're very athletic on defense. We talk about getting to the ball. Teams shouldn't be able to run away from us because we can run people down. Even if we're not in the right place, we're athletic enough where we can make up for it."

Leading the linebacker core are seniors Caleb Gillen and Saheed Baize and junior Chris McGuire.

"The last game of the year last year, those three were our starting linebackers and they're all back," the coach said. "We feel good about our linebacker situation."

Harris returns at safety to spark the defensive backs.

A quartet of seniors lead the defensive line: Pasqualini, Chevalier, Jonathan Fortes

and Laron Morton.

White Plains, which fell to defending section champion New Rochelle in the first round of the Section 1 Class AA playoffs last year, opens the season by hosting the Yonkers Force at 6 p.m. on Friday, Sept. 6. The Tigers fell to the Force 33-16 in Week 3 last season.

"That was one of our rougher games last year," Lindbberg said. "We didn't play very well and they beat us. We're pretty motivated for that game. Yonkers has four high schools that make up one team so they've got a lot of talent there. We're hoping if we come out, play fast and just play smart football, we think we'll be okay. They're going to be one of our tougher games."



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# Airing it out

## White Plains Heads into 2019 Football Season with Skill Players Galore



ROB DIANTONIO PHOTO

Senior quarterback Ben Finkel throws a pass during a practice last Thursday afternoon. White Plains will open its season when it hosts the Yonkers Force at 6 p.m. on Friday, Sept. 6.