

**Wedding 50 Years
in the Making.
..page 9**



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NW COVID-19 Cases Breakdown:

Village of Ossining 1,087 (14)

Peekskill 1,020 (23)

Cortlandt 906 (30)

Yorktown 738 (15)

Somers 402 (7)

Croton-on-Hudson

209 (0)

Town of Ossining 158 (0)

Buchanan 39 (1)

Westchester

(Active) 451

The NORTHERN WESTCHESTER Examiner

Covering Yorktown, Somers, Cortlandt, Croton-on-Hudson, Buchanan, Ossining and Peekskill

August 4 - August 10, 2020

SMALL NEWS IS BIG NEWS

Volume 12, Issue 554

Nurses at NYPA/HV Hospital Rally for New Contract

By Rick Pezzullo

Nurses at NewYork-Presbyterian/Hudson Valley Hospital in Cortlandt rallied outside their workplace last week for a new contract.

Joined by area elected officials and other supporters, nurses and their advocates took hospital administrators to task for refusing to negotiate in good faith and allegedly using hardball tactics against the approximately 270 nurses.

Sue Beck, a nurse for 29 years and a member of the nurse's union bargaining committee, called a negotiating session last Wednesday "disheartening." She said nurses haven't had a salary increase in two years, while other employees and management at the hospital have received higher wages.



PHOTO BY RICK PEZZULLO

Nurses received plenty of support at rally in Cortlandt Thursday

"We demand respect and a seat at the table and this is how NewYork-Presbyterian has chosen to respond," Beck said. "It has been a very long road for us. NewYork-Presbyterian does not

respect us or our work. We want to settle our contract so we can focus our energy on saving lives. We deserve it."

Beck and others said nurses were being punished for form-

ing a union against the hospital administrator's wishes and refusing to agree to a stipulation offered where they would be given a wage hike if a lawsuit filed by a nurse who was terminated would be withdrawn.

Attempts to have hospital officials address the allegations were unsuccessful. However, NewYork-Presbyterian Hudson Valley Hospital released the following statement after the rally was held: "We value our skilled and dedicated nurses and respect their union's right to informational picketing. Our goal during the ongoing negotiations remains to reach a fair and reasonable agreement that rewards our nurses for their tremendous commitment and contribution to providing exceptional patient care."

During the peak of the coro-

navirus outbreak in the region in the spring, when the hospital was at 120 percent capacity and nurses were being asked to work in unfamiliar areas, two nurses died from COVID-19 and others became ill.

"This health system is one of the wealthiest in the nation," said Judy Sheridan-Gonzalez, president of the 42,000-strong New York State Nurses Association. "Other nurses in the NewYork-Presbyterian system got three percent raises. We got nothing. They call us heroes. We are heroes, not zeroes."

Members of the Peekskill Common Council were on hand to support the nurses, along with State Senator Peter Harchuk, Westchester County Legislator Colin Smith, Yorktown Supervi-

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Hen Hud, Peekskill Schools Outline Draft Plans for Reopening

By Rick Pezzullo

School officials all agree the upcoming school year will be like no other because of the lingering coronavirus pandemic. What isn't certain is exactly how each school district will operate.

The Hendrick Hudson and Peekskill school districts last week separately released draft reopening plans for September if Governor Andrew Cuomo gives the go-ahead for schools to open their doors in September.

"We know there is a lot of anxiety, frustration and stress right now, and we share many of the same emotions. Please know that we are all in this together," Hendrick Hudson Superintendent of Schools Joseph Hochreiter stated. "We feel good about where we are at this point. We've net-

worked with many of our colleagues in the region and New York State, during this unprecedented time. We are basically rebuilding our schools from scratch under very specific time constraints."

Hochreiter explained Hendrick Hudson is building a schedule where all kindergarten through fifth grade students will return to school in September, Monday through Friday, with normal school hours. However, that may be subject to change, depending on staffing and transportation.

Middle and high school students will be split into two groups (A and B), with each group attending school in person, two days a week. Group A will attend school on Monday and Tuesday, and Group B will come in on Thursday and Friday. All students will receive remote instruction on Wednesday.

"The student experience at both the mid-

dle school and the high school will be a little different. Both schools are putting together a block schedule, which will reduce classes and transitions and help reduce traffic in the hallways," Hochreiter said. "It will also provide some additional academic focus for students, as they will only need to prepare for three or four courses on their days in school."

Like Hendrick Hudson, Peekskill has submitted reentry plans that address social distancing, mask wearing, reducing the number of students on buses and in classrooms, meal requirements, and reducing hallway traffic.

A Parent Reopening Survey circulated in Peekskill received input from 977 families covering more than 1,500 students.

"Our vision is to provide our students with an educational experience that focuses on health, wellness, academics and youth

development while ensuring a safe school environment," Peekskill Superintendent of Schools Dr. David Mauricio stated. "The Peekskill Reopening Plan is to be viewed as a 'living document' as we will update this plan as data, guidance, information and circumstances change."

As was standard for all districts, Peekskill has developed a plan for three options: full in-school attendance, partial attendance and full virtual learning. However, full in-school attendance has been ruled out under the current health conditions.

"Our plan strives to create the best education and support programming for our students given the district, nation and global economic and health realities that face us each day," Mauricio stated.

Both districts draft plans can be viewed on their websites.



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Yorktown Seeks Renewal with Overlay Zone, Marketing Campaign

By Martin Wilbur

Yorktown officials announced a proposed overlay zone last Tuesday and an accompanying marketing campaign designed to attract developers and new businesses to help the town revitalize its business hamlets.

Supervisor Matt Slater said the Town Board introduced legislation at its July 28 work session for a Planned District Design Overlay Zone. It would provide the town with flexibility in its current commercial districts to encourage the development of mixed-use projects, diversified housing and pedestrian- and bike-friendly streets.

During a morning press conference outside Town Hall, officials also unveiled the Destination Y campaign to promote investment and the relocation of businesses to the municipality. A website, destinationY.org, and a #destinationY social media campaign, have been created and will be active through November. Its theme is "Yorktown: Up where we belong!"

Slater said the zoning in the five business hamlets will remain the same but the overlay zone would recognize that each area is unique and allow some currently prohibited uses, thereby making it easier for property owners and developers to adapt.

"We believe the overlay zones are the answer," Slater said. "They will focus on live-work retail-residential spaces and encourage the construction of diversified

housing options and new economic development opportunities within our business hamlets."

The town's Comprehensive Plan has identified three areas of town, Lake Osceola, the Bear Mountain Triangle – about 23 acres surrounded by Route 202, the Bear Mountain Parkway Extension and the Taconic Parkway – and pieces of Shrub Oak that are well-suited for the overlay zones, said Director of Planning John Tegeder.

It could also benefit properties such as the Yorktown Green Shopping Center in Yorktown Heights, which has been frequently plagued over the years with massive vacancies.

"It's proposed to add certain different types of uses," Tegeder said. "We'll be looking at mixed uses, residential – it's not allowed right now – so we're looking to have overall flexibility so that we can plan for the best outcome rather than just stuck into parameters that are existing in underlying zones."

In addition, there will be a streamlined review process for projects in the overlay zones such as pre-application meetings with developers, expedited building permit processes and the waiving of fees for businesses to operate outside.

Many other communities in Westchester have adjusted zoning to revitalize their downtowns near Metro-North train stations, which Yorktown does not have. But Slater said Yorktown has other advantages it can offer. National chains such as Nestle

Waters, which was approved in May for a distribution center in town, and Tractor Supply Co. and many smaller operations have been looking to move to Yorktown.

"While we don't have a mass transit train station, we do have Bee-Line bus service that comes through Yorktown, and may I also point out that we are the only northern Westchester community that has a north-south, east-west corridor with the Taconic (Parkway) and Route 202," Slater said. "It's a big selling point."

Meanwhile, the Destination Y campaign will also help the town and its business organizations attract businesses of all sizes to Yorktown with the goal of generating good paying jobs and expanding the local tax base. It comes at a time when virtually all municipalities are worried about their fiscal situation, Slater said.

"We're not just going to say we're open for business, we're going to prove it," he said.

Business Council of Westchester Executive Director John Ravitz applauded Yorktown's rebranding effort and for looking to make its business district zoning more flexible to deal with today's unprecedented challenges.

"We are in such uncharted waters," Ravitz said. "We are dealing with things that probably none of us thought we would have to deal with, and now, more than ever, we need business and government to talk with each other and come together to come up with ideas, outside-of-the-box ideas, strate-

gies that maybe three or four years ago we never thought we would even discuss."

Nancy Stingone, executive director of the Yorktown Chamber of Commerce, called Destination Y the biggest initiative ever taken to promote the town while the overlay zone proposal is "one of the single most important pieces of legislation positively affecting our business community."

Nurses at NYPA/HV Hospital Rally for New Contract

continued from page 1

sor Matt Slater and Mondaire Jones, Democratic candidate to replace retiring U.S. Congresswoman Nita Lowey.

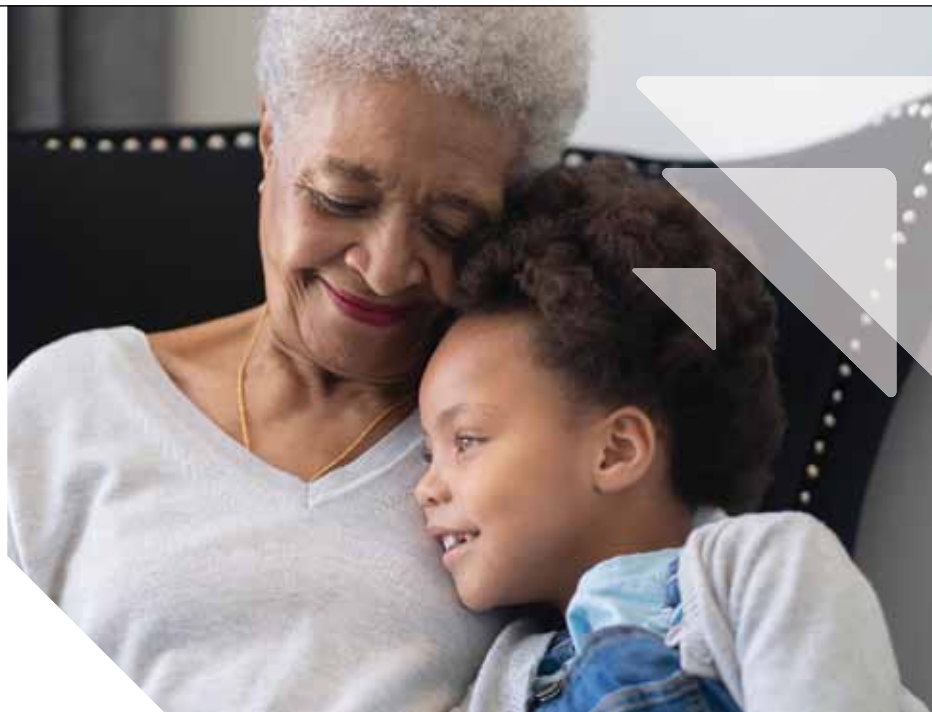
"There is no one more essential than the nurses that work at this hospital," Jones said. "They risk mental and physical health to save lives. Right is right and wrong is wrong."

"The word is fair. They're not asking for a million dollars," said Peekskill Councilwoman Patricia Riley. "They're asking for respectable wages. Heroes do work here. Now heroes need to be paid here."

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Ossining Bar Loses Liquor License; Private Parties Reported

By Rick Pezzullo

An Ossining bar was one of seven establishments in the metropolitan area last week and the only one in Westchester that had its liquor license suspended by the State Liquor Authority (SLA) Thursday for violating COVID-19 regulations.

The SLA received a referral from the Ossining Village Police Department regarding an incident at Atlantic Bar & Restaurant at 84 Croton Ave. on July 24.

Officers observed several patrons congregating outside, with the front door to the business locked, according to a release from the governor's office. Officers had the owner open the front door, where they observed numerous patrons inside drinking and mingling with no facial coverings and no food being served.

"The rising rate of infection among young people and the issue of crowded bars is not unique to New York – the World Health Organization has warned about it, states all across the country are dealing with it, and even the President has said young people should avoid bars – but we are taking decisive action in the Empire State to make sure it does not undermine our progress against the coronavirus," Cuomo said.

The state's multiagency task force, led by the state police and the SLA, has completed 1,966 compliance checks and observed 96 violations, for a non-compliance rate of almost 5 percent. Businesses who violate COVID-19 regulations face fines up to \$10,000 per violation, while egregious violations can result in the immediate suspension of a bar or restaurant's liquor license.

"We will continue to hold licensees accountable for protecting New Yorkers' health and safety in bars and restaurants," said SLA Chair Vincent Bradley. "New Yorkers have sacrificed to bend the curve of coronavirus, and at a time when dozens of states are seeing cases surge, we all have a shared responsibility to keep this virus at bay."

After state investigators observe violations, formal charges are filed and fines may be issued. Emergency summary suspensions are imposed when the SLA finds the continued operation of a licensed business threatens public health and safety.

Suspension orders are served immediately and remain in effect indefinitely. Licensees subject to an emergency suspension are entitled to an expedited hearing before an SLA administrative law judge.

Westchester Looking at Parties

Westchester officials sought Monday to get facts out about COVID-19 testing and how negative results do not protect people in large-group gatherings after social media reports surfaced that there have been as many as a dozen parties involving teenagers or young adults.

Hosts of private parties throughout Westchester have been requiring guests to show a recent negative COVID-19 test in order to gain admittance, County Executive George Latimer said.

County Health Commissioner Dr. Sherlita Amler said the tests do not enable anyone to attend large gatherings safely or give an individual an exemption from wearing a mask or from self-quarantining upon returning from a state that is on the mandatory two-week

quarantine list.

"Don't think you can get any one of these tests and get a negative (result) and then go to a large event and be safe at that event and not spread it to others," Amler warned, "because there's no test that can really tell you that in that moment of time."

Amler said there continues to be misunderstanding with some segments of the public about the different types of tests and what that information yields. The antibody test is a blood test that shows whether a person has been infected by the virus; the antigen test is a rapid test that can inform a person within an hour whether they are infected with COVID-19, but it carries a false negative rate of as much as 35 percent; and the more standard molecular test that swabs the inside of the nose and tests for the virus infection.

A person can receive a negative in the morning and be infected by the time they attend a party at night, she said.

"A negative test does not mean you are protected, you have a cone of invincibility around you because you have a negative test," Latimer said.

The state's daily tracker of cases shows that New York State is maintaining a daily transmission rate of about 1 percent on a daily basis. From July 23 through Aug. 2, the statewide daily transmission rate barely budged – at 0.9 to 1.1 percent.

In Westchester, there were 463 active COVID-19 cases and 44 hospitalizations as of Sunday. In the week between July 26 and Aug. 2, there were three COVID-19 deaths in the county.

—Martin Wilbur



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Josh Cabernet \$11.97	Meiomi Pinot Noir \$17.97	Kris Pinot Grigio \$9.97	Hendricks Gin \$29.97	LaMarca Presecco \$15.97	Kendall Jackson Chardonnay \$11.97
Cavit Pinot Grigio \$11.97 1.5L	Blackstone Merlot \$7.97	Santa Margherita Pinot Grigio \$21.97	Coppola Claret \$14.97	Bombay Sapphire Gin \$38.97 1.75L	Mondavi Bourbon Barrel Cabernet \$11.97
Clos Du Bois Chardonnay \$9.97	19 Crimes Red \$7.97	<p>Now you can take us with you wherever you go! Download our Mobile App!</p> <p>Available on the iPhone App Store</p>		Yellow Tail Pinot Grigio \$9.97 1.5L	Ruffino Chianti \$9.97 1.5L

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State Postpones \$3B Environmental Bond Act Until November 2021

By Martin Wilbur

The \$3 billion Environmental Bond Act, a key piece of Gov. Andrew Cuomo's 2020 agenda to fight climate change and create jobs, has been taken off the ballot for this fall's general election.

As news filtered out of Albany last Thursday that Cuomo had postponed the referendum until November 2021 because of New York's precarious fiscal situation, environmental advocates expressed their disappointment at the turn of events.

"Government can't continue treating the environment as a luxury – it is a critical asset," Julie Tighe, president of the New York League of Conservation Voters said in a statement last week. "Clean water, clean air, and open space support public health. When we don't provide them, the people hurt most – those who live in environmental justice communities – are also those most impacted by respiratory illnesses like the coronavirus and extreme weather like the (recent) heat wave. We believe the Bond Act would have been an incredible opportunity to invest in environmental projects while jumpstarting the economy by creating tens of thousands of family-supporting jobs."

Tighe added that last week's decision means state leaders must vow to protect the Environmental Protection Fund, Clean Water Infrastructure funds and other efforts more vigorously.

Since the start of the COVID-19 crisis in March, the governor has repeatedly



Gov. Andrew Cuomo's administration decided to take the \$3 billion Restore Mother Nature Bond Act off the ballot for this year and put it up for a vote in 2021.

warned that unless the federal government provides relief packages to state and local governments across the United States, New York will be forced to make significant across-the-board cuts in the budget by as much as 20 percent.

During Cuomo's State of the State address in January, the Restore Mother

Nature Bond Act was one of the single largest initiatives he laid out for this year. It would have helped the state develop a green economy while protecting natural resources.

Money from the proposition would pay for various environmental-related projects, including development of infrastructure to achieve those goals, Cuomo said at the time.

Assemblyman David Buchwald (D-White Plains) said last week while the decision to postpone the proposition for a year is a temporary setback for the environment, there are too many fiscal uncertainties facing the state to ask voters to borrow \$3 billion.

"I don't know that any of us know that this November voters will be of a mind to authorize \$3 billion in borrowing," Buchwald said.

Assemblyman Thomas Abinanti (D-Pleasantville) said he understood the rationale behind the postponement but believed it could have been a boon to the economy as well as the environment if it was left on the ballot this year.

"I think the governor's move is counterproductive," Abinanti said. "We want to stimulate the economy with environmentally-friendly projects and jobs. It seems to be the appropriate thing to do, and let the voters determine whether they want to spend this money at this time."

Although the legislature approved the proposition earlier this year, there is a

loophole that gives the state budget director the latitude to call it off if it's determined that the state may be unable to afford expenses or repayment associated with the bond within the same fiscal year, he said.

If it's placed on the ballot in 2021, the Environmental Bond Act will potentially be decided by far fewer New York voters, since odd-numbered years are off-year elections. Buchwald said he doubted that had anything to do with the decision and there's no telling whether having fewer voters would be beneficial in getting the proposition passed.

"Maybe by next November let's hope that things are in a better posture, but we just don't know yet," Buchwald said.

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County Legislators Authorize \$4.5M for Voting Machines, Equipment

By Martin Wilbur

County legislators approved two bond acts Monday authorizing more than \$4.5 million for new voting machines and related equipment in hopes of avoiding voting problems this November that surfaced in the June primaries.

By a 12-5 margin, the Board of Legislators approved bonding up to \$3,028,000 to buy as many as 280 new Dominion ImageCast Evolution machines that will nearly triple its inventory of the all-in-one optical scan tabulator and ballot-marking device.

Another \$1,524,000 was authorized for equipment such as poll pad units, poll pad print tablets and accessories that will help the county Board of Elections hold the election.

The action was taken after the Westchester Board of Elections commissioners, Democrat Reginald LaFayette and Republican Doug Colety, spent nearly five hours at a Committee Meeting of the Whole last Wednesday explaining the massive difficulties experienced during the primary and in tabulating the votes.

LaFayette said while it was believed that the pandemic caused the consolidation of the polling sites, it was largely the inadequate number of machines. For the June 23 primary, 943 election districts were consolidated into 62 polling sites across Westchester, when normally there would be 363, he said.

The county had about 160 machines for the primary. There are two machines needed at each polling site plus additional machines for the 17 early voting sites. The machines used for early voting cannot also be used for voting on the day of the primary or on Election Day.

"Because they did not have enough equipment to open up more sites, we consolidated them," LaFayette said. "Whenever you consolidate – I'm always against consolidation – because whenever you consolidate you bring in problems."

However, there has been intense criticism of the Dominion ICE machine because of various design flaws. Dominion is one of only two voting machine models that have been certified by the state to use in New York.

Other hurdles that the Board of Elections faced included a shortage of poll workers because many are older and did not want to work during a pandemic and the extreme number of absentee ballots.

Colety said there were 39,406 in-person votes cast on June 23, about 11,900 votes cast during the nine days of early voting and about 67,000 absentee ballots. Another 2,000 paper ballots were not counted because of defects or postmark issues.

"Despite everything, despite the unprecedented turnout, unprecedented health risk and an unprecedented political environment, the system worked and we're very proud of the result here," Colety said.

He said the Board of Elections has

confirmed 189 sites for the Nov. 3 general election and is working to confirm 262 sites. The early voting sites will remain the same.

Colety said that the county should emphasize early voting. There were virtually no difficulties during the nine days of early voting, he said.

While many candidates declared victory or conceded earlier in July, the Board of Elections didn't certify the results until more than a month after the polls closed.

Despite comments from the commissioners that the voting worked well, many county legislators demanded that the system be improved for what could be a colossal turnout for this year's general election. In 2016, there were 417,256 votes cast in the presidential election in Westchester.

"People who experienced (problems) before the primary will experience them again because the challenges will be equal of greater to what we experienced in the primary," said County Legislator Vedat Gashi (D-Yorktown).

LaFayette responded that because of social distancing and heavy turnout, long lines snaked out the door and down the street in some cases.

One of the most outspoken legislators was Catherine Parker (D-Rye). At the lone Mamaroneck polling site for the primary, long lines formed late in the afternoon on June 23. The last voters did not leave the polling place until 1:15 a.m. Parker

said she knows of people who gave up and chose not to vote rather than spend multiple hours on line.

"Anytime, a voter is disenfranchised like that, I'm sure you don't feel great about it, I don't feel great about it," Parker said. "As a democracy, voting is like our number one thing, that makes our democracy special and so that really is upsetting to me."

Legislators pressed the commissioners to focus on how they can ensure a smoother process. In addition to more voting machines and offering higher pay for poll workers to attract more people, communicating the different ways the public can vote will be crucial, said Legislator Nancy Barr (D-Rye Brook).

"We need the communication to come early and often," she said.

Legislators also expressed dismay at the mistakes on the early voting cards that were sent out which mixed up the addresses for the Mount Kisco, Mount Pleasant and Mount Vernon sites.

LaFayette said the error was inexcusable and that staff members were spoken to following that mistake and would not happen again.

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No. Castle Permits Gyms, Small Instructional Groups to Operate Outside

By Martin Wilbur

North Castle officials approved temporary regulations that would allow gyms and small group instructional space to operate outside to help those business owners survive restrictions they have been facing during the ongoing pandemic.

The Town Board recently agreed to allow special temporary outdoor gym and small space instruction permits that could also

allow other outfits such as yoga or martial arts studios to use up to half of any off-street parking while not exceeding the current indoor capacity.

The provision is similar to what the board approved about two months ago that temporarily allows restaurants to have outdoor dining.

Building Inspector Robert Melillo said he was approached by a local gym operator who suggested the idea because his operation

is in jeopardy of shutting down since being forced to close in mid-March. The goal is to help these businesses stay solvent and survive the COVID-19 crisis, he said.

About a month ago, Gov. Andrew Cuomo allowed certain outdoor recreational activities to resume that are deemed to be low risk as part of an executive order.

"I know the last thing we want to do is have any of these businesses go out and have an empty, vacant tenant space in town," Melillo said. "So I'm really going to work really hard with these businesses to try and allow this, to do whatever they need to do within reasonable limits at this point."

If a permit is applied for and granted, it allows outdoor group instruction to take place until Nov. 1 from 7 a.m. to 8 p.m., said Director of Planning Adam Kaufman. There would be no additional lighting allowed. Expiration of the temporary permit would also go into effect within five business days of an executive order permitting full indoor occupancy.

All equipment that is used must be temporary and must be "readily removable," according to the town's resolution. All employees and patrons must wear masks and social distancing protocols must be observed.

There are about four businesses in town that would likely be helped by the availability of the temporary permit, Melillo said. That includes Equinox on Business Park Drive.

One of the few concerns board members addressed was whether the use of music

or the noise of people engaging in outdoor activities could pose a disturbance to others, particularly any operations that are in close proximity to residential areas. Councilwoman Barbara DiGiacinto suggested that the town delay the start time to 8 a.m. in case there may be any issues.

The temporary permit allows the use of music and amplification but restricts it from becoming a nuisance to others who are not on the property where the activity is located.

But Supervisor Michael Schiliro said that some patrons engage in these activities early in the morning before they go to work. The town would remain vigilant and go back and tweak the resolution if it is needed, he said.

"We're all learning new things through COVID in all aspects of our life and there may be things that we want to adjust in our code, especially for our businesses that may help them in their business post-COVID," Schiliro said.

He also hoped that allowing outdoor gyms and other small group instructional activities would restore a small measure of normalcy for business owners and residents.

While making sure that local businesses remain viable is a chief concern with the resolution, Councilman Jose Berra said another benefit would be for the patrons of these facilities.

"First of all, this is clearly very important for the businesses but it is equally important for the lack of better wording, the sanity of our residents and others who use this," Berra said.

Feel the Fresh Air

The Westchester Parks Foundation (WPF) kicked off its Sunset Yoga in the Park Series last Wednesday at Croton Point Park. The free classes will be held throughout the summer and is also hosted by Tovami Yoga of Mamaroneck and sponsored by NewYork-Presbyterian Hudson Valley Hospital and NewYork-Presbyterian Lawrence Hospital. Check out www.thewpfor.org/events for additional dates into September.



WESTCHESTER PARKS FOUNDATION PHOTO



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Adelberg Named New Superintendent for the Bedford School District

The Bedford Board of Education announced Thursday that it has appointed Dr. Joel Adelberg as its permanent superintendent of schools.

Adelberg became acting superintendent last November when Dr. Christopher Manno went out on medical leave. He has served as the interim since March when Manno announced his retirement.

"I'm humbled, honored and grateful for the support of the Board, staff and the community, which I've felt throughout my tenure with Bedford Central schools – and especially during this year, which has been so challenging," Adelberg said.

The board cited his knowledge of the district and the community during a time of uncertainty, and is confident that Adelberg is the right person to lead the Bedford schools forward. The district under Adelberg's direction is

"Joel has proven his commitment to our district, and his deep knowledge of our community is an invaluable strength that we will continue to rely on as we move forward," said Board President Colette Dow. "His students-first focus will be the driving force behind our district's future success under his leadership."

Adelberg is entering his 40th year in public education. He started as a social studies teacher and then an administrator in Greenwich before becoming the assistant principal at Horace Greeley High School in Chappaqua.



Dr. Joel Adelberg

After that, Adelberg was the principal at Croton-Harmon High School for seven years. In 2008, he became the principal of Fox Lane High School and worked there for another seven years before becoming the assistant superintendent of curriculum and instruction, a role he worked in until stepping in as acting superintendent last fall.

"I'm walking into this new role with humility and pride," Adelberg said. "While these last few months have found us reacting and responding to conditions beyond our control, we are all committed to navigating our district through this pandemic."

Ossining Man Charged With Boating While Intoxicated on Hudson

By Rick Pezzullo

The Westchester County Police Marine Unit charged an Ossining man with Boating While Intoxicated last Thursday after the speedboat he was operating slammed into an anchored sailboat in the Hudson River.

Mark See, 38, of Highland Avenue, was charged with the misdemeanor following the incident, which occurred in the waters off the Town of Ossining, about a mile south of Teller's Point. He was booked at county police headquarters in Hawthorne and released pending a future appearance in Ossining Town Court.

Two people aboard the sailboat, a man and a woman who are residents of Delaware and upstate New York, were not injured.

The crash occurred about 9:45 p.m. when a Crown Line speedboat operated by See and traveling south in the Hudson River struck the sailboat, which was anchored and had its anchor light on. The man on the sailboat jumped into the river as the speedboat approached; the woman ducked down on the deck. The speedboat slammed into the rear of the sailboat and



The damaged sailboat that was struck by a speedboat in the Hudson River last Thursday evening. There were no injuries but the operator of the speedboat was charged in the incident.

traveled upward, narrowly missing the woman.

"This incident could have been extremely tragic for the two people on board the sailboat," said Thomas Gleason, commissioner of the county Department of Public Safety. "It also provides a stark reminder of the danger of operating a boat while under the influence of alcohol or drugs."

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Legal Notice

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
BABY BOY SMITH (CIN#) Docket No. NN-1568-20 F/U No. 130968

A Child Under Eighteen Years of Age Alleged
To be Neglected by LISA SMITH,(Child Neglect Case) 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)]:

LISA SMITH (Mother)
Last Known Address:
128 South 12th Avenue, Apartment 2
Mount Vernon, New York 10550

A Petition 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 virtually before this Court at 131 Warburton Avenue, Yonkers, New York 10701, on SEPTEMBER 30, 2020 at 9:30 o'clock in the morning afternoon of that day to answer the petition 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 hearing and determine the petition as provided by law.

Dated: July 24, 2020

_____/s/_____
Clerk of Court

A College's Anniversary Helps Alum, Retired Professor Tie the Knot

By Lindsay Emery

The Latin term *deus ex machina* is used to describe the point in Greek and Roman drama when a god would come on stage, change the direction of the play and ultimately help resolve the plot.

Longtime Ossining resident Carol Ryan believes that meeting her new husband Clifford Peterson required some divine intervention.

"This marriage, this meeting with Cliff a year ago, was like magic," she said. "All of a sudden – *deus ex machina* – my life changed dramatically. It was going one direction and it turned a totally different direction and I was happy to go with it."

In April 2019, Ryan filled out a survey that was to be a part of the 50th anniversary celebration of Ramapo College in Mahwah, N.J. For 40 years, Peterson was a professor of history and international relations while Ryan was a part of the first-ever graduating class in 1975. Although their paths never crossed while on campus, the survey brought them together.

Ryan, a former captain of the Ramapo women's tennis team, had a question about the school's Sports Hall of Fame and was directed to Peterson, who was a committee member planning the 50th anniversary. After reading her answers to the survey, he realized that they had multiple common interests. Peterson called Ryan a couple of times and invited her to the campus to meet one of his colleagues.

After lunch and a sentimental stroll around the campus, Ryan and Peterson sat down in a quiet building overlooking the small lake on campus discussing their lives for a couple of hours.

"At that point, I think we both knew that we had too much in common, in destiny, or if fate was involved because after 50 years, our paths finally crossed against astronomical odds," said Peterson, whose first wife of nearly 52 years died. He has three children, eight grandchildren and one great-granddaughter.

Just four months later, Ryan, who divorced many years ago, joined Peterson on a trip he was taking to Montana to visit a former student. While they were in Missoula, Peterson put their initials on a lock and attached it to a bridge over the Clark River.

"So there already was at that time a big-time connection," Ryan said. "I don't know when we started thinking about getting married, but I checked back just recently. The wedding dress I wore on May 30, I had found that dress online in September."

When Ryan and Peterson decided to get married, they planned on having their wedding on the Ramapo College campus surrounded by friends and family. But COVID-19 canceled that plan, and Ryan was inspired by the Ethical Culture Society in Westchester, where she is a member, to have a Zoom celebration.

The couple was grateful for the virtual ceremony. There were family, friends and former students who tuned in from three continents and 30 states who may have been unable to make it to a conventional wedding.



Carol Ryan and Clifford Peterson of Ossining were married in late May. The two learned of each other while planning Ramapo College's 50th anniversary

Instead, the ceremony had nearly 200 screens with an average of two people per screen.

Ryan even got to participate in traditions like tossing her bouquet. The Zoom screen switched to the screen of a friend who lives in Maine, where she reached up and caught the flowers.

Since their big day, Ryan and Peterson have been indulging in what they have been calling "mini-moons" – day trips every now and then.

"We feel a little guilty actually because we're so happy being quarantined together and spending all this time together," Peterson said.

What advice do Ryan and Peterson have for COVID-19 newlyweds? Finding the right

person, of course, especially since you have to spend every day and night together when you are quarantined.

Ryan and Peterson have many plans for the future, but they describe themselves as resourceful and willing to go with the flow, especially during the current pandemic.

"We know what we would like to do, but we're willing to wait and see how things go," Ryan said. "The whole world's plans have changed, so we're just two people who are living with the uncertainty of that and we're okay with that because we enjoy every single day together."



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Obituary

Robert DiAntonio

Robert DiAntonio, 77, of Somers, passed away on Aug. 1 after a long battle with lung cancer.

DiAntonio was born in 1942 in the Bronx to Samuel and Margaret DiAntonio. He grew up in Yonkers and graduated from Commerce High School. He served in the United States Air Force as a fireman in Spokane, Wash. from 1961 to 1965.

He worked as a technician for Pitney Bowes for over 30 years. Shortly after, he became a

school bus driver for the Somers School District for the next 20 years, where he made lasting relationships with many wonderful co-workers who quickly became friends.

In 1967, Robert married his beloved wife and best friend, Barbara, at Sts. Peter and Paul Church in Mount Vernon.

On most days, Robert could be found in his favorite place, his garden. He loved to spoil his family and friends with countless vegetables. He was also a true handyman who could fix anything. He loved the outdoors and was an



Robert DiAntonio

avid fisherman and hunter. He also volunteered as a youth sports baseball and basketball coach in the Town of Somers.

Robert was a man of few words but he always had a smile on his face that could light up a room. He was kind, caring and had a heart of gold. He was a loving husband, father, brother, co-worker and friend.

He is survived by his wife, Barbara, of 53 years; son Robert; brother Samuel (Linda) DiAntonio of Cumming, Ga.; sister Dale (Ernie) Robinson of Keller, Texas; sister-in-law Anne DiAntonio

of Wappingers Falls; and many loving nieces and nephews. He was predeceased by his brother, Leonard DiAntonio.

Calling hours are on Wednesday, Aug. 5 from 2 to 4 p.m. and 7 to 9 p.m. at Clark Funeral Home in Yorktown Heights. The funeral is Thursday, Aug. 6 at 10 a.m. at St. Patrick's Church in Yorktown Heights. Interment will follow at Mount Hope Cemetery in Hastings-on-Hudson.

In lieu of flowers, memorial contributions may be made to the American Lung Association at www.lung.org in his name

Police Blotter

North Castle Police Department

July 24: An employee at a Main Street store reported at 12:01 p.m. that a female was taking photographs and at one point yelled at some of her employees. The party was described as a white female with blonde hair wearing a pink t-shirt and flowered shorts. The caller reported that the party is the mother of an employee who had just been fired and is possibly inside Tazza Café. The responding officer reported speaking to the employees and involved parties; a report will follow.

July 24: An officer returned to headquarters at 3:48 p.m. after locating an American Express credit card in the rear parking lot of DeCicco's

on Maple Avenue. The officer was unable to locate contact information for the card owner at this time. The property owner was located and the card was turned over to a family member.

July 24: A Wayne Valley Road resident reported that at 6:25 p.m. she observed a possible rabid raccoon in her barbecue. The responding officers stated that the raccoon was removed. The caller was informed to call a private trapper if the animal returns.

July 26: At 2:07 p.m., report of a larceny from a vehicle sometime overnight. The caller stated that the car was parked at home, but only realized that items were missing from the glove compartment after dropping heading to the town pool. The responding officer secured

a deposition; a report will follow.

July 27: Two callers, one from Maryland Avenue and another from Cox Avenue, reported that their cars were rummaged through overnight at 10:43 and 10:45 a.m., respectively. Each complainant reported nothing was taken from the vehicle.

White Plains Police Department

July 31: Report of a vehicle having been entered by multiple subjects on Hillair Circle at 1:43 a.m. Shortly afterward, responding units stopped a vehicle that fit the description of the car that left the scene. It was operated by Kayson Williams-Jones, 18, and police

charged him second-degree burglary, a Class C Felony, fourth-degree criminal possession of stolen property and criminal possession of a controlled substance. The car that he was operating, a 2006 Nissan, was stolen out of New Jersey and he was in possession of the key fob of the car he had entered along with a quantity of a substance that was believed to be cocaine, police said.

Also arrested were 29-year-old Dwayne Starks, who was located on foot and apprehended after it was found he had an outstanding federal warrant against him, and a suspect who was not named by police because he was only charged with trespassing, a violation.

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Peekskill Vigil Brings Attention to Women Killed By Officers

By Joan Gaylord

"Say her name!" The words echoed repeatedly across Peekskill's Riverfront Park last Thursday evening as community members, local activists and elected officials gathered for a vigil to honor Vanessa Guillen and Breonna Taylor, two young black women killed this past spring.

Guillen, a U.S. Army specialist, was found murdered at Fort Hood, Texas. Taylor, an EMT, was shot and killed by police officers serving a no-knock warrant at her home in Louisville, Ky. In both cases, no one has been held responsible for the women's deaths, situations that many attributed to institutional racism and misogyny.

"Both of these women put their lives on the line for their country and their community," said Jonathan Campozano, one of the evening's scheduled speakers.

Campozano, a lawyer and a member of Hispanic Democrats of Westchester, added "They were murdered by systems and individuals that we are taught growing up to trust. That trust does not exist today."

The rally was organized by a coalition of residents, said Amy Vele, 24, a lifelong Peekskill resident. Their goal was to have the evening's speakers and performers



JOAN GAYLORD PHOTOS

Jennifer Huff, one of the Peekskill community members to attend and speak at last Thursday evening's vigil that remembered murdered women of color.

reflect their community as they hoped to have "open and productive conversations on what the community needs."

Though Vele publicly recognized the



A girl stares at the candles that were lit last Thursday evening during a Peekskill vigil to remember Vanessa Guillen and Breonna Taylor.

elected officials who attended, none of them were called to speak. Rather, the officials joined with other community members in a crowd that socially distanced but easily filled the lawn.

"So many people," observed Vele.

When Valerie Eaton, president of the Peekskill chapter of the NAACP, stepped to the microphone, she led the crowd in a call-and-response, reading a long list of women's names. As she punctuated each entry with the familiar refrain "Say her name!" those in the audience repeated the names together.

When Eaton reached the end of the list, she commented to the crowd that she expected many of the names were ones they had never heard. Each, however, was a woman of color who had been killed but no one has been held responsible.

The evening's program also included poems, songs and traditional Ecuadorian and Indian dances, each intended to convey the diversity of the community.

With the sun setting over the Hudson River, speakers and attendees talked about next steps including running for elected office, supporting future marches and working together to turn the energy of the rally into lasting change.

Before lighting a candle just before the close of the event, Vele spoke to the crowd.

"Each of you has power," she told them. "You've shown courage but also compassion and love. That is radical."

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Letters to the Editor

Factors to Consider in COVID-19 Fight to Safely Reopen Our Country

Social distancing has been effective at easing the COVID-19 crisis but it's been economically devastating and can cause severe emotional distress. Yet many sections of the country have experienced sharp increases in COVID-19 cases as the country reopens.

But there are safe ways to reopen the country. For example, the surgeon general and World Health Organization say that excessive alcohol can increase the risk of getting COVID-19 as well as experiencing its most serious complications or dying from it. One reason for this is that alcohol prevents the body from absorbing many essential vitamins and minerals in the gut, creating nutritional deficiencies that weaken our immune system. Reducing alcohol consumption is advisable, but increasing vitamin and mineral consumption can also

reduce the most serious symptoms.

The same arguments that apply to drinking also apply to smoking. In fact, most drugs can create nutrition deficiencies by reducing nutrient absorption in the gut. The article, "Guide to Avoiding Drug-Induced Nutrient Depletion" by Dr. Hyla Cass, deals with this issue (<https://nutritionreview.org/2016/12/practical-guide-avoiding-drug-induced-nutrient-depletion/>). For instance, she says, "Certain medications reduce the absorption of specific nutrients in the gastrointestinal tract by binding to them before they're absorbed into the bloodstream."

Perhaps we should also check people at higher risk of becoming COVID-19 victims for nutritional deficiencies. A new study by researchers from Wenzhou Medical University in Zhejiang province led by Dr. Don Chen revealed that almost all

COVID-19 patients exhibited a low level of potassium ions in the blood serum, and that supplementation with potassium ions was one of the many factors that assisted in their recovery. Other studies have reported that COVID-19 patients have low levels of zinc, another necessary trace mineral.

The American Medical Association recently reversed its longtime opposition to vitamin/mineral supplementation saying that today most people do not consume an optimal amount of nutrients by diet alone.

A COVID-19 vaccine may not be available for a year or so. Let's use the tools we have today to ease the terrible suffering that Americans are going through.

Al Schwartz
Pleasantville

Susan Rice Would Make the Best Choice for Joe Biden's Running Mate

On Feb. 13, 2019, I sent the attached letter to Ambassador Susan Rice. I wrote the letter before the current environment and now, I think my point is more important. I was impressed when I saw that Vice President Biden was seriously considering Susan Rice for vice president and that my letter speaks to why she would be his best choice.

Dear Ambassador Rice:

I am putting my money where my mouth is. As I review the Democratic candidates for President, I am not utterly impressed or confident about any of them, although I wish them well. As I was pondering who reflects the skill set, experience,

education, character, demeanor of a strong candidate, you came to mind. There were statements and recollections in my memory that prompted me to think of you. I read about you and I said to myself "what the hell I am going to reach out to her."

I know it is an arduous and brutal climb, but I think the other candidates are not of your caliber. I think that you could persevere. The pendulum could be swinging your way. Secretary Clinton fractured the ceiling. The contrast in intelligence, critical analysis, character, oratory, etc. between you and President Trump would be striking. You would be a magnificent correction to the direction in

which our country has clumsily travelled and you would represent all that is possible.

I commend you for your service and success and I wish you well.

I would love to support you.

Sincerely,
Christopher Carthy
Principal
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Verbal Attack on Chappaqua Library Board Member Was Unwarranted

I'm writing in response to Martin Wilbur's article on the July 21 Chappaqua Library Board meeting in order to add some essential second-hour details to his informed recap of the first. Had Mr. Wilbur reported further into the meeting, readers might be inclined to upgrade this "spat" into something more significant—and get closer to what seems to be at the heart of it: two board members doing their due diligence in policy and fiscal matters seemingly at odds with those who want fewer rules and a little less scrutiny.

Reporting the business of running our town's public library is just one function of

these board meetings; the other is to convey the message that its trustees are above the kind of petty back-and-forth and personal attacks we see all too often in social media. A meeting of a professional organization needs to remain professional, even when recording at home. Not seeing your audience doesn't mean we aren't there—and this viewer was shocked when Board President Pamela Wright attempted to discredit a fellow board member, personally and publicly, and then purposefully delayed that member's response.

But the strategy backfired with policy oversights Ms. Diamondstein cited,

including non-compliance with state education laws and a library-funded book signing that benefited a private business, where one community member was turned away for not buying the book. Ultimately, the efforts of board members Ronni Diamondstein and Liz Haymson, as they work to keep our library on fiscal and procedural track, seem necessary. And perhaps this is the real source of their board president's frustration with them.

Stephanie Andreassi
Chappaqua

Absentee Ballot Boxes Should Be Available in Each Municipality

Many voters complained during the June primary that they did not receive absentee ballots in a timely manner after they submitted the requests. Other voters worry that the postal service may lose the absentee ballots in the mail, depriving voters of their right to vote. Or, that the ballots arrive after the deadline passed. Our postal service is not very reliable; many letters are lost or sent to the wrong address. President Trump has attacked our mail service, sowing voting fears. There

is an alternative to an unreliable postal service.

Inasmuch as we can't count on the postal service to send ballots to the right address in time and since voting by mail is important and we want to encourage maximum participation, the Board of Elections should place a secure and safe box at each Town, Village and City Hall. If voters don't trust the post office voters could drop off their ballots at the municipal building. If people apply for a ballot and

do not receive one before the primary, each municipal building should have extra ballots that the voter can obtain and send in.

This recommendation would increase voter participation and help make sure that everyone who wants to vote actually does vote.

Paul Feiner
Greenburgh Town Supervisor

Retired Pace Law Professor Explores History, Culture of Tort Law

By Martin Wilbur

It may surprise some that American tort law wasn't devised by the Founding Fathers but the ancient civilizations of Rome, Greece and Mesopotamia.

For anyone who may be intrigued by that or who wants to learn more about the subject, M. Stuart Madden's new book, "Tort Law and How It's Tied to Our Culture," might be a good choice.

Madden, a past distinguished professor of law at Pace University School of Law, traces the underpinnings of today's tort law to those societies that existed long ago and how they have been adapted to the modern times.

"Tort law is viewed as compensation for your personal loss and can be anything from personal physical injury to invasion of privacy to nuisance, trespass, defamation," said Madden, a longtime White Plains resident. "All of those things, and the fact that their availability to resolve those things rather than having to resort to clubbing your opponent, is the lynchpin and the healthiest aspect of tort law."

Early disputes that had been resolved by vengeance were settled by payment to the party who was harmed once tort law was in place.

Madden, who retired from teaching about eight years ago, said tort law serves as "society's super ego" because it presents a clear choice between what a person should do as opposed to what they can do.

The use of tort law to attack, intimidate or overwhelm is a relatively new phenomenon after it was used for centuries as a method to compensate those who suffered loss or injury. In the ancient civilizations, if someone's negligence resulted in a loss of a limb, for example, there was a corresponding amount of silver to be paid. For many centuries it has also proven to be adaptable.

"The true origins of tort law were far more rational and less emotional than we find in today's litigious scenario," Madden said.

Over the past eight or 10 years, including after he retired from Pace, Madden wrote articles for academic journals, which helped to serve as the basis for the book. Once he decided to write the 344-page book, it took him about a year to finish. It was released late last year by Dorrance Publishing.

A career in the legal world was very much in the cards for Madden. A Washington, D.C. native, he grew up in a

family of lawyers and judges. His father was a lawyer, so too was his cousins, and a grandfather was a law professor.

"So I grew up in that environment, but once I went to law school, within the first few weeks, I had the realization that this was the most exciting thing I had ever do intellectually," Madden said.

After graduating from Georgetown University School of Law, Madden went to work for a Washington law firm for about nine years. However, the emergencies that crop up for a practicing attorney can make for an unpredictable schedule and lifestyle, he said.

Instead, he opted for the classroom. Once Madden got the job at Pace, he moved to White Plains and has lived there ever since.

A reader doesn't have to be a legal scholar or a lawyer to enjoy his book.

"I made a conscious effort throughout to make it informative and entertaining in a way that could appeal to general readers, those who enjoy political science and cultural history," Madden said.

"Tort Law and How It's Tied to Our Culture" is available on Amazon.com or by visiting <http://bookstore.dorrancepublishing.com/tort-law-how-its-tied-to-our-culture>.



White Plains resident M. Stuart Madden has written a new book, "Tort Law and How It's Tied to Our Culture."

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How Alumni Pushed Lakeland School District Into Action on Racial Justice

By Madeline Rosenberg

When Lourdes Vivanco graduated from Lakeland High School in 2018, she thought she would say goodbye to her classmates and leave her old school district for good.

But Vivanco is now part of a group of former students leading a racial justice group in the Lakeland community. After the coronavirus pandemic sent Vivanco and her high school peers home from their college campuses in the spring, she watched local school districts respond to calls for racial justice. She wished Lakeland had done more.

"I saw so many college kids around me, kids that I graduated with, that really cared about how their universities were reacting to the murder of George Floyd and protests around the nation, and I was thinking: What has Lakeland done?" Vivanco said in an interview with The Examiner. "What is Lakeland saying or doing to support their students?"

Vivanco originally wrote those thoughts in an Instagram post, saying she hoped to contact the district and push them to recognize shortcomings and make changes.

A dozen alumni saw the post and joined Vivanco to organize a march in June that drew hundreds of Lakeland students, parents, teachers and community members through Shrub Oak to the district's administration building. They sent letters to the Board of Education, launched an online petition and circulated a survey to allow students to share their experiences confronting racism in the district.

Now, the more than 50-member coalition, known as Lakeland for Justice, has led the district to consider implementing an anti-racism policy, review the curriculum for bias and representation, and work toward hiring and retaining more teachers of color. Superintendent of Schools Dr. Brendan Lyons announced at the July 1 board meeting, his first day on the job. Trustees said they will review district policies to make explicit that "racism and discrimination in any form will not be tolerated."

In a community that Vivanco said has failed to address racism and listen to marginalized groups, some quarters resisted the coalition's demands. But the group is still growing, as Lakeland students and alumni now push for change with a new superintendent at the helm.

Lyons, who was previously Superintendent of Schools in the Arlington School District in Dutchess County, said during the July 1 meeting that he had reviewed the petition and will make anti-racism work his priority.

"If our students, even just one, feel pain as a result of their experience in our schools or feel that they don't belong, that is simply not OK," Lyons told the board. "Public education is meant to be the great equalizer, and it can only serve that purpose if all truly means all."

A more inclusive Lakeland

Lyons' pledge last month came after weeks of activism. It reflected the petition that the coalition presented to the board in mid-June demanding that the district uplift marginalized communities, develop an anti-



The June 16 rally in Shrub Oak for racial equality was a key step forward for the Lakeland for Justice coalition, which is trying to make changes in the school district.

racist curriculum and recruit more teachers of color.

"We demand that these national events not be turned into a singular teaching moment about racism in our school community, but rather as a turning point for our district," the petition reads. "While our community is not at the center of national conflict, it is not yet part of the solution. Racism pervades every facet of our society, and ignoring it does not make it disappear but instead enables unacceptable behavior."

The petition, which now contains more than 1,200 signatures, also asks trustees to take a more proactive approach to addressing racist behavior. Under the current policy, students must report incidents, but some students are discouraged from doing so because reports are sometimes "brushed off," said Jhoely Duque, a coalition member and a 2018 Lakeland graduate.

Board of Education President Michael Daly forwarded a request for comment to

Lyons, who called many of the demands practical and necessary.

Lyons said his recent conversations with students have highlighted that they haven't felt comfortable reporting their experiences, and when reports trickled in, administrators likely saw them as isolated incidents. But they were happening regularly.

"I don't know if the former superintendent or the school board really understood that this wasn't just one or two things that happened, like an anomaly over the course of the school year," Lyons told The Examiner. "A lot of the things students talked about were, 'This happened to me and nobody did anything.' That 'these are things we experience over our time at Lakeland.'"

Now, Lyons said he will require the district to report all incidents of bias and discrimination to his office, allowing him to monitor patterns and to send the message that Lakeland won't tolerate racism. Previously, most of the reports were handled at the school level and rarely forwarded to central office administrators.

Resistance to change

Vivanco said the petition originally developed as a response to former superintendent George Stone's "brief and vague" statement on national calls for racial justice in June. She said writing the petition revealed that many community members were defensive toward racial issues.

Teachers notified the administration when they heard about the petition, Duque said. Vivanco added that some of her former

continued on next page

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How Alumni Pushed Lakeland School District Into Action on Racial Justice

continued from previous page

teachers responded that the experiences of students of color “weren’t real” and didn’t want alumni to “make this an issue.”

Vivanco said other teachers told her that the coalition should make its demands more palatable to the school board. While current and former students overwhelmingly embraced the coalition, she said some students didn’t think the petition was forceful enough.

“It just shows how naive they were about these issues,” Vivanco said of some teachers. “It was very much like ‘I don’t see it and therefore it’s not there.’ There’s just an awareness among certain members of the staff that the community that we’re working with is pretty conservative, pretty fragile around these issues as a whole.”

But others in the community responded positively. Vivanco said some teachers provided support and insight into the school climate, and the June 16 march demonstrated that students aren’t alone in the movement, said Amy Belfer, a 2015 graduate and one of the march organizers. The Lakeland community heard students recall their painful experiences of racism in the district. Duque also read the petition to a crowd that included teachers and administrators.

The march became a catalyst for change, Belfer said. One teacher told Belfer afterward that they had no idea racism was a problem in the district and wanted to learn more. Some parents and teachers have since joined the coalition.

Trustee Robert Mayes, who attended the

march and rally, called out the board at the July 1 meeting for staying silent on racism. Mayes encouraged community members to keep pushing the board to take action.

“I wish more of you all could’ve been there to listen to the words that were spoken at this demonstration. They were spoken from the heart and with passion,” Mayes told his colleagues at the meeting. “There were tears.”

Vivanco said the district’s passiveness surprised her. She said she had the impression that speaking out could jeopardize the standing of some faculty and staff. Alumni with younger siblings in the district also weren’t as vocal, Vivanco said, afraid how their siblings’ classmates would respond.

“That’s a really disappointing thing to come from the district,” Vivanco said. “You have your own students afraid to speak up. Teachers claim they are listening to what we’re saying but can’t concretely support anything yet because of what the district might do. I wasn’t expecting a lot of people district-wide to fear talking about these things.”

But Vivanco said she, too, feared talking about her high school experiences.

Black students currently comprise 6 percent of the district student body while Latino students account for 22 percent, according to the most recent data. The demographics mean “that it’s kind of easy to dismiss” students of color, Vivanco said.

She said finding communities in college that encouraged her to be vocal about issues of race empowered her to speak up about



Some of the several hundred community members who gathered outside the Lakeland administration building on June 16.

racism within her former school district. She had never imagined doing the same in high school.

“It was really emphasized to me that if I wanted to be successful at school and in general, this was kind of a thing that I had to overlook,” Vivanco said. “My mom was aware of that, so she was like ‘Don’t over-involve yourself in stuff like this. You just have to keep pushing through and you’ll be out in four years.’”

New leadership, new hope

Vivanco is hopeful that future Lakeland students will be able to openly talk about their identities. Lyons said he is meeting with students and alumni, including coalition members, who submitted letters to the school board. Vivanco said she left her meeting with Lyons believing that he’s committed to addressing the group’s concerns. Duque called his response to their demands personal and heartfelt.

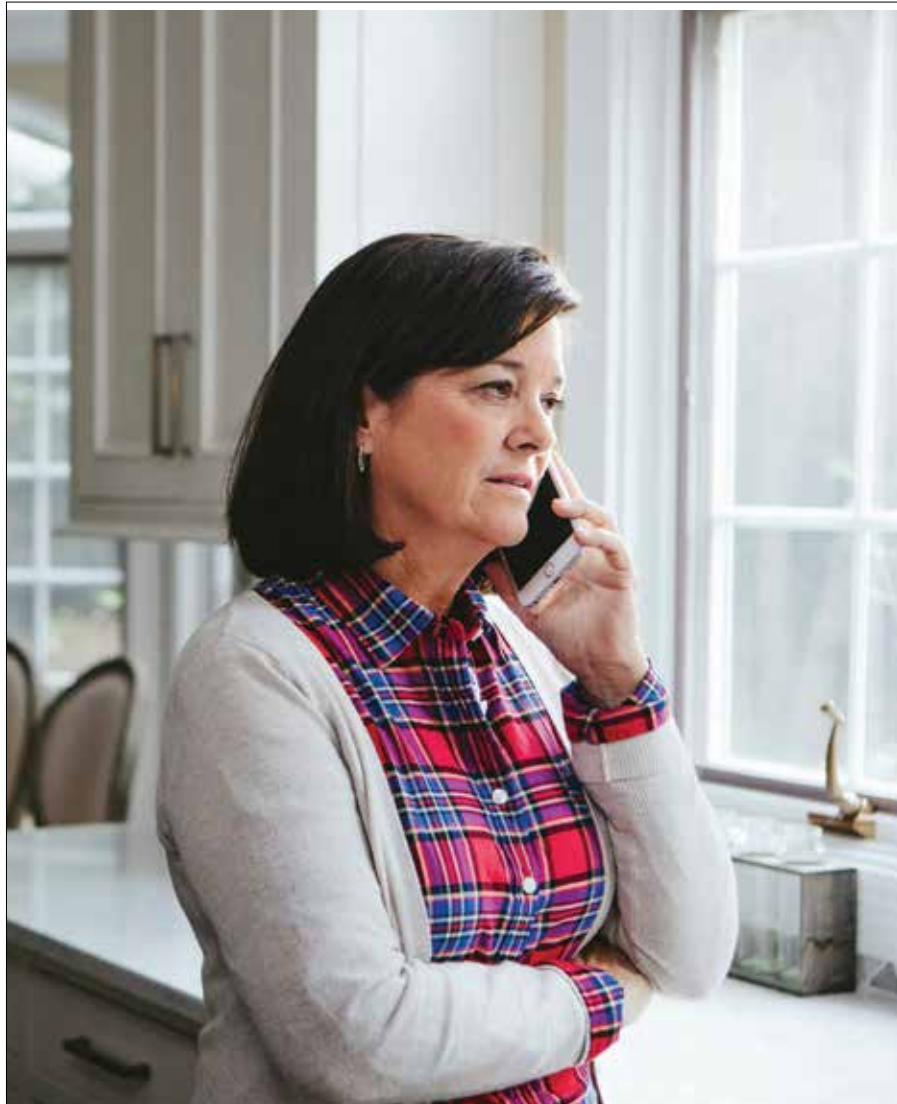
“He can set a new impression and new energy for this school district, one that really encourages teachers to speak out and to talk about these issues,” Vivanco said. “I think that’s the revitalization that Lakeland needs.”

The newly-appointed superintendent said he is committed to making concrete changes for the fall, in addition to longer-term steps such as reviewing the curriculum and having greater diversity among faculty. He also plans to increase training for district staff and create a district-wide equity committee of about 30 staff members, students and parents who would continue addressing issues surrounding diversity and inclusion.

“I’m hoping by the fall people are going to see some real, tangible action,” Lyons said. “Obviously people felt that in the past enough wasn’t done. Whether that’s true or not, it doesn’t matter. Let’s make sure people feel heard and make sure people feel that we’re taking tangible steps to address these issues.”

After months of advocating for a more inclusive school district, Vivanco said she feels more connected to the district that she never expected to return to.

“I kind of have this mindset where I’ll leave Lakeland and never come back. Now it’s kind of like, I know there are people in this community that want the same things that I do and want the community to be better,” Vivanco said. “People have been so helpful and so positive and they make me feel really good, like I belong in this community.”



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The Dangers of Trees That Are Close to the House

Recently I drove by our former home, a large 18th century farmhouse my wife Margaret and I owned for over 40 years. I was somewhat surprised to find that one of the giant sugar maple trees that distinguished the property had come crashing down, all but obliterating the detached garage, which lay flattened on the ground like a pancake.

My wife always had an obsessive fear about falling trees – and with good reason. I remember well the night when we were enjoying TV when we heard a thunderous clap that literally shook the house. Looking out from our second-story window, we saw that a huge white pine had suddenly toppled, roots and all, narrowly missing the house.

That did it. From then on, my wife looked suspiciously at each tree near the house that could possibly fall. Soon after that, Superstorm Sandy knocked over 18 trees on our property, all of which had to be cut up for firewood. I have repressed how much that job cost, but the wood pile was almost as tall as the house.

As a realtor working in Westchester and Putnam, with many properties graced with big, beautiful trees, I always point out to prospective buyers the risks that go with trees that are too close to the house.

Fallen trees can cause thousands of dollars in damage to a house and pose a big risk to those who live in it. Tree damage



By Bill Primavera

to a home usually is covered by home insurance, according to the Insurance Information Institute. But it's much better to avoid having to file a claim in the first place.

Fortunately, there often are warning signs that something is wrong with a tree, said Tchukki Andersen, staff arborist for the Tree Care Industry Association, a trade group for tree professionals.

Here are seven signs a tree may be in danger of falling.

1. A hole in the trunk. A cavity can form in a tree trunk when the tree prunes itself by dropping a branch, which can lead to decay inside the tree. This doesn't always mean danger, though, according to the U.S. Department of Agriculture's Forest Service. If there's enough sound wood around the cavity, the tree probably won't fall.
2. Missing bark or deep cracks. An area where tree bark is missing, gashed or indented is called a "canker," which can make a tree more likely to break at that spot, even if the wood looks solid, according to the International Association of Certified Home Inspectors. Deep cracks in bark are also a bad sign.
3. Dead or falling branches. When trees start dropping parts of branches or entire branches, it's an indication that something's wrong. The tree is trying to make itself smaller so there's not as



much to feed, and dead branches are a major danger. They can come crashing down even on a calm day.

4. Tilting. If a tree leans more than 15 degrees due to wind or root damage, it should be removed, but a tree that's naturally tilted because it grew that way isn't as risky.
5. Leaf loss. When a tree loses leaves from the outside in, it often means something is wrong with the root zone, where the tree gets nutrients and water. It's what holds the tree up. Without a healthy root system, a tree can fall more easily.
6. Root rot. It can be detected by finding mushrooms growing around the base of the tree. Fungi growing on the trunk can be another clue that the tree is rotting inside.
7. Branches growing close together in a V-shape. That's a bad sign. A strong

union will be U-shaped. Elm, maple, oak, yellow poplar and willow trees tend to break at weak forks. When the wind blows, those trees can fall apart. This problem is easiest to spot in winter after the leaves have fallen off.

If you're not sure whether or not a tree is dangerous, consult a qualified tree professional, not a garden-variety landscaper. To find an arborist, use the finder tool on the International Society of Arboriculture website. Look at both years of experience and certifications.

A professional might advise taking down a dangerous tree. In some cases, though, he or she may be able to create a tree health treatment plan. Depending on the situation, the plan could mean cabling or bracing by a qualified arborist to shore up the tree. It's not all that pretty, but it's better than losing the tree.

Remember, just because a tree isn't the healthiest or strongest doesn't mean it's a goner. So long as it's not in danger of falling on your house or causing other damage, my belief has always been to save nature wherever you can.

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

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Local Nurse Perseveres Through Breast Cancer and a Pandemic

By Martin Wilbur

Last fall, Leslie Hynes had trouble processing the words that she heard when the results of her ultrasound and biopsy were revealed to her.

Over the years, Hynes, 55, had occasional lesions and cysts on her breasts, but everything had always turned out fine. Even after a recommended biopsy, which was something new for her, Hynes, who for 30 years has been a registered nurse at Westchester Medical Center in Valhalla, didn't think there was going to be any significant difference.

But when doctors informed Hynes that she had cancer, her life changed.

"The only way I can describe it was shock," Hynes said of the words that she heard last Nov. 7 from her doctor's office. "I'm a very confident and very non-reactive person and keep control and do very well. But when I heard those words, I actually had to ask her to repeat it. I'm a medical person. I said 'What do you mean, is it cancer?' And she said yes."

The past nine months has been a harrowing time for the North White Plains resident. She decided to go through with a double mastectomy at New York-Presbyterian in Queens on Dec. 11 performed by Dr. Beth Siegel. While that may have been the most drastic option, Hynes figured it was the best choice. She had considered a lumpectomy on her right breast followed by radiation, but her



North White Plains resident and longtime Westchester Medical Center nurse Leslie Hynes has managed to stay upbeat through a breast cancer diagnosis, a double mastectomy and staying healthy through the COVID-19 pandemic.

doctors wanted her to follow up on the lesions on the left breast in six months.

"I kind of had to decide what was going to allow me to, treatment-wise, put my head down on the pillow at night and feel like I did everything I could," Hynes said.

"That's something that I could be at peace with," she continued. "I mean it was

altering on the other side, and to see your body disfigured like that. It was a lot but I also thought in my mind I made the best decision for myself."

But Hynes still faced months of treatments. In January, Dr. Carolyn Wasserheit, her lead oncologist, had Hynes start her immunotherapy. Mar. 12 was the first round of 12 chemotherapy sessions at New York-Presbyterian Lawrence Hospital in Bronxville.

Of course, days later, the shutdown in response to the COVID-19 pandemic started, presenting an unforeseen list of challenges for Hynes. Any thoughts of going back to work were dashed, and just getting groceries became a major hurdle.

Fortunately, friends and family came to the rescue, leaving her groceries and anything else she needed outside her door. But for a gregarious person, the loss of contact was the worst part of the ordeal, Hynes said. Her doctors and staff at New York-Presbyterian have been the only face-to-face human contact she has had since March, although she has utilized platforms such as Zoom to stay connected.

"I already figured once I started the treatment I wouldn't be going out to dinner, and that type of thing, just because of my immune system," Hynes said. "But I thought that people would at least be able to come to my apartment and have dinner and catch a movie with me, and obviously, I couldn't do that any longer."

Now with her chemo treatments

completed, Hynes is embarking on the next course of action in her life and for her health. Last Friday, was the second of three reconstructive surgeries. Her immunotherapy will continue until December.

Hynes has put in for her retirement from the medical center and will soon be moving to Cape Coral, Fla. on the state's southwest coast. Wasserheit has helped connect her with doctors and specialists in that area, although Hynes will return to New York in January for her final reconstructive surgery.

Hynes said she was fortunate that having been otherwise active and fit has helped her overcome the physical challenges by the surgeries and treatments.

Though she won't be working full-time as a nurse any longer, Hynes is looking to offer support at an infusion center treating other cancer patients.

"Having gone through all of this, I feel like it's important to share my experience with others," she said. "I am looking forward to giving back."

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Chappaqua-Millwood Chamber Grant Program Started for Small Businesses

New Castle merchants suffering lost business as a result of the coronavirus pandemic now have another source providing much needed help.

The Chappaqua-Millwood Chamber of Commerce has launched New Castle ReStart, a grant initiative to provide need-based relief. The primary objective is to help small businesses whose principal owners live or work in the community with rebuilding and reopening efforts.

The program will also subsidize additional costs incurred in the purchase of required new equipment to implement state-mandated safety protocols.

Eligibility for the grant includes businesses with a physical storefront located within the boundaries of the Town of New Castle and businesses that have not been deemed essential per Gov. Andrew Cuomo's Executive Order 202.6 will also be eligible to apply.

The amount to be disbursed and the number of grants provided will depend on generous donations from community members, along with any funds raised through activities that support the endeavor. Donations are tax-deductible and will provide direct assistance to those most in need.

The ReStart initiative was created and is directed by Chamber President Dawn Dankner-Rosen and Chamber Vice President Rand Manasse. Key to the launch are ReStart Committee members Randi Childs, local photographer, who donated the \$11,000 she raised through her successful #TheFrontPorch photo project; Kristen Browde, who donated her legal expertise and all of the legal services needed to create the program; Chamber Treasurer Ted Holmes, who enacted all of the filings needed to create the grant program; Cynthia Schames, who created the ReStart website; and Stephanie

Steinberg, who designed the logo. Dankner-Rosen said the hope is that the grants allow businesses who are struggling to survive with an extra month or two so they are able to continue and serve the community.

"We want to be able to save a business that might be going out," she said. "That's certainly the goal. We want to make a difference. We want this grant to make a difference, to make a significant difference."

This community-wide committee was formed with the support of the New Castle Town Board. ReStart Committee members to date include Town Supervisor Ivy Pool, Councilwoman Lauren Levin, Dankner-Rosen, Manasse, Holmes, Browde, Childs, Schames, Dawn Greenberg, Debbie Grisham, Shauna Levy and Wendy Nolan.

Additional members are still being sought from the community. Anyone who is interested can contact Dankner-Rosen at ddr@ddrpr.com.

ReStart applications for small businesses in need are now available online. All applicants will need to show proof of financial need, report whether assistance has been received from other sources, including loans, grants and unemployment insurance and state their anticipated uses for any grant money received. Please go to newcastlerestart@chappaquamillwood.org.

Double Your Impact With a Gift to the Putnam County Land Trust

An anonymous donor has challenged the Putnam County Land Trust to a \$5,000 matching grant for its stewardship programs. To receive this funding, the land trust is turning to the Putnam County community for help in raising the money.

The Putnam County Land Trust has been preserving land and important wildlife habitats for over 50 years. It recognizes the importance of a healthy environment and is committed to the

important local role in offering residents and visitors the ability to get out into the woods in areas close to their homes.

The beauty of Putnam County's forests, wetlands and open spaces continues to be protected and available for the public to enjoy. There are nine individual preserves with trails as well. Check them out at www.pclt.net.

Every dollar donated toward this challenge yields two dollars for the important work of the organization. The

Putnam County Land Trust, a nonprofit organization, is an all-volunteer outfit and could not be successful without community support.

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THERE'S A WORD FOR IT

A vocabulary-building quiz By Edward Goralski

Words of the Month Club: August Edition. This week the quiz words come from the August entries found in the book "The Cabinet of Linguistic Curiosities" by Paul Anthony Jones. The book is "A yearbook of forgotten words" that features a "curious or long-forgotten word of the day, picked from the more obscure corners of the dictionary."

- | | | | |
|------------------------------|-------------------------|----------------------------|----------------------------|
| 1. letterling (n.) | A) space between words | B) learning | C) a short note |
| 2. unrecking (adj.) | A) not paying attention | B) not yielding | C) not cautious |
| 3. rusticate (v.) | A) to forage food | B) live in the countryside | C) impair by inactivity |
| 4. paction (n.) | A) a small parcel | B) bargaining | C) an international border |
| 5. after-roll (n.) | A) a fond farewell | B) a late party | C) a later roll of thunder |
| 6. circumduction (n.) | A) a roundabout route | B) orderly movement | C) a perimeter |
| 7. consanguinate (v.) | A) to overcome | B) give approval | C) sympathize |
| 8. viaticated (adj.) | A) of great use | B) prepared for a journey | C) justifiable |

- ANSWERS:**
- | | |
|--|---|
| 1. C. A short letter or note | 5. C. A later roll of thunder or swell of the sea after |
| 2. A. Not paying attention; unheeding | 6. A. A longwinded, roundabout route or course |
| 3. B. To live in the countryside; to live a quiet rural life | 7. C. To sympathize; to have an affinity with or |
| 4. B. The act of making a pact; bargaining; agree- | 8. B. Fully prepared for a journey |
| | ment |



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The illustration above is an artist's depiction of the Indian Point property after the completion of major decommissioning work.

Indian Point Energy Center



Local Bible Teacher Raises Over \$1,400 for Coronavirus Relief

By Madeline Rosenberg

As lockdowns took hold across the world this spring, Shirley Cheng learned that many of her students had lost their jobs. Some of them went without food for days. Others knocked on doors for leftovers and worried about looming eviction.

Hearing these stories, Cheng, a blind and physically disabled award-winning author who runs the online ministry www.ultra-ability.com decided to act. The White Plains resident launched a coronavirus relief fundraiser called Unite in Love that has helped more than 140 people in developing countries stave off hunger and

eviction.

"It was really painful for me to read these thoughts from my students," Cheng said. "I thought to myself, 'I just can't sit here and do nothing about it.' If we have the resources and the ability to act, we should act."

Since May, Cheng has raised more than \$1,400 that she has distributed to families living without access to food banks or unemployment benefits. Cheng said the fundraiser acts as immediate emergency relief, providing bare necessities for survival as the pandemic continues to disrupt her students' lives.

Cheng has taught a free online Bible

class for nine years that has connected her to thousands of students across the world, reaching people from Nepal to Kenya and Australia. She also previously ran two other fundraisers and has written nine books, including "Embrace Ultra-Ability!" and "The Revelation of a Star's Endless Shine."

The 37-year-old said she had once planned to become a scientist. But after Cheng lost her eyesight at 17, she turned to the Bible, explaining that she gained "a spiritual vision in place of [her] physical sight." Cheng said she launched her ministry to help others find joy and fulfillment through lessons she teaches

over e-mail and Facebook.

Unite in Love will run as long as families need assistance covering food and housing costs, Cheng said. Even small donations go a long way: \$5 can buy about eight cups of beans or 19 cups of rice in Liberia, where rent costs less than \$100 per month, she said.

"There was a sense of tremendous joy and fulfillment when I heard how relieved they were when they received the food money," Cheng said. "We should live up to our humanity to help those who are in need when we have the power to do so."

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Ossining Man Sentenced to 14 Years in Prison for Fatal Stabbing

An Ossining man was sentenced last Wednesday to 14 years in state prison for fatally stabbing a fellow Ossining resident following a dispute in January 2019.

Andrew Knight, 20, pleaded guilty on Feb. 28 to first-degree manslaughter for killing 21-year-old Gregory Jackson on James Street in Ossining.

Knight and Jackson met in the late afternoon on Jan. 28, 2019, after a disagreement over an article of clothing, according to the Westchester County District Attorney's office. Following an argument, Knight stabbed Jackson with

a kitchen knife. Jackson died from his wounds four days later.

Ossining police arrested Knight on Feb. 7, 2019, in the Bronx. With assistance from the FBI's Westchester County Safe Streets Task Force, Ossining police found the defendant after he had evaded them for more than a week.

The district attorney's office worked with Westchester County police, New York State police and the NYPD on the investigation.

—Rick Pezzullo



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It's Time to Start Preparing for Changes to Medicaid in New York

In the midst of the worst health crisis to hit our country in over a century, on Apr. 2 New York State legislators and the governor passed a budget which called for major restrictions to the Medicaid program to begin on Oct. 1.

The change that will impact families the most is the two-and-a-half-year lookback for Medicaid home care applications where there had been previously no lookback. Structural changes to home care assessment, care needs standards and case processing were also outlined in the budget.

Sudden onset of an illness or physical ailment is a destabilizing event for any family. The path to long-term care may include stops at hospitals, rehabilitation facilities and nursing homes. Every step of the way is paved with health insurance questions.

Once long-term care is contemplated, then Medicaid becomes an integral resource for families to pay for services. Asset transfer barriers were not in place for Medicaid home care applicants up until now. An ill or disabled individual without a spouse could transfer excess assets over \$15,750 to another person or trust without a penalty.

Now, local Department of Social Services (DSS) offices handling Medicaid applications will require

two and a half years of financial and bank statements for review. If DSS finds nonexempt transfers of assets they have the right to place a penalty on the amount transferred, which would create a penalty period. This penalty period would most likely be calculated by dividing the amount transferred by the average monthly rate of home care for that region of New York State. The calculation would yield the number of months that the applicant is ineligible for services and would have to pay privately.

The cost of living in New York with state taxes, high property taxes and elevated price points for many goods and services requires sufficient cash flow and savings. Unexpected costs can devastate a family's finances. Long-term care is extremely expensive, and by penalizing transfers of assets within two and a half years of the application, there will be increased private pay burdens on families resulting in net losses of thousands of dollars.

The changes to the Medicaid home care application



By Alan D. Feller

process are not limited to lookbacks and asset transfer penalties. Medicaid includes different home care options and waived services. Eligibility before the budget changes allowed for fewer Activities of Daily Living (ADL) limitations. Now three ADLs requiring assistance per applicant will be required. New assessment tools as well as an independent physician and independent assessor will also be added to the applicant's Medicaid home care process.

In the short term, all of these changes will require implementation time and create delays. Medicaid applicants will be waiting longer, paying more money out of pocket and navigating a more confusing system.

To stay on top of all of the Medicaid changes, please call the professionals at Sloan and Feller today.

Alan D. Feller, Esq. is managing partner of Sloan & Feller Attorneys at Law, located at 625 Route 6 in Mahopac. He can be reached at alandfeller@sloanandfeller.com.

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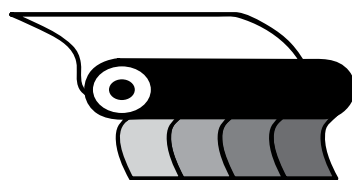
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Gabriella's Italian Latin Fusion Debuts in White Plains

Mother and daughter Miguelina Martinez and Gabriella Surriel have opened Gabriella's Italian Latin Fusion Cuisine at 130 W. Post Rd. in White Plains. After a colorful renovation to the former Ernesto's space, the kitchen is ready to go with a hearty mix of classic Italian and flavorful Latin fusion specialties and cocktails served in a comfortable, casual setting.



By Morris Gut

Chicken Florentine (chicken breast with chardonnay, spinach and Alfredo sauce); Gabriella's Sirloin Steak, an eight-ounce steak topped with shrimp, chardonnay and gorgonzola sauce; Sea Bass Villa Mella, stuffed with shrimp and bacon; chicken parmesan with marinara; grilled rack of lamb; and the classic Thermidor lobster, with chardonnay, mushrooms, parmesan and red caviar.

Martinez and Surriel, who also operate Malecon in Yonkers and El Conde in New York City, and general manager Maria Bautista and serve up a varied and tasty menu.

Great starters include octopus carpaccio, fresh sliced with chef's special pesto and lime cream; baked clams oreganata stuffed with parmesan and lime cream; antipasto for two hot or cold, which includes roasted mix, yellow squash, zucchini, eggplant, red and green peppers, parmesan, salami and prosciutto with toasted bread; and Caribbean Calypso-style shrimp cocktail.

There's a Cuban sandwich on Italian bread that includes mustard, pork, ham, Swiss cheese, pickle and moho and burgers served on brioche bun. There's also a three-colored shrimp salad; Frutti Di Mare Salad (seafood vinaigrette served on spring mix and arugula salad, tomatoes and cucumber); chicken Caesar salad; and a Caprese salad with mozzarella, tomatoes and pesto.

Pastas include spaghetti Bolognese, which contains homemade fresh meat-based Bolognese sauce; Salmon Farfalle (sliced smoked salmon, dill and alfredo sauce); and lobster ravioli with parmesan, butter and sage sauce. Penne alla Vodka and fettuccine alfredo can be served with chicken, shrimp or seafood as a supplement.

Beautifully-plated main courses include

Gabriella's big, hearty 24-ounce Tomahawk steak, prepared with portobello mushrooms, truffle oil sauce and yucca fries, comes with a complementary bottle of house-selected wine. A Spain-style Paella Valenciana for two is served with rice mixed with seafood and meat.

Traditional Puerto Rican Mofongo combinations served with mashed plantains come with a choice of Frutti di Mare, skirt steak, shrimp, pork skin, chicken or cheese. Additional Latin-style dishes include fried chicken with or without bones; beef stew; fried pork chunks; and fried beef. Each is served with a choice of sides.

COVID-19 guidelines are in place. There is outdoor patio seating. A special breakfast menu is served all day with complementary mimosa.

Gabriella's Italian Latin Fusion is open seven days a week for lunch and dinner from 11 a.m. The same menu is served all day. Main courses range from \$12 to \$42. There are lunch specials and a cocktail bar and lounge. Happy hour is from 4 to 7 p.m. Monday through Thursday. Take-out and delivery. Casual dress. Free parking. Major credit cards accepted. Reservations are accepted. Info and reservations: 914-358-4416 or www.gabriellaitalianfusion.com.

Sing Sing Kill Brewery

We visited downtown Ossining for the first time in a while. One of our destinations was Sing Sing Kill Brewery on Spring Street. It was mid-afternoon and the tasting room was quiet. It looked very clean, and seating was distanced nicely. The barkeeper-waitress was properly masked. There is outdoor seating in the evening, but at our time of arrival it had not been set up.

We enjoyed our Pride Rye-It! and Triple IPAs and shared a bag of Papa Best Batch garlic pistachios from Red Hook. The menu is limited, but I hear they allow food to be brought in from local restaurants. There is beer and growler take-out. The Ossining police are across the street from the brewery so drink responsibly.

Sing Sing Kill Brewery is located at 75-77 Spring St. in Ossining. Open Wednesday to Sunday, 1 to 10 p.m. Info: 914-502-0578 or visit www.singsingkillbrewery.com.

Great Hudson Views at 3 Westerly

We stopped off in the revitalized Harbor Square section of Ossining late one afternoon and got an indoor booth at 3



Gabriella Surriel greets White Plains Mayor Thomas Roach at Gabriella's Italian Latin Fusion Cuisine.

Westerly Bar & Grill, a nautical-themed gastropub. The multitiered contemporary dining areas were only partially in use in keeping with COVID-19 guidelines, and we felt quite distanced from other patrons. There were dividers at each table and between each booth. Staff were properly masked.

The view of the Hudson River is lovely from this sprawling space, a much-needed refresher right now. As far as I could see, there is not a bad table in the house. The long bar is not a seating option until later in the day, but I could see that bar stools had been properly distanced, too. The outdoor patio also looked inviting.

Our beers went well with an order of plump, crispy peach habanero chicken wings. After lingering for a while, we took a walk outside. Very nice, indeed.

3 Westerly is located at 3 Westerly Rd. in Ossining. Open daily for lunch and dinner.



The grilled salmon at Gabriella's.

Info: 914-762-1333 or visit www.3westerly.com.

Bigfoot Creamery

After leaving 3 Westerly, we walked down the path to Bigfoot Creamery, inside Henry Gourdin Park. There was a short line waiting to order one of their handmade small-batch ice cream flavors. Its website states that the product is prepared and sourced with Hudson Valley fixings. Open Tuesday to Sunday from 3 to 8 p.m. Looking forward to trying them next time. Info: Visit www.bigfootcreamery.com.

Wegman's to Open Wednesday

The much-anticipated opening of the huge Wegman's Food Market off Westchester Avenue in Harrison will take place this Wednesday from 9 a.m. to midnight. COVID-19 guidelines will be in place.

Stay safe!

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 or gutreaactions@optonline.net.



A basket of chicken wings at 3 Westerly in Ossining.



There are a nice variety of refreshing brews at Sing Sing Kill Brewery.

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The Benefits and Detriments of a Wine Consumption Lifestyle



By Nick Antonaccio

In previous columns I've been an advocate for the moderate consumption of wine. I've presented the benefits and rarely focused on the negative aspects. (Isn't there always a counterargument these days concerning the benefits or detriments of any form of food or beverage?)

Well, here it is: the negative argument for imbibing wine (or any other alcoholic beverage). Especially in these coronavirus times, when many consumers have increased their sheltered-in-place alcoholic intake.

In an effort to provide a balanced approach, let's first focus on the benefits of consuming wine in moderation.

Anecdotal proof: Wine has been consumed by many civilizations for millennia. The Egyptians of 3,000 B.C., the Greeks and Romans of 1,000 B.C. and Western Europeans of the last 2,000 years have consumed wine for its proven medicinal, therapeutic and antimicrobial values. History sometimes provides a better validation of theorems than the most recent scientific evidence.

Numerous studies: Volumes have been written on the benefits of antioxidants in our food and in our bodies. Studies have validated the benefits of red wine – protecting the heart and brain, fighting and preventing cancers, reversing diabetes and obesity, boosting the immune system and slowing the aging process.

Now the counterargument. There are generally three reasons offered for the negative effects of imbibing: first, high alcohol; second, high alcohol; and third, high calories.

High alcohol: It is quite clear that excessive alcoholic intake is dangerous. In addition to the deleterious health effects (liver disease, increase in cancer risk and cognitive impairment), there are the social dangers (drunk driving and aggravated assaults).

But how to define excessive? How to gauge one's tolerance level? There seems to be a shifting scientific argument that even one daily glass of wine may be unhealthy for a segment of our population.

Consumption of wine can be habit-forming and lead to increased intake of alcohol, leading to a plethora of medical and social problems for the population as a whole. A study published in the British Medical Journal found that drinking less reduces the risk of heart disease and lowers blood pressure.

The head of the study reported, "We saw a link between a reduced consumption of alcohol and improved cardiovascular health, regardless of whether the individual was a light, moderate or heavy drinker."

High calories: A gram of carbohydrate sugar contains four calories. A gram of wine contains seven calories. Extrapolating that, a typical glass of wine (five ounces), with an average percentage of alcohol, has as many calories as two chocolate chip cookies. Do the math: the equivalency is for each glass of wine consumed.

In the United States, we've come to grips with the counterbalancing arguments in several economic cycles:

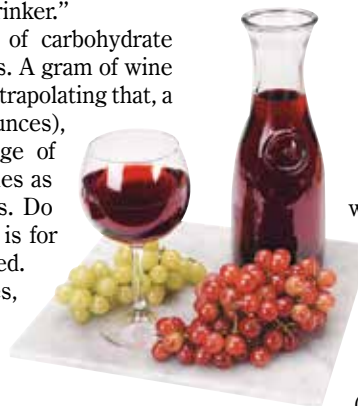
1. Early immigrants brought their lifestyles from Western Europe to their new homes in America, including wine with meals.
2. As a developing industrial nation in the 19th century, the burgeoning throng of hourly factory and mining workers looked to alcohol to blur the realities of their long, exhausting workdays. Alcoholism was rampant.
3. The temperance movement grew out of this national inebriation, culminating in the Eighteenth Amendment, banning the manufacture and sale of alcoholic beverages. After 13 years of legislated temperance (which was only moderately successful), the Twenty-

First Amendment ended Prohibition.

4. Fast forward to 2020. Wine is broadly seen as acceptable, and in the opinion of a number of stalwart consumers, a natural accompaniment to a meal. Even the FDA continues to support the medical benefits of one to two glasses of red wine each day.

Is there a means by which we can drink our wine and preserve the benefits while reducing the negative effects? Short of switching to grape juice, which contains as much antioxidants as wine (at a much greater level of consumption), is there an acceptable compromise? I've expounded on this in previous columns, exploring low-alcohol and non-alcoholic wine. Consider these in the context of your lifestyle and coronavirus-related drinking habits.

Nick Antonaccio is a 40-year Pleasantville resident. For over 25 years, he has conducted wine tastings and lectures. Nick is program director and a member of the Wine Media Guild of wine journalists. 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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Feeding Westchester Welcomes its New President, CEO

Following an extensive nationwide search, the Feeding Westchester Board of Directors is pleased to announce the arrival of incoming President and CEO Karen Erren. With more than 20 years of nonprofit experience, Erren most recently served as executive director of the Palm Beach County Food Bank, where she led the startup organization through an extraordinary growth phase.

“We are thrilled to have someone of Karen’s caliber taking the helm,” said Feeding Westchester Board Chair Sue Norton. “She is not only a seasoned leader, but is passionate about solving the immediate and longer-term systemic issues surrounding food insecurity. She’s already working on terrific ideas to support our Westchester neighbors in need.”

While at the Palm Beach County Food Bank, Erren instituted broad-based infrastructure and significantly increased the food bank’s base of support while initiating the organization’s first capital campaign. During the food bank’s COVID-19 response, Erren led the effort in distributing nearly six million pounds of food between March and June, delivering up to



Karen Erren has taken over as Feeding Westchester’s new president and CEO.

five times the food bank’s regular monthly volume in that period.

“I am so proud and honored to join the team here at Feeding Westchester,” Erren said. “They have been on the forefront of hunger relief in the county for more than thirty years, and have worked tirelessly to meet unprecedented levels of need caused by the COVID-19 crisis.”

Erren comes to Feeding Westchester at a time when the food bank has responded to the increased need. Since

Mar. 1, the organization has distributed more than 12 million pounds of food, which is a year-over-year increase of 63 percent. As the impact of the global pandemic continues and unemployment numbers rise, Erren said she knows there is plenty of work ahead.

“Westchester entered Phase 4 of reopening in July, but the effects of the pandemic will continue to drive the need for food,” Erren said. “We will ensure as much food as possible on as many tables as possible for as long as there is need.”

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Why it's Important for Your Health to Keep Moving When Working Remotely

With the outbreak of COVID-19, workplace regulations have caused many companies to encourage employees to work from home. But being in the comfort of your home can easily lead to a more sedentary life.

One of the challenges with working remotely is that you may not have the amount of space and equipment that you have at work. For some people, their workplace may be on a kitchen table or on their lap, which will lead to poor posture over a prolonged period of time. Your workplace needs to be ergonomically friendly in order to maintain the correct posture and reduce your chance of injury.

It is important to maintain good posture when you are sitting at your desk starting from the top of your body to the bottom. Keep your head vertical to your neck and your monitor at eye level, thus reducing the amount of strain on your neck and shoulders. When working on a desk or table, your hands and wrists should be in a neutral position, meaning that your forearm should be just about flush with



By Amanda Notley

the table.

When seated, you will need to find a posture that provides support for your back. The ideal position is when your spine is neutral, which helps reduce stress on the supporting structures of the spine. If you can draw a straight line from your ear down to your hips, your back is in a neutral position.

Once you've established a good posture for your back, it's time to adjust your seat to make sure your knees are at or below hip level. If you don't have an adjustable chair you can sit on a firm pillow and adjust the height of the pillow accordingly so that your knees reach that desired level.

Once good posture is achieved, the last important step is to keep your body moving. We are not meant to stay in one position all day even with good posture. Step away from your workplace every 30 minutes to go for a short walk or to stretch major muscle groups.

Here are some easy stretches that I recommend.

1. Levator Scapulae Stretch. While seated, place your left hand behind your head and pull your head

- downward toward your left armpit and vice versa. Feel this stretch toward the back of the neck on the opposite side. Hold for 30 seconds. Repeat on each side three times.
2. Doorway Stretch. Stand in an open doorway, raise arms up to the side and bend elbows at 90-degree angles with palms forward. Rest your palms and forearms on the doorframe, then step forward with one leg until stretch is felt in the shoulder/chest. Hold for 30 seconds. Repeat three times.
3. Wrist Extensor/Flexor Stretch. Extend your arm in front of you and bend your wrist upwards. With your other hand, bend your wrist further upwards until you feel a stretch on the bottom of your forearm. Bend your wrist downward to stretch the top of your forearm. Hold for 30 seconds. Repeat on each side three times.
4. Seated Figure-4 Stretch. While seated, place one foot on the top of the opposite knee. Press down gently on the crossed knee and lean

forward keeping your back straight. You should feel this in your buttocks. Hold for 30 seconds. Repeat on each side three times.

5. Seated Hamstring Stretch. While seated, rest your heel on the floor with your knee straight and lean forward until a stretch is felt behind your knee and thigh. Maintain a straight spine the entire time. Hold for 30 seconds. Repeat on each side three times.

If you are experiencing pain and you've taken the aforementioned steps, a visit to a physical therapist or chiropractor may be the next step to better address these issues. A physical therapist or chiropractor will be able to

assess and provide the appropriate treatment if stretching is not enough.

Dr. Amanda Notley is a physical therapist at ProClinix Sports Physical Therapy & Chiropractic in Ardsley and Pleasantville. For more information about this article or about ProClinix, Amanda can be reached at 914-202-0700 or at anotley@proclinix.com. Also visit www.proclinix.com.



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