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April 14 - April 20, 2019

SMALL NEWS IS BIG NEWS

Volume 14, Issue 658

NWH Opens Field Hospital to Help Handle COVID-19 Cases

By Martin Wilbur

Northern Westchester Hospital completed work to erect a 40-bed field hospital in its parking lot last Saturday to accommodate a potential overflow of COVID-19 patients.

Hospital Executive Director Derek Anderson said the large tent structure is equipped with hospital personnel with the same patient-to-staff ratio as the main hospital along with equipment and supplies.

As of Monday, Northern Westchester had not yet needed to use the extra space. All available beds would be used inside the main hospital's inpatient and intensive care units before patients would be moved into the auxiliary structure.

"We recognize the sight of a field hospital on our grounds may be jarring for the community, but our hope is that it sends a reassuring message of preparation," Anderson said. "The reality is that there is an ongoing need for more hospital beds to treat COVID-positive patients in both New York State and our community. We hope we will never need to use the field hospital, but its existence is part of our ongoing commitment to provide the highest level of compassionate care for our community and support other hospitals in need."

Stamford Tents were used and prepared by hospital personnel, said Katie Griffin, Northern Westchester's director of nursing, case management.

There is one large tent that will house patients should that become necessary. Smaller tents are being used for workspaces,



MARTIN WILBUR PHOTO

The 40-bed field hospital in Northern Westchester Hospital's parking lot. As of last Saturday, it is prepared to accept COVID-19 patients.

to clean supplies and exercise infection control practices, Griffin said.

Currently, there is no timetable for how long the field hospital will remain in place.

"As we review census in our hospital and the 23 hospitals of Northwell Health, we are prepared for any change in patient volume or surge that may occur in our community,

or should another hospital need assistance," Griffin said. "We continue to have sufficient capacity at Northern Westchester Hospital for the communities we serve."

Since treating its first coronavirus patient in early March, Northern Westchester has cared for at least 176 COVID-19-positive patients, according to figures released by

the hospital. Of those, at least 74 have been discharged.

On Monday, County Executive George Latimer said while the number of Westchester residents who have tested positive has grown to 19,786, more than 9,300 of those have been resolved. As a result, there are 10,460 active cases as of Monday, with 1,194 of those patients hospitalized.

There were about 3,000 hospital beds in the county before any field hospitals were opened and the outfitting of the County Center, which is expected to be ready by the end of the week with about 110 beds, Latimer said.

"We think that represents, as expected, a flattening of the curve that we've heard so much about, that there would be an increase in the various number of cases that would peak, and then at some point if we did what we were supposed to do, (the numbers) would flatten rather than continue to rise," Latimer said.

Therefore, the number of hospitalized patients compared to active cases remains at a manageable 11.4 percent, he said. If that figure were to rise to 17 to 20 percent, that's when Westchester's hospitals would likely start seeing overflow capacity, according to Latimer.

He also cautioned that the extra beds at the County Center and elsewhere in Westchester could be used to serve patients from surrounding Hudson Valley counties or New York City.

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Thank You. Gracias. Merci. Not Enough Ways to Express Our Gratitude

By Adam Stone

At first, as the donations began pouring in, I thought to myself: the power of the web and social media is truly amazing.

It's a wonder – so much energy mustered with the click of a digital button.

Last Sunday night, a week ago from this writing, I was sitting in this same chair, in this same little home office, contemplating the ramifications of asking our loyal readers for money.

Doing so was about a million miles from my comfort zone, and I worried whether more than a dozen years of goodwill would be squandered if the request was misunderstood.

Granted, in partnership with the Local Media Foundation/Local Media Association nonprofit, I was

asking for tax-deductible charitable donations to our Examiner COVID-19 Local News Fund to support a mission I'm passionate about, not seeking a personal favor. But the entire idea just gave me serious pause.

Then I realized it would be selfish to allow personal pride to interfere with anything other than the most aggressive effort to generate support for critically important local journalism in a time of crisis. And, after I realized that, I clicked the button. The response has been overwhelming.

Since that mouse click a week ago today, as of the crafting of this sentence, we've raised \$13,167 and growing, from 167 donations, almost all in the \$25 to \$100 range. Our goal might be \$25,000 in fundraising, but I really didn't know whether we'd

raise \$250 when all was said and done, let alone enough revenue to, ahem, almost cover a week's worth of expenses. (Publishing professionally reported local news is an expensive proposition.)

In fact, due to the significant financial demands of printing four community newspapers and operating a daily news website, we must remain zealous in our efforts to raise funds. But, in the meantime, on behalf of our laid off workers and on behalf of local journalism more broadly, I want to give my most hearty, most enthusiastic, most grateful thank you to you all.

It's not just the incredible donors who contributed to the cause who deserve thanks – and they do deserve and receive a special thanks. Or all the advertisers that have stuck with us. Or all the

core, remaining staff – a group so dedicated and talented it makes me emotional.

It's also ALL of you. Every. Single. Reader. You've been with us since Day One, back in September 2007, when The Examiner was an unknown, unproven upstart. From the jump, you confirmed our notion that fact-checked, well-crafted local news continues to be in high demand. You were thirsty for meaningful reporting about your local governments, schools and area sports. You remained faithful to embracing a community newspaper that delivered what it promised.

"We are devout readers of The Examiner," my friends and Pleasantville residents Annemarie and Per Andre Brandt wrote on our online donation page when contributing. "A publication like

this is a necessity in our small, local communities. Rarely do we go into Starbucks, the barber shop or the lobby at the Jacob Burns without seeing people engrossed in an issue. We are proud to support a paper based on integrity and a generous community spirit."

If I could feature every incredible quote from our readers on our donation page, I would. They have all been a source of enormous inspiration during a challenging time.

But, for now, let me just say this: my first thought was wrong. It's not just about the power of the web and social media. It's about the power of grassroots support for local news reporting. It's about the power of community. It's about the power of, well, you.

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NWH Opens Field Hospital to Help Handle COVID-19 Cases

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Griffin said this is the first time Northern Westchester has had to build a field hospital, although it was prepared for other healthcare crises such as Ebola. It has also participated in disaster response preparedness for hurricanes, she said.

In addition to handling the coronavirus patients over the past month, the hospital has helped expectant mothers who had tested positive give birth to healthy newborns, Anderson said.

"These are challenging times that require extraordinary measures," Anderson said. "However, we are well positioned to meet these challenges and will continue to keep (the community) apprised."

Northern Westchester has also been assisting colleagues at other Northwell hospitals, including Long Island Jewish Forest Hills and Valley Stream hospitals, which continue to see high surges of patients.

CORONAVIRUS SAFETY



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Groundbreaking Treatment for Skin Cancer

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Ashwatha Narayana, MD
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Q: How is skin cancer treated?

A: Traditionally, skin cancers have been treated either with Moh's surgery, in which the cancerous tissue is removed, or by conventional radiation. Both methods offer success rates of 96 to 99 percent. However, now a third option – High Dose Rate Brachytherapy (HDRBT) – offers a unique cosmetic benefit that's particularly valuable for skin cancers the face, head and neck.

Q: What's so unique about this new type of treatment?

A: With a Moh's procedure, the cancer is cut out, leaving behind a hole which is filled with skin from somewhere else on your body. This forms a scar.

With *conventional* radiation for skin cancer, not only is the tumor radiated, but so are its "margins," or edges. As a result, a wide area is radiated – sometimes causing the skin to thin or break, to get a bit darker or lighter, to develop red streaks, or to appear scarred or wrinkled. If this happens on your face, it is often highly visible.

By contrast, *HDRBT* involves radiating much smaller margins around the tumor. If we're treating a tumor near the eye with conventional radiation, its wider field of radiation creates the risk of blindness, or of

damaging the lens, or of the breakdown of surrounding tissue. But with concentrated HDRBT, these risks significantly diminish. Also, it's fast. After just two weeks of fifteen-minute treatments with HDRBT, treatment is complete. In fact, the treatment itself takes only three to four minutes!

Q: Who is the ideal candidate for this type of treatment?

A: The cosmetic benefit is especially valuable if you have skin cancer near your lips, nose or eyes. With this treatment, there is minimal to no scarring. This new radiation therapy is also great for elderly patients who might not tolerate surgery. In Westchester County, we have a high population of older community members with skin cancer – this treatment has worked really well for them.

Q: Is there anything else you'd like to say about HDRBT?

A: Currently, Northern Westchester Hospital is the only community hospital in Westchester offering HDRBT for skin cancer. There's this myth that community hospitals can't provide the most advanced cancer care. But that's simply not the case. Here, patients experience the warmth of a community hospital, yet receive a level of cancer care that's first-rate.

State Part of Regional Consortium to Study Reopening Economy

By Martin Wilbur

Gov. Andrew Cuomo has entered a partnership with five other Northeast governors to devise a plan that coordinates a restart of the regional economy that has been largely shut down since last month because of the coronavirus.

The coordinated effort with New Jersey, Connecticut, Pennsylvania, Delaware and Rhode Island will feature a working group consisting of a top public health official and an economic development adviser from the six states and each governor's chief of staff to develop a strategy that will slowly return people to work.

Cuomo said Monday that the group will look to strike the delicate balance of helping the economy but to do it in a phased manner that hopefully won't trigger a new wave of COVID-19 cases and hospitalizations.

"We've never been here before but that doesn't mean you can't ensure public confidence that you're doing everything you can to do it in a smart way, an informed way, guided by experts and data and science and not in a political way," Cuomo said.

He cautioned that while there have been encouraging signs for New York by apparently reaching a plateau on new hospitalizations, intensive care admissions and intubations, the process of a complete return to normal life could be as much as 12 to 18 months away.

The announcement came on the same day that the statewide death toll reached 10,056, after 671 New Yorkers died from the disease on Easter Sunday. That number includes 557 Westchester residents who have died from COVID-19 since the start of the pandemic and another 18 residents in Putnam County as of Monday, according to the Department of Health.

Any plan from the six-state partnership will coordinate health and economic issues that calibrates what to include in the next level of essential businesses and services, Cuomo said. For it to work, there will also need to be a much lower infection rate, adequate diagnostic and antibody testing, federal legislation that provides more fiscal relief to the states and a continuation of the social distancing that is helping to slow the spread of the virus, he said.

"This is a time for smart, competent, effective government," Cuomo said. "Nothing else matters. I want to say to the people of this state that we did everything we could to the best of our ability."

The working group is expected to convene on Tuesday and return with a plan as soon as possible.

The Monday afternoon announcement via conference call included the governors of the five other states. Connecticut Gov. Ned Lamont said the coordination plan is critical because of the travel between the states, particularly the tristate metropolitan area.

"All of our pandemic here in Connecticut is along that I-95, Metro-North corridor," Lamont said. "We have hundreds of thousands of people

going back and forth between New York and Connecticut. It's the commuter corridor to us but it's also the COVID corridor, which is why it's so important we work together."

New Jersey Gov. Phil Murphy said that an economic recovery can only be achieved when there is also a health recovery.

"This is the fight of our lives. Let there be no doubt about it," Murphy said. "We are not out of the woods yet in reopening ourselves back up."

Cuomo mentioned that the states aren't going to necessarily have identical guidelines since the needs from one state to another, and even within the states, are different. But the goal is to coordinate as much as possible.

A lack of coordination was on display last weekend when Mayor Bill DiBlasio made a surprise announcement that New York City's public schools would be closed for the remainder of the academic year.

On Saturday and Sunday, Cuomo said he had the authority to determine whether schools would re-opening of society, that includes private industry, the greater workforce and transportation, he said. Schools statewide are closed until at least Apr. 29.

"We closed it down in a coordinated fashion and that means we will go forward together," Cuomo said on Sunday. "So we'll have a coordinated plan, we'll have a regional

plan. Hopefully, we'll get on the same page with New Jersey and Connecticut. We're going to try. That is the optimum situation."

Cuomo said last week that the state's lab had been conducting 300 antibody tests a day and that number is expected to increase to 1,000 by this Friday and to 2,000 a day by next week. Antibody tests can determine who has had COVID-19, including those who were asymptomatic, and therefore likely immune to the virus and able to return to society. Diagnostic testing determines which citizens are positive for the disease.

However, the tests will need to be mass produced in the millions before any reopening, Cuomo said.



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Village Cancels 2020 Pleasantville Music Festival

By Martin Wilbur

The 2020 Pleasantville Music Festival was canceled last week because of the coronavirus.

Executive Director Bruce Figler and Pleasantville Mayor Peter Scherer said last Wednesday that although the event is three months away, there are too many uncertainties to schedule a festival that attracts a large crowd.

Even if the virus wanes in New York and throughout the tristate area by summer, other parts of the country are likely to still be fighting the pandemic.

"Come two months from now are you going to feel comfortable standing out in a field with 5,000 strangers?" Figler said. "I think the general public is a little traumatized here and I think just expecting people to forget about all this stuff in a couple of months is probably not realistic."

The 16th annual festival, which typically draws upwards of 5,000 music fans, would have been held on Saturday, July 11 at Parkway Field. Gov. Andrew Cuomo has extended the social distancing protocols through at least Apr. 29 and it is unclear when they may be lifted.

Scherer said commitments would have soon been needed for the bands that would appear and for the festival's suppliers.

With public health officials unable to provide any clear projection as to when events with large audiences can resume,



For the first time since it was established in 2005, there will be no Pleasantville Music Festival this July. The annual festival was the latest event to be called off because of the coronavirus.

canceling the festival was the prudent decision, he said.

"It would appear unlikely that a mass gathering was going to make sense in July," Scherer said. "Hopefully, the pendulum is starting to swing back to the center, but I

can almost guarantee that some sort of social distancing will still be required at that point."

Figler said that most of the festival's lineup had been set and the village was hoping to sign the contracts with the performers soon in order to move ahead. Typically, the lineup

is announced by the end of April.

However, with much of the work to prepare for the event ready to ramp up soon, it was deemed best to cancel now rather than expending the time and effort and risking it going for naught, he said.

Scherer and Figler indicated that they are holding out hope that the village can organize some sort of special event for the fall that could feature music, but that is far from certain.

The village plans to resume the Pleasantville Music Festival in July 2021. The festival had been held in July each year since 2005.

Figler said that with so many people and their families suffering health-wise and financially, it's important to keep a proper perspective.

"In the spectrum of disappointments, this is pretty low," he said.

For those who purchased festival tickets online in advance through TicketWeb, ticket costs and fees will be automatically refunded to purchasers' credit card accounts within two weeks. No other action will be necessary.

For those who purchased tickets directly from the festival box office at the Pleasantville Recreation Center, refund instructions are available at the festival's website, www.PleasantvilleMusicFestival.com.

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Area First Responders Celebrate Tireless Efforts of NWH Staff

By Lindsay Emery

First responders from across the county came together to celebrate Northern Westchester Hospital staff with cheers and applause, as workers started and ended their shifts early last Wednesday evening.

Fire engines, ambulances, police cars and vehicles had their flashing lights turned on in solidarity to show support for the doctors, nurses and other staff at the hospital who have been on the frontlines of the COVID-19 battle. Every worker that entered or exited the hospital was greeted with resounding applause, whoops and cheers.

Members of the Mount Kisco Volunteer Ambulance Corps handed out ice cream sandwiches to all hospitals workers who wanted one.

"It has been incredibly emotional and touching for us to feel the support and the love of the community," said Dr. Sherri Sandel, associate chief medical officer. "For all of us, it's been a really tough road."

First responders held signs that read, "NWH Staff: The Real Heroes" and "Thank U NWH, We Glove You."

Fire Chief David Hughes' wife is a nurse at the hospital. He said that his second assistant, Matt Hollis, came up with the idea to bring the emergency services personnel together to celebrate those who work at Northern Westchester.

"It's something that needs to be done for everybody," Hughes said. "This is just bringing everybody together so it's very



LINDSAY EMERY PHOTO

Scores of first responders at the early evening change of shift last Wednesday at Northern Westchester Hospital. They celebrated the efforts of healthcare workers as they left and arrived for work.

important that we do this for the entire community."

Hollis sent out e-mails across northern Westchester to gather support from various emergency services. Among the communities that had their departments participate included Mount Kisco, Bedford Hills, Bedford Village, Pound Ridge, Pleasantville, Millwood, Ossining, Croton-on-Hudson, Mount Kisco Ambulance Corps Inc., Chappaqua Volunteer Ambulance Corps, Katonah Ambulance, Katonah Fire Department and Armonk,

Hughes said.

Hughes estimated around 200 people attended. At 7 p.m., the Mount Kisco Fire Department was the first of a long line of departments that sounded their sirens and blasted their horns for a minute in tribute to the hard work that the healthcare providers do every day.

"What I find so remarkable about this is that the first responders who perpetually put themselves on the line are here to support the doctors, the nurses, the hospital staff,

who are taking on that role now," said Mount Kisco Mayor Gina Picinich.

Northern Westchester Hospital Executive Director Derek Anderson said the staff was touched by the event.

"You can see on the faces of the nurses and the respiratory therapists and the people leaving and coming, Anderson said. "This is really making a difference. It means a lot that they're being supported by so many people in this community."

Even though Head of Human Resources, Richard Mellor, has been at Northern Westchester for just three months, he was impressed by the community demonstrating appreciation for what the hospital and its staff does.

"I think it's just an enormous opportunity for the community to show what amazing work that all the staff are doing to make a difference for all the people in the community," Mellor said. "It's awe-inspiring to know that so many people have taken the trouble to show how much they care for the staff and the patients."

As nightfall descended and people started to leave, an emergency helicopter flew over the hospital, flashing its bright lights. The fire engines responded with a few last horn honks and sirens.

"It's been over a month of doing this now and we're tired," Sandel said. "It's been difficult, and like I said, to feel the support that we don't hear every day as our patients are so sick, means so much. Many people are coming in crying when they see it and the crying is from the support."

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Peekskill's Field Library is Looking to Spread its Wings

By Rick Pezzullo

An expansion plan for The Field Library in Peekskill was recently presented to the Common Council.

Library Director Jennifer Brown and Mary Foster, former mayor and treasurer of the library Board of Trustees, gave an overview of the project and the funding sources that would have to be secured to make it happen. The project is estimated to cost between \$2.5 million and \$3.5 million.

"This expansion would really meet the needs of the city and would really help to showcase what the city has to offer to all of its new residents," Foster said. "It's just as important as all of the beautification projects that are happening in the city."

The Field Library has been part of Peekskill for 125 years and has been located at its current location in The Neighborhood Center on Nelson Avenue since 1978. Last year, Brown said the library had 216,000 visitors and has 11,200 card holders.

However, Brown stressed that The Field Library ranks 24th out of 38 libraries in Westchester in terms of space and its limitations prevent it from offering multiple programs at the same time, quiet study space, adequate equipment and seating for teens and more material.

"We have no capacity to grow," Brown said.

A handful of different designs for the proposed expansion are being considered,



RICK PEZZULLO PHOTO

A proposed expansion costing a projected \$2.5 million to \$3.5 million for The Field Library in Peekskill.

most of which would occupy some of the current open space in the plaza. More computers, a conference room, a multipurpose room and an expanded children's room are some of the additions included in the plans.

"I know we need more space. I like the

idea," said Councilman Ramon Fernandez. "I don't know if I want to lose space on the plaza since we don't have much open space in the city."

The library expansion is one of several projects competing for a portion of the \$10 million given to Peekskill by Gov. Andrew

Cuomo last year as part of a Downtown Revitalization Initiative (DRI) program.

Foster said the library would be looking for \$1 million from the DRI, along with \$1 million from city bonds. The library is equipped to contribute \$350,000 and is hoping to raise an additional \$150,000 through the Friends of the Library. The remainder of the funds would come from state grants.

One of the hurdles that the library faces is it doesn't own the building, Foster said. The library currently has a lease with the city.

Nonetheless, councilmembers expressed support for the conceptual plans.

"I believe libraries are at the epicenter of all communities. Not many municipalities have libraries right in the downtown," said Councilwoman Vanessa Agudelo. "I would like to see us put together some resources to make this happen. I really, really want to make this happen. I would love to see us take a look at that whole building and optimize its use."

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BIG NEWS**

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Obituaries

Former State Assemblyman Richard Brodsky Dies at 73

By Rick Pezzullo

Former longtime Assemblyman Richard Brodsky, an outspoken Democrat from Greenburgh, died Apr. 8 from symptoms of coronavirus. He was 73.

Brodsky, a former Westchester County legislator, served in the state legislature from 1983 to 2010. He unsuccessfully ran for Westchester County Executive in 1989 and 1993 against Andrew O'Rourke and for state attorney general in 2006 and 2010.

Westchester County Executive George Latimer called Brodsky a friend and "a giant in the history of Westchester County government and politics," who was well-respected for "his intellectual tenacity" and "razor sharp mind."

"We are saddened to learn of the passing of former state Assemblyman Richard Brodsky, who was a tireless advocate for the people of Westchester during his 28 years in public service," said Westchester District Attorney Anthony Scarpino Jr. "He was a progressive leader who cared deeply about the people he represented and was passionate in his pursuit of environmental conservation and investigating public authorities. Richard's unexpected passing is a significant loss for the entire community."

"Richard Brodsky was a great public servant," Assemblyman Tom Abinanti said



on Facebook. Abinanti succeeded Brodsky and serves the 92nd Assembly District.

Brodsky was born May 4, 1946, in Brooklyn. In 1955, the family moved to Westchester County. He attended Ardsley High School and graduated from Brandeis University, and in 1971, from Harvard Law School.

During his time in Albany, he was involved in the creation of the New York State School Tax Relief program (STAR), which was enacted into law in 1996. As chairman of the Committee on Environmental Conservation from 1993 to 2002, he authored the legislation responsible for creating the Environmental Protection Fund.

Brodsky was also actively concerned with the potential safety hazards of the Indian Point nuclear power plants in Buchanan. In February 2002, he released the Interim Report on the Evacuation Plans for the Indian Point Nuclear Generating Facility, highlighting the perceived failures of Entergy, owners of the plants, and state authorities to develop a feasible evacuation plan.

Brodsky served on the Board of Advisors of the Global Panel Foundation. In 2010, he became a senior fellow at the Robert F.

Wagner Graduate School of Public Service at New York University. In 2011, he joined the non-partisan public policy organization Demos as senior fellow.

Brodsky and his wife, Paige, both donated kidneys to one of their daughters. He is survived by his wife and two daughters.



Fiona Lundy

Fiona M. Lundy, of Ridgefield, Conn. and formerly of Brewster and Grahamsville, N.Y., passed away on Apr. 4 at the Wilton Meadows Skilled Nursing and Rehabilitation Center in Wilton, Conn. She was 83 years old.

Daughter to the late James Arthur Henry and Hannah Mary (McLean) Graham, Lundy was born Feb. 18, 1937, in Redhill, England and raised in her hometown of Cupar Fife, Scotland. She earned a certification in child education from secondary school in Edinburgh, Scotland and in 1956 immigrated to the United States.

On Nov. 8, 1958, she married her love, Charles E. Lundy, at St. Joseph's Church in Croton Falls, N.Y.

She took great joy in her life. She "thoroughly enjoyed" walks near the reservoir with her husband to watch for bald eagles, taking her kids to the "farm" to swim and play with cousins and pastimes such as knitting and gardening. She was a fantastic storyteller and even better listener. Lundy was empathetic, kind and counted as a friend by so many. Her happiness was infectious, and her caring personality was home to her family and friends. She cared deeply for her children, grandchildren and

all children. Rarely without a smile, Lundy – even in her last days of Alzheimer's – would sing children's songs reminiscent of the school where she worked prior to her journey to the U.S. For many years, she drove a bus for the community schools she lived in, furthering her connection with and care for children.

Lundy is survived by her husband, Charles, and children Michael Lundy (Jodi) of Wallkill, N.Y., Christopher Lundy (Faith) of Brewster, Evelyn DiLorenzo (James) of Sag Harbor, N.Y., Eileen Dinnan (Timothy) of Ridgefield, Conn. and Ian Lundy (Jennifer) of Arlington, Tenn. Her legacy will live through her 12 grandchildren, Justin, Kristin, Ryan, Colin, Sean, Graham, Ava, Alastair, Liam, Isla, Grace and Charlotte.

A graveside service will be held for her children and loving husband in the coming weeks at St. Lawrence O'Toole Cemetery in Brewster. A funeral mass will be held in the future when congregating is again permitted.

In lieu of flowers, please consider donations in Fiona's memory to Ridgefield Visiting Nurse Association (RVNA) Health and Comfort Well (Hospice), 27 Governor St., Ridgefield, Conn. 06877.

Anthony Esposito

Anthony Esposito, 91, of Yorktown Heights and formerly of New Rochelle, Yonkers and the Bronx, passed away on Apr. 4.

Esposito was born in the Bronx on July 17, 1928, to John and Jenny Esposito. He graduated from DeWitt Clinton High School and worked with his father as a butcher. He was called to duty by the U.S. Army in 1950 and served in the Korean War.

Esposito married his loving wife, Dolores (nee Pelosi), on August 17, 1952, and she survives him.

He began his insurance career in 1958 with Prudential Insurance Company and

later became an Allstate Insurance agent for 40 years, retiring in 1999. He was an avid sailor and was well-known up and down the East Coast for his sailboat racing skills as captain of his boat Hustler, taking first place at numerous regattas.

Esposito is also survived by his daughter, Jeanette; his son, John, and his wife, Denise; his three cherished granddaughters, Alexa, Laura and Toniann Esposito; his sister, Diana Hogan; his sister-in-law Lillian Pelosi; and many nieces and nephews.

There will be a celebration of life memorial in the near future.

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Buchwald Urges W'chester Municipalities to Request Tax Extension

By Martin Wilbur

As Westchester County mulls legislation to sharply reduce penalties for property taxpayers unable to pay their bill by the Apr. 30 deadline, Assemblyman David Buchwald (D-White Plains) said municipalities can provide residents a three-week reprieve without fines.

Buchwald last week cited Section 925-A (2) of the state's real property tax law that allows for up to a 21-day extension to pay county property taxes without incurring interest or penalties during a state of emergency.

A town or city can submit a formal request to the governor's office, which must be granted before the deadline, he said.

"We should do whatever we can so that Westchester residents are not financially penalized due to the coronavirus pandemic disrupting the economy," Buchwald said. "I urge local government leaders to request that Westchester taxpayers be provided more time to make their payments without suffering an additional financial penalty."

With unemployment surging at record speed as large portions of the economy have been shut down, the COVID-19 pandemic is creating financial hardship for many families and businesses. Buchwald said the existing state law, which had been on the books well before the outbreak, was meant for situations like this.

Following County Executive George Latimer's proposal nearly two weeks ago to suspend penalties and interest for taxpayers



Assemblyman David Buchwald

experiencing a hardship until July 15, the Board of Legislators reworked the proposal after some municipalities, many of which will be cash strapped, balked at the likelihood of receiving delayed payments for two and a half months.

On Tuesday night, county lawmakers are holding a public hearing on the new proposal that would slash penalties from 2 percent to 0.5 percent for taxpayers who pay their bill in full from May 1 to May 30, a 1 percent penalty for those who pay from May 31 to June 30 instead of 5 percent and a 1.5 percent levy for those who pay from July 1 to July 15 instead of 7 percent. After July 15, the full 7 percent penalty would be imposed if the measure passes.

County Legislator Kitley Covill said last week that the Board of Legislators sympathized with those facing hardship, but there needed to be an incentive for those people who are able to pay their taxes in full by the Apr. 30 deadline.

"Many folks agreed 'Let's just permit it,'" Covill said, "but I think you want to encourage people to pay on time for a number of reasons. One is we need the money and the towns have to give it to us whether people can pay it or not. People want government more than ever now and if we don't have the money to help them, that's

double pain in my opinion."

Westchester is the only county in New York State that collects property taxes in April. The federal and state governments have provided extensions for income tax obligations this year until July 15 because of the crisis.

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Mount Kisco Grants Due Diligence Extension to Kirby Commons Developers

The Mount Kisco Village Board granted a 90-day extension of the due diligence period to the developers of the proposed down Kirby Commons mixed-use project because of delays caused by the coronavirus pandemic.

Gotham Organization, Inc. and Charter Realty & Development were given until Aug. 7 to complete ground water sampling, soil borings and testing because of the shutdown of activity. The 120-day due diligence period is set to expire on May 7, but it is highly unlikely Gotham and Charter will be able to complete the necessary work if restrictions remain in place.

While much of the work has been done,

Village Manager Ed Brancati said some additional tests needed to be pushed back.

Mayor Gina Picinich said the developers' request was reasonable given the extraordinary circumstances.

Last November Gotham and Charter Realty unveiled a proposal to build 113 units of housing and 38,000 square feet of retail space on the South Moger Avenue parking lot and 104 units with 13,600 square feet of retail and a community facility for events on the North Moger lot.

The developers would enter into a 99-year lease with the village to build the project.

— Martin Wilbur

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Westchester Hotels Offer Healthcare Workers Accommodations

As healthcare workers in Westchester and all over the world put their lives on the line to treat patients during the COVID-19 pandemic, the county is aiming to do all it can to support them.

The Westchester Hotel Association and Westchester County Office of Tourism & Film have teamed up to match guest room donations to local hospitals for use by designated critical staff. That can allow those workers to reduce the length of their commutes between long shifts and to reduce possible virus exposure to their families.

"Our entire county government is working together to combat this pandemic and supporting our heroic healthcare workers is one way we can do that – keeping our healthcare workers safe keeps all county residents safe," County Executive George Latimer said.

So far, more than 400 free room-nights have been committed for local healthcare workers. The hotels participating in the program are Cambria Hotel White Plains Downtown and Comfort Inn & Suites in Hawthorne for Westchester Medical Center workers, DoubleTree by Hilton Hotel Tarrytown for Phelps Hospital personnel and Holiday Inn Mount Kisco for Northern Westchester Hospital staff.

Those properties – and 22 other Westchester hotels and motels – have also agreed to offer additional rooms for healthcare providers and emergency responders at deeply discounted rates.

Sean Meade, general manager of the Cambria Hotel and president of the Westchester Hotel Association, is working with Cambria Suites to provide free rooms to healthcare professionals on the front lines of the COVID-19 pandemic at Westchester Medical Center.

"Our hotels are normally competitors, but the pandemic is prompting us to come together as one team to defeat a common enemy, COVID-19," Meade said. "With this program, we serve our community together and help each other through this tough time."

Municipalities are also part of the effort, including the City of White Plains' donation of free parking at City Hall, just across the street from the Cambria Hotel, for healthcare workers temporarily lodging there.

"We are proud to be part of this program, hoping to make life a little easier for the people who are doing so much for all of us," said White Plains Mayor Tom Roach.

Natasha Caputo, director of Westchester County Tourism & Film with the county's healthcare workers and first responders doing vital work, making sure they are properly taken care of is the "highest measure of our hospitality."

For healthcare and emergency responder special rates, for workers who need an alternative place to stay during the pandemic or more information, visit <https://www.visitwestchesterny.com/hotels/covid-19-response>.

Storm Damage



DAVE ROCCO PHOTO

Monday's storm played havoc with communities across Westchester. There were 34 road closures and 11,200 customers without power at one point, according to Con Edison, including significant outages in Cortlandt, Briarcliff Manor, Greenburgh, Mount Pleasant and Yorktown (shown above).

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In Loving Memory

Crawford, Susan McCarthy, b. July 5, 1948, in Springfield, MA, died April 2, 2020, in Putnam Valley, NY.

Her greatest joys in life were Tad and Christopher. She grew up in Feeding Hills, graduated from Agawam High School, Elms College (AB), and the New School for Social Research (MS), and attended Fordham and Columbia Universities. She collected bells, gongs, chimes and singing bowls, enjoyed opera and dance, loved roller skating, adored attending Christopher's baseball games and relished being the General Contractor for her Putnam Valley home. She felt privileged to have lived in Manhattan for 49 years.

At age five she saw herself traveling the world, a vision she fulfilled by working internationally for the Nutrition Foundation. As a grant maker and management consultant in the nonprofit sector for 40 years, Susan's work improved the lives of many nationally and internationally.

Susan is predeceased by her parents, John J. and M. Helen O'Leary McCarthy. She is survived by her



husband, John (Tad) A. Crawford, III, her son, Christopher Cullen Crawford, brothers Dennis (Sharon), Thomas (Susan), and John McCarthy (Sue), sister, Mary McCarthy, seven nephews, four nieces, and sisters-in-law, Tobey Titus and Kristin Crawford. She thanks Jessica and Zachary.

Memorial services and the celebration of Susan's life will await such time as we can all gather together again.

Donations in Susan's memory can be made to All Out Adventures, 297 Pleasant St, Northampton, MA 01060 (www.alloutadventures.org). All Out Adventure promotes health, community and independence for people with disabilities and their families and friends through outdoor recreation.

Mt. Pleasant Volunteers Help Feed Town's Seniors To Keep Them Safe

By Martin Wilbur

Mount Pleasant Councilwoman Laurie Smalley has served her community on the Town Board. Now on her own time, she's trying to keep some in the town's most vulnerable population safe during the COVID-19 crisis.

Smalley and her husband, Peter, have been arranging for deliveries of meals and other essential items to seniors and veterans, between the ages of 68 and 98, who are town residents and have no one to shop for them or need extra help.

Twice a week, she has been coordinating with Phelps Hospital to bring meals to seniors that she and her husband pick up and deliver every Tuesday and Friday to about 30 seniors who have been identified as needing help.

Then, through donations from Mount Pleasant residents, Smalley chooses a restaurant every Sunday for those seniors. It provides the recipients with something special over the week, while also giving restaurant owners in town a much-needed boost.

"It's been extremely rewarding because the community has really stepped up, but also because we're helping," Smalley said. "It's a small effort but if you can take all these small efforts and you throw them together, it adds up."

The compilation of efforts includes coordination with Laurie Gonzalez, director of the town's Office of Elder Americans, to make sure that there is an ample supply of local

volunteers to shop for essential items for the roughly 70 seniors who are eligible for the Meals on Wheels program.

Town residents, including Smalley, have also been putting together snacks to deliver to healthcare personnel at Phelps and White Plains hospitals to demonstrate how appreciative the community has been for their efforts and putting their own safety on the line.

"We're supplying them with healthy snacks and that seems to be filling a void, giving them the energy, the nutrition to get them through their shift," Smalley said.

The partnership with Phelps has been particularly helpful to the band of volunteers, she said. The hospital is actually providing enough meals for the twice-a-week delivery that it ties over some seniors for multiple days.

"They often give us so many meals that we bring several to those in need," Smalley said. "They can keep them in their refrigerator, heat them up when they need them. So instead of having to go seven days a week, we're down to three days a week."

At the start of the effort, community volunteers were also cooking and buying food for Thursday deliveries. However, the response from the town has been so strong that it wasn't really necessary to continue, she said.

Organizing and making the deliveries has been gratifying, making sure that the community's seniors remain healthy through the pandemic.

"To get a sense that they're okay physi-



Mount Pleasant Councilwoman Laurie Smalley delivers a pre-prepared meal from Phelps Hospital to a grateful senior in town. Smalley and her husband make rounds throughout Mount Pleasant three times a week.

cally and mentally, and for me, it's very satisfying," Smalley said. "I hear from the families."

If any senior within the Town of Mount Pleasant might need some assistance, contact Laurie Smalley through Facebook or at 914-844-8370.

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Letters to the Editor

If We Rise to the Coronavirus Challenge, We Will Make it Through

The good news was the depression was over. The bad news was it took a war to do it.

Let us hope we have less drastic of a solution to today's problems. One of our great presidents, Franklin D. Roosevelt,

said it best: "We have nothing to fear but fear itself."

It is within our power to minimize the effects of this new challenge. This too shall pass, and the way we deal with it will

affect the outcome. From a 98-year-old's perspective.

Brew Grunther
North Hills, Long Island

Pandemic Proves Society Must Place Trust in Scientists

If the past two months have convinced us of anything it's this: WE MUST START TRUSTING OUR SCIENTISTS. They are the ones we must listen to now, not politicians, news media or tech CEOs. They have the knowledge and skill to determine what can save us not only from lethal pandemics but any environmental dangers which threaten our existence.

We must act now. We are living on borrowed time. But that time is running out. COVID-19 and other environmental hazards do not just pop up; they are largely a result of our poorly designed lifestyles. The food we

eat, the vehicles we drive and the habits we indulge in all contribute to our individual and collective sickness.

The vast majority of us will survive this horrible pandemic. That's the good news. The not so good news is that we humans, unfortunately, have short memories. Once this crisis has blown over, too many of us will revert to our careless and indulgent lifestyles, ignoring the fact that the environment can only tolerate so much abuse from our thoughtless way of living.

As we approach the 50th anniversary of Earth Day (Apr. 22), let us learn from the

pandemic so that those who have perished from it will not have died in vain. Let us heed the warnings from the scientific and public health community whose lives are dedicated to gaining the knowledge needed to preserve life on our planet.

When this is all over, some will still maintain that climate change is a myth. That is precisely what many were saying thing about COVID-19 only three months ago.

Emil D'Onofrio
White Plains

W'chester Property Owners, Residents Can Pursue Lead Abatement Grants

Do you have chipped and peeling paint? Was your home built before 1978? Is your home in need of repairs? Do children under six years old or pregnant women live in the home?

If you answered YES to any of these questions, you may be eligible for the Lead Safe Westchester (LSW) Program. Applicants must provide proof that they earn at or below 80 percent of the Area Median Income (AMI) for Westchester County (about \$98,000 for a family of four).

If lead is inhaled, swallowed or absorbed into the body, it affects the brain and developing nervous systems of young children and fetuses, which can lead to learning disabilities and behavioral problems. Westchester County received a \$4.1

million grant from the U.S. Department of Housing and Urban Development to reduce exposure to lead-based paint, dust and other safety hazards for low- and moderate-income households. Westchester County provides project management services and improvements at no cost to the property owner or tenant.

Please apply today! LSW applications are now being accepted and will be processed on a first-come, first-served basis. Priority consideration will be given to units housing children under six years old and/or units where a pregnant woman resides. LSW funds are awarded based on the household income of the resident.

After the applications are processed, the county will inspect each unit, develop the

scope of work and assist the property owner to solicit bids from licensed and certified lead abatement contractors to complete improvements that may include paint stabilization, door and window replacements, minor electrical repairs, installation of smoke detectors and other safety repairs.

For more information, or to request a LSW application, contact the Department of Planning at 914-995-4402 or e-mail Tkr3@westchestergov.com.

Jane Lindau
Director of Housing
Westchester County Department of
Planning

Amidst Pandemic, Somers Should End Talk of Sewer District #2

Many residents of Shenorock and Lake Lincolndale do not want sewers, because they have spent considerable amounts of money on maintaining and upgrading their septic systems.

The very expensive and expensive Somers Sewer District #2 is being pushed on us by the Town Board when there is no legitimate reason why the town cannot use the \$10 million that they already have allocated for residents who actually need it.

Instead, the board is trying to force residents of Shenorock and Lake Lincolndale to sign onto a sewer district that we don't want or need, and that we definitely cannot afford!

Due to many variables, there is no cap on what the district will cost residents. On Apr. 3,

Gov. Cuomo announced that New York State is broke, so it's unlikely there will be any projected grant money forthcoming.

What is our Town Board doing to us? The public hearings are posted on an on-again, off-again basis, and then we only get inaccurate information as they continue to stifle our protests. While the whole world is being ravaged by this scourge, the board is still trying to push through this district. Meanwhile, the rest of us don't know if we will even have a future.

Our governor warns us to brace for massive fatalities. Morgues are popping up all over. On Apr. 2, unemployment spiked to nearly 10 million. As the federal government pours out disaster relief funds to guard against a Great

Depression, we are all struggling to stay alive, terrified of losing our loved ones, homes and livelihoods.

Yet, our Town Board keeps pressing with business as usual. Why are they being so cruel by adding to our current grief and suffering, dangling this district over our heads? Because of pandemic guidelines and dangers, we cannot fully and fairly advocate for ourselves. The board could easily end this now. They have a rare opportunity to act heroically and be here for all of us. The whole world has changed.

Residents can find out more at www.SomersSewers.com.

Marian Murtha
Somers

Guest Columns

What to Tell Children About the Coronavirus So They Feel Safe

By Terry L. Becker

In the face of the spreading the coronavirus, our children's lives have abruptly changed – no school, no day care, no play dates, no birthday parties and with the 24-hour news cycle offering scary information in the background.

How do we explain what is happening while making them feel safe?

As a clinician who has worked with children for the past 30 years, I find that certain basic tenets can be applied to these unusual circumstances.

The most important thing children need from us right now is to feel that their fears are being addressed and that they are reassured. To do that, we have to be alert for signs of anxiety and listen openly to what they are asking.

We then have to make sure that we are calm

ourselves – despite our own inner fears about this virus – and that we answer questions honestly, while only providing succinct information that relates to their questions and is appropriate for their developmental stage.

Young children should be told that the coronavirus is kind of like a bad cold or flu. They can be reassured that children hardly ever get very sick, and most all grownups also get better. We should explain that there are all kinds of amazing helpers, including doctors, nurses and scientists that take care of people when they are sick and are working hard to invent new medicines to fight this illness.

For older children, our role is to help clarify information that they may be getting from social media. We need to stay open to their questions and not be afraid to say “I don't know.” Then, together we can seek out answers from reputable sources, and stay open

to follow up questions and concerns.

All children need to feel empowered when facing something frightening. For young kids, emphasizing that by frequently washing their hands (while singing the happy birthday song twice) and making sure to sneeze and cough into their elbow or a tissue (and throwing the tissue away and then washing their hands), they are doing an important “germ buster” job that helps keep everyone healthy. Likewise, by not seeing friends right now, everyone is joining together in keeping the germs from getting spread.

We also know that children process their feelings through play. By encouraging them to pretend to be germ-fighting superheroes, or to cast a spell over those germs, you are helping them master their fears instead of feeling helpless.

Giving that sense of empowerment to older

children requires a different approach. They are going to feel sadness, even grief over missing sports events, proms, performances and other activities and will thus need our complete understanding as well as encouragement to keep in touch with their friends virtually.

But they should also be reminded that the more we do now as members of our community to shorten this pandemic, the sooner they'll be able to resume their activities.

Finally, we know that creating a sense of structure at home is reassuring to children of all ages. By maintaining a routine with meals, schoolwork, staying in touch with family and friends and bedtimes, you are helping your children feel safer, even in the face of these chaotic events.

Terry L. Becker is a licensed master social worker and the director of children services at the Ossining Children's Center.

Doctors Are Left Jittery About Their Health and Their Families

Dr. Marc S. Arkovitz

I work in a hospital that is starting to see a surge in cases and deaths from COVID-19.

As a pediatric surgeon I am not working directly with many affected patients. Luckily, most children who get infected are either asymptomatic or minimally symptomatic.

But there are a few, and now the doctors are starting to get infected and several areas in the children's hospital are being used to treat adults. It's just a matter of time until we all start treating them.

Some of my colleagues have chosen to live away from home in an effort to protect their families. I am still living at home. I have a routine to try and minimize any potential exposure to my family. I change into scrubs as soon as I enter the hospital and change out

immediately prior to leaving. I wear at least two masks at all times, three when I am in the operating room, and I'm never without gloves. I am almost constantly applying Purell to my hands and making sure to stay a safe distance from colleagues and patients.

My behavior borders on obsessive-compulsive. I call my wife to let her know when I will be home and make sure no one is around. I undress as soon as I walk in the door, put my clothes in a plastic bag, then immediately into the wash, and go straight to the shower.

But right now, COVID-19 isn't infecting my family. It's abandoning them.

My father died suddenly when I was young. It was one of the defining moments in my life – and not in a good way. I have done everything in my life to try and avoid doing that to my children. That was before COVID-19.

Now, who knows? My biggest worry is that I will get infected and die from this, leaving a wife and five children. Will my three-year-old daughter even remember me? My 10-month-old definitely won't. Do I have enough life insurance? Probably not, but can I get more now? Who will take care of them when I am gone? It seems to me like it's just a matter of time until I get infected; not if, but when. All I can do is hope that it is a milder form.

Our neighbor, an older doctor who was working right up until the day he got sick, has just had a major neurological event and will most likely never wake up. I am in good health and young enough but people much younger than me are dying from COVID-19.

I am overcome with sadness when I think about leaving them. How will my sons grow up without a father? Who will teach them about

life? My oldest is eight years old. Who is going to help him negotiate becoming a man?

There have been so many times I wished I could ask my father for advice or help. I always have looked forward to helping my children so that they won't make the same mistakes I did. All I can do now is hope and pray.

Remember this the next time you are thinking about ignoring social distance rules: These rules don't only protect you; they protect those around you and those who might care for you and their families.

Dr. Marc S. Arkovitz is a pediatric surgeon at Maria Fareri Children's Hospital in Valhalla and associate professor of surgery and pediatrics at New York Medical College.

Letters to the Editor

Somers Would Crush Taxpayers to Pay for New Sewer District

On Mar. 7, Somers was in a state of emergency. On Mar. 18, the town mailed Shenorock/Lake Lincolndale residents a Revised Map, Plan & Report for Sewer District #2 to start the process again and to tell us about a public forum on Mar. 25.

Then in the Somers Record, Mar. 19, addresses were published, and it said that a public hearing was scheduled for Apr. 2. I guess they thought nobody was paying attention just like back in August.

On Apr. 2, we were told the public hearing would be opened and adjourned. Instead they had the engineer join the video call and talk without the public being able to ask questions. Town officials said this public hearing was being counted as an official one. How, when the public was not allowed to be heard?

They closed public comment abruptly after one caller, and 25 minutes later they re-opened public comment. But by then, people turned off their TVs.

They need to have a better method to include residents; after all, the technology has been here for decades. You could hear their

speakers that they included in their video call, ones that they wanted the public to hear. The people who called in had a delay and static on their lines, which made it difficult to speak and difficult for viewers to hear.

It will take residents a long time to recover financially from this health crisis, if at all.

How will the state and county have any grant money for us? In the revised report, they are publishing our finance cost flat fee of \$711, based on receiving \$46 million in grant money. With no grant money the actual fee is \$2,292, bringing the overall cost per parcel to \$2,767 at full buildout (not \$1,187).

Instead of publishing the best-case scenario, they should be transparent and publish the worst-case scenario.

Visit www.SomersSewers.com for more information.

**Linda Luciano
Shenorock**

State Failed Putnam By Not Providing Drive-Through Testing in County

Putnam County is the eye of the storm. With more than 17,000 confirmed COVID-19 cases statewide, with many in Westchester and thousands more in Rockland, Orange and Dutchess counties, Putnam County is in the middle of one of the hardest-hit regions in the country.

Despite the potential for exposure facing Putnam County residents, the state has failed to locate a drive-through testing facility here. Instead, it's established several locations serving surrounding counties and shifted its responsibility to provide this critically-important service to the county

Health Department and overburdened local property taxpayers.

Drive-through testing is an important element of the state's response to the coronavirus outbreak, because it significantly reduces the potential spread of the virus by symptomatic people who seek testing at local healthcare facilities. As we try to prevent rising infection rates in Putnam County, the state must ensure county residents have every possible resource to help contain the virus and keep people safe.

I applaud Putnam County Executive MaryEllen Odell and county health officials

for filling this void with last Tuesday's temporary drive-through testing center, but they were only provided 100 testing kits, which isn't nearly enough. New York State can – and must – do more to protect Putnam County residents from unnecessary exposure. If Albany continues to wait, more of our families will be put at risk.

**Chele Chiavacci Farley
Republican and Conservative
candidate, 18th Congressional District**

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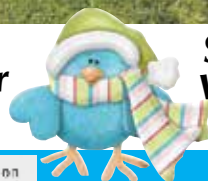
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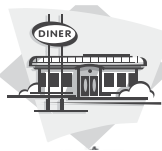


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Stuck at Home? Here Are Projects to Tackle That Will Pay Off

As I sit at home with all the comforts that make me happy, I am isolated from the outside world.

With COVID-19 now ravaging much of the globe, there is no other option but to stay inside. Much as I love my home, I feel stuck, even trapped, just knowing that my freedom of movement has been restricted. What to do to maintain sanity?

My wife, who for years has compensated for my lack of wisdom, tells me to be grateful for what we have – most importantly our health – and to make the best of staying put. Okay, I'll buy that. But dread keeps creeping in, mostly for others who have it a lot worse, those who are losing jobs, homes and loved ones.

Perhaps you're like me when dealing with stressful situations; I look for handy projects around the house to occupy my time and, mostly, my mind. As for me, I am starting small, refinishing the top of a night table that's become scratched and stained. That'll give me one or two days of divergent activity.

When it comes to larger home improvements, there are two factors to consider when figuring out where to expend time and money: whether it's something that will increase the pleasure you derive from your surroundings and whether it's something that will increase the value of the house to others, if and when you decide to sell.

The most valuable home improvements are those that increase your home's worth compared to the amount you spent on them. While the improvements that please you are subjective and hard to quantify, Remodeling magazine's recent Cost vs. Value Report

offers helpful national data on which home improvements provide the biggest bang for your buck.

According to moving.com, part of the realtor.com network, there are six projects that top the list.

Upscale garage door replacement

It may not be the most exciting upgrade, but replacing your garage door with an upgraded model will recoup 98.3 percent of cost. This number increases sharply for specific areas, with 46 out of 100 markets seeing more than a 100 percent return for this project. That would be called money well spent.

What constitutes an upscale garage door? Today, it's those built with durable materials like steel, wood composites and aluminum, and those that have high-performance additions such as energy-saving glazing and insulation. While wood is a classic choice aesthetically, it's not particularly weather resistant. The best of both worlds is with fiberglass or wood composite, which can have the same appearance as wood without the downsides of the material.

Wood deck addition

Interestingly, the renovations that give the most value in home improvement tend to be focused on the exterior of the home. Perhaps surprisingly, when it comes to a backyard deck or patio, wood is the way to go. A composite deck addition or a backyard patio won't yield quite as much return as wood at 82.8 percent. (Composite deck and patios yield an average return of

63.6 percent and 47.6 percent, respectively.)

Kitchen

The kitchen is a major consideration when it comes to the most valuable home improvements. Buyers often look here first when determining whether a home is worth its asking price. Improvements range from energy-efficient, stainless steel appliances to painting or replacing cabinets and installing new countertops.

It isn't necessary to spend a lot to get a good return. A minor kitchen remodel will recoup about 81 percent of cost in average resale value, while a major upscale kitchen remodel will recoup only 53.5 percent. The most valuable improvements in a minor kitchen remodel include upgrading cabinets and countertops, brand new appliances and updating the sink and faucet and flooring.

Siding, vinyl window

Old, damaged or deteriorating siding can seriously date the look of a house. Fortunately, updating siding is a valuable renovation, returning 76.7 percent of cost based on purchasing 1,250 square feet of siding.

At the same time, consider upgrading the exterior of the house with new windows. Low-energy vinyl window replacements provide a similar return to siding (74.3 percent). Also, new siding can clash with dated windows.

Bathroom

A mid-range bathroom remodel that

might include updated tile, fixtures, toilet, counters and lighting will yield a 70.1 percent return nationally. And like the kitchen, doing more doesn't equal getting more. An upscale remodel will only see a 56.2 percent return compared to a new bathroom addition (54.6 percent).

A highly valuable improvement is turning a standard bathroom into a universally accessible one. This includes widening doorways for wheelchairs, putting in a walk-in shower, lowering light switches and installing support bars near the toilet.

While this might not seem relevant for most of today's buyers, it will be very soon. By 2050, it's estimated that the 65-and-over population will more than double, and small accessibility modifications will have major appeal as homeowners and buyers grow older.

Manufactured stone veneer on exterior

A home improvement that offers a strong return on investment is enhancing the exterior of a home with manufactured stone veneer. It has the same look as real stone, however, and is installed in the same way. It's a way to boost curb appeal and update an exterior. Doing just a portion of a home, such as the area around the front entryway, can reap benefits. The national average return for manufactured stone veneer is 97.1 percent, according to moving.com.

Bill Primavera is an editor and public relations practitioner (www.PrimaveraPR.com) who also is a realtor associated with William Raveis Real Estate (www.raveis.com). To engage his marketing and real estate expertise to market your home for sale, call 914-522-2076.



By Bill Primavera







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College Student Podcaster Uses Social Distancing to Hone His Skills

By Lindsay Emery

Croton-on-Hudson resident Skyler Holzman is one of thousands of college students in Westchester County continuing his studies online for the rest of the semester.

Once the Cornell sophomore returned home, he realized that he wanted to channel his energy into developing a podcast for his fellow college students who were also social distancing.

Once Holzman came up with the idea, he set up the podcast within an hour.

"Isolation! A Collegiate Coronavirus Conversation" is the podcast that he created the night that he arrived home, two days after Cornell asked its students to vacate the campus. Isolation at home is the theme of the conversation, but guests tend to talk about whatever they have been up to in their own houses.

Each podcast is typically 40 to 50 minutes long and covers a variety of topics from cooking to television shows to working out.

"It's just very random and scattered but that's what makes it fun," Holzman said. "It's nice not having an agenda because it's a really organic conversation and people are really willing to talk about what they're doing because we're all kind of in the same boat right now."

Most of the conversations are between Holzman and his friends, but he encourages anyone to contact him to be a part of the show. He has posted on social media about the show and he has also had a conversation



When Cornell University sophomore Skyler Holzman of Croton-on-Hudson isn't attending his classes remotely, he's using his podcast to help himself and others pass the time.

with someone who he has never met before.

"I'm probably going to continue posting about it and spread the word," he said. "Because I really will talk to anyone. I just really enjoy talking to people and learning about people."

At the end of every episode, Holzman asks his guests the same three questions:

"What do you think about the lack of toilet paper in America? On a scale of 1-100, how bored are you? Do you have anything to say to the coronavirus if you were speaking to the virus itself?"

Holzman is majoring in English and minoring in Spanish. An aspiring comedian and a fan of Conan O'Brien's podcast, "Conan O'Brien Needs a Friend," Holzman set out to create a comedic podcast.

Holzman is president of a stand-up comedy club at school called Pun Intended, sports director of the Cornell Media Guild and the host of a live radio show called "The Big Red Banter."

After starting stand-up a little over a year ago, Holzman wanted to create an outlet for his creativity and comedy while being stuck at home during the coronavirus outbreak.

"The funny thing is, when I started doing the podcast, I was doing like two a day in the first three or four days of the week because I had nothing to do," he said.

As of last week, Holzman has created 20 programs. He doesn't want to put a definitive number on how many podcasts he'd like to finish, but he would like to create at least 40, if not 50 or even 60 episodes. While those numbers might seem a little ambitious, he said that the podcast hasn't been overwhelming and he feels he's up for the challenge, especially if social distancing continues.

"It's going to be kind of a long time; I'll continue to do the podcast as much as I can," Holzman said.

Afterwards, Holzman is open to starting a new podcast or even collaborating with somebody else. He currently plans on continuing to produce more content, including videos and sketches, to put online.

"I think a lot of the content that's being produced is very cool and I'm just glad to be able to contribute to that," Holzman said. "I'm hoping to use some of this as a springboard for more comedic material and material in general that I will be producing in the future."

Holzman's podcasts can be found at <https://soundcloud.com/isolationcoronavirus>. Also visit www.skylerholzman.com.





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TOMORROW ALONG THE HUDSON

WHAT THE SHUTDOWN AND DECOMMISSIONING OF INDIAN POINT ENERGY CENTER WILL MEAN FOR OUR AREA.

The nuclear power plants at Indian Point have powered New York City and Westchester County for nearly 60 years. Now, due to challenging economic conditions and an agreement with the state of New York, Indian Point will stop generating electricity and permanently shut down by April 2021.

After shutdown Indian Point will transition to decommissioning, a federally-regulated process that will ultimately return the land to a new productive use. Entergy has taken the first step by selecting a leading decommissioning company as our partner, Holtec International.

Here are a few things New Yorkers should know about the Holtec plan:

Decades Sooner — With Holtec, decommissioning will begin immediately, allowing the site to be repurposed as much as 40 years sooner than if Entergy were to remain the owner of Indian Point. Holtec's plan calls for completion of major decommissioning activities by the 2030s, decades sooner than it would take Entergy to complete decommissioning.

Decommissioning Expertise — Holtec and its expert team have decades of experience managing large decommissioning projects around the world.

Employee Retention — Holtec will begin the decommissioning process promptly upon taking ownership and will provide job opportunities for more than 300 of our current employees who want to remain in the region and continue to work at the site.

Spent Fuel Management — Holtec is the global leader in spent nuclear fuel storage technology and transport. Holtec will transfer all of Indian Point's spent nuclear fuel to secure canisters designed to withstand natural disasters such as earthquakes, floods, tornadoes, and other events within about three years of shutdown.

As we work toward an orderly shutdown, safety remains our top priority. Indian Point is ranked in the U.S. Nuclear Regulatory Commission's top column for safety and we fully intend to continue our strong safety record over our final months of operation.

The NRC will regulate decommissioning at Indian Point and a citizen's advisory board is already in place. As of today, more than 34 U.S. nuclear plants have safely completed decommissioning or are in the process of doing so. To learn more about Holtec's plan for prompt decommissioning, visit:

www.indianpointdecommissioning.com
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Culinary With a Mission: Feeding the Public During the Coronavirus



By Morris Gut

The Barbers at Blue Hill at Stone Barns are offering to deliver donated boxes of prepared foods filled with fresh and preserved vegetables and grains to local hospitals.

Donations for ResourCED Boxes also go to pay staff. Choices include The Restaurant Box, The Meat Box: Pork, The Meat Box: Beef and The Bread Box. The cost is \$150 per ticket. One ticket per box feeds up to 10 people. Donations will be accepted through May 31.

Blue Hill at Stone Barns is located at 630 Bedford Rd. in Pocantico Hills. Info: 914-366-9600 or visit www.bluehillfarm.com.

Mini's Latin Fusion Donates Meals

Proprietors Nicole Pirraglia-Piparo and her husband, Michael, have been donating hundreds of meals to Hope Community Services in New Rochelle, a local sponsor of food pantry and soup kitchens (www.hopecommunityservices.org). Chef Brian McMenamin has been behind the creative cooking at Mini's, which opened last year. For



Nicole Pirraglia-Piparo of Mini's Latin Fusion in New Rochelle and Chef Brian McMenamin, right, donate food to Hope Community Services.

information, donations and sponsorships, call 914-355-5609 or visit www.minislatinfusion.com. Mini's Latin Fusion is located at 237 Main St. in New Rochelle.

Trattoria Vivolo 'Will Provide'

Chef, owner and personable host Dean Vivolo has been preparing meals for We Will Provide, which delivers restaurant meals to healthcare workers at White Plains Hospital and Montefiore Hospital in New Rochelle. Vivolo prepares Italian regional specialties out of a vintage diner. Trattoria Vivolo is located at 301 Halstead Ave. in Harrison. Info: 914-835-6199 or visit www.trattoriavivolo.com and www.wewillprovide.com. Also visit at www.GoFundMe.

Helping Restaurant Workers

A group of Westchester chefs and restaurateurs recently pledged one million gallons of soup to help feed unemployed restaurant and hospitality workers. A current distribution site is in the La Factoria parking lot in Peekskill. Partners in the project include John Van Dekker, founder of Enormous Creative; Eric Korn, proprietor

of Monteverde at Oldstone in Cortlandt; and restaurateur Louis Lanza, who operates La Factoria and other restaurants in and around Peekskill.

Also involved are Scott Vaccaro of Captain Lawrence Brewing Co. in Elmsford; Mogen Anthony of Village Social Hospitality Group; Navjot Arora of Chutney Masala in Irvington; and Matthew Honeycutt of Feeding Westchester. Info: Visit www.milliongallons.com or find on www.GoFundMe.com.

DiBari Donates Pasta

Popular Westchester chef and restaurateur David DiBari of The Cookery and The Parlor in Dobbs Ferry and Eugene's Diner in Port Chester is donating pasta to first responders and needy organizations. DiBari asks to add a donation of at least one-half tray of pasta to your takeout order, which he will match for distribution. The Cookery is offering takeout and delivery Wednesday through Sunday from 4 to 8 p.m. The Cookery is located at 39 Chestnut St. in Dobbs Ferry. Info: 914-305-2336 or visit www.thecookeryrestaurant.com.

Cook-alongs at Fortina

Food Network star chef Christian Petroni and his crew at Fortina are preparing Italian dishes for takeout and curbside pick-up in Armonk, Rye Brook and Stamford. If you are cooking a lot more these days, you might pick up some hints by watching his cooking demos on Instagram every Monday at 6 p.m. Fortina offers cooking ingredient packages so you can cook along with the chef during the show. Fortina is located at 17 Maple Ave. in Armonk. Info: 914-273-0900 or visit www.fortinapizza.com.

Ice Cream Man

Chef Nick DiBona, a graduate of the Culinary Institute of America and a winner of a Chopped at Home competition on the Food Network, has devoted himself to ice cream at his Port Chester shop. He prepares all sorts of concoctions with his artisanal flavors, cones, sundaes and pre-packaged pints. He is there for pick-up and delivery daily from 2 to 9 p.m. He also makes house calls with his ice cream truck throughout the area, a great diversion. Just call or fill out a form online. Bona Bona Ice Cream is located at 10 Westchester Ave. in Port Chester. Info: 914-481-5712 or visit www.bonabonaiicecream.com.

Wholesale food purveyors of every stripe have opened their doors to the public during the health crisis to increase cash flow. Here are some to consider.

Fischer & Miller. Has been selling beef, pork, veal and poultry to restaurants, country clubs and institutions since the 1950s. Longtime White Plains resident and owner Carl Fischer has opened his factory to the public on weekdays from 8 a.m. to 3 p.m. All orders are vacuum-sealed at pick-up. Fischer

& Miller is located at 85 Westmoreland Ave. in White Plains. Info: 914-946-5420.

Restaurant Depot. This wholesale cash-and-carry food service supplier has opened its 135 warehouses to the public nationwide.

In Westchester, they have stores in Port Chester and Mount Vernon. The company sells a wide variety of food products, paper goods and equipment in big bulk. Open seven days. Restaurant Depot is located at 650 S. Columbus Ave. in Mount Vernon. Info: 914-665-

6868. Also at 305 S. Regent St. in Port Chester. Info: 914-935-0220 or visit www.restaurantdepot.com.

Ace Endico Marketplace. A Brewster-based wholesale food supplier has a retail arm to the business. Visit the market or get

home delivery in Westchester, Putnam and Fairfield counties by visiting www.aceendico.com. It sells a wide range of food items. Minimum orders are \$200. Ace Endico is located at 80 International Blvd. in Brewster. Info: 914-347-3131.

Baldor. A major Bronx-based wholesale supplier of specialty foods to the restaurant/hospitality industry in the New York metro area, Baldor has started home delivery for the first time. Minimum orders are \$250. Deliveries are limited to a 50-mile radius. Info: Visit www.baldorfood.com.

Westchester Milk. Milk and dairy deliveries are alive and well locally. Matt Marone of Westchester Milk delivers a curated variety of milk and dairy products, eggs, bottled water, meat, preserves, juices, honey, maple syrup, cooking goods and coffee. They are based out of Byrne

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Grateful for Small Moments in the Midst of COVID-19

By Michael Gold

As Westchester and the world battles the coronavirus, I have tried to keep my spirits up by finding joy in small moments of grace offered by nature and my fellow human beings.

I go for walks around Pleasantville in the late afternoon with my daughter, after our work is done, making sure to keep our distance if we see anyone coming near.

We found plants blooming all over town – purple and yellow sprouts in the flower beds by Memorial Plaza, white petals on the trees, green shoots insistently popping up virtually everywhere.

A few weeks ago, we saw two ducks swimming in the Saw Mill River by Grant Street. It looked like a mama duck and her baby. They dunked their heads under the clear water every few seconds looking for food.

A raven, black as midnight in a cornfield, landed on top of the stop light on Bedford Road by the police station near sunset, complaining loudly. The blue sky was speckled with white clouds above us, the sun spraying its fading light over the buildings in town and beyond the hills surrounding our little town.

A squirrel was rooting in the grass across the street from where we walked, perhaps trying to remember where it had buried nuts before winter.

I saw a cardinal, brilliant red, flit from tree to tree. Robins, with their fat, round orange bellies, ran across lawns.

A boy kicking a soccer ball on his porch,



lost it and it bounced onto the hill in front of his house, gathering speed as it flew downward onto Washington Avenue, where we were walking. I moved to catch it, little pings of eager anticipation in my hands at the chance to grab a ball.

I caught the ball, then walked it across the street to toss it back to the boy. That simple exchange was a pure and special moment, as he looked grateful to get it back.

A teenage girl wearing grey sweatpants and a Yankee cap, took long balletic leaps, one, two, three times, down the sidewalk off Bedford Road, her mother trailing behind.

A little girl, about two years old, wearing a pink winter coat, sat on a rock parked on the grassy area by the Saw Mill River, off Grant Street, and blew soap bubbles in the early April sun. Her mother smiled at the bubbles taking off with the wind.

One of the things I love about baseball is seeing all that green grass fanning out from the infield. At the

Roselle Park ball field, a father was hitting a baseball to his young son, planted in the dirt at shortstop. If all was not right with the world, this was.

On another walk, we went to Parkway Field. A full moon rose over Southern Table restaurant as we walked on the infield.

We saw bird prints in the dirt between second base and shortstop, each at least two inches long. They belonged to a very big bird.

An extended family of smaller birds, black, with little flashes of red at the top of their wings, searched the outfield, hunting for their evening meal.

I found a mangled plastic bottle on the infield grass, a crime against baseball. I kicked the bottle off the field because my daughter wouldn't let me pick it up.

The COVID-19 virus reminds us with shocking regularity that nature can be terrible and destructive and heartbreaking. Yet, despite the mounting toll of this virus, the beauties of nature are still with us and every spring the Earth wakes up and gives birth to new life and in that life is hope.

Pleasantville resident Michael Gold has published op-ed articles in the New York Daily News and the Albany Times-Union.



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THERE'S A WORD FOR IT

A vocabulary-building quiz By Edward Goralski

Words of the Month Club: April Edition. This week the quiz words come from the April 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. miscounsel (n.)**
A) bad mistake B) bad advice C) bad luck

2. circumbilivagation (n)
A) an advertisement B) a defined area C) a circular motion

3. terremotive (adj.)
A) as powerful as an earthquake B) mundane in scope C) serving outlying areas

4. eluscate (v.)
A) to avoid adroitly B) work late C) close one eye

5. sockdolager (n.)
A) something of exceptional size B) a boxer C) upward flight

6. principate (v.)
A) to extol publicly B) set in motion C) put into working order

7. lamprophony (n.)
A) a source of inspiration B) a satire C) clearness of voice

8. naufragous (adj.)
A) causing a shipwreck B) guilty of misbehavior C) trim and neat

- ANSWERS:
1.B. Bad advice
2.C. A circular motion; a movement around
3.A. Seismic; as powerful as an earthquake
4.C. To close or blind one eye
5.A. Something of exceptional size or extraordi-
nairness; a knockout blow
6.B. To cause to begin; to set in motion
7.C. Clearness of voice
8.A. Causing a shipwreck

Crossword by Myles Mellor

1	2	3		4	5	6		7	8	9
10				11				12		
13				14				15		
		16	17				18			
19	20				21				22	23
24				25		26				
27					28		29			
		30				31				
32	33			34				35	36	37
38				39				40		
41				42				43		

Solution on page 26

- Across**
1. Had a meal
4. Mail carrier
7. Regret
10. Breakfast food sometimes
11. Uncooked
12. ___ with her head!
13. Back when
14. Overwhelming admiration
15. Land area
16. Cultivation
19. Puffed up

21. Not very bright
24. Dark black
26. Like ocean water
27. Strengthen the muscles
29. Flower holder
30. Curved entry area
32. Jiffy lube product
34. Dove call
35. Hockey rink surface
38. Everything
39. Banking machine

fruit
19. Ex-GI
20. Blood group system
22. "___ show time!"
23. Salon application
25. State flowers of New Mexico
28. Snapshot
31. Baby growth area
32. Clodhopper
33. Not well
36. Baseball headgear
37. ___ trip

Lessons of a Wood Duck on a Cold Saturday Morning

By Brian Kluepfel

I've only seen a wood duck three times. Once, I was running the Great Potato Marathon in Boise, Idaho and saw one at about miles eight; not a lot of time to stop and gander, if you'll pardon the pun.

The next sighting was at the New York Botanical Garden about two years ago, with my wife, near the ponds bordering the north side of the property. We kept trying to get closer, and the bird kept flying a safe distance off.

My third, and best, sighting – third time being the charm – was the last Saturday in March. I had arrived at Rockefeller State Park Preserve at 7 a.m. to beat the crowds, but you can't beat those runners. However, I had most of Swan Lake to myself in the cold, grey morning as I surveyed a group of waterfowl. Mostly, they were mallards and hooded mergansers. Lovely species both. But I was kind of keen to see the woodpeckers I was hearing all over, so I moseyed down the path in search of them.

Not too many good forest looks were to be had on this overcast day, so I returned to the lake. Binoculars up, I scanned the ducks. Again, and again. There was something different in the midst of the mergs and mallards – yes! It was a wood duck, America's most beautiful waterfowl, by far.

Wood ducks look like they were painted by a supernatural hand. A crested head of green, black, yellow and brown is fronted

by an orange bill and centered with red eyes. The body is painted like an avian racing car, all fancy stripes and whatnot. My books include the descriptions "gaudiest of North American pond ducks" and "an extraordinary sight." Perhaps Thoreau said it best: "That duck was all jewels combined."

The closest relative to the wood duck is Asia's mandarin duck, the only other bird in the wood duck's genus, Aix. Many of you will remember the wandering mandarin duck who appeared miraculously in Central Park in the fall of 2018, to the oohs and aahs of birders and commoners alike. The wood duck is all that, believe me.

I have my mom, June, to thank for my interest in birding, and also for the smidgen of patience I sometimes show when I am looking for birds. She gave me my first birding book, "American Birds," by Roland C. Clement. She maintained feeders in her different homes, keeping track of the birds in her backyard and giving me reports and sometimes queries. She was dead honest and said she was tired of the 20 or so mourning doves which overwhelmed her feeder last year. Our interests and politics didn't intersect much, but we could talk about birds.

I think some of my mom's patience, fortitude and her appreciation for the small

things in life rubbed off on me. One of her favorite songs was "Stop and Smell the Roses," which meant taking the time, when a magic moment arose, to savor it – and not miss any along the way.

At Rockefeller, I waited, with June's patience, and a female wood duck came out of the embankment of the lake to join the drake (male). I held them in my gaze and in the binocular sights until they were out of view. Then I walked around the other side of Swan Lake, where we honored June Kluepfel's life by

sprinkling a handful of her ashes with the roots of a lakeside oak. She will be there for us, always.

In the past week, wood ducks have popped up in nearly everything I've picked up – old calendars, magazines, random web pages. I can't help but feel the spirit of June McPartland Kluepfel turning those pages. Thanks, Mom.

Brian Kluepfel is a writer for Lonely Planet travel guides, Westchester Magazine, and Birdwatching Magazine. He is a member of Saw Mill River Audubon and encourages you to become a member!

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Putnam County Lawmakers Approve \$221G Emergency Transfer

The Putnam County Legislature last week approved County Executive MaryEllen Odell's request to transfer \$221,144 in county funds to cover the cost of responding to the COVID-19 pandemic.

"Since Mar. 9, when we activated the incident command, we have been engaged in a constant struggle to buy the personal protective equipment that our healthcare workers and first responders need to combat the spread of this virus," Odell said. "We are pleased to report that through the efforts of our Bureau of Emergency Services and Department of Purchasing we have been able to obtain the necessary supplies."

Odell requested the fund transfer be expedited.

"As you know, we do not normally ask the

legislature to waive the five-day rule," she said. "But we now find ourselves in a place that is anything but normal."

Supplies, including protective masks, face shields, gowns and gloves account for \$150,000 of the funds requested. The remaining \$71,144 will go toward disinfectants and the estimated cost of cleaning county facilities when they eventually reopen.

"It's not easy to get the necessary supplies these days," said Ken Clair Jr., the commissioner of Putnam County Bureau of Emergency Services. "We worked together with a consortium of Hudson Valley counties and were able to obtain protective gear."

The personal protective equipment will be shared with first responders, fire

departments and highway departments throughout the county.

"There is no higher cause for the county legislature than the health and safety of our residents," said Legislature Chairwoman Toni Addonizio. "Things are changing day to day during this crisis. The best thing we can do is remain flexible."

Legislator Amy Sayegh, chair of the Health Committee, said there was never a doubt that the legislature would act quickly to transfer the funds.

"There is no question this is going to be a tight budget year," Sayegh said. "But there is also no question that fighting COVID-19 must be our first priority."

The county will ultimately seek federal reimbursement for all coronavirus-related

county expenses and expects FEMA will pay 75 percent of all approved costs. The county's Bureau of Emergency Services will distribute the supplies to county first responder employees and town first responder groups. Any decision on charging local municipalities for the supplies will wait until all reimbursements have been received.

Putnam County Health Commissioner Dr. Michael Nesheiwat applauded the decisive action.

"I want to thank the legislature for funding these supplies," Nesheiwat said. "Without adequate personal protective equipment, healthcare workers and first responders couldn't be do their most important job, keeping our residents safe."

Donors of Blood Plasma Sought to Help COVID-19 Patients

Nuvance Health is actively developing a blood plasma donation program to treat critically ill COVID-19 patients. If a person has tested positive for COVID-19 and recovered, they may be able to donate their blood plasma. The plasma contains antibodies that can be transferred to patients presently fighting the virus.

Before the program launches later this month, Nuvance Health, which operates Putnam Hospital, is presently recruiting volunteers. Potential donors are asked to register by filling out a questionnaire at <https://veoci.com/veoci/p/form/d9keubfc4gca>.

The U.S. Food and Drug Administration (FDA) has set up criteria for donations that continue to evolve. Currently, in order to donate, a person must have had a positive COVID-19 test, be symptom-free for at least 14 days with a repeat negative swab or 28 days symptom-free with no need for a repeat swab. In the near future, it may be possible to evaluate people who may have had COVID-19 but were unable to get a test.

Once a person registers, a member from the Nuvance Health plasma team will reach out to donors, with priority to those who meet the criteria.

Culinary With a Mission: Feeding the Public During the Coronavirus

continued from page 19

Dairy in Montgomery, N.Y. and service Westchester and Fairfield counties and the Bronx. Info: 914-804-1380 or visit Matt@westchestermilk.com.

Hudson Milk. Tom and Cindy Rubino deliver milk, dairy products and farm-sourced goods directly from Shrub Oak. Check out their shopping cart at www.hudsonmilk.com or call 914-245-0409.

Starlight Dairy. Located in Yorktown Heights, Starlight Dairy has been servicing Westchester and Fairfield since 1993. They offer dairy, coffee and meat products, and

they deliver farm to doorstep. Info: 914-243-0069 or visit www.starlightdairy.com.

Due to increased demand, getting a slot for some of these services may be difficult. You can register for their waiting list.

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 Westchester for 30 years. He can be reached at 914-235-6591 or by e-mailing gutreactions@optonline.net.

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At the Crossroads of Viticulture, Oenology and Anthropology



By Nick Antonaccio

A Pinot Noir from California and one from the Burgundy region of France: the same grape, in many instances the same winemaking technique, perhaps even similar terroir.

Virtually simpatico in every respect, yet the aromas, flavors and, most notably, the overall experience are unique when comparing one to the other.

Many winemakers attempt to emulate France. Very few succeed. In my opinion, the wild card is not necessarily ecological or environmental but rather (pardon my Jesuit education) one of ontology.

In Burgundy, the influence of the local culture has overshadowed the environmental factors contributing to the Burgundy style of Pinot Noir. For centuries, well before globalization seeped into our diets and lifestyles, the evolution of local wine and food were intertwined.

Townpeople developed recipes based on what was available locally; what was available locally was determined by geography, weather and soil conditions. Thus, dishes like Beef Bourguignon were prevalent: local carrots, local beef, simmered in local wine, onions, mushrooms and herbs. To match the earthiness of the local beef and vegetables, what was desired was a balanced wine with similar earthy

characteristics that would add to, not detract from, the richness of the stew. The local winemakers chose a grape and a style that complemented and enhanced their local cuisine.

Hence, the Pinot Noir grape was singled out and the Burgundian style of Pinot Noir wine was born. Winemakers brought their culture – family centric, peasant and agrarian psyche – into the winery. Although this is a simplification of an example of food and wine pairing, to this day, the Burgundian style Pinot Noir is favored internationally for game dishes incorporating rabbit, pheasant and lamb – all of which have roamed freely, side by side in Pinot Noir vineyards, for centuries.

However, in California, the evolution of Pinot Noir, which began in the late 20th century, has not yet settled into a long-term style. The wine seems to be evolving more on ecological and environmental factors than on any subliminal considerations. It is more a product of the land than of the psyche.

Another example of this cultural evolution of wine in support of local cuisine occurred in Tuscany and southern Italy. Let's analyze the roots of its anthropology, oenology and viticulture.

Since the B.C. era of the Etruscans and early Romans, the cuisine was centered on local produce, cheeses and game.

Early in the 18th century, the cuisine of these regions was forever changed by the widespread popularity of the tomato, brought from South America by the 16th century Spanish explorers.

Easy to grow in the terroir of small farms, and a natural complement to the existing cuisine, this fruit quickly became a staple in many Italian diets. Local herbs such as basil, parsley and rosemary were found to enhance its flavor. The richness and earthy flavors of local game proved to be a perfect pairing. Local home winemakers found that the tomato's contrasting sweet and acidic flavors could be balanced by herbs and game. However, the local wines were produced to complement pre-tomato-based cuisine.

Adaptive Italians in Tuscany began a viticultural evolution, planting the Sangiovese grape. From this foundation, Chianti wine emerged as a distinct oenological style. Its balance of fruit and acid is a perfect complement to the richness and fatty texture of a Bistecca alla Fiorentina. Likewise, its slight fruitiness and soft tannins are a perfect complement to pasta dishes with tomato-based sauce.

Imagine a Tuscan farmer's anthropological psyche: how to be self-sustaining while being one with the land and nature, combining his or her passion for food and wine with his or her passion for

life, coaxing the land to be simpatico with their heritage. And then stepping outside the kitchen, gathering the matured crops from the backyard, sitting down with the family to a bowl of Penne a la Pomodoro and a glass (or two) of wine from their centuries-old cellar.

Ah, the ultimate expression of what we in the United States consider the "new" concept of "locavore."

Nick Antonaccio is a 40-year Pleasantville resident. For over 25 years, he has conducted wine tastings and lectures. Nick is a member of the Wine Media Guild of wine writers. He also offers personalized wine tastings and wine travel services. Nick's credo: continuous experimenting results in instinctive behavior. You can reach him at nantonaccio@theexaminernews.com or on Twitter @sharingwine.

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Survey: Most Westchester Businesses Trying to Retain Employees

By Martin Wilbur

Westchester County is conducting a survey of its business community to better understand how to help the vast number of businesses left reeling by the forced closures and stay-at-home order stemming from the coronavirus.

The survey was recently sent to about 5,000 people on the county's Economic Development Office e-mail list, members of the local chambers of commerce as well as the Business Council of Westchester.

Preliminary results released by the county last Wednesday showed that 76 percent of business owners expect to lose more than half of their income but 57 percent have not yet laid anyone off.

It also revealed that 85 percent will need financial assistance, with most applying for Small Business Administration loans, but need help with the process.

Another survey highlight shows that 70 percent of the respondents need help changing their business model or marketing and are concerned with cash flow to pay rent

and retain employees.

County Executive George Latimer said business owners are doing their best to pay their workers as long as possible but desperately need help.

"They're absorbing the hit by paying their staff even as they've had a dramatic drop in income," Latimer said.

"The survey was designed to start a conversation and hear directly from the business owners," said Shari Rosen Ascher, from the county executive's Advocacy and Community Liaison Office. "The more we

know, the more ways we can focus our attention on what businesses need. We have a long road ahead and it is difficult to predict and prepare for all the curves and bumps along the way. But this survey is the beginning of trying to navigate that road as effectively, efficiently and compassionately as we can, together."

As of last week, about 200 volunteers have signed up to help the county assist applicants fill out the applications for various programs, Latimer said, including the Economic Injury Disaster Loan Program and the Paycheck Retention Program.

Yorktown High Juniors Earn Coveted GENIUS Olympiad Spot

By Rick Pezzullo

Ten juniors enrolled in the Science Research Program at Yorktown High School have won a spot at the GENIUS Olympiad, tentatively scheduled for June 16 in Rochester.

GENIUS Olympiad is an international high school project competition focused on a wide variety of STEM issues. It is founded and organized by Terra Science and Education and hosted by the Rochester

Institute of Technology.

GENIUS Olympiad will host projects in five general disciplines with an environmental focus – environmental quality, ecology and biodiversity, resource and energy, human ecology and innovation.

The Yorktown students who will compete at the event are Anthony Canger, Shravan Desikan, Lauren Kitts, Ria Jacob, Rohan Jacob, Marco Landicino, Faith Pyle, Asha Rath, Grace Tian and Scott Weitman.

GENIUS Olympiad focuses on all aspects

of global environmental issues with the goal of enabling high school students around the world to tackle environmental problems and propose solutions; to inspire high school students to contribute to the protection and improvement of the environment; to equip young generations with environmental consciousness; to provide a forum for youth from around the world to come together and share ideas; and to inform the public about global environmental problems.

"I am so proud of the accomplishments of all of our Yorktown Science Research students as they continue to carry out graduate level projects in a wide variety of STEM areas," said Yorktown Science Research Program Supervisor Michael Blueglass. "It is especially rewarding for all involved, when they are recognized for their work with such a prestigious honor such as being invited to present at the international GENIUS Olympiad."

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Helping Guide Student-Athletes During a Fragile Time



By Dr. Nicholas Serio

The infrastructure of an athlete's identity is bolstered by their ability to perform, be recognized as and continuously act as an athlete. When this is stripped from them, there is a giant void, creating incredible uncertainty, anxiety and potential damage to their self-worth.

It is easy to understand why communicating with athletes right now is so pertinent. However severe this time may be, it is the unifying nature of an athlete's identity that will ultimately allow us to recognize patterns in their coping strategies. These patterns will help formulate how we can help our athletes through this unnerving time.

Last week, Athletes Warehouse put together a diverse panel of athletes to recognize coping trends and leverage this knowledge to help them and others. The panel consisted of eight athletes – three females and five males. They ranged from an Olympian to a high school sophomore in track and field, lacrosse, baseball and softball. Each came to the video conference with a gloomy outlook on their immediate and unpredictable future.

Having worked in the performance industry for more than 10 years, I have been exposed to countless group therapy or talk sessions, but this one was different. The anger, fear and anxiety were universal and omnipresent. The anger for the loss of their seasons, the fear of potentially losing their role on the team, the anxiety of not knowing how to prepare. It was as if each athlete was attempting to one-up the next, but yet, at the same time, they were almost comforting each other by validating the negative outlooks, and in turn, unifying their emotional states.

Having previously had brief conversations with each of these athletes, I had a general idea of their outlook and understood where many of their heads were at. As we worked our way through the group, I was careful to reserve one athlete for the end, the Olympian. He is slightly older, more mature and is facing a loss of identity that none of them could comprehend. Thus, in the emotional grading system, he was the alpha.

Having the Olympics postponed for a year meant more uncertainty. He is going to be a year older and slower and potentially not have a contract, a sponsor and/or a career. For him, his sport is his life, not just his passion. It is his form of income and even deeper, it is his validation of self-worth. This was something all the athletes could perceive, yet, this reality

is not something they can experience, which is why having him conclude the videoconference proved so impactful.

He spoke of how envious he was of all of the younger athletes, about where they are in their careers, and more importantly, for the opportunity they have in front of them. He discussed their need to transition from frustration and fear to that of potential and growth. He urged them to have a growth mindset and view this opportunity to perfect their craft, explore other parts of their identity, and ultimately, become more grateful for the positions they are in.

It was amazing to watch how each athlete's expression changed from anger to almost embarrassment. From a slumped, internally-driven posture, to upright and attentive. When he finished, we gave the athletes a moment to collect themselves and then asked each to articulate how their viewpoint has changed. The adjustments were astonishing.

What can be learned from this experience? First, our student-athletes are struggling to emotionally manage this time. Worse, they are likely compounding their struggle with a negative outlook.

Second, we must help provide them perspective on the current reality and evoke a gracious attitude toward the opportunities still in front of them.

Finally, we must help guide them away

from a fixed mindset toward a growth mindset by helping them understand losing a season in their athletic careers is an opportunity to better themselves and help those around them.

Dr. Nicholas Serio is a co-owner of Athletes Warehouse in Pleasantville. Serio has more than 10 years' experience in performance training, a doctorate in performance psychology, a masters in kinesiology and is an indebted husband and proud father.

Crossword Solution from page 20

1	A	T	E		4	U	P	S		7	R	U	E
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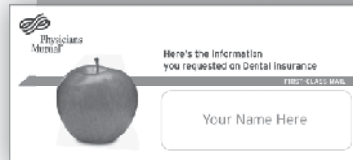
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Sports

The Virus That Stole America's Pastime - and Spring Sports

Local Coaches, Programs Stepping up to Plate Despite Hard Times



By Ray Gallagher
Examiner Sports
Editor @Directrays

Opening Day has always been a rite of passage for me. It's ritual as grand as any, especially since my 12-year-old son, Tyler Ray, equally relishes the chance to partake in the New York baseball scene as much as I did while growing up in the Bronx before the move to Putnam County in the early 1970s.

Baseball is in our blood and the kinship of Opening Day is as revered as Christmas Day – the hot wings, vanilla milkshakes, a cold Fresca, the pop of a Jacob DeGrom fastball – are just some of the things stolen from all of us due to the COVID-19 outbreak.

With a third of humanity under lockdown to minimize the spread of COVID-19, the boy and I didn't know what hit us when instead of watching the Met and Yankee openers, dad was bingeing "Ozark" with mom, and the boy was upstairs screaming on Xbox (per usual), our traditions pooh-poohed like millions of others across the country.

But such is life right now. No baseball, no lax, no hoops, no hockey. Our busiest sports season is now dormant and student-athletes and coaches around the globe are taking adaptive measures just to stay in shape and challenge themselves.

Many have gone to great lengths to raise funds and awareness for those on the front lines, including Mahopac softball coach and teacher Cristina Giansante and Putnam Valley girls' hoops coach and NY Extreme owner Kristi Dini, who have shown their true colors during this worldwide pandemic.

Both coaches had so much going for their respective programs before this virus in-

truded and changed our lives in late February, maybe forever. Dini was on the verge of challenging for a NYSPHSAA Class B girls' hoops title, one win away from the state Final Four, when the virus stuck a fork in the spokes of the most ballyhooed expedition in program history.

The finest starting five in school history – seniors Kelli Venezia and Cyera Daughtry, along with junior Arianna Stockinger, sophomore Amanda Orlando and freakish freshman Eva DeChent – had the struts shocked right out of them in Thelma and Louise-like fashion: Dini's team thrown off course and over a cliff.

Dini, the former record-setting sniper at Boston University, has organized "Handles for Hospitals & Healthcare," which provides food for local hospital workers, oftentimes before the break of dawn.

Both coaches have gone above and beyond, showing what's good in their hearts. Many others within the athletic community have stepped up for the frontliners.

"We had just played our 'fan-less' regional game and the next day we were at my

mom's watching game film on our next opponent, Carle Place, and they just postponed the entire tournament...schools started shutting down, and the corona situation became very real," Dini stated.

"A lot of the kids I coach have parents I'm close with working in the hospitals. But it really started with Eva DeChent's sister, Amanda, a PV and Extreme Hoops family I'm super close with. Maria (Eva's mom) and I talk a lot and Amanda is (working) in the ICU at Columbia Presbyterian on 161st, and I didn't know how bad it was until talking to them and seeing pictures of her unit."

It was at that point that Dini decided she could donate a full week of Zoom workouts every month and still be able to pay her bills.

"We're not shopping, we're not going on vacation, so that's all I needed to be able to do," Dini said. "We wanted to donate masks and Maria tried everywhere, but it's impossible to get them. Meanwhile, we're all at home joking about putting on a quarantine 15 (pounds), and there's Amanda losing weight because she's on the night shift, where there's not a lot of food and when she comes home, she just wants to sleep."

"That's when Maria and I decided food would be an amazing thing to send to hospitals," Dini continued. "We sent to Amanda's hospital for a few days, then Michelle Campagnolo, another PV alum, we sent to her hospital at Northern Westchester, then the Koch family, a Mahopac family I'm very close with, to Stamford Hospital, where Mrs. Koch works."

"Andre Soto, another PV alum and amazing family, is a coach in Extreme Hoops and his sister works at Westchester Medical... Tina Marro, Nevin Adorno, Erin Beledino – all friends and family at Hudson Valley Hospital – and then others at White Plains Hospital. The cool part was we were able to

support local businesses and restaurants that are struggling, like my athletes and families, while supporting me through Zoom while getting a great workout in and staying ready for hoops."

Similarly, Giansante was poised to lead her Indians to greatness this spring, perhaps the best campaign in Mahopac history, doing so behind Notre Dame-bound P Shannon Becker, ranked among the top 10 hurlers in the country.

Both coaches had their players' dreams sniped from thin air. Neither pouted for long. Both are making a difference despite the trials and tribulations COVID-19 has tossed in their direction. In fact, they are exemplary models on and off the field while making the most of a horrible situation.

Giansante has made countless treks to hospitals across the tristate area, including St. Lawrence, St. Joseph's, St. Vincent's, Columbia Presbyterian, Valley Hospital (NJ) and Northern Westchester, delivering everything Dunkin' Donuts has to offer, plus fresh pizza pies for all hospital workers.

"It's madness, we are out feeding 100-plus workers a day, with today being our highest drop thus far," Giansante said last Saturday. "We're all over, from Northern Westchester all the way to Long Island. Dylan, my friend from high school, and I wanted to volunteer but due to lack of medical schooling of any sort no one really needed us. We were sending our nurse friends money for coffee, but then we realized we could be doing way more to show our support and gratitude."

"What started out as just the two of us buying lunches for one friend and her unit at St. Lawrence Hospital, turned into what we have going today," she added. "At first, we started with our friends from White Plains High School and their units, and now it has turned into people messaging us to help their family/friends. It's been really great to see the community come together as one."

They hit nearly four hospitals a day, feeding anywhere from 50 to 100 people. Donations have been coming in from all over.

"Even strangers are willing to help," Giansante said. "These healthcare workers' dedication and work does not go unnoticed. As long as the donations come in, we will continue to be out there providing lunch to our healthcare workers daily."

Fox Lane Athletic Director Adam Lodewick started a GoFundMe page so that the Fox Lane community and its neighbors can show support and gratitude to those heroes on the front lines, doing all they can to help save lives (#Foxesup4Heroes).

Many coaches have implemented at-home training courses while others, like Yorktown's baseball team, initiated a program called Heroes for Heroes, whereby all Yorktown varsity spring teams have joined forces



Mahopac softball Coach Cristina Giansante is upset that her girls likely won't take the field this spring but it hasn't stopped her from being an impactful role model during the pandemic.

to thank all local heroes for their countless hours of hard work and sacrifice in caring for the sick members of our community and keeping folks safe. The group was scheduled to start food deliveries this week to the Yorktown Volunteer Ambulance Corps, the Yorktown Police Department and 140 heroes to Northern Westchester Hospital.

"They want to take this opportunity to support their healthcare workers and first responders with donations of heroes (sandwiches)," organizers from the Weitman family said. "In doing this, they are also supporting one of our very loyal businesses, Yorktown Pizza & Pasta."

Meanwhile, student-athletes have proven to be very adaptive as they do all they can to stay in shape, hoping against hope that the 2020 spring sports campaigns can be salvaged. I've seen some impressive home-made stages set up, with local athletes utilizing everything from stacks of wood to cinder blocks in an effort to stay sharp.

Trust me, whether we see an Opening Day this spring or not, your efforts and determination are just a portion of what makes you model citizens and future role models.

Be forewarned: If and when we are able to hug again, folks, get ready to be bowled over. I'm coming to y'all in L.T.-like fashion #Giants.

Keep on keepin' on and God bless us all! This, too, shall pass.

To send donations, hit up [Cgiansante10\(venmo\)](mailto:Cgiansante10(venmo)@marist.edu) or Cristina.giansante1@marist.edu on PayPal ASAP)

Things Said During Lockdown

My wife: Will you please stop pacing from room to room!

Me: What the hell, hun, I'm completely caught up on all my yard work/chores and it's too early for planting veggies. Whaddaya want from me?

My wife: Go find something to do, blow some more leaves or something.

Me: (three hours and four or five beers later): I just extended the property line by about a quarter-acre. Who knew the woods had these many leaves? Now, come check me for ticks!

My wife: Really? Anything to get undressed, huh?



RAY GALLAGHER PHOTOS

Putnam Valley Coach and NY Extreme owner Kristi Dini has made a difference during the COVID-19 crisis.

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"Adam, Martin, and the Examiner News Team, We need you more than ever. Thank you for the critical service you provide to our community."

"Hang in there folks and continue your work."

"We look forward to reading The Examiner each week. Your coverage fills a much needed void. Hope you and your staff stay healthy during these very trying days, and you will be able to continue publishing for many more years. We look forward to reading your paper for many more years."

"My family and I are proud to support the Examiner and Local News. Thank you for all you do to enrich our lives by telling local stories."

"You are so very important to all of our communities - bringing us the up-to-date news. We want you to stay financially healthy."

"Thank you so much for your local coverage. Both World Cup Gymnastics and World Cup Nursery School appreciate what you are going through as a small business. We wish you well and good luck getting through these difficult times."

"Thank you for always supporting our students' community service projects!"

"We're in this fight together. Times are tough, but we'll get through this. Stay strong."

"Thank you for all that you do to bring good stories into the world."

"Great local news. Apple Pie and the Examiner!"

"Add my name to your list of fans! And that's not because we are related."

"We would hate to lose you!"

"We are devout readers of The Examiner. A publication like this is a necessity in our small local communities. Rarely do we go into Starbucks, the barber shop or the lobby at the Jacob Burns without seeing people engrossed in an issue. We are proud to support a paper based on integrity and a generous community spirit."

"Love the Examiner's !!!"

"It's an honor to support such a fantastic enterprise that means so much to our communities."

"I Thank You, Mount Kisco Thanks You and William Raveis Real Estate Thanks You. I Love The Examiner"

"This community is in desperate need of a local, community news source, especially as we wade into these uncharted waters caused by coronavirus. Adam is an amazing journalist who's built an upstanding, quality news outfit. He's been there for all of us, now it's time to be there for him and his team. Godspeed, Adam."

"Proud supporter of The Examiner. It's my favorite resource for news and happenings in our community."

"We have been fans and friends of Adam Stone and were fortunate enough to watch him create and print the first edition of The Examiner in 2007. Adam, his team, and the paper are a shining light in our community. It's not a

flim flam local rag, it's real journalism that addresses the tough issues while celebrating and documenting the lives of our neighbors. Local news is important, it's where national news starts... I'm proud that they are in my community and happy to support them in any way I can."

"Keep up the good work"

"Your service to the community deserves support in regular circumstances too, but especially in these difficult times."

"You've always supported our community and it's with great pleasure that we return the favor. May The Examiner continue to serve and thrive."

"I worked for The Examiner for about 3 1/2 years as a freelance sports writer and newspaper distributor. I learned a lot working with Adam, Ray and Andy, and they helped and supported me as I moved on to become a full-time sports reporter at the Poughkeepsie Journal. The Examiner is a venerable weekly, and I'm more than happy to offer my support during these hard times."

"I hope this helps . The community needs this paper!"

"Looking forward to continued fair and accurate local reporting. Wishing your staff and readers good health."

"As a member of CD17Indivisible, I much appreciate the outlet you have provided for the many letters to the Editor published in support of key local issues. We believe in a Free press that provides a voice to those who seek to call atten-

tion to Community concerns. As such, I am pleased to contribute to your continuance and success in these challenging times."

"So proud of what you are doing for your community!!! Thank you!"

"Thank you for always covering Lakeland & Panas Sports!"

"We look forward to reading the hard copy of your Examiner every week. Martin Wilbur's reporting is accurate and always right on target."

"Putnam Examiner does a great job promoting student-athletes in our community Stay safe and healthy."

"Wishing my good friend Ray Gallagher, as well as, all of the staff & ownership at the Putnam Examiner all the best during this most difficult time. We are VERY thankful for all the Putnam Examiner has done & will CONTINUE to do for OUR student-athletes in the near future. Stay safe, be healthy & remain POSITIVE!"

"You've always been there for Fox Lane so we're here for you."

"Adam, Martin and team, The Examiner is an important and valued resource for our community!"

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