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June 8 - June 14, 2021

SMALL NEWS IS BIG NEWS

Volume 15, Issue 718

Bedford School Officials Recommended to Pursue Bond for November Vote

By Martin Wilbur

An adviser for the Bedford School District told the Board of Education last week that scheduling a facilities and infrastructure referendum for November would be preferable to waiting until next spring to ask voters for support.

Janet Morley, vice president of Capital Markets Advisors, said a vote in the fall would be advantageous rather than May 2022 in order to start the nearly two-year process of waiting for state Education Department approval, bidding and borrowing. The district would also have a greater likelihood of locking in historically low interest rates, even though expectations are that rates will remain low for the foreseeable future, Morley said.

With a November vote, the district would

be able to issue bonds or bond anticipation notes by June 2023, she said. A vote next May would likely push that off by close to another year, although there could be an opportunity for an expedited process for some of the less complicated projects such as roofing.

"There may be some options to still get some of that debt and level out a little bit even with the later vote but certainly an easier way to go would be to do a vote in November," Morley said.

The district is weighing scenarios that include propositions of \$35 million, \$55.8 million and \$66 million to address the wide-ranging needs throughout the district's facilities. Work would include many infrastructure upgrades, modernizing certain school spaces to create suitable

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LINDSAY EMERY PHOTO

Ready, Action!

Last Wednesday, HBO film crews were in downtown Pleasantville taping a portion of an episode from an upcoming series "The Time Travelers Wife," based on Audrey Niffenegger's 2003 novel of the same name. Not only was Wheeler Avenue closed for a time, but crews also filmed at the Philips 66 gas station on Broadway in the Old Village.

Consultant to Receive \$95G More for Chappaqua Form Based Code Work

By Martin Wilbur

The Town of New Castle is expected to receive the preliminary Final Generic Environmental Impact Statement (FGEIS) related to the Form Based Code by July 8 but it will cost the town an additional \$95,000.

In correspondence with the town, Kimley-Horn Engineering and Landscape Architecture of New York is bumping up the price of the document and the preliminary findings statement in part because several of the 512 letters submitted from the public required response that "exceeded the scope of the original contract due to their technical nature and level of detail."

The preliminary findings statement is expected to arrive three weeks after the preliminary FGEIS.

Last week, the Town Board approved a change order of \$81,000 for Kimley-Horn to address issues raised in four correspondences; additional economic and market analyses to test the impact of 10 percent affordable housing on the feasibility of a three- and four-story building assuming two different levels of affordability in the North Greeley Avenue corridor; and work to identify thresholds of development regarding sewer capacity.

An additional \$14,000 is being charged by Kimley-Horn for the findings statement.

One of the correspondences that Kimley-Horn is responding to and referred to in its letter to the town, from Residents United to Save the Chappaqua Hamlet, is 116 pages. Another from the Chappaqua School District is seven pages along with a 71-page

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North Castle Schedules Marijuana Hearing; Leans Toward Opting Out

By Alexa Jindal

Initial reaction from North Castle officials is to opt out from recreational marijuana retail dispensaries and on-site consumption lounges, although they first want to hear from residents on the issue this summer.

The Town Board indicated last Wednesday it will make a decision by mid-July following a public hearing, and if the determination is to opt out, that would give dissenting residents time to force a permissive referendum and place a proposition on the ballot in time for the general election.

Also fueling the board's sentiment is that under the Marijuana Regulation and Taxation Act (MRTA) signed into law by Gov. Andrew Cuomo on Mar. 31, any municipality that opts out from sales and/or consumption facilities can reverse its

decision at any time. However, communities may not opt out after choosing to allow the establishments.

The Town Board is expected to open a public hearing on June 23 and make a decision by its July 14 meeting.

Town Administrator Kevin Hay said while municipalities have until the end of the year to decide what to do, there is a tight window to put a potential referendum on the November ballot. Otherwise, the town would have to hold a special election at its own cost.

"The reason why we're starting this process now is because we have to hit a deadline of July 19, 2021, which is the last day this municipality can adopt this local law that would allow for a permissive referendum and would allow for us to put

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Bedford School Officials Recommended to Pursue Bond for November Vote

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areas for STEM instruction and upgrading the high school athletic facilities.

However, there is uncertainty whether the district can arrive at the necessary decisions regarding the project's size and scope in time to hold a November vote. Board member John Boucher said that November is doable, although ultimately, the Board of Education will decide.

Boucher said there would be tours of all the schools and athletic facilities by the Bond Advisory Committee later this month. The committee would then spend July grappling with what projects should be

included in a bond.

"The Bond Advisory Committee, including community members, has a goal of coming to a recommended set of projects and, therefore, a total by the Aug. 1 time frame to allow for us to try and achieve this November goal," Boucher said.

However, a couple of board members questioned whether there would be sufficient time for the board to attract comments and have enough time to deliberate. The 30-day comment period would begin in late August and extend through most of September. There would then be time to publicly notice the vote for

November.

Board member Michael Bauscher said according to that schedule, the public comment period wouldn't end until almost the time the district would have to complete its state Environmental Quality Review Act resolution.

"So it doesn't seem to build in time for deliberation of substantive comments to the extent that there are any," Bauscher said.

Morley responded by saying that many districts that are considering a referendum tend to follow a similar time frame.

She explained that over the next five

years the district is on schedule to retire the majority of its debt service. For 2022-23, debt service is scheduled to be about \$7.5 million before dropping to \$6.1 million the following school year.

By fiscal years 2026 and 2027, there is an additional drop to about \$2.6 million in debt service, Morley said. The goal is to have a fairly consistent debt service level so there aren't large swings while the district addresses the needs of the facilities, she said.

Typically, school districts handle about \$10 to \$15 million worth of work during a particular summer, Morley added.

North Castle Schedules Marijuana Hearing; Leans Toward Opting Out

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this on the November ballot," Hay said.

Avoiding a fairly significant expense is one of the motivating factors in keeping that option open, Councilwoman Barbara DiGiacinto said.

"First of all, I think you get a better turnout, but to me just as important is the fact it's not going to cost 30 or \$40,000, and that takes into account a lot of work and man-hours to put that together," she said.

Town Attorney Roland Baroni said the permissive referendum mechanism allows 45 days for a petition to be gathered and submitted to the town following passage of a local law to opt out. Therefore, it would provide enough time for the town to have it placed on the November ballot by the Board of Elections. Typically, there is a 30-day time frame, he said.

If a municipality opts out, it would forego any marijuana sales tax revenue, Hay said. There is a 13 percent sales tax, of which 9 percent would go to the state, 3 percent to the municipality and 1 percent to the

county.

Schiliro said that while the initial consensus of the board may be to opt out, he would like his colleagues to keep an open mind because they may hear arguments from the public that they may not be considering.

"We've got concern, but they've structured it where we have that potential out, that we can get back in," Schiliro said.

Minimal feedback thus far from North Castle residents has been split. DiGiacinto said one North White Plains resident e-mailed her urging her and the board to allow for retail sales. Town Clerk Alison Simon said she has received one correspondence asking the town to opt out.

Schiliro said some municipalities could make their decision based on what neighboring communities do.

"(They) may embrace this out of the gate and if everyone around them opts out they get all that revenue and all that tax money," he said. "I'm not saying that's a reason to do it, but that's a reality."

Consultant to Receive \$95G More for Chappaqua Form Based Code Work

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attachment from the district's consultants.

The board approved the change order by a 4-1 vote, with Councilwoman Lisa Katz, who has been heavily critical of the Form Based Code, opposed. She argued that Kimley-Horn's fee was based on responding to comments to produce an FGEIS.

"They're saying there are too many things to respond to but maybe if they did a better job the first time, they wouldn't have so many things to respond to," Katz remarked. "To me, they're kind of extorting us for that."

The original contract was for \$399,984, followed by two previous change orders totaling \$46,600, according to Town Administrator Jill Shapiro.

Town Attorney Ed Phillips said the negotiations with Kimley-Horn were blunt and at times difficult. However, it resulted in a substantial reduction in additional fees from what they had requested, he said. He did not say what Kimley-Horn had initially requested for additional fees.

However, the town also has to be a bit cautious because the contract allows for either side to terminate the contract for any reason with 30 days' notice, Phillips said, potentially resulting in the town having to re-initiate a Request for Proposal (RFP). Instead, a compromise was sought.

"So that created a concern that if we couldn't come to some kind of compromise, they could walk and we'd have to start over again with an RFP process and bring in a new consultant and bring them up to speed,

and that, frankly, wasn't a very attractive option for most of the people on the Town Board," Phillips said.

Deputy Supervisor Jeremy Saland said that in the negotiating session that he was involved in he was very assertive in pushing back. However, municipalities are not private entities, which have far greater freedom to retain or cut ties with contractors when there are disputes.

"We needed to move the project forward. We believe in it," Saland said. "I know you have a different opinion, but to spend more money just to chase that, to push that forward a month-and-a-half from now would have been asinine."

Katz responded that she would have been willing to play hard ball with Kimley-Horn. She said the consultant would have been hesitant to pull out from the contract because it would have harmed their reputation.

Supervisor Ivy Pool said had the consultant not been able to finish the work for the agreed-upon fee, then she would have agreed with Katz. But there were too many unforeseen circumstances for them to address for the original fee.

"I don't think a change order like this is outside of what is normal and what we see from these kinds of projects every day," Pool said.

Controversy over the Form Based Code has raged since last fall regarding the proposed rezoning plan, placing the issue front and center in the June 22 Democratic primary and this year's town election.



MICHAEL GOLD PHOTO

Soaring High

A crane rises at the construction site at 70 Memorial Plaza in Pleasantville on Monday. Work on the mixed-use project will see street-level retail and 81 apartments containing primarily one- and two-bedroom units. There will also be an underground parking garage.

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New York Close to Fully Reopening as Vaccinations Approach 70%

By Martin Wilbur

New York State is on the verge of removing virtually all COVID-19 restrictions as the percentage of fully vaccinated adults approaches 70 percent.

Gov. Andrew Cuomo said Monday that once the percentage of all adults reaches that threshold there will only be certain institutional restrictions that will remain in place. Through Sunday, 68.6 percent of the 18-and-older population had been inoculated by being at least two weeks removed from their last shot.

"The light at the end of the tunnel is to remove the remaining COVID restrictions, right, get to a point where COVID is not inhibiting our society, not inhibiting our growth," Cuomo said.

"When we hit 70 percent, then I feel comfortable saying to the people of this state, we can relax virtually all restrictions," he added.

While neither Cuomo nor state Health Commissioner Dr. Howard Zucker would be pinned down on when the lifting of the restrictions might occur, it is a near certainty that it will happen this month.

Through Sunday, 9,429,290 state residents 18 and older had been fully vaccinated, according to the state tracker. With more than 10.9 million people having received at least one dose, that means nearly 1.5 million more will be getting a second dose within the next two weeks. Tack on an extra two weeks following a second shot of the Pfizer or Moderna vaccines to be considered fully vaccinated, and the state is no more than four weeks away, and most likely less, to add another 1.4 percent of the population to the fully vaccinated rolls.

Cuomo said after the restrictions are lifted masks will only be required as recommended by the Centers for Disease Control (CDC). Large venues, public transportation, homeless shelters, prisons, all health facilities and being inside a school will still require people to mask up, he said.

"But we hit 70 percent, we'll be back to life as normal, or as normal as you can be," Cuomo said.

The state's attention, however, will be to zero in on zip codes throughout the state that have significantly lagging vaccination rates. The bottom 10 percent of the state's 1,755 zip codes are below a 36.3 percent vaccination rate, Cuomo said.

As a result, some resources at the state vaccination sites will be redeployed into areas that have a rate that is roughly half or less of the entire state's current rate. There are five New York zip codes that are at less than 30 percent vaccination rate, including Monsey, Rockland County, which has the lowest in the state at 17.6 percent of those 18 years old and up. There are no communities in Westchester or Putnam that were among the lowest two dozen zip codes.

Cuomo said in the remaining two weeks of the school year, secondary schools should encourage as many of their 12- to 17-year-old students to get vaccinated and try to

arrange for their building to be a vaccination site. He called it a "golden opportunity" before the students head off to summer vacation, camp, travel or work.

"Get those 12- to 17-year-old vaccinated now; it will make reopening the schools much safer and much easier and I think every school should be doing that now," Cuomo said.

For the first time since last Aug. 19, each of the state's 10 regions recorded a positivity rate of less than 1 percent on the seven-day rolling average on Sunday. Mid Hudson, which includes Westchester and Putnam, and



CORONAVIRUS UPDATE

Long Island came in at 0.46 percent each while New York City had the lowest in the state at 0.43. The highest New York region was Finger Lakes, which recorded a

0.98 percent positivity rate.

"New York's progress is extraordinary and exceptional," Cuomo said. "It has one of the lowest levels of positivity of any state in the United States, so that is saying something."

Locally, the numbers are similarly strong. Westchester recorded 19 positives on Sunday from 3,335 tests, a little less than 0.6 percent. The seven-day rolling average stands at about 0.3 percent.

County Executive George Latimer said Monday that Westchester had dropped to 328 active cases, the lowest level since shortly after the start of the pandemic in March 2020. COVID-19 hospitalizations have fallen to 30 and there were two deaths in the county from the virus over the last week.

All indicators are strong but Latimer warned the county isn't in the clear yet.

"We're hoping to go through the week without any fatalities and that will also be a sign of the reduction in the depth of the infection," he said.

Putnam County had four positives results from 314 tests, a 1.3 percent rate, on Sunday. On the seven-day average, Putnam stood at 0.9 percent.

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Cuomo Clarifies School Mask Confusion...page 4

Masks Still Required in Schools But Can Be Ditched By Students Outside

By Martin Wilbur

Face masks will continue to be required inside school buildings but districts may choose to let their students take them off if they are outside on school grounds for recess or other outdoor activities.

On Monday, Gov. Andrew Cuomo clarified confusing correspondence issued late last week involving state Health Commissioner Dr. Howard Zucker and the state Education Department (SED) that had some parents, students and even education officials

believing that face masks at school would no longer be required starting this week.

Cuomo said the state had asked the Centers for Disease Control (CDC) last Friday to modify its guidelines that would not require students to wear masks if they are outside on school grounds and to have the guidelines regarding summer camps and schools be consistent.

The governor insisted that on Friday his administration was expecting an answer from CDC by Monday, not that there would have been immediate wholesale changes

once the weekend was over.

By Monday, CDC had informed New York that it had no objection to the state's request, although local school districts have the latitude to require masks outside.

"There is no mandate for masking outside," Cuomo said. "We'll leave that up to the local school district."

As a result, this will allow New York to have consistent guidance for schools and camps, a key consideration because many students go to camp and many camps throughout the state use public school

facilities.

The disconnect had families scratching their heads just before the start of the weekend.

Last Friday, Zucker sent a letter to the Centers for Disease Control (CDC) that indicated that the state wanted to revise its mask requirements in public schools and have them match the state's requirements for summer camp, which set off confusion.

It even prompted New York State United Teachers President Andrew Pallotta to send off a statement after 4 p.m. last Friday, calling the state's sudden changes "whiplash-inducing news."

On Sunday, SED fired off a release stating that the intent of Zucker's June 4 letter "was to obtain a response from the Centers for Disease Control regarding differing standards for summer camps and schools; it had not changed any existing arrangements. Therefore, schools should continue to operate under their existing procedures until further notice."

At his Monday briefing, Cuomo then announced the change for students who are outdoors, but masks would still be needed inside school buildings.

He said it was important that there be consistency in the guidance and that it makes sense.

"If people don't think the rules are logical, then they're not going to want to follow the rules," he said.

Harckham Bill to Advance Yorktown Park Solar Project

State Sen. Peter Harckham (D-Lewisboro) and his Senate colleagues approved special legislation on Monday that will allow the Town of Yorktown to use property at its Granite Knolls Park for the construction of a solar power facility and electric vehicle (EV) charging stations.

"The inclusion of a solar power plant at the proposed Granite Knolls Sports and Recreation Complex is a smart use of land that will benefit Yorktown residents financially in the years ahead," said Harckham, who sponsored the Senate bill.

"Adding charging stations for electric vehicles also shows that town officials are looking ahead to future needs. I am pleased this legislation has passed and look forward to the project moving forward."

The newly-approved legislation authorizes the Town of Yorktown to alienate certain parklands – in this case a portion of the property located within Granite Knolls Park – and lease it to HESP Solar LLC for the construction of a solar energy power plant and electric vehicle charging stations.

The lease of the Granite Knolls Park property, which will be at fair-market value, is for 25 years. Proceeds from the lease will go toward the acquisition of new parkland or capital improvements to existing park and recreation facilities within the Town of Yorktown.

If the parkland that is alienated ceases to be used for solar energy or EV charging stations, the lease shall be terminated and the land will revert to the Town of Yorktown.

"With the support of our partners in the state legislature, this legislation will allow Yorktown to embark on a transformational project that will significantly reduce our carbon footprint and provide a much-needed source of revenue to enhance our local parks without raising local taxes," Town Supervisor Matt Slater said.

"It makes sense to utilize some of the land at Granite Knolls for solar panels and electric vehicle charging, so I'm grateful to the state Senate for approving the authorization," said County Legislator Vedat Gashi (D-Yorktown). "We need to expand alternative energy sources whenever possible, and this project will also provide Yorktown with guaranteed income and lessen the tax burden for residents."

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Walter Panas Grad a Contestant on New Season of 'The Bachelorette'

By Rick Pezzullo

A 2011 Walter Panas High School graduate is one of the 29 male contestants on the new season of "The Bachelorette," which airs locally on Channel 7.

David Scott, 27, who grew up in Cortlandt but now lives in Nashville, will be competing for the affection of Katie Thurston, a 30-year-old bank marketing manager from Lynwood, Wash.

The new season, the program's 17th, was filmed in New Mexico and kicked off Monday night. It will run throughout the summer.

Scott, who was prohibited by strict rules set by the show from doing media interviews, was on the varsity soccer team and debate team at Panas. He graduated from St. Bonaventure University. His favorite food is New York City pizza and 'N Sync is his favorite boy band.

The son of Jamaican parents, Scott is "looking for a woman who is intelligent and driven to succeed," according to his biography on the show's website.

"He is extremely attracted to women who exude a quiet confidence! Synchronicity in life is of the utmost importance for David, and he hopes to find a partner that is as



Cortlandt native David Scott will appear on "The Bachelorette" during the upcoming season.

passionate about building a successful life, both professionally and romantically, as he is," his biography stated.

"David wants a wife who will be proud to stand next to him for the rest of their lives, and he hopes to find that with the Bachelorette!"

Maloney Leads Push to Get Hesitant Putnam Residents Vaccinated

Rep. Sean Patrick Maloney (D-Cold Spring) joined Putnam County health officials and other representatives at the Philipstown Recreation Department vaccine distribution site in Garrison last week, the third stop on his vaccine awareness tour and part of his ongoing effort to combat vaccine hesitancy.

"Putnam County has done a stand-up job getting so many folks vaccinated in the last few months," Maloney said. "Nearly 70 percent of the population ages 18 and up have at least one shot. That's good progress, but we've got more work to do to reach herd immunity."

County Executive MaryEllen Odell said that through mass vaccination PODs by county health officials, along with the efforts of local providers and pharmacies, have ensured that Putnam residents have easy access to vaccines. About half of the county has completed its vaccination series, and because of less demand for mass events, the vaccine efforts have begun to shift toward office-based health care providers, she said.

"We are proud of the tremendous efforts of our local health department, the dedicated volunteers and community partners in all they have done to help us get vaccinated and get back to life," Odell said.

Consensus among public health experts is that the county will not reach herd immunity until at least 70 percent of the total



Congressman Sean Patrick Maloney visited Philipstown last week to urge those who haven't taken one of the COVID-19 vaccines to do so as soon as possible.

population is immunized. COVID-19 vaccine sites continue to see a steady decline in those who are willing to be vaccinated.

As supply of the vaccine outpaces demand, it is imperative to focus outreach on under-vaccinated communities and encourage every New Yorker to get their shot.

Maloney said vaccine hesitancy is the major roadblock to New York achieving herd immunity. He is visiting communities and partnering with local leaders and organizations in his district to promote the safety and efficiency of vaccines. Previously, he has held events in Orange and Dutchess counties.

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P'ville Garden Founder, Family Honored for Combatting Food Insecurity

By Abby Luby

The Pleasantville Community Garden is known as a beacon of collaborative effort to grow and give food to those in need.

Last Saturday, about 30 people gathered at the garden at St. John's Episcopal Church to honor Devin Juros and his family for starting the garden project seven years ago. The garden was the brainchild of Juros when he was in middle school.

Devin's father, David, recalled when his then-seventh-grade son came home from school after hearing someone speaking about food insecurity. His son told him that something had to be done.

Over four months, Devin outlined a plan to build a garden and wrote a detailed list of what would be needed.

"He had a passion about it and it was something that was bigger than ourselves," David Juros said.

The family followed their son's lead and reached out to the community for help and found residents ready to donate their time. St. John's Episcopal donated the 600-square-foot plot to grow organic vegetables as well as reusing and recycling materials.

Unbeknownst to Devin and his parents, the garden's board of directors unveiled a special plaque honoring the family for "Growing, Gathering and Giving since 2014."

Presenting the plaque was Abi Wright, chair of the Pleasantville Community Garden Board of Directors. Wright announced that since the garden started, nearly 100,000 pounds of food have been donated to various local food



ABBY LUBY PHOTOS

Pictured, from left, are David, Margot and Devin Juros in front of the Pleasantville Community Garden. Since Devin Juros launched the garden in 2014 while in seventh grade, nearly 100,000 pounds of food have been donated to local food pantries and organizations.

pantries and organizations.

Also honoring Juros was Mayor Peter Scherer, who shared local lore about 18th century farmer Daniel Earle who owned an orchard near where the community garden is today.

"It brought back the idea that a piece of agrarian life is one we haven't yet lost," Scherer said.

Devin Juros said it was great to see everyone together again after life was interrupted by COVID-19.

"The pandemic showed us how much we all rely on each other, how life is chaotic and we don't know what will happen next," he said.

Juros, a junior at Brown University majoring

in biology and philosophy (his favorites philosopher is Immanuel Kant), said that during the past 15 months, the garden became even more essential. He noted that his experience creating and building the garden with like-minded community members heightened his interest in medical and biological research and treatment for prevalent diseases.

Before presenting the plaque, former village trustee Steve Lord recalled his surprise when his son came home from school and announced "I'm going to garden with Devin."

"What that meant was an eighth-grader was inspired to take part in a cause that was greater than himself," Lord said.



The plaque honoring the Juros family at the Pleasantville Community Garden.

Volunteers not only plant and harvest vegetables they also pick up food donations from the Pleasantville Farmers Market and local bakeries and deliver food to Hillside Food Outreach, an Elmsford-based nonprofit organization that distributes food more than 2,000 people in Westchester, Putnam and Fairfield counties who are unable to visit pantries on their own.

Garden Volunteers also deliver food to Neighbors Link in Mount Kisco, a group working with immigrants to help integrate them into the community. During the summer the garden donates garden-fresh vegetables to a local A-Home resident each week.

Ashly Juskus, a Pleasantville resident since 2016, said she was one of the truck drivers picking up donations and delivering food to pantries.

"It was different during COVID because the farmers market had folks pre-order online and the amount of donated food was lower," she said. "But it's great to give back to the community and help as much as we do."

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Yorktown Grange Car Show Returns to the Fairgrounds June 27

Get your motor running and head out to the Yorktown Grange fairgrounds on Sunday, June 27 for the ninth annual Yorktown Grange Car Show.

The Yorktown Grange is particularly excited to host this year's show after the 2020 hiatus. As with all Yorktown Grange events, the show is organized and staffed entirely by volunteers, who are justifiably proud of its growth from an exhibit of 50 vehicles in 2012 to more than 150 in 2019. In the words of Scott Nelson, one of the show organizers, "our show has become an event that car enthusiasts mark on their calendars."



The organizers are expecting even more entries this year – and not just cars.

Trucks and motorcycles are also welcome.

With exhibit space for more than 300 vehicles, the show still has room to grow. So if you have a beauty in your garage, we have the space for you to brag a bit!

The exhibit fee is only \$20. Registration for entries starts at 8 a.m. and door prizes are included. All makes, models and years are eligible. The awards ceremony will be held at 3 p.m.

The car show is a great family event with music, food and activities for kids. The little ones will love Big Truck Day, the special exhibit of kid-friendly vehicles. With comfortable facilities, including air-

conditioned buildings, enjoy a fun day to celebrate our return to normal.

The Yorktown Grange fairgrounds is located at 99 Moseman Rd. in Yorktown Heights. Gates open at 10 a.m. and the show closes at 4 p.m. Admission is \$5 per carload and parking is free. Proceeds from the car show support charities and help those in need in our community. The rain date is July 18.

For more information, visit www.yorktowngrange.org/carshow or on Facebook at facebook.com/yorktowngrancecarshow.

Hendrick Hudson Free Library Receives Major Gift

The Hendrick Hudson Free Library has received a generous gift from the estate of John B. Gedney.

Gedney first reached out to the library in late 2018 to discuss his intention to name it as a beneficiary of his estate.

During numerous conversations, Gedney expressed his desire to leave a lasting legacy to organizations dedicated to making a difference in the communities which helped shape him. The board is grateful that the Hendrick Hudson Free

Library met his standards and welcomes Gedney's extraordinary generosity in joining the family of supporters.

The motivation for Gedney's gift began right around the corner. He was raised in Buchanan and graduated from Hendrick Hudson High School in 1958. Four years later he graduated from Alfred University and went on to work for the Burroughs Corporation and Lockheed Martin as a ceramic engineer. He spent his later years in Cape Canaveral, Fla., where he

passed away last May.

While Gedney directed that the library not use the gift for administrative expenses, in honoring his wishes, the library will use the funds to elevate the scope and quality of the services it offers to the community, goals toward which the Hendrick Hudson Free Library continually strives. In keeping with his directive, the library is developing a plan of action that will accomplish that.

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Croton-on-Hudson Police Department

May 25: A resident reported at 8:13 p.m. that while walking on Cleveland Drive, a vehicle passed by and hit him in the face with some type of clear liquid from the passenger side of the vehicle. The vehicle did not stop, and the caller could only describe the vehicle as a gray/silver midsize SUV.

May 26: Patrol responded to an area on Lexington Drive at 2:35 p.m. on a report of a person yelling, having possibly mooned a resident. The party was warned and admonished.

May 27: Report of a person yelling and scaring residents on Lexington Drive at 8:33 a.m. The party was warned and admonished.

May 28: Patrol responded to Lexington Drive at 12:06 p.m. on a report of a person yelling at a mail carrier. The party was warned and admonished.

May 30: Patrols responded to North Riverside Avenue at 10:51 p.m. for a motor vehicle accident. After an investigation, a 43-year-old village resident was taken into custody for aggravated DWI with a passenger less than 16 years old and DWI. The suspect was released on her own recognizance.

North Castle Police Department

May 29: Complainant arrived at police headquarters at 4:57 p.m. to report receiving an alarming text message on his cell phone from an unknown party who demanded money. The complainant acknowledged that it is probably a scam, but that he wanted to document the incident. He forwarded a screenshot of the message and he blocked the sender from his phone.

May 29: Multiple 911 callers reported a single vehicle rollover accident on Route 22 at 7:50 p.m. with the operator out of the vehicle. County Fire Control was notified for ambulance dispatch. The responding officer reported the subject was transported to the Westchester Medical Center emergency room by Westchester EMS. Empire Towing removed the vehicle.

May 30: A caller reported at 10:58 a.m. that she believed she saw what may have been a noose as she was driving on Virginia Road. She described the item as being hung from a street sign pole at eye level. The responding officer located a small rope hanging from a "Stay to the Right" sign. The officer did not perceive the rope to be intended as a noose or any other threat or type of intimidation. The rope was removed from the scene and discarded.

May 31: Report of a utility pole fire on

King Street at 12:13 a.m. The Armonk Fire Department was dispatched by 60 Control. The responding officers stated that a utility pole was actively burning. Officers closed the roadway due to hazardous conditions.

June 2: Report of a vehicle fire on Bayberry Road at 12:02 p.m. A BMW emergency services operator reported being alerted of a vehicle fire in the area of Bayberry and Boulder Trail. The responding officer reported that the vehicle became disabled due to a possible radiator fluid leak. Armonk Garage responded and removed the vehicle.

Putnam Sheriff's Department

May 21: While traveling eastbound on Route 6 in the Town of Southeast, Deputy Robert Weinberg observed a 2003 Chevrolet Trailblazer commit multiple traffic infractions in the area of the I-684 northbound on-ramp at 12:41 a.m. Weinberg initiated a traffic stop on Route 22 and made contact with the driver, 32-year-old William A. Madrid-Vasquez. After a subsequent investigation, the deputy determined Madrid-Vasquez was driving while intoxicated and placed him under arrest without incident. He was also issued several traffic tickets.

White Plains Police Department

June 2: A 40-year-old man was arrested in connection with a burglary that occurred at 173 E. Post Rd.

Last week, the White Plains Police Department conducted an undercover sting on businesses that sell alcohol by having minors attempt to buy beer from them. All three tested establishments passed. The White Plains Mobil at 174 Westchester Ave., Andreas Food Market at 41 Lake St. and the 7-11 at 307 Central Ave. identified the minors and refused to sell to them.

Yorktown Police Department

May 28: Jahsir Doughty, 21, of Montrose, was arrested at 10:01 a.m. and charged with aggravated unlicensed operation of a motor vehicle and passing a steady red signal on Route 6 in the area of Sunnyside Street in Shrub Oak. An investigation revealed Doughty's driving privileges had been suspended for failing to answer previous summonses.

June 2: Todd Johnson, 41, of Poughkeepsie, was arrested on two arrest warrants issued by the Yorktown Justice Court for failing to appear at 2:31 p.m. Yorktown was notified by the Putnam Sheriff's office that they had Johnson in custody. The suspect had been previously arrested for petty larceny and criminal possession of stolen property. It was also learned he had an active warrant in Orange County.

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Obituary

Frank Maliszewski

Frank S. Maliszewski, a loving husband, father and grandfather, passed away on May 31 surrounded by family at 93 years old.

Born in Yonkers on May 1, 1928, to Joseph and Antonina Maliszewski, Frank grew up in a family of two brothers, Charles and Chester, and two sisters, Agnes and Adele, who have all preceded him in death.

Frank lived his life with passion and love. He served as a cook in the U.S. Army during the Korean War. He then worked as a firefighter for the Greenville Fire Department where his hard work was recognized with a promotion to deputy chief; he remained a member of the New York Police and Fire Retiree Association until his passing.

He married the love of his life, Dolores (Schaefer) Maliszewski, on Apr. 20, 1963, at St. Casimir's Roman Catholic Church in Yonkers. Together, they had three wonderful children, Mark Maliszewski, Kerri Barton and Donna Maliszewski, who Frank raised to be strong, quick-witted and compassionate.

Frank was proud of his Polish heritage. He was an avid member of the Pulaski Association and acted as treasurer for many years. He was also a member of the Koszuszko Foundation. A devout Catholic, Frank attended daily Mass into his 90s, occasionally even standing in as an altar boy, if needed.

He is survived by his wife; three children; daughter-in-law Maria Maliszewski and son-in-law Steve Barton; six granddaughters, Meagan and Madalyn Meldrim, Sarah (Barton) Lodewyk and Michaela Barton and Breanne and Kaleigh Maliszewski; as well as nieces, nephews and many friends.

Visitation will be at Beecher-Flooks Funeral Home in Pleasantville on Saturday, June 12 at 9:30 a.m., followed by a requiem mass at Holy Innocents Church in Pleasantville at 12:30 p.m. Interment will follow at Kensico Cemetery.

In lieu of flowers, donations can be made to Kids' Food Basket at www.kidsfoodbasket.org.

SMALL NEWS IS BIG NEWS

Feeding Westchester Gears Up to Meet Summer Child Hunger Demand

At the end of a school year that looked and felt like no other, children across the country are eagerly awaiting summer recess.

For millions of youths, however, summer too often means missing meals that they would have otherwise received at school.

Feeding Westchester, the county's largest nonprofit hunger-relief organization, is gearing up for an increase in demand among families with school-aged children and challenges the community to get involved by participating in its

Summer Help From Home Bags program.

Hunger affects the human body in many ways, including making it hard to think clearly and increasing the risk for chronic diseases. In children, growling stomachs result in a higher risk of behavioral and cognitive issues, mental disorders, as well as long-term health threats like asthma.

"Proper nutrition is crucial for a child's mental, emotional and physical development," said Kelly Pearson, nutrition resource manager at Feeding Westchester. "In addition to children who don't get enough to eat, low nutrient

dense diets can also lead to poor health outcomes, such as nutrient deficiencies, malnutrition, anemia and risk for developing obesity."

During the school year, 22 million U.S. children have access to free or reduced-cost meals at school. Surprisingly, fewer than four million children nationally receive similar meals through USDA Summer Food Service programs, leaving a gap of 18 million children.

To help meet the increased summertime need, Feeding Westchester will continue to assemble and deliver free meals and food through organizations like the United Way of Westchester & Putnam, the Boys & Girls Club of Mount Vernon and the Ossining and Elmsford school districts.

"Last summer, Feeding Westchester provided more than 5.6 million meals to children and families facing hunger," said Karen C. Erren, the nonprofit's president and CEO. "This summer, we continue on our commitment to ensure that youth in every corner of Westchester have access to the meals they need to thrive during and out of school. We are looking to the community to join us in our fight against hunger."

While in-person opportunities continue to be limited due to the pandemic, Feeding Westchester has several Meals 4 Neighbors virtual volunteering projects on feedingwestchester.org. Designed to try at home, with co-workers or a local community group, these projects include



packing Help From Home breakfast or lunch bags for school-aged children.

Feeding Westchester's Summer Help From Home Bags can be assembled at home and dropped off at Feeding Westchester in Elmsford. For details on what to include, visit <https://bit.ly/34dHmfB>.

Every \$1 donated to Feeding Westchester provides up to three meals for local children, seniors and families struggling with hunger.

To find or give help, call 914-923-1100 or visit feedingwestchester.org. For the latest news and updates, follow @FeedingWestchester on Facebook and Instagram and @FeedWestchester on Twitter.

Interfaith Emergency Food Pantry in Need of Donations Through June 16

The Interfaith Emergency Food Pantry, now located in Thornwood, needs your help. The pantry's shelves are almost depleted of some of the most useful shelf-stable items. Requests for food have not declined as there are still many in need due to the lingering effects of the pandemic.

If you would like to help, some residents have offered to be a drop-off point to collect the items, making it convenient to donate.

Among the items that are most needed are two- and five-pound bags of rice; beans (all kinds); tuna fish; macaroni and cheese; pasta; jelly; canned or jarred tomatoes and tomato sauce; and coffee, tea or boxed milk (Parmalat). Other shelf-stable foods are also welcome.

Local residents may bring their donations to one of five locations in Pleasantville and Hawthorne through Wednesday, June 16. Donation sites are:

- 208 Fairview Drive, Pleasantville, near Pace (front porch, bin provided)
- 197 Broadway, Pleasantville (top of driveway, side door, under awning)
- 21 Guion St., Pleasantville, near Bedford Road School (front porch, bin provided)
- 139 Marietta Ave., Hawthorne, off Stevens Avenue (front porch, bin provided)
- 254 Sherman Ave., Hawthorne, off Frankford Street (front steps, bin provided)

For more information, visit <https://pleasantvillefoodpantry.org>.

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Letters to the Editor

United New Castle Slate Mischaracterizes Form Based Code

The ironically named “Unite” New Castle slate, with the silent support of the local Republican party, is trying its hardest to torpedo a zoning change that has been in the planning stages for eight years. Although their candidate for town supervisor, Lisa Katz, is now leading the charge against it, she was one of the original architects of the Form Based Code until it better suited her political ambitions to become the flag-bearer for a group of residents who, despite their protests to the contrary, appear to be mostly fearful of the threat of a more diverse community.

One hardly knows where to start. On a fundamental level, their op-ed continually characterizes it as a development plan, when in fact, it’s simply a change in the building code, and even then, only for several blocks currently filled with dilapidated and vacant buildings. The authors only finally admit the actual scale of the plan after trotting out all their

original fear-mongering talking points about a hypothetical maximum build-out of the original 72-acre zoning plan which is no longer on the table.

They disingenuously characterize that change as a “bait and switch” instead of a Democratic Town Board responsive to community input. They caution that a future Town Board could unilaterally rezone the whole 72-acre area, when this is blatantly false; any rezoning requires public hearings.

In an effort to frighten voters, they threaten fictional tax consequences, but anyone with a rudimentary knowledge of math knows that additional residents and businesses would actually lighten the overall tax burden for everyone else. They reference Chappaqua Board of Education concerns about the original 72-acre proposal, hoping that no one will notice that a zoning change of that proportion no longer exists. Quite ironically, they warn

of potential lawsuits, when the only ones planning to sue are the anti-Form Based Code group that makes up their core constituency.

Their opponents, Holly McCall, Lori Morton, Michael Weinberg and Jennifer Bounds, collectively known as Democrats for New Castle 2021, are endorsed by Nita Lowey, George Latimer, Ken Jenkins, Pete Harckham, Chris Burdick and Vedat Gashi – virtually every major Westchester County Democratic leader. Being that this is a Democratic primary, that’s very revealing.

The Democrats for New Castle have a vision for our town and the skills to address the many challenges we face. Voters shouldn’t be fooled into casting their ballots for a one-issue reactionary slate, and a disingenuous one at that.

Andrew Dorfman
Chappaqua

Levenberg Merits Public Support Because of Record of Accomplishments

Not long ago, a neighbor introduced my wife and me to Dana Levenberg as her friend who serves Ossining. I innocently asked what do you do? My neighbor answered for her. She is the town supervisor. Embarrassed by our ignorance, we resolved to check her out.

We noted that she held the line on tax increases in her six years in office. But any conservative can do that by simply voting no. What really impressed us was her initiatives,

which garnered \$1.2 million in grants for 13 local projects, ranging from benefiting nutrition for senior citizens, improving utilities for users of our local parks and benefiting all of us with clean energy endeavors. Her work has been rewarded by honors from organizations working to plan for the future as well as those helping our disadvantaged citizens left behind.

We write not to extol her but simply to ask all those voters who, like us, did not

know Supervisor Dana Levenberg, to make the effort, before the June 22 Democratic primary, to review the record of what she has already accomplished as a prediction of continued efforts to improve life in our community. We think you will agree that she merits our vote.

Frank Maurovich
Ossining

Fossil Fuel Interests Using Scare Tactics to Sink Important State Bill

A recent letter to this newspaper claimed that the Climate and Community Investment Act (S4264A/A6967) is nothing more than a disguise for a gas tax to be levied on our region (“Proposed Carbon Tax Would Be Hardship for New York’s Drivers,” May 25-31). Kudos to the fossil fuel companies and their allies for once again misrepresenting the facts in order to confuse the issue.

What the CCIA will do is charge these companies for the damage they have caused for decades (pollution and severe health impacts on disadvantaged communities, for example) and use that money for positive

changes throughout our region. More green jobs supporting New York’s changeover to a 100 percent renewable energy platform and a just transition for our frontline communities.

The claim is that the fossil fuel industry will simply pass these new costs to the end consumers, hence a new tax. However, this is where the old-school fear-mongering tactic occurs. Built into the CCIA Act are provisions to counteract such a move. One-third of the money raised would be used to provide direct assistance to low- and moderate-income families via transit vouchers, Low Income Home Energy

Assistance Program credits or direct cash benefits. Even if energy companies try to raise costs, the rebate program would ensure the lowest-earning 60 percent of New Yorkers will come out the same or ahead.

The fossil fuel companies just want to protect their profits to the very end. As the reality of climate change impacts our everyday lives, isn’t it time to start working toward a better future for all?

Ira Rosh
Mount Kisco

Let the Voters Decide Whether Cuomo Deserves a Fourth Term

The governor of New York was not elected to meet or exceed a political party’s moral standard. Andrew Cuomo was elected three times by the people of New

York. He did so based on his performance and character.

If we are a democracy then the people should have the final say next year when he runs for a fourth term. If the Democrats control the legislature and want to get rid of him sooner, then they should go on record and impeach him. He should not be forced to resign because he doesn’t meet the party’s “moral standard.”

We are a country of law, not of men or women. Let’s follow the law, not the standards of the Me Too movement, which assumes a person is guilty until proven innocent. That is not the way our system works.

Mario Falisi
White Plains

Correction

In last week’s article about the Pleasantville Fire Department blood drive on May 27, it was incorrectly reported that the Community Center of Northern Westchester is a blood donation location. The Examiner regrets the error.

SMALL NEWS IS BIG NEWS

Byrne Calls for Reimbursement of Fire Depts. for EMS Calls

By Martin Wilbur

Assemblyman Kevin Byrne (R-Mahopac) is sounding the alarm to get a proposed bill passed in Albany that would allow volunteer fire departments that operate ambulance services to recover costs from insurance companies.

Last Friday, Byrne stood with emergency responders throughout the Hudson Valley outside the Brewster Fire Department, pressing his Assembly colleagues to pass a measure that would treat fire department ambulance services the same. Currently volunteer ambulance corps are allowed to bill for the costs of transporting a patient but not if the service is part of a volunteer fire department.

New York's current policy, which affects about 490 departments statewide, is the only one like it in the United States, he said.

"I just want again to say that for all these men and women behind me that have been doing their job selflessly because they care about our community, they don't ask who you are, they don't care where you came from when you call 911, they're there to help," said Byrne, a co-sponsor of the Assembly bill that was introduced by Assemblyman Billy Jones (D-Plattsburgh). "They need resources and support. This bill will do that but it needs to pass."

Byrne said the legislation has wide-ranging bipartisan support after similar measures have stalled in Albany for years. For the second straight year, the Senate approved it, but until recently it had been stuck in committee in



MARTIN WILBUR PHOTO

Assemblyman Kevin Byrne, along with representatives from an assortment of emergency services, last week urged passage of a bill that would allow an ambulance service run by a volunteer fire department to be reimbursed by insurance.

the Assembly. However, on May 25, it was unanimously released from the Committee on Local Governance. It now must be released from Ways and Means to have a chance to be voted on before the session ends Thursday evening.

The assemblyman hoped to exert public pressure to bring the bill to the floor for a vote this week.

The financial ramifications of the current regulation are significant not only for volunteer fire departments but for property taxpayers, according to fire officials. Michael Karashay, the legislative chairman of the Fireman

Association of the State of New York (FASNY), said about there is about \$100 million in lost revenue annually.

"Our fire departments are not looking to make a profit on this," Karashay said. "They want to be able to be on a level playing field."

Somers Fire Commissioner John Fitzpatrick said the departments have no choice but to pass those unreimbursed costs onto property owners. Somers is one of four fire departments within Byrne's 94th Assembly District that has ambulance service, along with Brewster, Mahopac and Mahopac Falls.

He said Yorktown has a volunteer

ambulance corps, which is nearby their service and operates independently, but they can bill for service.

"The hardship is really on the taxpayers because we've had to raise our tax levy the last several years because the volume of EMS calls continues to go up and up and up," Fitzpatrick said. "We're just buying our fourth ambulance to help us answer all those calls."

In Putnam County there were 7,779 EMS calls in 2020, said Ken Clair, the county's deputy commissioner of the Bureau of Emergency Services. The Putnam fire departments within the 94th Assembly District that have ambulance services, Brewster, Mahopac and Mahopac Falls, accounted for nearly 3,200 of those calls, he said. Those statistics don't include the Kent Fire Department, which also has EMS.

Byrne said the inability for fire departments to bill for their ambulance runs is forcing some departments to split the service, something that Lake Mohegan in Westchester did years ago. However, when that occurs other efficiencies are lost, he said.

However, some opponents of the bill have argued that volunteer responders might be competing with professional departments for funds, Byrne said.

"The existing policy is counterintuitive to the whole idea of sharing services," Byrne said. "When you have someone doing it already, you're incentivizing duplicate layers of government, which will probably cost more. This makes no sense."



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Stream, Wetlands Restoration Completed at Old Armonk Bowling Alley Site

The New York City Department of Environmental Protection (DEP) last Friday announced the completion of a \$5.5 million project to rebuild a stream and wetlands on the site of a former bowling alley in Armonk.

The work expands a natural area that protects a vital source of unfiltered drinking water for the metropolitan region.

The project restored the 3.13-acre parcel where Armonk Bowl stood before it closed in 1999. The DEP purchased the land in 2008 through its land acquisition program, which seeks to preserve sensitive lands around the unfiltered portions of its reservoir system.

The facility was demolished in 2011, setting the stage for a multi-year project that would restore the neighboring creek and establish wetlands to protect water quality and support native wildlife.

"Our project at the former Armonk bowling alley is a great example of our programs at work," said DEP Commissioner Vincent Sapienza. "Our experts harnessed sound science and careful engineering to transform a vast swath of pavement into a preserved area of streams, wetlands and trees that will protect a critical source of drinking water for more than nine million New Yorkers."

The former Armonk Bowl off Route 22 was located about two miles north of Kensico Reservoir, a vital source of unfiltered drinking water for New York City and roughly half of Westchester County. When the bowling alley was built in the 1960s, the neighboring Bear Gutter Creek was pushed aside and confined



Before and after photos of the former parking lot at the old Armonk Bowl site on Route 22. The New York City Department of Environmental Protection restored a stream and wetland that had been built upon in the 1960s.

to a ditch, making room for a large parking lot. Aerial photos suggested the parking lot and building were likely constructed on a former wetland.

Demolition of the parking lot and restoration work began at the site in 2019 and finished earlier this year. Experts rerouted Bear Gutter Creek and gave it a more natural design with meanders and grade controls, taking it out of the ditch that confined it for more than 50 years. Wetland habitat was constructed in the creek's floodplain.

The wetland complex includes small pools that, in their first spring season, have already become a home for American toads, spring peepers and other native species.



Hundreds of native trees and bushes were also planted in the area, including willow and red maple trees and chokeberry bushes. DEP scientists will monitor the site for the next five years to ensure the native plantings grow well and remain healthy.

As part of the project, the DEP also constructed a small parking lot that will be turned over to the Town of North Castle and used to support local businesses along Old Route 22.

The newly restored area adjoins a four-

acre wetland complex that DEP previously constructed in the 2010s. Engineers on the latest project studied elevation maps and carefully designed the new wetlands to ensure they matched the hydrology of the previously restored site. These restored streams and wetlands, along with the Town of New Castle's 169-acre Whippoorwill Park, establish a natural buffer upstream of Kensico Reservoir that will continue to protect the region's drinking water for decades to come.

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Trailblazing Female Scout Soars to New Heights in Pursuit of Eagle

By Alexa Jindal

For more than a century since its 1910 inception, the Boy Scouts of America (BSA) was exclusively for boys 10 to 18 years old.

In February 2019 that changed, following an announcement the previous year that girls would be able to join in separate groups based on gender.

Now Rebecca Glider, an 18-year-old White Plains resident, is poised to do something that no other young woman in Westchester has likely achieved. It is believed that Glider would be the first female in the county to attain the rank of Eagle Scout. She needs requirements for two remaining merit badges, which she expects to complete this summer before heading off to college.

Glider, however, is seemingly taking it all in stride.

"I know it's a great deal and it's a great accomplishment, but for me, I've been surrounded by scouting even before I was in (Boy Scouts)," she said. "I've been involved in scouting since my brother joined when I was in second grade, so it kind of just feels like the next step. It doesn't feel that major, it's just the next step."

Like many girls, Glider started



Rebecca Glider of White Plains with one of her four "little libraries" she built for her Eagle Scout service project. Glider is nearing completion of her requirements, which would likely make her the first female to attain the rank in Westchester.

in Girl Scouts when she was young and was a member until she turned 14. Seeking greater rigor, she left to join the Venturing Program, a co-ed Boy Scouts initiative for 14- to 20-year-olds.

About two years later, at 16, BSA officially adopted the policy allowing girls to join. Glider was told at first that she would be unable to reach Eagle Scout status

because of the tight timeline to complete all of the requirements.

However, a few months later, Glider was on a family camping trip, something she does often, and she and her parents spoke to a woman who is a scout leader of a female Boy Scout troop.

"The four of us sat down and talked and she said I could make it," Glider said. "We took out a

calendar and we mapped it out just to show that I could do it, and then I joined."

Glider's family has encouraged her to pursue her goal. Although it may be an unusual path, she has been familiar with the Boy Scouts for years. Her brother earned his Eagle Scout ranking, although she didn't want to follow in his footsteps simply to be like him. Her father, Evan, had also started a troop, so Rebecca was well-acquainted with the Boy Scouts.

"It was more like because of (my brother) I was exposed to scouting and I knew what the program was like and I was interested in the activities," Glider said.

For her service project, Glider built four little libraries around her White Plains neighborhood, boxes where local residents can take a book and read it before returning it. She enlisted the help of local fifth-graders to decorate the boxes.

The project also allowed her to explore her personal interests. A self-described bookworm and someone who enjoys undertaking projects, her endeavor suited her perfectly, and allowed her to give back to her community during a time when many libraries were closed due to COVID-19. It enabled people in her area to read as well as

donate books.

As she nears the finish line on her Eagle Scout project, Glider is preparing to attend Binghamton University in the fall. She is currently working on the communications merit badge and the personal management merit badge, two of the 21 badges needed for Eagle Scout. She has two and three requirements remaining on the badges, respectively.

She will likely be done before she heads off to college, an impressive accomplishment that she can take with her throughout her life.

Glider said many of the badges earned in her quest for Eagle Scout are "relevant to real life and helpful in the real world," such as high-elevation hikes, becoming proficient in first aid, cooking and personal fitness.

While there are about eight female Boy Scout troops in the area, ranging from 10 to 25 members each, Glider's trailblazing accomplishment is uncommon regardless of gender. Roughly 4 percent of Boy Scouts reach the coveted rank.

"Aside from time, nothing was all that difficult, and if you're motivated to do it, it's not that hard to do," Glider said.

Greeley Senior Reaches Scouting's Pinnacle Through a Pandemic

By Martin Wilbur

Rafe Coffino recently joined the small slice of all Boy Scouts who reach the pinnacle – becoming an Eagle Scout.

Despite being a swimmer, preoccupied with college applications and maintaining a challenging schedule of classes into his senior year at Chappaqua's Horace Greeley High School, Coffino was determined to attain scouting's highest rank.

He also had the extra motivation of seeing his older sister, Cate, who last year completed her Girl Scout Gold Award. Coffino, who entered Cub Scouts in second grade, said he would have been disappointed in himself had he not completed the job.

"I really want to finish this off strong," Coffino said of his mindset when he made the commitment. "I've completed like nine-tenths of the scouting trek...obviously that's the hard part, the last part, but why would I not complete it? I would have been so disappointed in myself and I would have regretted it for a long time."

One of the lessons that his scoutmaster at Chappaqua's Troop 2, Tom Keane, regularly stressed, was to make sure he had no regrets. It's a lesson that Coffino took to heart. As it turned out, the additional incentive came in handy.

"He was a huge inspiration who stayed on top of me and (I) couldn't be where I am today without him," Coffino said.

Like most Eagle Scouts, there were plenty of hurdles, perhaps made steeper by the emergence of COVID-19 last year.

Before the pandemic, Coffino decided on his project to focus on educating community members on the importance of keeping one's blood pressure in check and how best to achieve that.

The problem is that once the shutdown began, there were no more in-person scout meetings and little to no chance to interact with the public.

Coffino said he continually tweaked the project until he received the go-ahead to pursue it. He created the Blood Pressure Counts Facebook page, which contains a variety of health and blood pressure-related topics.

He also published and distributed informational pamphlets, both in English and in Spanish, to connect with both the general population and members of the immigrant community who are often more difficult to reach. Coffino worked with Neighbors Link in Mount Kisco and Antioch Baptist Church in Bedford to distribute the pamphlets containing tips such as healthy diets, the need to exercise and lower stress and how to regularly track blood pressure.

He added information on what the consequences of high blood pressure could be. It's dubbed the silent killer because there are typically no symptoms until it causes other health problems, Coffino said.

Considering that one in three adults have high blood pressure and roughly half of all seniors, the information is relevant to a significant swath of the population, he said.

"This project is, obviously, to help people understand their blood pressure and help



Rafe Coffino of Chappaqua recently attained the rank of Eagle Scout, capping off 10 years in scouting.

to lower it or control it and why this is so important is because we want to help younger people understand their blood pressure and understand what will affect it in the future," said Coffino, who will attend the University of South Carolina in the fall and is considering a major in exercise science with a possible pre-med track.

Coffino said he stayed with scouting because of the adventures that captured his imagination as a young man. Camping upstate, canoeing, biking and meeting new kids was a big draw, as well as learning about teamwork and cooperation.

"I fell so in love with it, I fell in love with the activities that we did, and the adventures and just the friendships that I made," Coffino recalled. "I wanted to continue in Boy Scouts because that was going to take me to new heights."

His mother, Deborah, said seeing her son work as hard as he did to earn the 21 required merit badges to become an Eagle Scout – and many more beyond that – was inspiring.

"I'm overwhelmed by what it is to reach this, and it's not about a project," she said. "It's a great project, but do you have any idea – and I didn't – what it takes to get there?"

"I went with him to complete some of these (merit badges). I was awestruck by how much work goes into this little badge."

Following graduation this month and before heading to college in August, Coffino will serve as a dive coach at Willowbrook Swim & Tennis Club, work on an e-book he is developing related to health issues and hopes to visit Camp Read in the Adirondacks, knowing he finished the job at hand.

"I think what kept me at it were the opportunities that I found in Scouts," Coffino said. "I couldn't replace that anywhere else."



Community Newsletter

June/July 2021

“The Safest Place to Have My Surgery”— One Patient’s Journey Through Bariatric Surgery at Phelps Hospital

Author: Dr. Glenn Forrester, Bariatric Surgeon

Healthcare professionals can be even more particular than you and me about their own healthcare. With their personal perspective on the inner workings of hospitals, hearing their opinions on where to get specific procedures can provide helpful insights.

One patient, an employee at Phelps Hospital, Northwell Health, knew she didn’t need to go any further than her home hospital to have her bariatric surgery procedure with Dr. Glenn Forrester, a bariatric surgeon at Phelps Hospital.

“I was really impressed with Dr. Forrester’s energy. I could tell he enjoys what he does and it just felt right,” she said. “I had consulted with other doctors and they weren’t a good match. But Dr. Forrester was warm and welcoming and answered all of the questions I had, and he took the time to follow up with me after the surgery.”

Phelps Hospital has a nationally recognized bariatric team, including a surgeon, registered dietitian, and patient care coordinator, that specialize in many different types of weight loss surgeries, including minimally-invasive procedures and even some robotic surgeries. At Phelps, the goal is to find out what procedure is a best match for each individual patient. Depending on health status, weight loss goals, and lifestyle, Phelps is confident they have a bariatric procedure for you.

In order to be considered for a bariatric procedure, one must have a body mass index (BMI) of at least 40, or a BMI of over 35 if one is experiencing health-related problems associated with weight.



This procedure is not for everyone and involves an extensive screening process to ensure the procedure is safe and effective for the patient.

“The goals of bariatric surgery are not just to lose weight but to maintain that weight loss,” said Dr. Forrester. “These procedures also help improve or resolve obesity-related diseases. They can also help decrease the risk of developing future diseases such as hypertension, type 2 diabetes, and coronary artery disease. With this surgery, patients are able to live a longer and healthier life.”

Following the procedures, patients will see significant weight loss in the early postoperative period and typically achieve a stable weight within 12 months. While the surgery itself is not a single solution to a patient’s weight journey, weight loss from this procedure is often sustained long term.

Undergoing a bariatric procedure is only the beginning of your journey with the Phelps bariatric team.

A team of post-surgery support professionals help keep your weight off through lifestyle changes, including a diet and exercise plan with a Phelps dietitian. The team also offers monthly support groups to both pre- and post-op patients.

“I did all of my online seminars, before the surgery, through Northwell. Then, in August, I got the surgery done,” said the patient. “At the time, the majority of my visits were done through telehealth due to COVID-19. As someone who actually works in healthcare myself, I felt this was the safest place to have my surgery. In the end, I’m grateful to the whole team and I wouldn’t go anywhere else.”



To see if bariatric surgery is right for you or a loved one, contact Dr. Forrester and the Phelps Hospital bariatric team at (914) 269-1870.

Community Events for June/July

Phelps Hospital offers the community a wide range of programs on health and wellness subjects as well as numerous health screenings and support groups. All events are free and will be virtual for the time being.

Lectures and Seminars

Virtual Lecture Series

To stay up to date on our monthly virtual lectures and other community programs, scan here:



or visit this site:

<https://lp.constantcontactpages.com/su/duZPBfj/newsletter>

Cancer Institute Support Groups

These support group sessions are open to anyone with cancer as well as family, friends, caregivers, and anyone else interested in attending. You do not have to be a Phelps Hospital cancer patient to join, all are welcome.

Cancer Patient & Family Support Group

Mondays: June 14, June 28, July 12, July 26
1:30pm – 3:00pm

To register, please reach out to Carol Greiner at cgreiner2@northwell.edu or 914-366-1661

Breast Cancer Support Group

Thursdays: June 10, June 24, July 8, July 22
6:00pm – 7:00pm

To register, please reach out to Carol Greiner at cgreiner2@northwell.edu or 914-366-1661

Nutrition For Cancer Survivors

Tuesday, July 13
1:00pm – 2:00pm

To register, please reach out to Amy Hendler at ahendler@northwell.edu or (914) 366-1611

Stretch and Strength for Cancer Survivors

Wednesdays: June 9 and July 14
7:00pm – 8:00pm

To register, please reach out to Jane Hearty at jhearty@northwell.edu or (914) 366-5495

Coeds Kicking Cancer Together

Wednesdays: June 16 and July 21
1:00pm – 2:00pm

To register, please reach out to Jane Hearty at jhearty@northwell.edu or (914) 366-5495

Warrior Sisters Women’s Survivorship Group

Wednesdays: June 2, July 7
12:00pm – 1:00pm

To register, please reach out to Jane Hearty at jhearty@northwell.edu or (914) 366-5495

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Support Groups and Programs

Bereavement Support Group
Handled on an individual basis.
To register, please reach out to Amy Ferraro Martin at aferraro2@northwell.edu or (914) 366-3435

Alzheimer's Caregivers Support Group
2nd and 4th Friday of each month, 10:00am – 12:00pm
Register here to receive information to join the meeting: alzheimerscaregivers.eventbrite.com or reach out to Amy Ferraro Martin at aferraro2@northwell.edu or (914) 366-3435

Parkinson's Support Group
4th Tuesday of each month, 2:30pm – 3:30pm
Register here to receive information to join the meeting: parkinsonssg.eventbrite.com or reach out to Amy Ferraro Martin at aferraro2@northwell.edu or (914) 366-3435

Laughter Yoga
Thursday, June 3, July 1 at 6:00pm – 7:00pm
Thursday, June 17, July 15 at 11:00am – 12:00pm
To register, please reach out to Carol Greiner at cgreiner2@northwell.edu or 914-366-1661
Or register here to receive information to join the meeting: laughteryogaphelps.eventbrite.com

Vitality for Seniors

Vitality is hosting a variety of virtual presentations. In addition to the programs below, additional presentations may be scheduled. If you are interested in being added to the email list that will inform and remind you of presentation dates and times, please reach out to Ellen Woods at vitality@northwell.edu, or call (914) 366-3937.

Keeping Memory Alive – Dietician
Monday, June 7, 10:00am – 11:00am

Breakfast Club – Senior Scams with Asst. District Attorney Gary Brown
Monday, June 7, 10:00am – 11:00am

Osteoporosis – Fall Prevention
Thursday, June 10, 10:30am – 11:30am

Holistic Pain Support – Tai Chi
Wednesday, June 16, 9:00am – 10:00am

Breakfast Club – Coping and Connections
Thursday June 10, 9:00am – 10:00am

Osteoporosis – Occupational Therapy
Thursday, July 8, 10:30am – 11:30am

Holistic Pain Support – Dr. Thorp
Wednesday, July 21, 9:00am – 10:00am

Maternal Child Health

For more information on our Maternal Child Health classes and groups, please reach out to (914) 366-3559. While these classes are offered virtually, they will be free of charge.

ABC's of Baby Care
Thursdays: June 24, July 29, 7:00pm – 9:00pm
Register here to receive information to join the meeting: https://abcbabycare.eventbrite.com

Postpartum Support Group
1st and 3rd Monday of each month, 11:00am – 12:00pm
Register here to receive information to join the meeting: phelpspostpartumsupport.eventbrite.com

Breastfeeding Class
Saturdays: June 5, July 10, 10:00am – 12:30pm
Register here to receive information to join the meeting: breastfeeding-class.eventbrite.com

Childbirth Experience
Saturdays: June 12, July 17, 10:00am – 12:30pm
Register here to receive information to join the meeting: childbirthexperience.eventbrite.com

Most strokes are preventable

Author: Dr. Serulle, Interventional Neuroradiology and Neuroendovascular Surgery, Phelps Hospital Northwell Health

What is a stroke?
Your brain needs oxygen to function, and it receives oxygen in the blood. If something like a clot deprives your brain of the oxygen it needs, your brain cells will die, along with the functions they control, such as memory, movement, or speech. This is a stroke.

According to the American Stroke Association, stroke is the leading cause of adult disability and the fifth leading cause of death in the U.S., affecting 800,000 people annually. The good news is that up to 80 percent of strokes are preventable. The sooner you receive a diagnosis and begin treatment, the greater are your chances for recovery.



Types of stroke
There are two types of stroke. Ischemic stroke, which accounts for about 87% of all events, occurs when a clot blocks a vessel carrying blood to the brain. Hemorrhagic stroke occurs when a blood vessel bursts and spills blood into or around the brain, creating swelling and pressure, and damaging cells and surrounding tissues. Although less than 15% of strokes are hemorrhagic, they comprise 40% of all stroke deaths.

A transient ischemic attack (TIA), whose stroke-like symptoms last fewer than 24 hours before disappearing, results from a briefly disrupted blood flow to the brain. TIAs generally do not cause permanent brain damage but are a serious warning sign of a potential stroke.

Know your risks
Preventing stroke starts with knowing the risk factors:

- High blood pressure
- Atrial fibrillation or irregular heartbeat
- Diabetes
- High cholesterol
- Smoking
- Overweight
- Sedentary lifestyle

Maintaining a healthy lifestyle—eating plenty of fruits and vegetables, quitting smoking, limiting alcohol consumption, and exercising regularly—is the best way to reduce your stroke risk. Some risk factors are uncontrollable but knowing them can help you understand your risk.

Treatment
Ischemic stroke – Since these strokes are caused by a blood clot blocking an artery, the goal of therapy is to recanalize the occluded vessel.

Clot-breaking drugs – These drugs can be used to break up clots. One such drug is tissue plasminogen activator (tPA), which works by dissolving blood clots quickly, and can be used when given within 3 to 4.5 hours after stroke symptoms began.

Mechanical thrombectomy – This is the standard of care for patients have large clots. During this procedure, the doctor inserts a catheter into a large blood vessel inside the patient's head and uses different tools to retrieve the clot. This surgery may be performed up to 24 hours after stroke symptoms began.

Hemorrhagic stroke – These strokes are caused by bleeds and may require different treatments.

Endovascular treatment – If the bleed is caused by a ruptured aneurysm, a catheter may be navigated to the area of the bleed-through a blood vessel, and block the area of bleeding using a variety of devices.

Surgery – Sometimes open surgery is needed in which a craniotomy is needed to either evacuate the blood or clip an aneurysm.

Rewards of rehabilitation
Complete recovery following a stroke is possible. Nevertheless, more than two-thirds of survivors emerge with some disability. The type of disability depends on where in the brain the stroke occurs and how much damage results. A small stroke may cause temporary weakness in an arm or leg, while a large stroke may cause loss of speech or permanent paralysis on one side of the body.

Timely rehabilitation after a stroke can help you regain independence and improve your quality of life. Rehabilitation may include physical, speech, or occupational therapy, nutritional counseling, psychological counseling, and medical interventions to control risk factors such as diabetes and hypertension. The sooner you begin, the more fully you are likely to recover.

Visit [Phelps.northwell.edu](https://phelps.northwell.edu) to learn more about the Stroke Center at Phelps, which has received the Gold Plus Performance Achievement Award from the American Heart and American Stroke Associations every year since 2009.



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Know the warning signs

Knowing the sudden signs of stroke is the first step toward recovery. **BE FAST** can help you remember them:

Balance: loss of balance or coordination
Eyes: trouble seeing from one or both eyes
Face: unevenness or drooping on one side
Arm: inability to hold up both arms, with one arm drifting back down
Speech: slurring, confusion, inability to speak or understand
Time: Call 911 now!

Common-Sense Steps to Take to Feel Safe at Home

Never will I forget that early morning when my wife and I woke up, and she said that she felt that someone had been in our bedroom, looking at us in bed.

At first, I thought that she had just had a weird dream. But when she went downstairs to the kitchen, she found that our back door had been removed from its hinges and that someone had entered our home.

Upon investigation, we found that nearly every book in our library had been handled, obviously in the search for inserted cash. Most horrible to us though was discovering that our two-year-old daughter's piggy bank had been taken and realizing that the thief had been in her room. Obviously, the intruder had spent considerable time in our home, even helping himself to a snack of crackers in our kitchen!

Never had I felt so personally and helplessly violated. I did what I could by calling the police to investigate and later installing security gates over our windows and doors. Even though our loss was minimal, my feeling of well-being had been violated and I no longer felt safe in that home.

This incident was one of the reasons that we were happy to later have had the opportunity to move from New York City to Westchester, which we perceived as safer.



By Bill Primavera

Feeling safe and being safe can be different, although they are intertwined. Though safety can never be fully guaranteed, there are ways to lower the possibility of crime. Here are some critical ways to feel safer at home, offered at www.safewise.com.

1. Brighten your surroundings. Yes, we may associate fear of the dark with childhood, but it is probably the number one reason we feel unsafe. Brightening our surroundings can help us feel less vulnerable. This may mean installing outside lights and keeping them on whenever it's dark. Outdoor lights with sensors

are also very useful because they help you know if something outside is moving.

Inside, you can keep low lights on even in the lesser-used parts of the house. At night, turn on nightlights, especially near windows, so your house doesn't appear completely dark.

2. Shut out the night. Before it gets dark outside, close your blinds and curtains. Even though you can't see outside, people outside can see you very clearly at night if your windows are exposed.

3. Avoid dark, overgrown corners in your landscaping. My first home in the suburbs was fronted by an overgrown hedge, which blocked the view of the rest of my property. Your own yard could be a



source of fear if you see dark shadows outside. I first trimmed back those hedges which obscured the rest of my property and eventually removed them.

4. Fix the creaks and groans. On an unusually windy day, you may hear a few extra sounds from your home and yard. You might have a back door that thumps with the wind or tree branches that scrape your siding or windows. Find the sources of these noises and take care of them so you can ease your nerves on those blustery days.

I had a bit of a problem because I lived in a home that was built in the 18th century, and my young daughter complained of the squeaky noises the floorboards would make when she walked across them. I had to convince her that they were "friendly" noises and just the house's way of saying hello.

5. Play music or turn on the television at night. Blocking out the normal outside noises may help you feel less worried

about your safety. However, this should be done only if you have a security system in place that will clearly notify you and the authorities when there really is a danger.

6. Know your neighbors. It's a good way to build community, make friends and get help when you feel unsafe. Exchange phone numbers so you can text or call to check in or ask for help.

7. Use a security system. Definitely your best aid to feeling safe. A properly installed and functioning security system helps improve your actual safety, which then helps you feel safer. It can also help satisfy you both visually and aurally because you can have security cameras that allow you to see what is happening around your house, and you can have alarms that sound to alert you of intruders. I happen to live in a condo building where security is taken very seriously. There is a 24-hour doorman/security person and all hallways and public spaces are monitored electronically.

The best way to feel safe varies from person to person. It's important that you identify what in your house causes you to feel insecure and frightened, and then do your best to resolve those issues.

Bill Primavera, while a writer and editor, is also a realtor associated with William Raveis Real Estate and founder of Primavera Public Relations, Inc. (www.PrimaveraPR.com). His real estate site is www.PrimaveraRealEstate.com. To engage the talents and services of The Home Guru to market your home for sale, call 914-522-2076.

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A portrait of Shanae Williams, a Black woman with curly hair, wearing a black blazer over a purple top and a pearl necklace. She is smiling and has her arms crossed. The background is a blurred outdoor setting.

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Meet Shanae Williams

A qualified leader and dedicated to public service, Shanae is a progressive Yonkers City Councilmember and Democratic District Leader.

On the Yonkers City Council, Shanae has advocated for the health and safety of our community by chairing the Community & Mental Health Services Committee and the Women & Children Committee.

A first-generation American, Shanae was born in Kingston, Jamaica. She immigrated to the United States with her family when she was nine years old and grew up in a one-bedroom apartment in Yonkers. Shanae is a graduate of Yonkers Public Schools, Hastings High School, and SUNY Albany. She holds a Masters degree in Business Administration from Walden University.

Students' Project Seeks to Find Solutions to Narrow the Political Divide

By Martin Wilbur

Not even a high school cafeteria provides a respite from today's political polarization.

Byram Hills High School students Gina Schiliro and Jacob Levy have decided to take on the task of trying to bridge the political divide after each had their own experiences of being confronted by classmates or friends or hearing how conversations deteriorated between those with opposing views.

The two juniors partnered on a project for their Global Scholars Program that sought to get people who may differ on issues to listen to one another.

"Just watching the news is enough to make us want to take action," Schiliro said. "More recently, with the past election, there's a lot more tension between the parties, so it just kind of seemed right to want to take action on this topic."

The three-year elective, which started in their sophomore year, requires students to choose a topic, map out an action plan and try to make a difference. They first interviewed stakeholders, conducted research, identified the problem area and designed a plan to address the problem.

It resulted this year in Schiliro and Levy completing a two-and-a-half-minute public service announcement that is being distributed to students, various media outlets and organizations.

They also created an Instagram post called Fight the Divide, which is distributing the



A screenshot from the public service announcement produced by Byram Hills High School juniors Gina Schiliro and Jacob Levy, who through their school's Global Scholars Program hope to encourage people with opposing views to listen to one another.

PSA to many other Instagram accounts. For next year, they will be launching a podcast that will feature participants with divergent political views engaging in conversation.

Levy said the increasing isolation among those with differing opinions has sometimes led to sad consequences. It is one of the things that has affected him the most but has also inspired him to continue with the project.

"The most surprising thing that I've found is how this political divide has affected people, like families are breaking up, friends

are breaking up over this political divide," Levy said. "That was something that pulled me in when I researched this initially. I said to myself that shouldn't be happening, it's crazy."

Through their research Schiliro and Levy learned what has led to where society is today, with various media platforms having changed how people obtain their information, the differences between the various media outlets and the elimination of the Federal Communications Commission's

Fairness Doctrine in the 1980s, which no longer required media companies to provide opposing views when reporting news.

These factors present daunting challenges, ones that aren't easily solvable.

"The biggest and most challenging part of this project is how do we get these people to become more open-minded and see things from two perspectives instead of one perspective," Levy said.

Schiliro said there are going to be people with opposing views and strong opinions, so it's an issue that can be rectified quickly. She hopes that next year's podcast will provide a forum where people can discuss various issues passionately but civilly.

"The best outcome of this is just making people listen, really, before they just talk, and we can provide that through our podcast, just trying to give people the skills that they need to have a conversation with someone or to be more mindful of where they're getting their news from," Schiliro said.

How divided society has also been a bit of a deflating experience for Schiliro. It's a reminder how much hard work and patience is required to make a difference on the issue.

"I've really been humbled, I guess, about the world and how people see things, how it can be so different than mine and how to understand their views before coming to a conclusion," she said.

To view their public service announcement, visit <https://www.youtube.com/watch?v=aNmxAaytiuY>.

Friends of Chappaqua Library Recognize Young Writers in Annual Contest

By Martin Wilbur

An ongoing pandemic couldn't dim the enthusiasm of about 200 young writers in Chappaqua.

Last week, the Friends of the Chappaqua Library held the awards ceremony for the top contributors to its 41st annual Young Writers Contest, a vehicle for wordsmiths in middle school and high school to express themselves through fiction and non-fiction writing as well as poetry.

Richard Ma, who organizes the competition for the Friends, said so many of the students take the contest seriously despite all the other activities many of them are involved in.

"It's really great because you see some of the kids really wait to the last minute to submit during the entry period because they want to put as much time into it to finesse it and get it kind of all the way there, which is really great to see," Ma said. "It's a great way to encourage and promote writing and the benefits of getting some monetary prize out if it and recognition. It's really great to see."

There were about 30 writers recognized in two separate award ceremonies, one for the middle school entrants and another for the high school writers. The ceremony was held late last Wednesday afternoon outdoors behind the Chappaqua Library. First-, second- and third-place winners were announced in each of the three categories for both middle school and high school students.

There were also several honorable

mentions in each category.

The Friends provided prizes of \$100 to each winner, \$75 for second, \$50 for third and \$25 for each honorable mention.

Friends President Katherine Whymark said while last year's competition suffered because of COVID-19, participation returned to pre-pandemic levels this year.

"We were pleasantly surprised that we had gotten as many as we had gotten pre-pandemic, which was really heartening to everybody," she said.

For much of the contest's history, the Chappaqua schools took the initiative to encourage students to participate, Whymark said. When the district stopped, the Friends decided to take on the task themselves, which they promote through the library and in the schools, she said.

Each January, they reach out to let the youngsters know about the contest, Ma said. Typically, the entry period runs through March and judging is done in April. Ma said he compiles the judges' scores and the winners are announced at a ceremony in late May.

The originally scheduled May 26 ceremony had to be postponed because of the threat of rain for the outdoor event.

In addition to the winners, Horace Greeley High School senior Erica Dunne was recognized with the Linda J. Zhang Award for Writing Achievement. The award, sponsored by the Linda Z. Zhang Foundation, created by Zhang's parents in



MARTIN WILBUR PHOTOS

The outdoor awards ceremony for the 41st annual Young Writers Contest, which was held on June 2. Inset: The middle school award recipients show off their certificates at the ceremony.

memory of their daughter.

The award is given to a gifted Chappaqua student that has shown a special dedication to writing as well as writing achievement consistently showcased in the Young Writers Contest over the years. Dunne has won multiple awards in all three

categories.

To see a full listing of this year's contest winners, visit the Friends page of the Chappaqua Public Library website at <http://chappaqualibrary.org/friends>.

Westchester to Host First 2021 Household Recycling Day at FDR Park

Westchester County's Department of Environmental Facilities (DEF) will be conducting a Household Recycling Day (HRD) event on Saturday, June 12 from 9 a.m. to 3 p.m. at FDR State Park, located at 2957 Crompond Rd. (Route 202) in Yorktown.

COVID-19 precautions are in place to allow DEF to once again host these events for county residents. Residents should place items in their trunk or backseat, remain in their vehicles, and must wear masks while in the drop-off area.

In 2020, DEF hosted two Household Recycling Day events and residents delivered nearly 275,000 pounds of household waste and about 37,000 pounds of documents for shredding.

In addition to properly labelling household chemicals, tires, scrap metal, electronics, appliances and other special wastes found in a typical household, residents can bring documents for shredding and expired or unwanted medications.

Generally, the following items are accepted for safe disposal or recycling:

Properly labelled household chemicals, such as:

- Household cleaning products
- Most automotive fluids (antifreeze, brake fluid, gasoline, but not motor oil)
- Flammable liquids (kerosene, butane, lighter fluid, turpentine)
- Metal, jewelry, and furniture polishes and waxes; wood preservatives
- Fertilizers, pesticides, insecticides, herbicides
- Photographic and swimming pool chemicals

Films on Purpose, New Collaborative to Hold Outdoor Movie Screening

Films on Purpose will be holding an outdoor movie screening of "The Biggest Little Farm" this Thursday evening, June 10 at Co-Lab, formerly the United Methodist Church at 70 Bedford Rd. in Pleasantville.

"The Biggest Little Farm" is an award-winning documentary about bringing a farm back to life after years of neglect. New farmers, the Chester family, work with nature – not against it – to create a living system of biodiversity where each plant, animal and insect contributes to the health of the land.

The CO-LABorative community garden is a venture of Co-Lab, a new community space in Pleasantville for connection, contemplation and collaboration. At the garden, friends and neighbors come together to grow food for themselves and for others. Local residents have been working since March, digging a terraced garden, laying wood chip paths and adding compost to the garden beds for the hundreds of seedlings that will be planted soon.

Gates open at 7:15 p.m. with introductory remarks at 7:45 p.m. The screening will start at 8 p.m. Social distancing and masks are required if you are not vaccinated. Please bring a chair if you can, but there are extras if needed.

For more information, visit www.filmsonpurpose.org or <https://villagecolab.org>.

- Batteries (only vehicle, rechargeable or button cell)
- Fluorescent light bulbs & CFLs
- Fire extinguishers
- Barbecue propane tanks (up to 20 pounds)
- Mercury containing devices (thermometers and thermostats)
- Electronic waste (TVs, computer monitors and towers)
- Expired or unwanted medications, both OTC and prescription
- Personal documents for shredding (limit of four file-size boxes per household)
- Tires

Items that will not be accepted and should not be brought to Household Recycling Day include paint (both latex and oil), non-rechargeable alkaline and carbon zinc batteries, which can be safely discarded in the trash. motor oil, smoke detectors, cell phones, explosives (flares, fireworks, ammunition), construction debris and hypodermic needles. Also, waste from businesses, schools, or other institutions will not be accepted.

If unable to attend Household Recycling Day, you can still dispose of your hard-to-get-rid-of household waste by making a convenient appointment for the county's Household-

Material Recycling Facility (H-MRF), located at 15 Woods Rd. in Valhalla. The H-MRF is open Tuesday through Saturday from 10 a.m. to 3 p.m. by appointment. It accepts the same items that are accepted at the household recycling events. .

For more information on what to bring to Household Recycling Day, call 914-813-5425 or visit www.westchestergov.com/recycling.

For more information on Westchester County environmental programs and events, follow on Facebook at www.facebook.com/WestchesterCountyDEF.



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

Indian Point Energy Center



Garden Club Honors Longtime Member and Beautification Chair

By Martin Wilbur

The Pleasantville Garden Club honored one of its own last week, paying special tribute to a longtime member who has helped to beautify multiple areas throughout Mount Pleasant.

At its annual luncheon last Thursday in Briarcliff Manor, the club honored Senta Stich, a Valhalla resident and former school principal who has directed the planning and coordination of projects throughout the town. Stich, a master gardener, has served as chair of the club's Beautification Committee before retiring from that role following the event.

Club President Helen Krasnow said because of Stich's dedication in helping to lead the volunteers, Mount Pleasant is a more attractive place.

"They do the planting, they do the maintenance, they do the trimming and the town is beautiful really because of Senta's work, plus she's a wonderful person and knowledgeable, so knowledgeable," Krasnow said. "But Beautification came into its own under her leadership."

Mount Pleasant Supervisor Carl Fulgenzi designated June 3 to be Senta Stich Day in the town, recognizing the volume of work she has done for the club and Mount Pleasant. He presented her with a plaque recognizing her efforts through the years.

Among the gardens that were developed



MARTIN WILBUR PHOTO

Senta Stich, who led the Beautification Committee for the Pleasantville Garden Club, speaks to members after being presented with a plaque by Mount Pleasant Supervisor Carl Fulgenzi, left, for her service to the club and community.

under Stich's direction is the Rose Project, a series of six gardens in Mount Pleasant and Pleasantville – three along the median on Columbus Avenue, one at the Broadway Bridge near the Hawthorne post office and in Pleasantville near the current recreation building and at Christmas Tree Island on

Manville Road.

There is also the Chelsea Roadside Garden at the corner of Elwood Avenue and Chelsea Street in Hawthorne and the Butterfly Garden at the Bradhurst Avenue park and field.

In addition, the club's Beautification

Committee under Stich's direction also maintains the flowers and plants that beautify the hamlet and Town Hall signs in Mount Pleasant, the Four Corners in Thornwood, the post offices throughout town and many other areas.

"I am overwhelmed," Stich said of the honor after Fulgenzi presented her with a plaque. "This has been a wonderful experience for me the last seven, eight years that I have been doing this."

Stich was principal at the Daniel Webster magnet school in New Rochelle. She and her husband have three children and three grandchildren.

Fulgenzi said that the Pleasantville Garden Club and the efforts of all the volunteers have made the town a prettier place.

"You're all special," he said. "You're responsible for making Mount Pleasant bloom and I really appreciate that."

Club members work closely with Mount Pleasant Parks Superintendents Jon Petruzelli and parks foreman Scott Naylor. Petruzelli and Naylor help them prepare garden beds, water the plantings and add mulch to the gardens.

The club, which has been meeting virtually since the start of the pandemic last year, gathers the first Thursday of the month from October through June. To learn more about the Pleasantville Garden Club, visit www.pleasantvillegardenclub.org.

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Red-fronted Macaw: Straight Outta South Central (Bolivia)

By Brian Kluepfel

I began last week writing a doom-and-gloom blog about the red-fronted Macaw, which exists only in a small area of Bolivia's Andean foothills and dry river valleys, between the cities of Cochabamba, Sucre and Santa Cruz.

Che Guevara breathed his last near here, and my fear was that the red-fronted macaw was in the same mortal danger. And unlike Che, it was not only up against guns, but pesticides, too.

The story is one of inevitable conflict borne of human settlement (or encroachment); people moved into this region and began farming. They cleared existing shrubbery and trees upon which the macaws depended. They planted corn and other crops, so instead of eating seeds of the soto (hardwood tree in the cashew family), pica pica, palo borracho (ceiba or silk floss tree) and culque, the macaws began to supplement their diet with corn and peanuts. Farmers, hence, began to view the macaw as a pest that reduced crop yields. Bang, bang.

Although community tourism has helped reverse anti-macaw

sentiment in recent years, it's still a battle to save this lithe, multicolored bird. (Of the 15 extant wild species of macaw, the red-fronted is the slimmest. Maybe the Bolivian macaw corn diet will be the next fad, after Paleo.)

Another continuing setback to the macaw's survival is the illegal pet trade. A hundred bucks in the hands of a poor farmer can be irresistible.

The International Union for Conservation of Nature (IUCN) Red List, which is an often-depressing listing of species in decline, last reported on the red-fronted Macaw in 2018, and the stats were alarming. At most, according to IUCN, there were about 600 remaining in the wild; realistically, perhaps closer to 300. Yikes! That means a species listed officially as CR – critically endangered.

But folks doing the boots-on-the-ground research in Bolivia promised me a new survey soon, and numbers which aren't nearly as depressing as the IUCN's. In this day and age, one should consider multiple sources when making judgments, especially "the sky is falling" sort of proclamations involved in species extinction.

It may be that newer studies and more advanced science show a greater number of red-fronted macaws than we thought existed. Some sources, other than the IUCN, estimated between 1,000 and 2,000. Data can be used for different funding and political reasons, so it's worthwhile to uncover accurate assessments, which are discovered through proper scientific diligence.

The red-fronted macaw is also part of the ongoing debate about bird names. Short summary: many in the birding community would like to get rid of Euro-centric honorific bird names (i.e., McCown's Longspur, named for a Confederate soldier) altogether. Well, the red-fronted macaw has a completely logical name because its forehead, ear patches and upper legs are red.

The bird was first recorded by western science by a late 18th century or early 19th century French nobleman named Frédéric de Lafresnaye, and is sometimes, but rarely, called LaFresnaye's macaw. I have no evidence that LaFresnaye was either a good or bad man, but I vote for the Quechua name (Quechua is an indigenous highland language and Bolivia's official second tongue): Qa Qa (or Q'aca).

Loro, or "parrot of the rocks,"



A red-fronted macaw, right, with an extinct Cuban macaw, from Joseph M. Forshaw and William T. Cooper's "Parrots of the World."

because it lives in cliff dwellings. And Qa Qa is a pretty cool name, isn't it?

This lovely loro is a natural redistribution center. By cracking open cacti fruits and other seeds and eating them, it disperses them now – or later. Poop is the great equalizer in nature.

Having more cacti and native plants, which require little water, is less of a drain on these fragile river valleys. The birds can be an ambassador for the region, bringing

in tourists (avid birders can see this bird in the wild only in this small corner of the world) and rebalancing the regional flora by moving the seeds around.

There are many lessons in the tale of the red-fronted macaw:

- Humans and birds can co-exist, if there is incentive on part of the humans (capitalism leading to eco-tourism).
- We should be careful what we call things and remember that the oldest names might be the wisest.
- Keeping birds in captivity – whether they are bred or illegally trafficked – is unnatural and it teaches the next generation that it's okay to keep animals that are born to fly in cages.
- We should take care in forming judgments based on just one data set (or news channel), because there's a lot of noise, and not all of its news.

Brian Kluepfel writes for the Lonely Planet travel guide series and is a proud member of Saw Mill River Audubon (SMRA). He encourages you to get involved in local birding with SMRA, and when you travel, to support community and eco-tourism whenever you can. Find him at www.birdmanwalking.com.

THERE'S A WORD FOR IT

A vocabulary-building quiz By Edward Goralski

Go Figure. Some words have hidden meanings, but the words in the quiz this week all have numbers hidden within them. The number contained within each word is underlined>. Even if you find this number theme odd, you may figure out a way to add some of the quiz words to your vocabulary.

- | | | | |
|-----------------------------|--------------------------|-----------------------|------------------------|
| 1. hone (v.) | A) to guide | B) intrude | C) perfect |
| 2. scutwork (n.) | A) a young fish | B) menial tasks | C) gossip |
| 3. threepenny (adj.) | A) very small | B) very rare | C) very entertaining |
| 4. carrefour (n.) | A) a carrying case | B) something retained | C) a crossroads |
| 5. tenet (n.) | A) a doctrine | B) an occupant | C) a transcript |
| 6. downiness (n.) | A) a decline in activity | B) a light softness | C) a natural talent |
| 7. elevenes (n.) | A) a sudden leap | B) overdevelopment | C) a mid morning snack |
| 8. sleight (n.) | A) act of disrespect | B) dexterity | C) a gentle reminder |

- ANSWERS:**
- | | | | |
|---|---|---|--|
| 5. A. A doctrine, principle, belief, held as part of a philosophy, religion, or field of endeavor | 6. B. A light softness; fluffiness | 7. C. Tea or coffee taken at mid morning and often accompanied by a snack | 8. B. Skill; dexterity; a trick or stratagem |
| 1. C. To perfect or make more intense or effective | 2. B. Menial, dull, or routine work or tasks, as those done by an underling | 3. A. Very small; trifling | 4. C. A crossroads; a public square; a plaza |



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continued from page 24

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Sloan & Feller Helps Families Plan for the Future

By Erin Maher

What do you do when a family member falls ill or you need to find care for an aging relative?

The team at Sloan & Feller, a Mahopac-based law firm, is there to help.

Managing partner Alan Feller has more than 20 years' experience and insight working in elder law to assist families with legal issues they may encounter with an aging relative.

"In every family, when there is a loved one or parent, there is always the question of how you protect them, how do you pay for long-term care," Feller said. "It's the hardest thing to figure out. What do you do when a family member gets sick? They go into a hospital and everyone panics. There is no template for that."

Feller, a Rockland County native, had seen firsthand the importance of elder law. In 1996, his grandfather passed away while he was attending Brooklyn Law School.

"I saw that there was a real need to help families and help people," he said.

Three years later, Feller graduated law school and went to work with Leslie Sloan, then a Manhattan elder care attorney. In 2002, Feller became a partner, and the next year after Feller moved to Brewster, the firm moved to Mahopac, where it has been ever since.

Sloan has since retired, but Feller and the firm's staff of six have served the tristate area and beyond. Its services include Medicaid advisement, advance directives, guardianship, disability, wills, trusts and caregiving assistance. Taking a proactive approach ensures that family members and their assets are protected in the years to come.

"Elder law helps preserve the assets of the family so that maybe a kid can afford to go to college, or that someone can start their life and buy a house," Feller said.

In addition to legal counsel at Sloan & Feller, the firm also has three Medicaid service coordinators on staff who understand the complexities of Medicare and Medicaid. The coordinators can leverage those services to pay for care for a client's loved one.

"It's good to have other types of professionals who have real experience handling families, understanding health care and the logistics," Feller said.

"So having both lawyers and Medicaid service coordinators in the firm is beneficial."

Now for close to 20 years, Sloan & Feller has been thriving, thanks in part to the firm's personalized approach to every client. Feller greets each client with a smile and friendly demeanor as they navigate the emotionally taxing journey of aiding a sick or aging relative.



ERIN MAHER PHOTO

Sloan & Feller staff, from left, are firm administrator Ellen Nistico, managing partner Alan Feller and associate attorney Melissa Lynch.

"It has always been about how would you feel if you're on the opposite side?" he said. "Let's work through this issue together. This is a relationship; this is a communication and you just build off of that."

Feller and his firm have served countless families and watch as children grow into adults and become the firm's newest clients.

"Families just keep coming back. I start with the grandparents, then we have the parents and sometimes even the siblings come in and start to plan," Feller said. "It's

multigenerational."

Feller's top advice for families that are planning a loved one's future? Make sure to have good communication with the rest of your family.

"You can't do things alone," he said. "Everyone needs help and support."

Sloan & Feller Attorneys at Law has an office at 625 Route 6 in Mahopac. To learn more about the firm, call 845-621-8640 or visit www.sloanandfeller.com.

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Take a Hudson River Stroll and Get a Bite at RiverMarket

A rainy Memorial Day weekend had finally cleared last Monday, so a nice drive and meal near the Hudson River seemed like a relaxing destination.

After taking in the lovely view at Hudson RiverWalk in Tarrytown, we headed up West Main Street to RiverMarket Bar & Kitchen. Looked like a lot of people had the same idea. It was bustling when we walked in, both on the patio and inside the main dining room. We took seats at the big wraparound bar with a good view of the proceedings.

To my delight, proprietor Glenn Vogt was on the premises. We go back a long way. Years ago, his father, Harold E. Vogt, was president of the Westchester County Chamber of Commerce, while his son decided to enter the restaurant and hospitality field. Glenn Vogt had been general manager at Windows on the World before the 9/11 disaster; later he brought his extensive experience with food and wine to Crabtree's Kittle House in Chappaqua under proprietor Richard Crabtree.

Besides being managing partner and founder of RiverMarket for the past eight years, Vogt is also partnering at the Kittle House with Crabtree's son John Crabtree.

It was a pleasure to chat with him, as he, like too many others in the restaurant industry, are finally gathering strength following more than a year surviving the COVID-19 pandemic. He is optimistic about the future.

I decided on the Hemlock Hill Farm grass-fed beef burger with smoked bacon on a brioche bun, fries and house-made butter pickles. I asked for a helping of aged cheddar on top, too. My companion went for the popular iceberg wedge, with soft-boiled farmhouse egg, smoked bacon crumble, toasted croutons and cherry tomatoes bathed in a creamy blue cheese dressing. There was enough for both of us to share, and each was quite good.

I noticed that the fresh market section was now preparing pizzas, there was a RiverMarket Wine & Spirits shop next door featuring organic vintages.

RiverMarket Bar & Kitchen is located at 127 W. Main St. in Tarrytown. Open daily. Info: 914-631-3100 or visit www.rivermarketbarandkitchen.com.

Relaxing Lunch at Southern Table

Restaurants in New York State are fully re-opening and I have been taking advantage. After a scenic weekday drive through some charming Westchester towns, we were happy to get back to



By Morris Gut

Southern Table Kitchen & Bar in Pleasantville. It was a lovely mid-afternoon, and right from the start the staff made us feel comfortable. The outdoor patio was active as was the dining room. We opted for seats at the bar.

We lingered over a Sloop Juice Bomb IPA while perusing the menu. We had not forgotten how generous the portions were here. For lunch I decided on a fried green tomato BLT wrap, which

included bacon, lettuce and chipotle aioli, with a side of sweet potato fries. My partner had crispy buffalo chicken salad featuring a small mountain of romaine lettuce, tomato, red onion, cucumber, scallion and blue cheese dressing. There was more than enough to share, and both dishes were delish.

For dessert we had to have a slice of their creamy house-made key lime pie with a dollop of whipped cream. It was exceptional! We savored every morsel.

Southern Table recently received a second coveted Bib Gourmand designation (restaurants that are high quality and represent good value) from this year's Michelin restaurant guide for New York State. Ownership also operates Wood & Fire pizza in Pleasantville and Scarsdale and O.T.R. Off The Rail in Hawthorne.

Additional specialties include cheddar biscuits, grit bowls, Cajun-style seafood boils and fried chicken. There is seasonal patio dining. Open daily. Pickup and delivery are available.

Southern Table Kitchen & Bar is located at 39 Marble Ave. in Pleasantville. Info: 914-618-3355 or visit www.southern-table.com.

Michelin Publishes New York Restaurant Ratings

It has become an annual rite of the culinary world. The prestigious Michelin restaurant guides have

been publishing their ratings internationally, nationally, for New York City, and for the second year, Westchester and the other metropolitan area suburbs.

As always with these guides, there is controversy – who made the list, who didn't and why? It is all secretive. The Bib Gourmand designations (typically more casual eateries of merit) and stars (for high-end restaurants) can be meaningful to a restaurant's bottom line. There is a small group of local spots that made the list. Based on my experience, these are deserving finalists.

Bib Gourmand recipients in Westchester include Southern Table Kitchen & Bar, Pleasantville; Badageoni Georgian Kitchen, Mount Kisco; Shiraz Kitchen



The big iceberg wedge, with a soft-boiled egg, smoked bacon crumble, toasted croutons and cherry tomatoes with creamy blue cheese dressing, is a big hit at RiverMarket Bar & Kitchen in Tarrytown.



Southern Table's fried green tomato wrap with bacon and sweet potato fries.



The crispy buffalo chicken salad at Pleasantville's Southern Table.

& Wine Bar, Elmsford; RaaSa, Elmsford; Maria, New Rochelle; and X20 Xaviars on the Hudson, Yonkers.

By the way, the only star recipient was Blue Hill at Stone Barns. Check out <https://guide.michelin.com/en/us/new-york-state/restaurants>.

Don't Eat Cicadas if Allergic to Seafood

Are cicadas on your menu? The brood only shows up every 17 years or so, an uber-seasonal event. But beware, the Food & Drug Administration has issued a warning. Do not eat them if you are

allergic to seafood. Apparently, there is a connection.

I have no food allergies that I am aware of. I was looking forward to at least tasting a Cicada Cookie. Check it out at <https://www.cbsnews.com/news/cicadas-brood-x-seafood-allergy-fda-warning>.

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

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Westchester Land Trust to Present 'BioBlitz' Third Weekend in June

With the help of the public, the Westchester Land Trust (WLT) and Healthy Yards are collaborating on an effort to find and identify as many species of plants and wildlife as possible through a series of events to take place from June 18 to June 20.

Nine programs will be featured in the BioBlitz to be held at Westchester Land Trust's Tom Burke Preserve in Bedford Hills.

With family-friendly events including a nighttime moth hunt, a wetlands walk and "Wings and Stings" to introduce participants to the benefits of misunderstood insects, visitors will help discover plants and wildlife on the preserve, and document as many as possible with photographs. Pictures can be uploaded as observations to iNaturalist, a widely used app from National Geographic and the California Academy of Sciences.

iNaturalist allows users to share observations, which experts can help identify and scientists may use for research.

The varied ecosystems of meadow, forest and wetlands in the 7.5-acre preserve make it an ideal place to document biodiversity and welcome everyone to appreciate nature and support community science.

The preserve has been owned and managed by Westchester Land Trust for nearly 20 years, after the Town of Bedford and more than two dozen generous neighbors donated the funds to acquire the property, named for Burke, who lived nearby and was lost in the World Trade Center attack on 9/11.

"We are thrilled to be offering a wide range of events, including one in Spanish, to introduce everyone to community science, and to share the wonders of biodiversity," said Gentian Falstrom, conservation easement steward at WLT. "Not only do we want to reinforce the joy of spending time in nature that so many have embraced over the past year, it gives us an opportunity to find out in greater detail what species are living on our land."

Here is the full schedule of events.

Friday, June 18

Moth Hunt, 9 to 10 p.m.

Enjoy a rare opportunity to visit the preserve after dark. We will shine a light behind a sheet to attract and learn about the moths and other night-flying insects living there.

Saturday, June 19

Community Science, 8 to 9:30 a.m.

Learn how to identify and document the species you spot using common apps. iNaturalist will be the focus, but will also discuss Seek, e-Bird, Merlin and Birdnet.

"BioBlitz" en Español (Spanish language nature walk), 10:30 a.m. to noon.

Vamos a caminar entre el parque y aprender sobre las criaturas—polinizadores, aves, y otros animales—y plantas que viven en nuestra comunidad.

Plants: Native or Invasive? 1 to 2:30 p.m.

In recent years, you may have heard a lot more about invasive species in Westchester. Learn to identify the plants of the preserve and distinguish those native to our region.

Wings and Stings, 3:30 to 5 p.m.

Hymenoptera – bees, wasps, hornets and ants – are some of the most misunderstood, successful and complex animals in the world. Join us to track down and try to identify as many of these elusive and beautiful creatures as possible/

Sunday, June 20

Feathers for Fathers, 7:30 to 9 a.m.

Join Tait Johansson from Bedford Audubon for an early morning bird walk on Father's Day. The preserve provides meadow, forest canopy and wetland habitat for lots of local bird life.

Wonderful Wetlands, 10 to 11:30 a.m.

Let's get muddy! Wetland ecosystems are home to a variety of unique plants and animals. Explore the woodland swamp, and spend some time getting to know the tiny creatures that live in the water.

Design like the Wild, 3:30 to 5 p.m.

Nature is an awesome gardener. Instead of buying a book or magazine about gardening, let's go out and see what cues nature can give us about mulch, seeding and planting. This workshop is especially meant for people who are interested in welcoming more nature and wildlife in their yard, and want to learn how to do so, while remaining friends with their neighbors.

Thursday, July 1

Project Summary and Celebration,

7 to 8 p.m.

Gather virtually to review the number and variety of species discovered during the BioBlitz, along with noteworthy finds. Small prizes will be awarded to the observers with the most plant and animal species reported, as well as the best photo and the rarest discovery.

All events require pre-registration, and space is limited. There will also be opportunities for people who visit outside of these events to participate. For more information or to register, visit www.westchesterlandtrust.org/bioblitz.



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The Benefits of Chiropractic Preventative and Maintenance Care

Growing up with a grandfather, who was not only a chiropractor but lived and breathed chiropractic care, the idea of preventative medicine was always second nature to me.

In America, we encourage dental health and hygiene, blood screenings and non-stop testing, yet the idea of preventative treatment for the spine eludes us. Chiropractors may call this maintenance care, but spinal hygiene is important to ensure our backs function at their full potential.

Back pain is usually reoccurring or chronic, and most patients are symptom-guided, which means they seek care when and only when they feel pain. However, why must we wait until we feel paralyzing pain from the low back if studies show regular maintenance care can prevent us from experiencing those symptoms?

A 2018 study set out to study the benefits, if any, of maintenance care for low back pain, compared to symptom-guided therapy, essentially examining preventative care and spinal hygiene. The conclusion noted maintenance care was more effective than symptom-



By Dr. Elan Michael

guided treatment in reducing the total number of days over a year's time with bothersome non-specific low back pain. By taking care of our spines, like we do with so many aspects of our body, we can reduce pain.

Those who have had debilitating low back pain can appreciate how important that is. Furthermore, patients who respond well to the initial course of chiropractic treatment will respond even better to maintenance care.

We have heard the complaints made by some – “once you go to a chiropractor you have to keep going” is one – yet the same argument isn't made about the dentist or optometrist or other specialists.

One of the biggest risk factors of having low back pain is a history of back pain. Considering that 90 percent of the population will at one point experience low back pain, this leaves the overwhelming majority of us at higher risk of experiencing it again.

So what are our options when we first experience back pain or any pain? Some will head to their primary care physician or orthopedic who will prescribe muscle

relaxers and pain medication. This will dull our pain until the body eventually heals and the pain ultimately subsides. Some will get prescriptions for physical therapy as well, which will help the patient stabilize and strengthen the back for a number of visits. The patient will feel better and think they are cured and return to their regular day-to-day activities, usually no longer continuing the rehab exercises.

Since a history of low back pain is a leading indicator of future low back pain, most patients will have recurring discomfort. The underlying issues of the spine have not been addressed and corrected, the stabilizing rehabilitative exercises have stopped and it will be only a matter of time before the back pain returns.

Some patients will go to the chiropractor when they initially feel low back pain for the first time. They will be treated and the spine will be addressed, pain will disappear and they will be given stabilizing exercises for the low back.

At this point patients face a fork in the road, either they no longer receive treatment because the symptoms are gone or they participate in maintenance care and periodically make sure the spine is functioning at its highest

capacity. Research shows the best way to reduce the amount of future low back pain would be to take the approach of maintenance care, and with the risk profile of chiropractic treatment being so low it seems like a no-brainer.

As a child, having the privilege of growing up with chiropractic care and, as an adult, having my brother as my chiropractor, I am living proof of the benefits of maintenance care. It has helped me to prevent injury, reduce pain and keep me functioning at the highest level.

Chiropractic care combined with stabilizing exercises can be a life-changer for most of the population once we escape the idea of only going to the doctor when in pain. That is the hurdle ahead of us, and that is the hurdle that we

will jump over together, as the most recent research and evidence propels us.

Dr. Elan Michael is a chiropractor at ProClinix Sports Physical Therapy & Chiropractic in its Pleasantville and Ardsley locations. For more information about this article or about ProClinix, Michael can be reached at 914-202-0700 or at emichael@proclinix.com. You may also visit www.ProClinix.com.



Tips to Embrace the Healthy Habit of Bicycling

Whether rediscovering the joy of riding a bike or taking a ride for the first time, cycling saw a boom during the pandemic, and many believe this trend is here to stay.

The summer is an excellent time to recognize the many benefits of this healthy habit, as well as outfit yourself with everything you need to embrace your inner adventurer. Here are some tips and insights to celebrate cycling.

Recognize the Benefits

Bicycling is a heart-healthy cardiovascular exercise that strengthens your lower body, yet is low-impact on joints, making it a terrific workout for adults of all ages, as well as kids and families. It's also great for the mind, and has been shown in studies to boost mood and improve cognitive function. But the benefits extend beyond the individual. Biking as a substitute for driving a car is good for the planet and your local community, cutting down on greenhouse gas emissions and air pollutants and improving traffic congestion.

Find Time to Bike

Changing or creating a single habit can have unexpected and wide-reaching effects. Even with a jam-packed schedule, you can



establish the habit of biking by seamlessly incorporating it into your current routine. Here are a few ideas for doing so:

- Pick one to two days a week to commute to work by bike.
- Swap out sedentary activities you do to unwind with your family, such as watching TV, with bike rides.
- Are weekends the time you spend connecting with friends?

Suggest your next meet-up start with a bike ride.

- Whether you're a runner, swimmer or love working out at home, swap at least one workout a week with cycling. Cross training emphasizes different muscle groups and helps build out a more well-rounded fitness routine.

Go Electric

Electric bikes are great

alternatives for all adult riders, no matter your level of experience. An e-bike helps you get back on a bike if it's been a while since your last ride, if you have physical limitations that make riding a standard bike difficult, or if you want to keep up on a ride with more experienced friends. The pedal-powered boost can also provide a less intense alternative to traditional biking, especially for

those looking to commute without breaking a sweat. Whether it's to ease back into biking or you just want a cool bike, the e-bike offers the same joys as a conventional bike ride with a bit of a kick.

Get Equipped

Consider a one-stop brand, such as Huffy Bicycles to ensure each member of your family is equipped with the bike that best meets their needs. Whether you're an adrenaline seeker in need of a tough, durable mountain or gravel bike, or a day tripper seeking a cruiser or comfort bike, Huffy offers a range of models in every style. They have tricycles, bicycles, scooters and battery-powered ride-ons, for kids of all ages, from those still experimenting with foot-to-floor and first-bike fun, to active kids seeking adventure. Finally, if you're an RV-er or plan to regularly commute by bike, they also offer fun-to-ride electric bikes that make it easy to ride more miles and power up hills. For more information, visit www.huffy.com.

This year, pave the way for a healthy habit you and your family can enjoy together for years to come.

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The Emerging Price Wars Between Water and Wine



By Nick Antonaccio

I've written on numerous occasions that today's wines are of the highest quality and greatest value in the history of wine.

A mere 50 years ago (which is a small sip in the 6,000-year history of wine), poor growing techniques in vineyards, unclean grapes and adulterated fermented grape juice were the culprits in many off-putting wines sold in the marketplace.

Then the latest generation of winemakers took over the family reins in wineries across the globe. They were eager to learn new techniques and to employ new technology to enhance their wines in order to meet the growing sophistication of wine consumers' palates. They were critically aware that the success of their wineries depended on expanding their brand recognition and distribution beyond their local and national borders.

In 2021, wine consumers have more choices than ever before, from more regions than ever before, at price points lower than ever before. The value and quality of wines priced at \$15 – and below – has grown exponentially in the last 10 years.

'...it's difficult to rationalize the price of wine compared to these waters.'

A parallel history of water has occurred. Ancient Egyptians, Greeks and Romans cultivated grapes and produced wine as an alternative to contaminated water. As the quality of water began to improve, it was added to wine to dilute the bitter taste and off-flavors of many wines. Medieval winemaking practices dictated a ratio of two to three portions of water to one portion of wine.

In more modern times, water continues to be added to wine to mitigate unwanted components, including high alcohol and undesirable concentrations of naturally occurring sugars. In California, regulators now permit the

limited addition of water to wine.

Once water became clean and pure, it slowly became a beverage of choice over other beverages, including certain wines. I remember the first time, which seems like ages ago, I came across a bottle of still water on the supermarket shelves. My reaction?

They put tap water into a bottle and expect me to pay for it when I can drink my own (seemingly) free New York City Catskills spring water from my kitchen faucet?

But over time, convenience won out over financial logic, and today I'm buying cases of "spring water" at my local supermarket.

These days, retail outlets are selling "spring water" for about 10 cents a bottle. So, just as quality wines have been declining in price, so has bottled water. And that sounds like markets in perfect sync with each other: higher quality and lower prices.

But there are distinct exceptions to the norm. There are still a few wines in the marketplace where economic elasticity is upside down. Now I'm seeing the same phenomenon for bottled waters.

High-end "designer water," like Voss, retails for well over \$1. Higher-end bottles, such as 10 Thousand BC, drawn from a deep, Ice Age-era Canadian glacier, retail for over \$14 per bottle.

In today's consumer market psyche of "I will outspend you simply because I can" and "I need to have the most expensive product in the market," it's difficult to rationalize the price of wine compared to these waters.

When the vectors of wine and water prices cross in a pricing graph, the prices of select waters are greater than that of select wines!

Here's a case in point:

For years, the price Charles Shaw wines from Trader Joe's, dubbed "Two Buck Chuck," have been the darlings of price-conscious consumers. At \$1.99 per bottle,

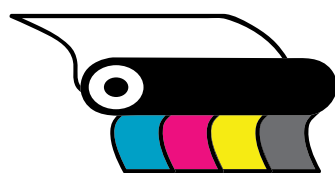


the multiple wines bearing this label have sold over 800 million bottles since 2002. Even when the price escalated to \$2.49, then \$2.99 (it's still \$1.99 in parts of California), Trader Joe's retained the name – and sales have remained solid. However, in a strange twist of upside-down economics, the Two Buck Chuck on the shelves sells for less than select bottles of water in the marketplace.

The "elixir of life" – wine or water? You decide. Is it composition or economics?

Nick Antonaccio is a 45-year Pleasantville resident. For over 25 years, he has conducted wine tastings and lectures. Nick is a member and program director of the Wine Media Guild of wine journalists. He also offers personalized wine tastings and wine travel services. Nick's credo: continuous experimenting results in instinctive behavior. You can reach him at nantonaccio@theexaminernews.com or on Twitter @sharingwine.

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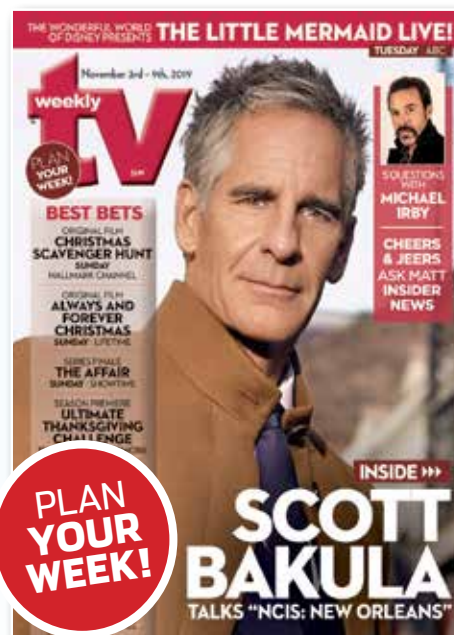
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