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Covering White Plains, Greenburgh, Harrison

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SMALL NEWS IS BIG NEWS

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Renovation Project at White Plains Metro-North Station Completed

By Bailey Hosfelt

Leaders from the Metropolitan Transportation Authority (MTA) and elected officials announced the completion of the White Plains Metro-North station renewal project at a press conference Monday morning.

The renovation included increased ADA accessibility, functional upgrades to the station, amenities such as USB chargers, Wi-Fi and cellular connectivity, digital screens, ticket vending machines, new benches, brand new bathrooms and a mosaic in the lobby.

"We're here to celebrate the official reopening of the White Plains station, which has undergone a top to bottom renovation," said Janno Lieber, Acting Chair and CEO of the MTA. "Locals can now enjoy a state-of-the-art transportation hub that's as sleek and modern as it is functional."

When the pandemic hit, the station renewal project was underway. While some capital projects had to be paused, Lieber said the MTA took advantage of low ridership

to move more quickly on the station's improvements while following safety protocols.

"The renovation exemplifies our mission to build back better," Lieber said. "As President Biden says, coming out of the pandemic, the way to win back and maintain mass transit ridership is to transform the customer experience."

With upgraded customer amenities, riders will be more productive on the go and, Lieber said, further incentivized to return to mass transit.

"This renovated station is the perfect complement to the larger downtown revitalization of White Plains," MTA Metro-North Railroad President Catherine Rinaldi said. "Whether our riders are Pace University students, workers coming back to the office or simply waiting for a local connection, they're going to have a comfortable place to sit and get some work done while waiting for their train."

With ridership back to 50 percent of its pre-COVID weekday ridership, Rinaldi said, this project is exactly what Metro-North



PHOTO BY BAILEY HOSFELT

Janno Lieber, MTA Acting Chair and CEO, speaks at press conference Monday, flanked by area officials.

needs to support the region's recovery.

"The Westchester delegation has been relentless making sure that we are not forgotten as we are pushing for better transportation options and upgraded

stations," New York Senate Majority Leader Andrea Stewart-Cousins (D-35) said. "What's happened here is emblematic of what we will continue to push for not only in

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Feiner Delivers 2022 Greenburgh Budget with a Tax Decrease

By Rick Pezzullo

Greenburgh Supervisor Paul Feiner delivered a tentative 2022 budget last week that calls for a town-wide tax decrease of about five percent.

It is the third consecutive budget in Greenburgh for the incorporated and unincorporated parts of town that keeps property taxes flat.

"As we near the completion of another extremely difficult and highly unusual year, we the residents of the Town of Greenburgh, have proven once again that we are a strong, vibrant, and caring community, capable of and motivated to assist our neighbors and "be there" when times are difficult," said Feiner. "It is absolutely the greatest honor of my life to represent you and I have an enormous sense of pride in both being a resident of Greenburgh and an elected official. We as Greenburgh residents have a great deal to

be proud of."

In the unincorporated section, only about 15% of a property owner's tax bill is town taxes. In the various villages of Greenburgh, only 2% of taxes are town-related.

"Fiscal stability is a hallmark of the Town of Greenburgh, thanks to our informed and supportive citizens, the strength of our departmental managers and personnel, and the diverse and long-time experience of our Town Board," stated Feiner, who is running unopposed for a 16th two-year term. "We believe working together, we will continue to be fine."

With the COVID-19 pandemic handcuffing federal and state funding, Feiner stated local leaders are facing more challenges.

"How can we best maintain services which residents depend upon, utilizing the funds available, and accomplish this in the most efficient and effective manner?" he stated. "We recognize the hardships many

residents are experiencing during this very difficult time and rest assured, we have been, are currently and will continue to work our hardest and smartest to meet both (resident's) needs and the town's fiscal obligations."

Feiner noted Greenburgh secured a one-time grant of approximately \$9.5 million in pandemic aid that will be distributed based upon a population-based formula. Approximately 50% of the funds have or will be disbursed directly to each of the villages and 50% to the Unincorporated Town.

Sales tax revenue for 2022 is estimated at \$11 million, up about \$600,000 from this year; hotel tax revenue is estimated at \$750,000, up about \$205,000; and town court revenues are estimated at \$2.15 million, up about \$450,000.

Feiner also mentioned he Collective Bargaining Agreement for the Greenburgh Police Department has been negotiated



Greenburgh Supervisor Paul Feiner

and settled and retroactive pay and salary increases have been incorporated into both the 2021 and 2022 budgets. Teamster and CSEA contracts for employees will be in effect into 2022.

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Saint Joseph's Medical Center Receives \$250,000 Grant

Saint Joseph's Medical Center has received a \$250,000 one-year grant to increase access to behavioral health crisis services and support the implementation of the new nationwide suicide hotline number, known as 988 Lifeline, at St. Vincent's Hospital Westchester in Harrison.

The grant was made possible by the Westchester Community Foundation, a division of The New York Community Trust.

"The anxiety and isolation of the COVID-19 pandemic have contributed to increases in depression, substance abuse, and suicide ideation in Westchester County," said Laura Rossi, Esq., Executive Director of Westchester Community Foundation. "With this grant we hope to get people the specialized help that they need and expand crisis prevention support.



(L-R:) Bernadette Kingham-Bez, Senior VP for Behavioral Health Services at Saint Joseph's Medical Center and Executive Director of St. Vincent's Hospital Westchester; Laura Rossi, Esq., Executive Director of Westchester Community Foundation, and Michael Spicer, President and CEO, Saint Joseph's Medical Center.

With this grant, we can save lives."

The grant will be used to: Provide 24/7 telephonic and video coverage for crisis services and expand the operations of the mobile resource to evenings and weekends; Make the Crisis Prevention and Response Team available as an alternative to, or as additional support for, 911 responders in cases where individuals are experiencing behavioral health symptoms; and recruit and train staff to prepare for the July 2022 launch of the national 988 Lifeline.

"As one of the largest providers of behavioral health services in the New York Metro Region, we are very pleased to receive this generous grant from the Westchester Community Foundation," said Michael Spicer, President and CEO of Saint

Joseph's Medical Center. "This grant will help increase our services at a time when they are most urgently needed."

Founded by the Sisters of Charity of New York in 1879, the St. Vincent's Hospital Westchester division of Saint Joseph's Medical Center offers inpatient and outpatient mental health and addiction treatment services at its campus in Harrison and at off-site locations in White Plains, Tuckahoe, and Port Chester.

A division of Saint Joseph's Medical Center, St. Vincent's also provides mobile crisis services for Westchester County, manages residential services for 1,016 individuals in Westchester County and New York City, and operates four opioid treatment centers in New York City.

BCW Announces Election of Three Members to Board of Directors

The Business Council of Westchester has announced the election of a slate of three new board members that bring a diverse range of experience and talents to the county's largest and most influential business organization.

Elected to three-year terms were three new board members: Christina Armentano, Executive Vice President Paraco, Rye Brook; Russel Yankwitt, Partner, Yankwitt LLP, White Plains and Maria Trusa, Chief Executive Officer of Formé Medical Center & Urgent Care, White Plains.

Armentano is the third generation of family leadership with Paraco Gas, one of the largest privately held propane marketers in the United States, and the company's first female executive leader. As Executive Vice President, her focus is on strategic growth initiatives, providing leadership, direction, and resource stewardship to the organization's sales, marketing, customer service, and business development functions. Prior to joining Paraco, Armentano spent nearly a decade in leadership positions outside the family business. She has led Paraco Gas – and the propane industry – in innovation, technology, employee development,

community engagement, and safety.

She is widely recognized for her achievements within the industry, including being named an LP Gas Rising Leader and Business Council of Westchester New York Rising Star. She serves on several boards, including the National Propane Gas Association, New York Propane Gas Association, and Lakes Gas – a Minnesota Energy company. Christina also serves on the New York Propane Educational Research Council as a Committee Chair for the Propane Gas Association of New England.

Yankwitt founded Yankwitt LLP in 2009, after honing his litigation skills at the premier New York City law firm of Skadden, Arps, Slate, Meagher and Flom LLP, serving as Assistant United States Attorney in the Southern District of New York, and serving as a federal law clerk to Thomas C. Platt of the United States District Court for the Eastern District of New York. He litigates commercial matters of all kinds, including contract and partnership disputes, employment and shareholder lawsuits, insurance coverage disputes, ADA litigations, and premises liability cases.

He is recognized as Westchester's go-to

litigator and trial attorney, having accrued an enviable track record of trial victories over the past two decades. As a result, Yankwitt is regularly retained by Westchester and New York City law firms to collaborate on their high-stakes trials throughout the state of New York. Well respected by the bar and judiciary, Yankwitt is known to be a fair, effective, and zealous advocate for his clients.

Trusa is recognized as an innovative leader in healthcare. Since joining Formé in 2015, she has focused on creative and entrepreneurial solutions to bring quality healthcare and services, in a medical membership model, to the vulnerable Latino community, as well as other uninsured individuals and families in need. Prior to joining Formé, Trusa was the Executive Director of the Scarsdale Medical Group, a multi-specialty medical practice in Westchester. She served in a number of leadership positions during her 26-year tenure with the organization.

Trusa recently founded the nonprofit organization Yo Digo No Más (I Say No More), which focuses on raising awareness of the prevalence of sexual assault and abuse of children, women, and men in

Latino communities, helps break the cycle of abuse, and provides mental health and trauma-informed services for survivors and their families. She served on the boards of United Way of Westchester and Putnam, Westchester Hispanic Chamber of Commerce, Westchester Hispanic Advisory Board to the County Executive and YMCA of Central & Northern Westchester.

"We are very honored to have such a distinguished group of business leaders joining our board of directors. They bring many years of experience in the fields of healthcare, energy and law. We are fortunate to have these proven leaders join our board as we move forward with major initiatives in 2022," said BCW President and CEO Marsha Gordon.

The Business Council of Westchester is the county's only business membership organization focusing on economic development and advocacy. It is the county's largest and most prestigious business membership organization representing more than 1,000 members, including multinational corporations, hospitals, universities, biotech pioneers, not-for-profits, entrepreneurs, and companies of all sizes.

Renovation Project at White Plains Metro-North Station Completed

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this county but across the entire state."

Assembly Member Amy Paulin (D-88) said a regional approach to renovating the White Plains station was crucial.

"Today we celebrate for the City of White Plains, the residents of Rockland County and the commuters," Paulin said. "We're hopeful that this renovation will mean that our riders come back because when they do, the entire system will be much more improved."

Westchester County Executive George Latimer commended the MTA for its recent completion of various capital projects in Mount Vernon, Harrison and New Rochelle.

"What happens today not only satisfies the commuters, but it satisfies the zeitgeist of people who don't believe in government,"

Latimer said. "This shows that the state of New York — along with the county of Westchester and the City of White Plains — can be a part of a major capital improvement."

"This is the greatest, straightest answer to those people who believe that government doesn't matter, that somehow we should deconstruct it, when in fact government accomplishes an important and a necessary purpose," Latimer continued. "That's what today means to me, and I think that's exactly what it means to the people that use this facility."

White Plains Mayor Tom Roach said completion of the station's renewal is a testament to cooperation across city agencies, county government and the MTA.

"Transit is the lifeblood of our area,"

Roach said, highlighting that a robust public transportation system, in tandem with affordable housing, helps White Plains residents significantly.

Assembly Member Chris Burdick (D-93) underscored that getting riders back to Metro-North is crucial not just for the financial health of New York but also for its ambitious goals under the Climate Leadership and Community Protection Act.

"These services, like this fantastic train station, are going to be the standard we aim for in every place because we know the future of not just White Plains and Westchester but the whole metropolitan region depends on public transit," State Senator Shelley Mayer (D-37) said.

Quemuel Arroyo, Chief Accessibility

Officer for the MTA, said that the revamped station — in addition to being beautiful and high-tech — sends a message that this is what true accessibility means.

Although the White Plains station was already fully ADA-accessible prior to its renovation, upgrades including a new elevator, fully accessible bathrooms and both auditory and visual train announcements further improved accessibility.

"For wheelchair users like myself, seniors with mobility disabilities, parents of children in strollers and so many others, it can be difficult to get around, but not here at White Plains," Arroyo said. "This should serve as a model for all our stations throughout the MTA."

Latimer: Westchester to Reduce Tax Levy By \$7M in 2022 Budget

By Martin Wilbur

Westchester County Executive George Latimer expects to release a tentative 2022 budget next week that reduces the property tax levy by \$7 million, the third consecutive year the levy will decline.

In a preview of the \$2.2 billion county budget that will officially be unveiled by Nov. 10, Latimer said last Thursday there will be a variety of new initiatives funded in 2022, including \$6.4 million to pay for Project Alliance, where specially trained professionals will respond to mental health emergencies alongside the police, and \$5.6 million to expand child care subsidies to families earning up to 85 percent of state median income.

Nearly all of the slightly less than \$100 million in new spending for next year is from the American Rescue Plan Act that Westchester received from the federal government, he said. However, the sharp property tax levy is a result of saving more than \$11 million by trimming the workforce through last year's voluntary separation incentive program and saving or generating more revenue through reworked contracts.

Latimer said he is proud that he will be proposing the largest tax cut in recent memory for 2022 and maintaining all existing services provided for by the county in addition to adding new initiatives.

"Savings on expenditures, non-property tax revenues and keeping the workforce balanced in size are all factors that help us being able to do this," Latimer said.

The last time the county presented a declining levy for three consecutive years was 1999 to 2001. After an initial 2 percent cut in his first year on the job, former county executive Rob Astorino kept the levy steady for the remaining seven years that he served.

In each of the last two years the property tax levy fell by \$1 million.

Latimer said in the nearly four years since taking office, the number of county employees has declined by just over 200, from 4,608 to 4,399 as of last month.

The new five-year agreement with Liberty Lines, the operator of the county's Bee-Line buses, will save the county \$20 million over the length of the contract while the pact reached in 2019 with Wheelabrator Westchester's waste-to-energy plant in Peekskill will save another \$17 million over 10 years, Latimer said.

There would be \$17 million set aside for nonprofit organizations and religious institutions that provide non-religious community services. The money would provide the organizations with technical assistance.

"They provide necessary services in innumerable ways and to maintain those services we believe this program will be helpful, and particularly in the aftermath of COVID," Latimer said.

An additional program proposed by Latimer for next year will see \$6 million go toward health care equity and access. Of that sum, \$4 million would fund federally qualified health centers and clinics for equipment, telehealth capacity and outreach improvements. Another \$1 million will be for the Health Moms, Healthy Babies Nurse Home Visiting Program and \$1 million for a

senior telehealth program.

A \$1 million initiative to help small landlords called the Rehabilitation Assistance Program would provide qualifying building owners with a 75 percent reimbursement for physical improvements to a property in exchange for keeping rents affordable for at least 10 years.

A pilot program for \$500,000 to help pay for college and trade school tuition for volunteer firefighters and emergency medical technicians has also been proposed. To start the program, there would be \$2,000 available to 200 recipients.

Another \$500,000 could be available next year toward the Youth Uplift Program, a public-nonprofit partnership to help identify

50 to 100 pre-teen and middle school students to focus on health, wellness and fitness and to provide mentoring and training by life coaches.

Once the Board of Legislators receives the proposed budget, it must approve a final spending plan on or before Dec. 27. At least two public hearings will be scheduled around the county for later this month and early December.

County Executive George Latimer announced last week that Westchester's \$2.2 billion budget for 2022 will see one of the largest tax reductions in the county's history.



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Jones Looks to Inspire Students During Ossining High School Visit

By Abby Luby

For U.S. Rep. Mondaire Jones (D-White Plains), speaking to Ossining High School students last Friday was, as he put it, “the highlight of my week.”

Jones was invited by the school’s Human Rights Club to answer questions from students on current political issues and to share his background and involvement in politics.

Jones, 34, who represents New York’s 17th Congressional District, was sworn in on Jan. 3 as one of the nation’s first two openly gay Black member of Congress. He earned his bachelor’s degree at Stanford University in California, worked at the Department of Justice during the Obama Administration and graduated from Harvard Law School. He is a co-founder of the nonprofit Rising Leaders, Inc. and has previously served on the NAACP’s National Board of Directors and on the board of the New York Civil Liberties Union.

About 200 students and community members filled the high school auditorium, many excited to see and later meet Jones for the first time. The high school also streamed the forum online.

Wearing jeans, T-shirt and a sports jacket, Jones recounted his involvement in community issues.

“I got my start in politics in high school,” Jones said when asked what motivated him to run for Congress. “It was clear to me as a young person I could still make a difference. There is no age that is too young to change the world.”

Jones said he was raised in Section 8 housing by his single mother who worked multiple jobs. The family depended on food stamps. He attended East Ramapo public schools.

“Growing up I never imagined that someone like me could even run for Congress, let alone get elected,” Jones said. “But I also saw in the communities that we come from there was injustice in the criminal justice system, worsening climate crisis, a housing affordability crisis – all of which have only gotten worse. I saw a lot of people in government not fighting hard enough for the things people say they believe in.”

As the youngest member of the House of Representative’s leadership team, Jones mentioned the current gridlock in Congress over passing the Build Back

Better bill.

“It’s been a rough week and I’ve been fighting for all of the things that matter to all of you,” Jones told the students. “Being surrounded by people like you who share my values, who energize me, and because of your ongoing commitment to public service, that’s a really cool thing.”

When asked about a fun, cool moment Jones may have experienced in Congress, he recalled sleeping on the Capitol steps with his colleagues and hundreds of supporters to pressure the Biden administration to reinstitute the eviction moratorium and use the \$46.5 billion Congress had yet to spend to help people pay rent during the COVID-19 pandemic.

“It didn’t make sense to force 11 million people out on the streets during a deadly pandemic,” he said. “We stayed there a total of five days and weren’t willing to go home until we got a result. I got to know my colleagues and the coolest thing was that we won that fight.”

Asked about the student debt crisis, Jones said he was still paying off his own law school loans but he was able to attend Stanford University with the help



ABBY LUBY PHOTO

U.S. Rep. Mondaire Jones posing for photos at Ossining High School where he spoke to students last Friday.

of financial aid.

“Nationally there is \$1.7 trillion in student debt and we have thousands of young people in Westchester, Rockland and many here in Ossining who, because of student debt and despite graduating college and having degree, are unable to start families or own homes,” he said.

Jones pivoted to a more light-hearted subject when asked if he liked Grammy Award-winning rapper, singer and songwriter Lil Nas X.

“I’m definitely a Lil Nas X fan; I think he’s awesome,” Jones said.

“I wish I had that kind of courage at his age. He’s a talented artist. I enjoy some of his music and he’s the funniest person I’ve seen on social media, like the way he trolls people. I wish could troll people like that.”

Following the question-and-answer session, sophomore Lucy Bolger, a Human Rights Club member, said the club discusses controversies and solutions.

“Mondaire is so inspiring and his talk gave me optimism and a positive feeling about Congress. I love politics,” Bolger said.

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Armonk Luxury Residential Project May Progress After Bankruptcy

By Martin Wilbur

Site plan review for a proposed 43-unit luxury apartment project at the former Mariani Gardens site in Armonk could begin early next year if a bankruptcy court judge accepts a settlement among the parties.

Attorney Anthony Veneziano told the North Castle Town Board last Wednesday that the principals are scheduled to appear before Judge Robert Drain in U.S. Bankruptcy Court in White Plains on Nov. 19 where it is anticipated that the deal will be accepted. Veneziano requested a one-year extension for the special use permit from the board, but officials decided to shorten the extension to three months pending the outcome of the bankruptcy court proceedings.

"It's not a guarantee but another builder would really have to pay quite a bit," Veneziano said of the likelihood of the financial matter being resolved. "That's the one factor, somebody would have to bid it up."

However, the attorney acting as the trustee for the new partnership put the order before the judge to sign it, so both sides are looking forward to the matter progressing, he said.

Personal disputes between the partners as well as the apparent financial troubles of Mark Mariani, one of three members of the 45 Bedford Road LLC partnership that served as the applicant, has delayed site plan review since the controversial June 2019 rezone of the 4.1-acre site on Bedford Road.



The Mariani Gardens site in 2019. Ownership squabbles have delayed site plan review for the past two years while one of the partners also headed to bankruptcy court.

Later in 2019, the applicant also received a special permit from the Town Board.

Veneziano said that the mortgage for the half of the partnership that belonged to its other two members has been paid off. On Nov. 19, the parties hope that the remaining 50 percent of the mortgage that belongs to Mariani will be released from bankruptcy to the new entity, NCD Acquisitions, he said.

The new six-member partnership is looking to pursue site plan review with hopes of building the project as it was approved.

Veneziano declined to disclose the financial arrangements between the players following a question from Councilman Jose Berra.

Town Board members were mostly in agreement that an extension of the special use permit was warranted but hesitated to allow a full year with the ownership still in flux. Councilman Barry Reiter suggested 60 days, but with that time period ending right around the holidays, the board opted for three months.

"I would be favorable to do an extension; not a year but on the shorter end," said Councilman Saleem Hussain. "That way we can see how this evolves and make the right decision."

Berra, who opposed both the rezone and the special use permit, pressed Veneziano on whether the town would be receiving

accelerated payments as part of the \$1.25 million Community Benefits Agreement (CBA). Although the first \$250,000 had been paid in August 2019, there was a provision in the agreement for accelerated payments under certain situations.

The owners are required have to pay the CBA in full in order to build should they receive site plan approval.

Berra said the town should be protected if the new owners try to evade some of the provisions.

"I'm really going to want assurances that there's 100 percent transfer to the interests and that the CBA will be accelerated," said Berra, who eventually abstained from last week's vote. "I really think that we should be getting that right now, making it a condition because we know that transfers can be done in a certain way."

Veneziano pushed back, saying that if under the agreement the town has a right to accelerated payments, then the new owners will abide by that.

"You can't extort this money, if you don't have a right to it," Veneziano said. "That's what this is, give me a million dollars I'll give you an extension."

Supervisor Michael Schiliro said he was comfortable with the shorter extension. If the board wouldn't extend the permit, the town would not be in an improved situation, he said.

The property has become unkempt over the past two years as the ownership squabbles have played out.

"HER TREATMENTS ARE LIFE CHANGING"

Finally! A local acupuncturist is helping cancer survivors live lives free from the constant pain and suffering associated with **Peripheral Neuropathy!**

Albert S. of Westchester, NY survived testicular cancer only to be living life in constant pain. He felt as though he were walking on pins and needles, becoming weaker and weaker every day. "I was beginning to be worried that one day I would be wheelchair-bound."

Nearly half of patients who undergo chemotherapy will develop Chemotherapy-Induced Peripheral Neuropathy or CIPN.



Chemo meds travel throughout the body and attack cancer cells; sadly they can also cause severe damage to healthy nerves. When asked how CIPN was affecting his quality of life, he responded, "It was difficult to even walk up and downstairs or do other things we usually take for granted."

The most common symptoms include:

- **pain, tingling, burning, weakness, or numbness in arms, hands, legs or feet**
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- **loss of balance and falling**

Fortunately for Albert, Signature Acupuncture Studio is using the time-tested science of Acupuncture and technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease. After a series of treatments, Albert was taking stairs with stride!

"We have a lake house, and it's upstairs. This morning I walked right down the stairs and got in the car," Albert shared. "I remember thinking 'that's become mighty easy for me', I didn't have to hold on to the handrail or anything! It's life-changing to have this mobility back!"

For over 5 years Taisha, Licensed Acupuncturist, has been reversing the effects of CIPN and other varieties of Peripheral Neuropathy, including that caused by diabetes without invasive surgeries and medications that come with uncomfortable side effects.

If you've recently beat cancer only to find that you're living a life in constant pain and discomfort or you're struggling with the same symptoms as a result of either Idiopathic Neuropathy or Diabetic Peripheral Neuropathy, Taisha and the incredible team at Signature Acupuncture Studio can help!

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Changes to Parking Regulations Proposed for Memorial Plaza

By Abby Luby

The Pleasantville Village Board has proposed adjusting rules at the Memorial Plaza parking lot near the Metro-North train station largely due to changes in commuter habits.

Parking demand in Memorial Plaza has dropped dramatically since the start of the pandemic because many local residents who used to commute daily to Manhattan or other destinations have been working remotely.

Officials hope the proposed changes bring in some more revenue and address the issue of many parking permit holders

underutilizing their access to the lot.

While parking demand has recently increased to some extent, the number of vehicles hasn't returned to pre-pandemic levels.

"It seems fair," said Mayor Peter Scherer. "Especially coming off this year when so many people paid for parking and used it rather infrequently. Who knows what that will look like in the year to come. All of this is a work in progress."

The proposed revisions would continue to authorize Memorial Plaza parking permit holders to park in the lot Monday through Friday, and on Saturday without additional charge. Non-permit holders

may park in the lot after the peak commute times Monday through Saturday, but must pay a 75-cent hourly meter fee, which can be paid in 20-minute increments, until 6 p.m. Sundays would be free to all.

Free parking after 3 p.m. on weekdays would be discontinued.

Only permit holders would be able to park at Memorial Plaza from 6 to 10 a.m. Monday through Friday, instead of the current 6 a.m. to 11 a.m. Starting at 10 a.m. on weekdays, the lot would also be open to drivers without permits.

Prior to the pandemic, Metro-North's peak morning travel time was any train arriving at Grand Central by 10 a.m.

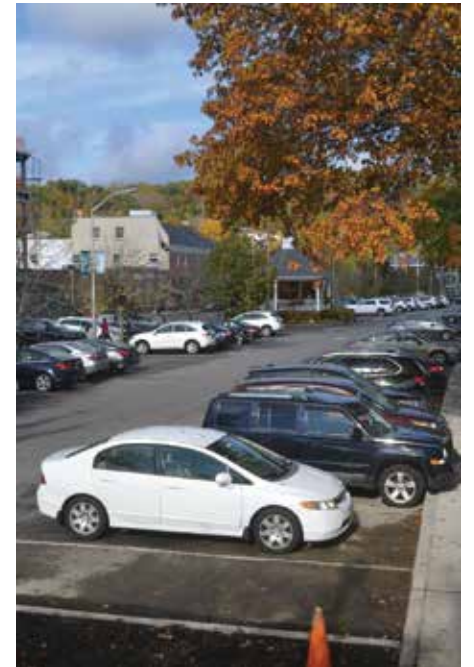
"Right now, Metro-North is not enforcing peak and off peak," said Village Administrator Eric Morrissey. "But we want to align our restrictions to Metro-North's definition of peak."

Parking payment by non-permit holders on Saturdays would address the problem of spots filling up for the entire day when the farmers market is held at Memorial Plaza.

"Once you have to start paying on Saturday, that will be a deterrent for people who have been parking in that lot all day," Scherer said.

Another change would include converting meters on the median from the gazebo to Manville Road to a maximum 12-hour stay.

Non-permit holders parking could use pay stations and the Pango mobile parking app.



The parking lot at Memorial Plaza in Pleasantville.

A public hearing on the proposed changes will be held at the board's next meeting on Nov. 8.

Comments or questions on the proposal can be sent to villageclerk@Pleasantville-ny.gov.

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Mt. Kisco Solar Farm Proposal Blasted By Residents at Hearing

By Martin Wilbur

Environmental advocates and neighbors near the site of a proposed Mount Kisco solar farm warned the village's Planning Board of landscape degradation and displacement of animals if the project is allowed to proceed.

During a public hearing last Tuesday for SCS Sarles Street's application for a 2.6-megawatt solar array on a portion of 25 acres at 180 S. Bedford Rd., residents as well as representatives of the neighboring Marsh Sanctuary harshly criticized the proposal that would remove 546 living trees from the site.

Nigel Sizer, a forest ecologist and a Marsh Sanctuary board member, said the proposal is being billed as a green and environmentally sound initiative but "gives a bad name to solar."

"Across our county and state are countless sites where solar should be developed that will involve the cutting of not one large tree, that will not neighbor important conservation areas, that will not abut the houses of families," Sizer said. "There is simply no good reason or justification for clearing forests to locate a solar plant."

The applicant resubmitted an application in May that removed all panels from the 200-foot buffer, reduced the number of trees to be cleared by 138, lowered the number of trees that would be cleared from the buffer from 164 to 83 and limited steep slope disturbance from 3.7 to 2.9 acres.

Most of the 5,600 panels would be located

on a portion of the land that once was the site of a house before its demolition, said project engineer Rich Williams of Insite Engineering. Furthermore, the panels would reach a height of seven feet, seven inches, making them difficult to see by the closest neighbors, he said.

Williams said other impacts would be negligible because there is no sewer or water demand and it would generate virtually no traffic except for a single vehicle that would visit the site a few times a year to allow personnel to check the panels.

"In fact, this is a source of clean renewable energy," Williams said. "It's going to generate energy for the community without generating fossil fuels. It's actually a benefit of the application."

Complicating the project is the uncertain status of the cell tower proposed by Homeland Towers for a different portion of the same site. Homeland Towers has not appeared before the Planning Board since February as it searches for alternative sites; however, it has also failed to maintain a minimum balance in its escrow account, which has knocked them off multiple agendas.

Last week, the Planning Board gave no indication when it might reach a decision on whether to issue a negative or positive declaration relating to the solar farm under the state Environmental Quality Review Act (SEQRA).

One nearby resident, David Grant, said he can't understand why the village would

even consider allowing a solar array that is adjacent to a residential neighborhood.

He was also disturbed by some positive comments from Planning Board members about the revised proposal.

"It's adjacent to our houses. It's not minimal, it's not low impact," Grant said. "This is a big friggin' deal and listening to come of the comments board members have made, it's hard for me to conclude that some of you haven't made up your mind and that's really, really disappointing."

While board member Ralph Vigliotti said he was concerned about protecting as much of the forest as possible as well as the neighbors' quality of life, others signaled that the revised proposal has made progress. Board member Crystal Pickard said that the application "has come a long way" and complimented SCS Sarles for reducing tree clearance and disturbance.

"You know we don't like to cut down trees and this is a really low-impact use for this site, especially to preserve that 17-plus acres," Pickard said. "I appreciate it a lot."

A couple of public speakers raised the issue that the company that would install the solar panels, Sunrise Community Solar of Briarcliff Manor, has as one of its principals the Planning Board's former chair Doug Hertz. Hertz resigned last February before the village Board of Ethics concluded he had a conflict of interest.

Despite his resignation more than eight months ago, resident Harry McCartney said the Board of Ethics' advisory opinion was


that the conflict could never be completely mitigated. He asked the board to reject the application.

"If we are not at local levels, at state levels, at federal levels, if we are not operating based on honesty and integrity, we are finished as a village, as a town," McCartney said.

Village Attorney Whitney Singleton said the Planning Board has limited jurisdiction, which is to review the application. The courts will decide on the litigation that has been filed related to the conflict and other issues, he said.

The hearing was adjourned until Nov. 9.

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Obituaries

Joseph Mulholland

Joseph John Mulholland Jr., 72, passed away on Oct. 15 at home in Mount Kisco. He was the husband of Celina Viana, sharing 31 years of marriage together.

Born in New York City, he was the son of Joseph John Mulholland and Mary Mulholland. Joseph was retired from the New York City Transit Authority.

Joseph will be remembered as an avid artist, whose paintings will be forever present in lives of the Viana and Mulholland families, both here in New York and Brazil. Joseph had zest for life and enjoyed each day on Earth.



Joseph Mulholland

He is survived by his wife, Celina Viana Mulholland; their son, Patrick George Mulholland; and his brother, Patrick Mulholland; two children from a previous marriage, Coleen and Joseph Mulholland; nieces and nephews; and five grandchildren. He was predeceased by his brother, Anthony Mulholland.

His memorial mass was held on Oct. 30 at the Church of Saint John and Saint Mary in Chappaqua followed

by interment at Westwood Cemetery in Westwood, N.J. The viewing was held Oct. 29 at Beecher Flooks Funeral Home in Pleasantville.

Memorial donations in lieu of flowers may be made to a charity of choice.

Marjorie Tarantola

Marjorie "Peggy" Tarantola, beloved wife, mother and grandmother, passed away on Oct. 29 in Pleasantville. Her family and friends are deeply saddened by her unexpected loss.

Peggy was born on Mar. 1, 1951, in Brooklyn to Mary and John Bierweiler and was joined by her cherished sister, Ellen, five years later. She met her sweetheart, Paul Tarantola, at the age of 15 and they had been inseparable ever since as they prepared to celebrate their 48th wedding anniversary this December. She was at the heart of their home and could be seen helping Paul as a dental receptionist in his offices.



Marjorie Tarantola

In addition to Paul, Peggy is survived by their only daughter, Elena, son-in-law Christopher and three beautiful granddaughters (the center of her universe), Olivia, Madeline and Charlotte.

Peggy had an undeniable passion for loving and caring for people. To know her was to know her kind heart. She also had a deep appreciation for flowers, which will carry on in her stunning gardens, as well as all things Dewey Beach.

The footprints she made along the sand may no longer be but she will always live in our hearts.

The funeral Mass will be held this Thursday, Nov. 4 at 11 a.m. at Holy Innocents Church in Pleasantville followed by burial at Kensico Cemetery in Valhalla.

John Horton Jr.

John Horton Jr. died on Oct. 1. He was 54. Horton born in Yonkers on Feb. 6, 1967. He graduated from North Salem High School in 1986. After completing school, he spent most of his career as a laborer at various locations, including the state Department of Transportation.

He will mostly be remembered for his sense of humor and his love for music, sports and nature. He enjoyed exercising in the outdoors. John was loved by his family and was a loving person himself. He will be missed and remembered with fond memories by his siblings.

In lieu of flowers, donations to Rosary Hill Home, 600 Linda Ave., Hawthorne, N.Y. 10532 would be appreciated.

Police Blotter

County Police/Mount Kisco

Oct. 26: Police responded to a domestic dispute at a West Hyatt Avenue residence at 11:13 p.m. A woman reported that her ex-boyfriend came to the residence uninvited and intoxicated. She called the man's parents to come get him because he had been drinking and an argument broke out. The woman did not wish to pursue the matter with police. The man was advised to leave the area and complied.

Oct. 27: Report of a loud dispute between a man and a woman at Starbucks on South Moger Avenue at 12:20 p.m. The dispute stemmed over a traffic incident on South Moger Avenue and continued when one party followed the other into the shop. Officers sent both parties on their way.

Oct. 27: Police responded to Northern Westchester Hospital's emergency room at 11:47 p.m. on a report that a youth had been assaulted earlier that evening. The 17-year-old stated that he was outside Chipotle on North Bedford Road about 7 p.m. when he was attacked by a group of four or five males. The matter was turned over to detectives for investigation.

Croton-on-Hudson Police Department

Oct. 22: Patrol responded to an area on O'Riley Court at 1:12 p.m. after a resident reported their vehicle was stolen from the driveway. The stolen vehicle was a black 2019 BMX X5, which had been observed in the driveway earlier in the day. The area was canvassed with negative results. A report was to be filed. An investigation is ongoing.

Oct. 24: A resident reported at 5:03 p.m. that they had received harassing text messages from the parents his child was dating. The messages were read and did not warrant a criminal investigation. No report filed at this time.

North Castle Police Department

Oct. 21: Report of a suspicious incident on Willow Pond Lane at 7:22 a.m. The caller stated that she heard a noise as if something fell, then went into the dining room and noticed that the window had shattered. The woman stated that she checked the area for debris such as a rock or tree branch but was unable to find out what had shattered the window. The responding officer checked the area with no signs of suspicious activity.

Pleasantville Police Department

Oct. 24: A two-car accident was reported on Cooley Street at 2:30 p.m. A property damage report was filed.

Oct. 25: Report of a youth ringing residents' doorbells on Academy Street at 10:58 p.m. before fleeing. No arrests made.

Oct. 28: A hazardous condition was reported at 5:22 p.m. from a water leak at 264 Washington Ave. The matter was handled by the Pleasantville Department of Public Works.

Oct. 29: At 12:50 p.m., an abandoned vehicle was reported to have been parked at 409 Manville St. for four months. The vehicle was towed.

Putnam County Sheriff's Department

Oct. 23: Deputies were dispatched at 4:11 a.m. to the area of Cedar Drive in Putnam Valley on a report of three subjects screaming. One subject could be heard saying "Get away from me." Responding deputies spoke with a 32-year-old woman who said she went to the home of her ex-boyfriend, who lives on Cedar Drive, and got into a verbal and physical dispute with another woman who was in the home. There were no apparent injuries. The woman did not want to press charges and left the scene with another male.

Oct. 25: A deputy observed a Blue Dodge Caravan with Pennsylvania plates and tinted windows speeding on Route 9 in Philipstown at 11:20 a.m. A check of the driver's license revealed that it had been suspended three times. The driver, a 46-year-old Poughkeepsie man, was issued multiple traffic tickets and released. He was driven from the scene by a licensed driver.

Oct. 28: Report of a disorderly male at a Putnam Valley residence at 7:23 a.m. Upon arrival, deputies were told by a man that his 21-year-old son was highly intoxicated and was threatening to harm himself. The individual was taken into custody and removed to a local hospital for evaluation.

Yorktown Police Department

Oct. 23: Mark Lee, 21, of Yorktown, was charged with criminal possession of a controlled substance and two counts of reckless endangerment at 9:30 p.m. after firing two shots from his residence at Cording Road. A quantity of an allegedly hallucinogenic substance was also found in the home.

Oct. 28: Sobhy Ahmed, 66, of Tinton Falls, N.J., was charged with criminal contempt at 4:45 p.m. after allegedly sending multiple text messages over the course of several days in violation of a temporary order of protection.

Kent Police Department

Oct. 30: A 47-year-old West Haven, Conn. woman was arrested at about 10:30 p.m. and charged with DWI and various traffic infractions. An officer on patrol in the area of routes 52 and 311 notices a tan Hyundai Elantra driven erratically. After a traffic stop at Route 311 and Terryhill Road, the suspect was charged. She was issued an appearance ticket for Town Justice Court.

Oct. 31: A 48-year-old Clinton Corners man was arrested at about 4:30 p.m. and charged with seventh-degree criminal possession of a controlled substance. Officers were dispatched to the Mobil gas station at Route 52 and Ludingtonville Road for a report of a man passed out inside his vehicle. Upon arrival, the responding officers made contact with the suspect who acknowledged he had been drinking before arriving at the gas station. A search of the vehicle yielded miscellaneous drug paraphernalia. He was issued an appearance ticket for Town Justice Court.



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Municipalities to Divvy Up \$15M From Indian Point Settlement

By Rick Pezzullo

New York State has awarded \$15 million to local municipalities and entities affected by the closing of the Indian Point nuclear power plants in Buchanan.

The funding came through a legal settlement between the state and Entergy, former owners of Indian Point, as part of a 2017 agreement stemming from the plant's closure in April.

"This funding is part of a comprehensive approach to ensure that Indian Point's closure does not translate to a lack of investment in the region," Gov. Kathy Hochul said. "My administration is committed to working with unions and local leaders for a transition that strengthens the local economy, treats workers fairly and protects the environment of New York State."

Award notification letters were sent to the Town of Cortlandt and Village of Buchanan, Historic Hudson Valley, Teamsters Local 456, the Hendrick Hudson School District and the Hudson River Foundation.

Below is how the entities that will be receiving the money will use the funds.

Town of Cortlandt and Village of Buchanan: \$7 million

- To support the planning of four intermunicipal sewer projects, including the refurbishing and expansion of the Buchanan Wastewater Treatment Plant and the connection of a new sewer district in Montrose, designed to leverage up to about \$10 million in additional state monies.

"The Village of Buchanan would like to

thank Gov. Hochul and the Indian Point Closure Task Force for this award, which will allow the Village of Buchanan to do much-needed upgrades to our aging wastewater plant and prepare us for the future of our community," Buchanan Mayor Theresa Knickerbocker said.

Cortlandt Supervisor Linda Puglisi also thanked Hochul and the task force for providing key resources to support clean water infrastructure, opportunities for new businesses and the chance for sewers for area businesses that don't have that infrastructure.

Hudson River Foundation: \$6.5 million

- The money would go toward the Hudson River Biological Monitoring Program, which consists of funding for a variety of research efforts to track the status of fish populations in the Hudson River and the food sources for fish in the river. This

program was previously funded by Entergy prior to the plant's closure and included in the settlement agreement as a priority project.

Historic Hudson Valley: \$750,000

- The funds would pay for historical and environmental integrity improvements to museum property and to leverage a \$3 million Federal Highway Administration grant that would otherwise be lost for the Van Cortlandt Manor Gateway Project.
- Purchase and operate air monitoring equipment at Buchanan-Verplanck Elementary School during decommissioning.

"(The)commitment to provide \$500,000 will enable us to provide added decommissioning safety measures and assurances in our school facilities," said Superintendent of Schools Dr.

Joseph Hochreiter.

Teamsters Local 456: \$250,000

- To purchase a commercial driver training simulator that will provide training and new job skills to union members.

This year's enacted state budget included sufficient funding authorization to provide seven years of transitional grant assistance to Westchester County, Cortlandt, Buchanan and the Hendrick Hudson School District under the state's Electric Generation Facility Cessation Mitigation Program administered by Empire State Development.

More than \$100 million is projected to be awarded over seven years to these entities, providing them time to adjust to the loss of about \$32 million per year that had been paid by Entergy when the plant was operating.

Helping Others - With Gratitude

Yorktown Elks Lodge 2324 recently presented donation checks to three organizations. Funds were approved and provided through the Elks Gratitude Grant program. Support Connection and Yorktown Community Help each received \$1,000 donations while a \$500 grant was presented to Birthright of Peekskill. Pictured, from left, are Past State Elks Vice President and current Chaplain Mary DeSilva, Support Connection Director of Fundraising Melissa Higgins and the Elks Exalted Ruler Steve Brawitsch.



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Letters to the Editor

Regulated Marijuana Sales Would Not Cause the Ruination of Our Communities

After reading a recent guest column by Michael Gold, who told us about he thought a legal marijuana business would not work in our area (“Not Ready for a Cannabis Store for Billions of Years,” Oct. 20-26), I wanted to respond with one major counterpoint: Don’t judge your neighbors so poorly.

Mr. Gold insinuated that a marijuana cafe would deteriorate the very fabric of our safe, family-friendly community. But it’s an antiquated assumption that those people consuming marijuana, whether for medical or recreational purposes, are somehow less intellectual, caring or community-minded than those who do not partake.

The reference point Mr. Gold gave was to a troubled person he knew growing up who was a regular marijuana user and eventually died of a drug overdose later in life. Not only was this at a time

before marijuana was legalized but there is so much context missing that it reduces this argument to pure judgment. We live in a time where our state legislature has deemed it safe to allow the sale of a legal substance to help those with certain medical conditions and to be enjoyed by mature, responsible, and yes, even curious adults.

Because of the place we now find ourselves, which is a state that will allow recreational sales of marijuana, we must be vigilant community members and all play a part in educating and empowering our youth with information and support. Our state should certainly be vigilant safety stewards, and take notes from recently passed laws like one in Colorado that limit the purchase of high-potency THC products.

We all have to hold each other accountable to keep our community safe, but turning a blind eye and pitting our town against others as a moral high ground is not teaching our youth any valuable

lessons. We are all responsible for being educational stewards of real information. We should be impassioned citizens by taking part in the decision-making process of where this tax revenue goes and how it can best help us all, especially our youth.

Our community currently benefits from the sale and tax of other restricted products, which years of research shows are much more harmful to society as a whole than marijuana use. Never mind that dispensaries and cafes have a much more stringent security standard than liquor stores and gas stations where alcohol and tobacco products are sold, but we freely let the sale of these products appear right next to all of our beloved family gathering spots without argument.

I would implore all Westchester municipalities to keep an open mind to all members of our community who might be patrons of such marijuana-based establishments for self-care, or yes, even enjoyment. Just as our children see us have a drink of wine at dinner, they deserve to

be conscious, educated observers as this part of our society changes, and in many ways, benefits.

I have faith that as members of this community, we all have each other’s best interests in mind. If legalizing marijuana establishments in Briarcliff Manor and the rest of Westchester brings more happiness and revenue to our communities through extensive access and patronage, why would we say no?

Safe, state-sanctioned practices should absolutely be at the forefront, without question. No matter what, New York has decided to allow recreational marijuana, so let’s not pretend we are above this legal substance. That’s taking an outdated moral high ground that simply doesn’t befit our strong, diligent and tight-knit community.

Mariette Moore
Briarcliff Manor

Correction

In last week’s coverage of the Peekskill’s mayor race, it was incorrectly reported that if victorious Vivian McKenzie would be the city’s second woman mayor. She would be its third.

To clarify a point in last week’s North Castle endorsement editorial, it stated that Republican Town Board challenger Matt Milim was largely ignored by the town’s political leaders. It should have read that he had little contact with the town’s Republican Committee.

The Examiner regrets the oversights.

Support Your Favorite Local Eateries, Especially for Restaurant Week

As we come out from under COVID-19, it is important to patronize your neighborhood restaurants during Hudson Valley Restaurant Week. It runs from Nov. 1-14.

My wife and I don’t mind occasionally paying a little more to help our favorite restaurants survive. Don’t forget your cook and server. We try to tip 20 percent against the total bill including taxes. If it is an odd

amount, we round up to the next dollar. If we can afford to eat out, we can afford an extra dollar tip. When ordering take out, we always leave a dollar or two for the waiter or cook. It is appreciated.

The restaurant industry employees thousands of people in Hudson Valley communities. This includes bartenders, waiters, busboys, cooks, cashiers, wholesale food sellers, distributors and

linen suppliers. There are also construction contractors who renovate or build new restaurants.

Our local entrepreneurs work long hours, pay taxes and provide local employment. If we don’t patronize our local restaurants, they don’t eat either.

Larry Penner
Great Neck, N.Y.

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Guest Column

Do Caregivers Really Need a Month of Their Own?

November is National Family Caregivers Month. Who knew?

It's not like the greeting card aisle is overrun with cards wishing that special someone in your life a Happy Caregivers Month. Most caregivers won't get a dozen roses delivered to their doorstep. And don't look for lawn signs announcing that "A Family Caregiver Lives Here." I have yet to see one.

National Family Caregivers Month, I'm afraid, falls into that category of overlooked events that includes National Celery Month (March), National Accordion Awareness Month (June) and Spunky Old BROADS Month (February). Events that come and go without landing on anyone's radar.

But why?

Based on sheer numbers alone – 53 million in the United States – family caregivers certainly warrant some sort of recognition. I can't imagine there being anywhere near that many spunky old broads running around.

More than one in five Americans are providing care, without pay, to a family member, friend or neighbor, according to a 2020 survey by the National Alliance for Caregiving and AARP. Many are looking after more than one person, like those who belong to what's called the sandwich generation – caregivers caught in the middle of caring for their own children plus their elderly parents.

And more than 60 percent of caregivers, in

addition to their caregiving responsibilities, also hold "real" jobs. Turns out caregivers have bills to pay, too.

Caregiving can take a toll on a person's health, finances, relationships. Yet many caregivers find the role quite fulfilling. They see it as an expression of their love, a way to give back to someone who has meant so much to them. Caregiving gives their life meaning.

I think it might be even more fundamental than that. I think as human beings we recognize a responsibility to look after one another. If we have the capacity to love, then we have the capacity to care.

Most of the caregivers I know could care less about having a month in their honor. They'd be thrilled with just one uninterrupted hour to curl up with a good book, soak in a hot tub or go for a walk by themselves.

But if you're so inclined this month to acknowledge any caregivers you might know, allow me, a caregiver, to give you some suggestions on meaningful ways to do that.

Don't Ask...Do. Saying to a caregiver "Let me know if there's anything I can do" may be well-intentioned, but he or she has enough to do without making a to-do list for you. Instead, offer something specific. Better yet, go ahead and just do it. Mow the lawn or rake the leaves. If you're able to stay with the person being cared for for a few hours so that the caregiver can get a

break, be the one to make that happen.

Listen. Most caregivers I know cherish any opportunity to converse with another human being who doesn't judge, doesn't claim to have all the answers and doesn't monopolize the conversation. Someone who simply listens, patiently, with an open heart and an open mind. Can you be that person?

Be a friend. Stay connected. Caregiving can really put the brakes on a social life. You find yourself saying "Sorry, I can't" an awful lot. And when you finally do go out, let's face it, no one wants to hear you talk about adult diapers or the high cost of prescription meds. Soon, family and friends stop coming around altogether. This month, every month, be the kind of friend that doesn't give up on friends who are caregivers.

Share something funny. Laughter is known to reduce stress, improve moods and make it easier to cope with difficult situations. Nobody needs laughter more than a caregiver.

Support healthy habits. Getting enough sleep, exercising, eating right, doing the healthy thing isn't always easy for caregivers. While a box of Entenmann's frosted chocolate donuts is always welcome



By Curtis Au

in my home, if I'm bringing food to a caregiver, I'd probably opt for something a bit healthier. Likewise, if we're getting together in person, I might suggest we do something physical, like go for a hike. Be a healthy influence whenever possible.

Avoid reminders about self-care. Caregivers I see in my therapy practice know all about the need for self-care. What they don't know is how they're supposed to find the time to care for themselves

when they spend all their time caring for someone else. Hiring private caregivers can be expensive, and the pandemic has made finding good ones a real challenge. Is there something you could offer to help make a caregiver's dream of self-care a reality?

So, to all the caregivers out there on this National Family Caregivers Month, you may not get your very own lawn sign, but know that you are all heroes. Thank you. Thank you so much for all you do.

Curtis Au, LCSW, a Pleasantville resident, has a private therapy practice in Westchester called Calm in a Storm, focusing on caregiver support, grief counseling and major life transitions. He can be reached at curtis@calminastorm.com.

The Support-A-Walk Spirit Was Felt Near and Far

By Katherine Quinn

Sunday Oct. 3 marked Support Connection's 27th annual Support-A-Walk. Thank you to The Examiner for being one of our greatest supporters throughout the years. Your promotion of the walk continues to help us reach people who donate to us and those who utilize our free breast and ovarian cancer support services.

An extra thank you for your great Support Connection 25th Anniversary insert as well as to the merchants and individuals who took ads in that insert.

This year, due to the ongoing COVID-19 pandemic, we had hundreds gather in FDR Park to celebrate life, pay tribute to loved ones and walk to support people impacted by breast and ovarian cancer.

While we missed the gathering of thousands we usually have, people responded to our invitation to Walk With Us, Wherever You Are, whether it be near or far. Thousands walked in communities nationwide.

It was heartwarming to witness people joining teams across the country to be a part of the Support-A-Walk. In addition to New York, we had people walking in New Jersey, Connecticut, Florida, Maryland, North Carolina, Rhode Island, Washington, Virginia, Colorado and California, just to name some.

Thousands walked in unity with us. Love filled the air and the message was clear – no one has to be alone with breast or ovarian cancer. Support Connection's professional peer counselors, all cancer survivors, are available to offer educated guidance and support.

We are so grateful to our sponsors and donors that have helped Support Connection raise money at the Walk so that we can offer free peer counseling services, support groups, wellness and educational programs for women, their families and friends who are dealing with breast or ovarian cancer.

Preparation for the Support-A-Walk is a labor of love. Support Connection's

Director of Fundraising Activities and Outreach, Melissa Higgins, did an excellent job coordinating the event preparation. Barbara Cervoni, Support Connection's director of services and communication, did an amazing job coordinating publicity for the Walk.

Other staff members, Celeste Baccari and Katherine Foley, and volunteers assisted with preparations. A special thank you to honorary chairpersons Kacey Grean and Chereese Jarvis-Hill as well as walk ambassadors Beth Gilinsky and Jaqueline Baker helped spread the Support-A-Walk spirit.

It would be impossible to thank everyone in this letter. Please visit <https://supportconnection.org/support-a-walk-recap/> to view our digital journal that includes sponsor thanks, tribute messages and a remembrance to loved ones. If you haven't had a chance to donate to the Walk, we welcome you to do so at www.supportconnection.org.

As the founding executive director of Support Connection, I continue to be

overwhelmed by the power of caring exhibited by those who believe in Support Connection's mission. When we established Support Connection years ago, we could never have imagined that Support Connection would grow into a nationally recognized organization that has provided help and support to thousands of people nationwide. It is the dedication of so many that continues to make this possible.

The Support-A-Walk captures the essence of human kindness and our organization's spirit – you never have to walk alone with a breast or ovarian cancer diagnosis. Thank you from the bottom of my heart to The Examiner and all those who helped make the Walk a great success.

Katherine Quinn is executive director of the Yorktown Heights-based Support Connection, a nonprofit organization that provides emotional, social and educational support to women, their families and friends affected by breast or ovarian cancer.

Examiner Media is now accepting internship applications online from high school and college student journalists. To apply visit: theexaminernews.com/examiner-internship-program-application

Yorktown Boy Scout Troop 174 Celebrates Two New Eagle Scouts

Justin Boogaard of Yorktown Heights and Cristian Cruz of Mohegan Lake achieved the rank of Eagle Scout after completing their Eagle Board of Review on Oct. 27.

Boogaard, a senior at Yorktown High School, was recently named the Class of 2022 valedictorian and has received several academic honors including selection to both the National Honor Society and the Math National Honor Society, as well as receiving a National Merit Scholarship Commendation. He is in the process of applying to multiple colleges and universities with the goal of going into the medical field and eventually working abroad in Africa to help underprivileged communities.

While a Boy Scout, Boogaard was the senior patrol leader from mid-2019 through January 2021 and hopes to finally make it to Philmont next summer for what is deemed to be the pinnacle of any scouting experience. Troop 174 had made two attempts since 2018 to visit New Mexico for the 12-day backpacking experience; however, both attempts failed due to wildfires in 2018 and then COVID-19 last year.

Boogaard's Eagle Scout project restored and beautified the inner outdoor courtyard at Yorktown High School. He is very appreciative of the support he received from his fellow scouts as well as the administration and staff at Yorktown High School.



Justin Boogaard, left, and Cristian Cruz, each pictured with Scoutmaster Paul Boogaard, became the two newest Eagle Scouts last week from Troop 174 in Yorktown.


Cruz, a senior at Lakeland High School, is also engaged in the college application process as he plans to pursue a civil engineering career. At Lakeland, Cruz played soccer and was active with Shrub Oak Athletic Club travel soccer, advancing from U13 through U16 as a winger and striker.

Cruz has also received several academic honors, including selection to both the National Honor Society and the Math National Honor Society. He also received the U.S. Congressional Award Silver Certificate.

Cruz's Eagle Scout project consisted of constructing a 120-foot-long puncheon on the Blue Trail located in the Hudson Gateway Park in Cortlandt. Puncheons allow hikers to stay on the indicated trails and provide an elevated walkway over wet and environmentally sensitive surfaces.

Only about 5 percent of Boy Scouts who enter scouting achieve the rank of Eagle. Since 1974, Troop 174 has now produced 114 Eagle Scouts.

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VICTORIA BAYARD TIPP
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Chris Hildenbrand's name won't appear on the ballot. To vote for Chris, choose Andrea Sanseverino Galan. When Unite New Castle is elected, Chris will replace her. DO NOT write in Chris' name.

From October 23 to October 31, vote early at Mt. Kisco Memorial Complex at Leonard Park, 1 Wallace Dr., Mt. Kisco.

New Mural Honors the Legacy of DJ Henry at Pace University

By Abby Luby

A striking and vibrant mural of DJ Henry, a Pace University student athlete shot and killed by a Pleasantville police officer 11 years ago, prominently lights up a large space at the university's Kessel Student Center.

Unveiling of the mural last Monday kicked off the school's second annual Social Justice Week as students, alumni, staff and faculty gathered to commemorate the slain student.

"This is touching because I can relate to him as a Black male student," said Jarette Mungin, a Pace graduate student who helped conceive and advocate for the mural.

Mungin addressed about 100 people gathered in the student center just a few feet from the mural.

"What I see when I look at this image of DJ, I don't see a victim of brutality, I see the love that DJ spread," Mungin said. "It's important to educate students to be socially aware of who we are."

Senior Shea Teague, an English major who was also instrumental in having the mural created, said Henry's story was one heard too many times.

"The purpose of community is to start with equity so we have justice," Teague said. "It starts with us."

The 12-foot-by 8-foot mural was painted by Brittney S. Price, a Los Angeles-based artist known for her visual work representing groups such as Black Lives Matter, Change.org, Paint the City Peaceful, We Rise LA and LA Commons. Price said she connected with DJ's parents before painting the mural.

"They said his smile would light up a room," Price said. "I was honored to lend my talents."

Price used shades of blue and gold, Pace's school colors, to illuminate the work. Symbols of DJ's life in the mural include a large "12" – his football jersey number – and an image of the Pace clock tower built in 2012 in his memory.

"The story here today is really about the students and their nod to their world," Pace President Marvin Krislov said. "What happened to DJ was an unforgettable, unforgivable tragedy but his legacy lives on in the efforts of our students to ensure he is commemorated."

Junior Kimberly Mars, president of the Student Government Association, said there were numerous meetings to plan and place the mural. She said it was a community effort.

"DJ's mural is a lasting legacy that represents not only him, but the countless numbers of Black people who have lost their lives through police brutality over the years," Mars said.

At the unveiling on Monday, Carlton Aiken, a Pace graduate student and the school's quarterback, told how Pace's football team retired Henry's jersey number to honor his life.

"Nothing we can do will bring DJ back," Aiken said. "But we can keep sharing his story. We all have an obligation to speak up about police brutality and to make sure nothing like this ever happens again."

On Oct. 17, 2010, Henry, 20, was fatally shot by Pleasantville Police Officer Aaron Hess as



The new mural honoring DJ Henry, a Pace University student athlete who was shot and killed 11 years ago, at the Kessel Student Center at Pace University in Pleasantville. Its unveiling last week kicked off the school's second annual Social Justice Week.

he was attempting to drive away from the old Finnegan's, a bar and grill, at the Thornwood Town Center. Hess stepped in front of the moving vehicle, ended up on the hood of the car and shot through the windshield, killing Henry and wounding a passenger.

A grand jury failed to return any indictments. Hess never returned to the



ABBY LUBY PHOTOS

Artist Brittney S. Price talks about her new mural on Monday honoring DJ Henry at the Kessel Student Center at Pace University.

department, immediately went on medical leave and was granted an accidental disability retirement pension of \$69,934.

The Henry family sued the Village of Pleasantville, and in 2016 the family accepted a \$6 million settlement. An independent review of Henry's death and subsequent investigation was announced in June by Westchester County District Attorney Mimi Rocah. Her office will be assisted by a former federal judge.



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Mt. Kisco Joins Communities to Regulate Gas-Powered Leaf Blowers

By Martin Wilbur

Mount Kisco recently approved regulations governing the use of leaf blowers within the village, becoming the latest Westchester municipality hoping to gradually curtail the machinery’s use.

The Village Board unanimously ratified the law on Oct. 18, after village resident Lilian Burgler appealed to officials earlier this year to prohibit the two-stroke gas-powered leaf blowers because of the carbon emissions and noise pollution they generate.

Trustee Peter Grunthal thanked Burgler for her efforts and spearheaded the drive to get the local legislation passed. Despite a longer than anticipated phase-in period, Grunthal thanked his colleagues for helping to protect residents and the environment.

“As all of you on this board know, I would have preferred to see a more rapid implementation but everyone on this board supported the principle and supported the ultimate legislation and I’m very grateful for that,” he said.

The law does not entirely prohibit gas-powered leaf blowers within the village until Jan. 1, 2027, as long as the equipment was purchased before the end of this year. That extended phase-in period irked some of the supporters of the legislation.

Until then, gas-powered blowers are prohibited from May 1 until Sept. 15. For the remainder of the year, commercial gas

blowers are permitted Monday through Saturday from 8 a.m. to 5 p.m. There will be no hours of operation on Sundays and federal holidays.

However, homeowners and tenants would be allowed to use the machines on their properties from 8 a.m. to 7 p.m. Monday through Saturday and on Sundays and holidays from 9 a.m. to 1 p.m.

There are also restrictions on the number of gas blowers that can be used simultaneously. There is a limit of no more than two blowers on properties less than three acres and a maximum of three gas blowers on parcels that are larger than three acres.

Despite the slower pace of phasing out gas-powered blowers, Grunthal said he believes it will make a difference.

“I do believe this legislation as time goes on will make life a lot more pleasant when we don’t have to listen to the two-stroke leaf blowers,” Grunthal said.

Mayor Gina Picinich said the compromise

legislation was an important starting point to eventually rid the village of the noisy and polluting two-stroke gas machines. Over the next five years, Picinich said she expects that improved technology for electric and battery-powered blowers will be available to residents and landscapers.

“I think this legislation says that this community wants to move in that direction, that this board wants to move in that direction, and so I think that this is a very strong and solid start for us,” Picinich said.

Harckham Introduces Zero Emission Lawn Equipment Law

State Sen. Peter Harckham (D-Lewisboro) has introduced new legislation that requires all in-state sales of new lawn care and landscaping equipment, including mowers, leaf blowers and trimmers, be zero emissions by 2027.

“As New York continues to advance the goals set in the Climate Leadership and Community Protection Act, we need to do more to reduce our dependence on fossil fuels,” Harckham said. “Gas-powered landscaping devices create an inordinate amount of air pollutants, and so it is imperative that we transition to zero emission equipment.”

This Wednesday morning, he is expected to hold a press conference with state Sen. Liz Krueger (D-Manhattan) and Assemblyman Steve Englebright (D-East

Setauket) in Sleepy Hollow along with village Mayor Ken Wray and environmental advocates to push for the legislation.

The measure, S7462, would amend the state’s energy law to require zero emission lawn care devices.

With assistance from various state agencies, a plan will be put in place to ensure that a transition strategy is developed by February 2023. The agencies will overview the issue of new equipment affordability to ensure that the zero-emission devices are affordable so individuals in low-income and disadvantaged communities have access to them.

Prior to submitting the legislation, which was filed with the Senate Rules Committee two weeks ago, Harckham met with professional landscapers, who voiced

concerns about recouping investments on recently purchased equipment. The five-year implementation to zero emissions in the bill takes that factor into consideration.

Over the past few years, multiple municipalities around Westchester, including Bedford and New Castle, have passed local laws with a similar objective. Two weeks ago the Village of Mount Kisco followed suit.

Last month, California Gov. Gavin Newsom signed a bill banning gas-powered lawn equipment and generators starting in 2024. The state has three million more small, two-stroke engines lawn equipment currently being used than light-duty passenger cars.

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Community Newsletter

Nov/Dec 2021

Get to the root of back pain with specialized treatment

Author: Dr. Silva, Neurosurgeon

The average American will suffer with some sort of back pain or spinal injury in their lives. However, the root cause and manifestation of back pain is different for everyone.

At the Phelps Spine Institute, we understand that not all back pain is the same. We work with each of our patients to offer a variety of solutions for back issues. While the cause of back pain may vary, we have the same goal for anyone who visits the Phelps Spine Institute – to get you back to your daily life pain-free.

Phelps' unique approach lies within its all-encompassing ability. The Spine Institute contains spine surgeons, neurosurgeons, physical therapists, pain management specialists, and more, all working under the same roof. Having multiple specialists working together allows us to operate in a manner that allows patients the ability see multiple specialists in the same day, expediting their care.

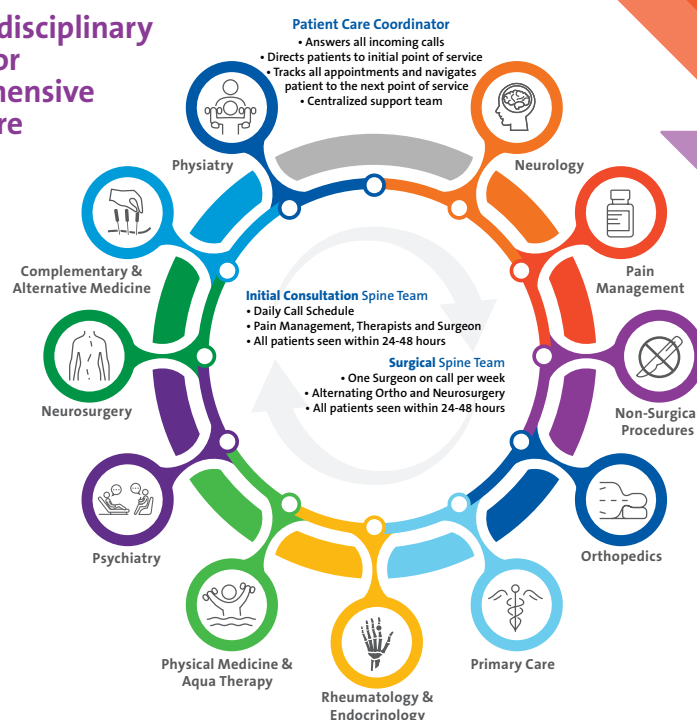
When any patient comes into the Spine Institute for the first time, our first step is to diagnose the cause of the pain. Your back pain may be related to the spine itself, disc herniation, joint pain, muscular pain, or a handful of other underlying issues. Typically, the cause of back pain is not only one of these issues, but a combination. Ultimately, discovering the underlying causes will determine the steps for successful treatment.

Our treatment approach is a three-step process. After we identify why your back hurts, we seek to determine how to both decrease the pain and increase your quality of life. Following the development of your individual treatment plan, our third step is to prevent this pain from becoming a recurring issue.

Many patients coming into our clinic can be successfully treated with non-surgical options. A common holistic step we urge many of our patients to try is to make initial dietary and lifestyle improvements that can be contributing to their pain and overall health.

Physical therapy is another key component of our conservative treatment options. Our physical therapists are movement experts that will help you understand how your body behaves with pain. They can prescribe you individual exercises and provide hands-on care to alleviate or help you better control your symptoms. Pain relief can come through posture improvements

An interdisciplinary model for comprehensive spine care



or alternate ways to perform your daily activities in ways that are less harmful to your back.

While about 90% of neck and back pain can be resolved by these conservative management methods, some patients may need consultation with a spine surgeon to evaluate surgical options. We offer a variety of procedures, from epidural steroid injections and nerve blocks to spinal cord stimulation. Our ultimate goal is to improve your pain issues and get you back to your standard lifestyle.

Is back pain preventing you from performing or enjoying your typical activities? If so, it may be time to seek medical attention. If you are experiencing any red-flag symptoms, including severe pain, weakness in an extremity, or loss of bowel or bladder function, you should seek an urgent consultation with a spine surgeon.

If you or a loved one would like to schedule consultation with one of our spine specialists, please call us at (844) 94-SPINE or visit us online at <https://phelps.northwell.edu/phelps-spine>.



Dr. Danilo Silva
Neurosurgeon

Learn about prevention and treatment from experts at the Phelps Hand, Wrist, and Elbow Center

Author: Erika Larson



For more information on appointments and treatment plans, please contact our Concierge Service at 1-833-51-HANDS.

Did you know that common daily activities such as typing, writing, or playing sports can impact the health of your hands, wrists, and elbows? If pain in your upper extremities is interfering with your everyday life, it's time to seek medical attention. At the Phelps Hand, Wrist, and Elbow Center, we offer complete, multidisciplinary care to treat upper extremity pain.

Some common upper extremity conditions include tendonitis, nerve compression, and arthritis. All conditions have their own symptoms, but common causes include age, overuse, physical injuries, genetic susceptibility, or underlying medical conditions.

Preventing tendonitis or arthritis can be tricky but maintaining overall body health with a nutritious diet and exercise can help. Remember to warm up before a strenuous activity and to stretch after.

You do not need a prior diagnosis or a referral to visit our Hand, Wrist, and Elbow Center, so consider coming in if you're experiencing any type of pain or discomfort in your upper extremities. Our team of physicians and occupational therapists will work together to find the right treatment plan for you.

Everyone has their own unique medical needs, so we give each patient an individualized treatment plan. Our Initial Consultation Physician Team assesses your condition, and our Rehabilitation Team works with you to find the best course of action.



Erika Larson
Program Manager

Community Events for November & December

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: November 8, November 22, December 6
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: November 11, December 2, December 16
6:00pm – 7:00pm
To register, please reach out to Carol Greiner at cgreiner2@northwell.edu or 914-366-1661

Warrior Sisters Women's Survivorship Group

Wednesdays: November 3, December 1, 2:00 pm – 3:00 pm
To register, please reach out to Jane Hearty at jhearty@northwell.edu or call (914) 366-5495

Coeds Kicking Cancer Together

Wednesdays: November 17, December 15
1:00 pm – 2:00 pm
To register, please reach out to Jane Hearty at jhearty@northwell.edu or call (914) 366-5495

Stretch and Strength for Cancer Survivors

Wednesdays: November 10, December 8
7:00 pm – 8:00 pm
To register, please reach out to Jane Hearty at jhearty@northwell.edu or call (914) 366-5495

Nutrition For Cancer Survivors

Tuesday, November 16
1:00 pm – 2:00 pm
To register, please reach out to Amy Hendler at ahendler@northwell.edu or call (914) 366-1611

Vitality for Seniors

To join the Vitality email list to receive the Zoom information for the below programs, please reach out to Ellen Woods at vitality@northwell.edu or call (914) 366-3937.

Keeping Memory Alive

1st Monday of each month
10:00 am – 11:00 am

Breakfast Club

2nd Thursday of each month
9:00 am – 10:00 am

Osteoporosis Program

2nd Thursday of each month
10:30 am – 11:30 am

Holistic Pain Support

3rd Wednesday of each month
9:00 am – 10:00 am

Monday Morning Zoom Chat

Each Monday of the month
9:30 am – 10:30 am (Except 1st Mondays of the month, it will start at 11:00 am)

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
To register, please reach out to Ellen Woods at vitality@northwell.edu or (914) 366-3937

Parkinson's Support Group

4th Tuesday of each month
2:30 pm – 3:30 pm
To register, please visit parkinsonssg.eventbrite.com or reach out to Amy Ferraro Martin at aferraro2@northwell.edu or (914) 366-3435

Laughter Yoga

Thursdays: November 4, December 9
6:00 pm – 7:00 pm
Thursday, November 18
11:00 am – 12:00 pm
To register, please reach out to Carol Greiner at cgreiner2@northwell.edu or call (914) 366-1661.

Maternal Child Health

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

Postpartum Support Group

1st and 3rd Monday of each month, 11:00 am – 12:00 pm

Register here to receive information to join the meeting: phelpspostpartumsupport.eventbrite.com

Breastfeeding Class

Saturdays: November 6, December 4, 10:00 am – 12:30 pm

Register here to receive information to join the meeting: breastfeeding-class.eventbrite.com

ABC's of Baby Care

Thursdays: November 18, December 9, 7:00 pm – 9:00 pm

Register here to receive information to join the meeting: abcbabycare.eventbrite.com

Childbirth Experience

Saturdays: November 20, December 11, 10:00 am – 12:30 pm

Register here to receive information to join the meeting: childbirthexperience.eventbrite.com



Baked Pasta with Broccoli, Tomatoes & Sausage

Ingredients: (Serves 4-6)

- Extra virgin olive oil
- 2-3 cups broccoli florets
- 2 cloves garlic
- ½ cup water
- 1 pint grape or cherry tomatoes, cut in half
- ½ pound sausage of your choice (chicken or turkey sausage is a leaner, healthier choice)
- 1 pound short dried pasta (medium shells, orecchiette, mezzi rigatoni, penne) - use whole grain pasta for a healthy twist!
- 1 pound fresh mozzarella (or part-skim shredded mozzarella)
- Optional: grated Parmigiano-Reggiano cheese
- Salt and pepper
- Butter or olive oil for greasing the baking dish

Directions:

1. Preheat the oven to 400 degrees.
2. **For the tomatoes:** Toss the tomatoes with a drizzle of olive oil and season with salt and pepper. Spread the tomatoes in a single layer on a rimmed baking sheet lined with parchment paper and roast until they're wrinkled and begin to release some of their liquid, about 15 minutes. Remove from the oven and let cool on the baking sheet.
3. Lower the oven temperature to 375 degrees.
4. **For the broccoli and sausage:** Slice the garlic and set aside. Remove the sausage from casings. Over medium heat, add 1 tablespoon olive oil to a wide sauté pan and heat until shimmering. Add the sausage and break up any large pieces with the back of a wooden spoon, stirring frequently to prevent sticking. Cook until sausage is slightly browned, about 6 minutes. Using a slotted spoon, remove sausage to a bowl.
5. Add another tablespoon of olive oil, lower heat to medium low, and add the garlic to the pan. Cook the garlic until slightly golden, occasionally shaking the skillet. Dump the broccoli pieces into the skillet, season with salt and pour in ½ cup of water.
6. Cover the pan, raise the heat slightly, and cook for an additional 5 minutes, occasionally shaking the pan. Remove from the heat and uncover as soon as the broccoli is cooked through and still brightly colored. Meanwhile, cut the fresh mozzarella into bite-sized pieces and set aside.
7. Cook the pasta until slightly underdone, about 2 minutes less than package directions. Drain the cooked pasta in a colander, shake off excess water, and dump into a large bowl.
8. Toss the pasta with the roasted tomatoes and any accumulated juices, the broccoli, and the sausage. (You can drizzle some extra olive oil on if mixture seems too dry.)
9. Grease the bottom and sides of the baking dish.
10. Spread half of the pasta mixture into the baking dish. Scatter half of the mozzarella (and sprinkle some Parmigiano-Reggiano if using) across the dish. Repeat with the remaining pasta and cheese.
11. Bake uncovered for 20 minutes or until the top is crusty and starting to bubble and brown. Serve hot. Buon appetito!

Construction Update

Phelps Hospital, part of Northwell Health – New York's largest healthcare provider – offers one of the broadest ranges of community hospital services in Westchester County.

Our mission at Phelps has always been to provide the highest quality, comprehensive care in a safe environment for our community. In furthering that mission, we are actively upgrading much of our equipment and facilities. Please pardon any inconvenience this may cause while on our hospital campus.



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For more information, contact the **Care Connections Program** at **914-366-1199** or e-mail us at caregiver@northwell.edu.



How I Beautified My Home With Custom Lighting

Before I made the move to my current home in Trump Park in Yorktown, I got permission from management to have an electrician install custom lighting from the ceiling, all planned to highlight my collection of paintings – antique portraits and landscapes.

Sometimes the use of lamps that focused lighting on our side walls is all the illumination I use when creating a mood at home. It can be quite effective.

My interest in lighting as an aspect of decorating started early. When I was in college, I appeared in a play called “The Madwoman of Chaillot” by Jean Giraudoux with the actress Linda Lavin who would later go on to achieve fame as “Alice” on television. The most stunning thing about that production was the amazing effects achieved by its lighting director, on staff in the theater department, who was an incredible talent.

I remember that when the curtain rose for the second act, the stage was completely dark and slowly a small pin spotlight illuminated only the face of the madwoman in the center of the stage. Just that lighting effect alone brought applause from the audience.

Every scene of the play was an arresting study in shadow and light where brightness drew the viewer’s attention where it needed to be while other areas of the stage receded. I was mesmerized as I observed how light created movement and mood by playing off

stationary surfaces.

Many years later I was reminded of my interest in stage lighting when Barry Liebman, director of Yorktown Stage, shared with me that a production really doesn’t come to life until the lighting director does his or her job. He went so far to say that seeing a set dramatically lit for the first time has brought him to tears.

That convinced me that someday I should have a home where its lighting would be as dramatic as a stage set, and that would require a custom-designed lighting system. I was also influenced by my Aunt Pearl who lived in a condo in Brooklyn Heights and was quite salty. She observed that her next-door neighbor was so cheap that, at night, the whole family would gather around the one lamp in the living room.

Having always lived in antique homes, my lighting was primarily from traditional lamps. When I moved to the new Trump Park Residences, however, my dream for dramatic lighting presented itself.

I arranged with management to have electrical contractors work with me to install a system to light my great room and dining room, which I had designed basically as an art gallery for my collection of portraits and landscapes. The lighting system I planned was to highlight the paintings on three walls: portraits on the living room side, pastorals on

the dining room side and a large abstract on the third wall in between.

At first, I was planning to hire a lighting designer, but I was lucky to find an electrician with sensitivity to my ideas and needs, and partnering with an electric supply company, we all worked wonders together.

There were many technical challenges to overcome working on the top fifth-floor condo with 10-foot ceilings, installing high hats in a soffit with insulation material. The casing for the high-hat units I originally wanted turned out to be too large to be accommodated in the soffit, but I had the good fortune to be assigned an electric job manager who was as much an artist as he was an electrician.

He guided me every step of the way in terms of which product to use – we sourced a small LED light whose imprint on the ceiling is only two inches square – as well as the appropriate spacing and angles of light to employ. And he cut such clean holes that nary a speck of spackle was needed for patching the plasterboard.

Now completed, the overhead pin spots illuminate my great room/gallery in a warm and inviting way. Rather than being surrounded by flat walls with two-dimensional



The dining room wall of The Home Guru, demonstrating the effectiveness of focused lighting on his artwork.

shapes on them, the lighted paintings create great depth and richness to our space.

While we have other traditional lighting sources in the room, it really requires no light other than that resting on the faces of the portraits and on the landscapes of the pastorals. The effect takes us to other acquaintances and distant places beyond the space we occupy. It’s transporting.

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




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Full-Fledged Adulthood

When it's time to trade Happy Hour for Home Depot



By Erin Maher

You are reading this week's print edition excerpt of Examiner+, a digital newsmagazine serving Westchester, Putnam, and the surrounding Hudson Valley. Need to subscribe — or upgrade your Examiner+ subscription to enjoy full access to all of our premium digital content? Visit www.examiner-plus.com

You don't realize it's happened until it's too late. First, you develop small, seemingly innocuous habits, like going to bed earlier, using SPF religiously, and starting to avoid dairy because you know it will upset your stomach.

Then before you know it, you prefer siestas over fiestas (but let it be said that sombreros are welcomed for both occasions), you diligently study the grocery store's weekly circulars, and the bartender doesn't even bother checking your I.D. anymore. Yes, that's right. I'm talking about the pandemic that is taking hold of myself and my fellow millennials 'round the world: adulthood.

No one intends to be an adult. I certainly didn't. As a child, I had major plans for when I grew up that included becoming a

Examiner+ VIEWS + VOICES

Crime Scene Investigator after watching one too many CSI episodes. When I wasn't busy dusting for fingerprints or having long, scientific monologues that I didn't understand, I would be tending to my pair of Dachshunds, lovingly named "Ketchup" and "Mustard." And on my wall would be the winning check from my Wheel of Fortune appearance as a victorious contestant. But nowhere in the Erin Maher Life Grand Schemes was the idea of being an adult part of the program.

But, I've recently turned 30, and with that comes the realization that I've somehow managed to stumble my way into the weeds of adulthood. My driver's license says I'm 30, but my heart says I'm 30 - 9 years. Youth, it's Erin. Are you there?

There were quite a few signs that led me to this self-discovery that I was "adulthood" full-time.

First, it's all about sleep. You wake up thinking about how you didn't get enough of it, you daydream about getting more of it, and can't wait to pop back in under



the covers. Sleep is at a premium. Long gone are the nights spent staying out 'til 4 a.m., wired from the restlessness of youth and the false information that anything good happens ...

To read the rest of this article, and others

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We hope you've enjoyed this week's excerpt from Examiner+. We love honest feedback. Tell us what you think: examinerplus@theexaminernews.com.



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Why It's More Important Than Ever to Get Your Flu Shot – Now.

Ask the Doctor

Dr. Debra Spicehandler
Co-Chief of Infectious Disease
Northern Westchester Hospital

For more information about the flu, visit the CDC at [cdc.gov/flu](https://www.cdc.gov/flu)

While the start of flu season this year comes with heightened concerns about a potential double threat of COVID-19 co-infection, Dr. Debra Spicehandler, Co-Chief of Infectious Disease at Northern Westchester Hospital, is hopeful for a more favorable reality – especially if you get your flu vaccine as soon as possible.

Similarities and key differences between COVID and the Flu

Both viruses are transmitted by respiratory droplets – when someone sneezes, coughs, or even talks; or if you touch an object that someone with the virus has just handle. While COVID-19 is more aggressive, symptoms appear to be somewhat similar to the flu – fever, cough, sore throat, runny or stuffed nose, body aches, headache, fatigue and sometimes nausea, diarrhea, and vomiting. With COVID, the key points of difference include loss of taste and difficulty breathing.

Don't self-diagnose! Here's how you can protect yourself...

Because the characteristics of these viruses are similar, it's important to speak to your doctor about testing. If you mistakenly attribute your symptoms to the flu, you could risk spreading the coronavirus, which is more easily transmitted, to those around you.

Another way to protect yourself: Get your flu vaccine.

Getting your flu vaccine, coupled with the behavioral changes you've likely already adopted – including wearing a mask, social distancing, practicing good hand hygiene and staying home while you're sick – are crucial to reducing your risk of a potential double whammy.

Why you shouldn't skip the flu vaccine


If you're a fairly young and healthy person, you could get the flu and recover. But if you then become infected with the coronavirus, your immune system will be weakened and the impact of both viruses could be devastating. A flu vaccine adds another layer of protection against serious complications that may result from having both viruses.

Is the flu vaccine effective?

Each year, scientists monitor flu activity worldwide to determine which flu strains are likely to cause illness, then concoct a vaccine to match. Some years they get it right; some years, not so right. But even if the vaccine isn't a perfect match, if you do get the flu, you get a much milder case.

It takes about 2 weeks after vaccination to have full protection against the flu. So unless you have a life-threatening allergy to eggs, or have a history of Guillain-Barré syndrome, get your flu vaccine now and encourage those you love to do the same.

I get my flu shot every year in September and it carries me through to May. Play it safe – protect yourself and those you love.



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ANN BIANCHI FOR TRUSTEE

- Ann Bianchi has made Mount Kisco her home for over three decades including raising her family in the Village.
- Professionally, Ann has built a notable career with the Legal Aid Society of Westchester County defending indigent clients and now serves as Bureau Chief.
- Ann will focus on preserving and beautifying green spaces, strengthening equity, and creating opportunities for all residents.



KARINE PATIÑO FOR TRUSTEE

- First-generation American, lifelong Mount Kisco resident, and a product of the Bedford Central School District.
- Karine is an attorney, small business owner, working mom, and a community advocate.
- Karine is committed to inclusion, transparency, economic development, and empowerment.



TONY MARKUS FOR VILLAGE JUSTICE

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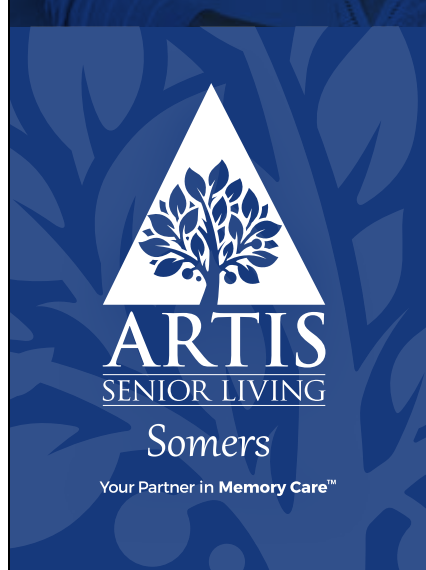
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New Theater Group Ready to Debut Performing the Classics

By Martin Wilbur

There is an assortment of local theater companies across Westchester County, but a new organization hopes to find its niche with productions that are outside the scope of most existing groups.

Katonah Classic Stage, which is debuting this week after a delay of about a year-and-a-half due to the pandemic with a presentation of David Mamet's "Oleanna," is a professional nonprofit theater company that is dedicated to performing the classics, said Sharron Kearney, its executive director.

The theater group's tagline is "Shakespeare to Shaw and beyond," which has generated highly encouraging feedback even before "Oleanna" opens for the first of eight performances this Thursday evening before continuing through Nov. 14, Kearney said.

Katonah Classic Stage's home will be the Bedford Historical Hall on Old Post Road.

"I can't tell you how many people have come up (to us), 'Oh my God, I've been looking for something like this. There is nothing like this up here,'" Kearney said. "So we definitely struck a chord and it was one that I wasn't certain was there to be struck. I was relieved to see such a warm reception of just that idea of doing classic plays, of doing a Chekhov (play) and all of that."

Kearney's husband, longtime stage and television Trent Dawson, who is best known for his role as Henry Coleman on "As the World Turns," is Katonah Classic Stage's founding artistic director. Part of a



Broadway veteran Jordan Lage and accomplished classical theater actor Lea Dimarchi comprise the cast for "Oleanna," the debut production opening Thursday evening for Katonah Classic Stage.



network of actors with stage and television experience, the hope is to attract notable talent to their performances, she said.

For the two-character "Oleanna," the male lead will be played by Broadway veteran Jordan Lage, who is also a seasoned performer of Mamet plays. He will be joined by Lea Dimarchi, who was selected for the female lead of Carol. Dimarchi recently filmed a movie with Naomi Watts and Bobby Canavale and has an extensive classical theater background.

"Trent is hoping to delve into his connections to Broadway and bring some

Broadway veterans up here, and we have a pretty heavy hitter for our first production, so we're excited about that," Kearney said.

She said it had been her husband's dream to launch a theater company performing the classics. After they moved to Katonah in 2016, he began taking steps to make that dream a reality.

"He really started thinking, we have two young children, what is my legacy going to be," Kearney recalled.

The theater group was launched in late 2019, and the debut production was set to be Shakespeare's "Twelfth Night" in

March 2020. By then, virtually everything was shutting down because of COVID-19 and Katonah Classic Stage was put on hold indefinitely.

Instead of having a larger cast that would have been required for "Twelfth Night" or some other productions, they decided to start off with a two-character play. In addition to avoiding the expense of paying a large cast, a two-hander limits cast and crew to exposure to COVID, Kearney said.

She said "Oleanna" is very timely as it speaks to the #MeToo movement and cancel culture, definitely not a light topic, she said.

"This is the type of show where you're going to want to have a drink and go out and talk about it afterwards," Kearney said. "This show, in particular, kind of pits one character against another and you get to decide who you think is right or if both people have value."

In the future, Katonah Classic Stage will also present some more contemporary productions, but the classics will be its focus, she said.

A very long-term goal for the company is to build its own venue, although plenty of fundraising would be needed.

"Oleanna" will be performed Thursday through Sunday, Nov. 4-7 and Nov. 11-14. Show times are 8 p.m. Thursday through Saturday evenings and 7 p.m. on Sunday. Tickets are \$40 for adults and \$30 for students and seniors.

For tickets and more information about Katonah Classic Stage, visit www.katonahclassicstage.com.

'A Something Good' Chat With Peter Noone



Peter Noone, lead singer of the 1960s group Herman's Hermits, is returning to the Paramount Hudson Valley Theater in Peekskill later this week.

By Mark Jeffers

Peter Noone is a multitalented entertainer, who has been delighting audiences nearly all his life. Universally regarded as one of rock 'n' roll's finest and most versatile entertainers, his distinctive voice and live performances are the stuff of legend.

Herman's Hermits starring Peter Noone is returning to the Paramount Hudson Valley Theater in Peekskill this Friday, Nov. 5 at 8 p.m.

I had the chance to sit down with Noone to discuss his career, current tour and his return to the area.

Q: You are performing here on your birthday. Happy early birthday.

Noone: "Thank you, I'm not going to tell you how many years, as I am going in reverse..."

Q: How are you and your family getting through COVID-19?

Noone: "We were all very fortunate to avoid COVID. We were scared and for a while I was actually becoming a 'Hermit.'"

Q: What is it like performing to live audiences again?

Noone: Really, really good fun. I think we got better because we weren't on the

road so much and when we came back, we wanted to be twice as good as before. People are now more relaxed and can go out and have some great fun."

Q: At the age of 15, you achieved international fame as "Herman," lead singer of the legendary pop band Herman's Hermits. Classic hits include "I'm Into Something Good," "Mrs. Brown, You've Got a Lovely Daughter," "There's a Kind of Hush (All Over the World)" and "No Milk Today." Herman's Hermits have sold over 52 million recordings; in all, 14 singles and seven albums went gold.

Peter, what makes you still want to tour and perform?

Noone: It's what I do, I'm in a band, I have slipped away for Broadway, TV and movies, but my real job is singing my songs and I enjoy that, and many have been able to stand the test of time. When we do a show, we try to make the songs sound like the records.

Q: Back in the day, did you know your fellow British Invasion bands? Were you friends?

Noone: Well, you know, England is a small country, everyone knew each other, we had a thing called

(camaraderie) amongst musicians in those days...we weren't competitors, everybody was unique and different. The Hollies weren't like the Stones, the Stones weren't like The Beatles and The Beatles weren't like The Who, we were all different."

Q: You're a busy guy. Tell us about your Sirius '60s on 6 show "Something Good with Peter Noone." How did you get that gig?

Noone: I was performing at a private party for the folks at Sirius one day, just me and my guitar, and the folks thought I would be a good host for a show on Saturdays. People liked listening to me tell fun stories about the time period and it all seems to work.

Q: Of all your huge hits, which one is your favorite?

Noone: "I'm Into Something Good" and on some other days it's "There's a Kind of a Hush All Over the World."

I'm happy to be coming to Peekskill, I have been there before, great fans there, the concert should be a lot of fun.

For tickets and more information to Friday's show, visit www.paramounthudsonvalley.com.

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The Village of Pleasantville Board of Trustees will hold a **Public Hearing on Monday, November 22, 2021, 8:00pm** via Zoom id: 948 3374 9471 and Passcode: 349155 to consider opting-out of allowing adult-use retail cannabis dispensaries and adult-use on-site cannabis consumption establishments to locate within the Village of Pleasantville as authorized under New York State Cannabis Law Section 131. Alyssa Hochstein, Deputy Clerk/Village of Pleasantville.

continued on page 26:



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If your loved one is on Medicaid but unable to continue living in their home, a family may decide to sell the house. Under the existing rules for community-based Medicaid home care, or ALP Level 3, whether a parent moves in with an adult child, rents an apartment or joins an assisted living facility, the house could be sold and the proceeds transferred to the family or a Medicaid irrevocable trust without a penalty.

It gets trickier with respect to nursing homes. Admission to a nursing home designates the person's house as an available resource for Medicaid purposes unless an intent to return home letter is included in the Medicaid application. This letter is designed to inform Medicaid that the applicant does not wish to stay in the nursing home permanently. Their

desire is to live and recuperate at home.

Medicaid allows a six-month window to exempt the person's house from becoming an available resource. During those six months, either the person is able to return home or not. If not, the house can be sold and the proceeds can be partially protected with a Medicaid-approved promissory note. Promissory notes, in a Medicaid context, utilize a combination of a gift and loan that can save about half of the proceeds while the other half is used to pay the nursing home along with their regular income during the penalty period created by the gift.

New Medicaid transfer regulations in New York will take effect in 2022. These new rules will impose transfer penalties for home care and ALP Level 3 Medicaid applications starting Jan. 1. This means that Medicaid applicants filing after Jan. 1 may have to use

promissory note planning to sell a house while under any type of long-term Medicaid care program.

Understanding how penalties are calculated is very important. The 2021 regional Medicaid rate for Putnam County, for example, is \$13,206. Regional rates reflect the average nursing home cost in a specific region of New York State. This regional rate is divided by the total dollar amount of resources gifted or transferred to a person or trust within the look-back period. (The look-back period is five years for nursing homes and will soon be two-and-a-half years for home care and ALP Level 3.)

Let's say a parent's house is sold and after the mortgage is satisfied, the remaining proceeds total \$132,060. For a nursing home Medicaid recipient, this amount has to be transferred so that they can retain



By Alan D. Feller, Esq.

their eligibility. Dividing the proceeds by the regional rate (\$132,060 over \$13,206) equals a 10-month penalty. This means that the family has to pay the nursing home privately for 10 months.

The actual nursing home cost may be greater than the regional rate, so that 10-month penalty may incur nursing home costs well in excess of \$132,060. Promissory notes can reduce the penalty period while providing a partial gift of the proceeds.

Contact the professionals at Sloan & Feller today to review all of the Medicaid law changes and how they impact a recipient's residence.

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

Assistance of Counsel

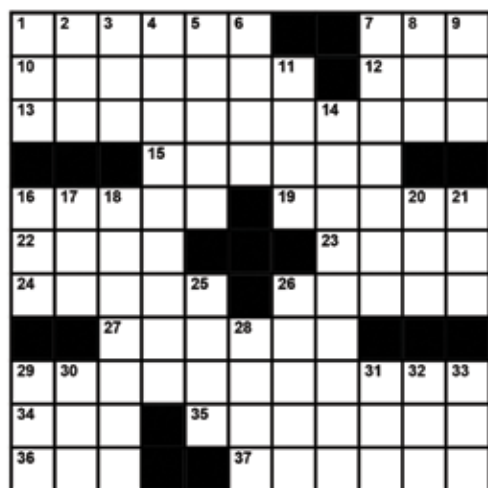
Crossword

Across

1. Chilean novelist Allende
7. New Peekskill liquor store that has "Super Low Discounts"
10. Least possible
12. Queenside castle, in chess notation
13. Coming into being
15. Hue and cry
16. Questionable
19. Spheres
22. A music store by any other name would just not sound the same - ____ Hill Music Academy
23. Seafood delicacies
24. Campfire residues
26. Count with a keyboard
27. Quiet for now
29. White-collar crime investigators follow them
34. Buck
35. Germless
36. Barrett of Pink Floyd
37. Infamous New York prison

Down

1. Chat room "I think ..."
2. Madam's mate
3. "Star Wars" boy
4. Head honcho
5. "Bones" actress Deschanel
6. Roman moon goddess
7. Fancy parties



8. London facility
9. Slip into
11. Papa's mate
14. Destroyed
16. Eiffel Tower country, for short
17. Greek island
18. Like some curves
20. Greatest boxer
21. Compass point
25. Some cameras, for short
26. Le Havre hat
28. Jazzy James
29. GPS provides it, for short
30. "____ luck?"
31. Third in the family
32. Corporation type
33. Caribbean, e.g.

Answers on page 30

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A Spiritual View

By Cantor Lilah Sugarman

Is it bitter or not? That is the question for this month.

We are currently in the Jewish month of Cheshvan. Traditionally, Cheshvan is referred to as Marcheshevan, "Mar" meaning bitter, since it proceeds a month with many Jewish holidays and is itself void of any holidays.

After a busy month full of holidays and often a busy summer of being outdoors, I find it not bitter having a break from holidays, but rather it is helpful and even meaningful to have a month to slow down and reflect.

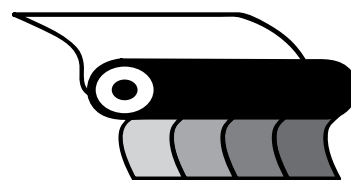
As we come into the colder months in which we will be inside more and a time of short days and longer nights, I hope that we all can take the time before the next

holidays and family gatherings to enjoy the simple pleasures of daily life.

Rabbi Joshua Heschel teaches, "Our goal should be to live life in radical amazement... get up in the morning and look at the world in a way that takes nothing for granted. Everything is phenomenal; everything is incredible; never treat life casually. To be spiritual is to be amazed."

So may you go through your days noticing the overlooked and being amazed by the people and things around you.

Lilah Sugarman is the cantor at Congregation B'nai Yisrael in Armonk and is part of the Armonk Faith Alliance. The alliance also comprises Hillside Church, St. Stephen's Episcopal Church, St. Patrick's RC Church and St. Nersess Armenian Seminary.



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continued from page 24

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Wine in Christian Rituals Throughout the Millennia



By Nick Antonaccio

As a Roman Catholic – and a wine writer – I haven't given much thought to the wine that is consumed at mass during the sacrament of the Eucharist.

This past week I recalled a conversation with our parish priest several years ago about sacramental wines, and, in the face of COVID-imposed wine abstinence for congregants at mass, decided to offer my thoughts to you.

For Catholics, one of the fundamental precepts underlying their faith is the transformation during mass of bread and wine into the body and blood of Jesus. This transubstantiation has formed the basis of their faith since Christ performed this miracle at the Last Supper.

However, the history of the underlying wine used in this consecration is not widely discussed. Certainly, there are religious laws that define how a particular wine qualifies for this sacrament of the Eucharist, but over the course of the last two millennia, there have been many different varieties of grapes utilized in this sacrament.

The history of wine is as old as the

history of civilized man. The first mention of wine was the planting of grapes and the production of wine by Noah after the Great Flood. Numerous historical records exist since that time of wine being consumed as a beverage of choice.

Ancient Egyptians, Greeks and Romans cultivated grapes and produced wine as an alternative to contaminated water in their daily lives and as a celebratory beverage for special occasions. Each civilization created wine to conform to their particular palates. Several added small amounts of water to wine to dilute the bitter taste; others added honey and herbs for the same reason. Ancient wine bore no resemblance to the refined wines we consume today.

And so it was for centuries. Then the perspective of wine for Christians changed forever at Christ's Last Supper when he engaged in the Passover meal of the time, including sharing wine with friends.

This meal became a religious focal point of Christians as they and their religion spread across the ancient world.

The wine itself did not improve much; the respect for it grew, as a religious symbol of the underlying tenet of Christianity.

And so the quality of wine remained unchanged for centuries – until the European monks came on the scene in the Middle Ages, especially in France and Spain.



They became experts in cultivating a more refined and pure wine that was pleasing to them and their spiritual subjects. They owned and developed properties that today are considered several of the premier wine growing areas in the world. The French monks toiled in Burgundy, the Loire Valley and the Rhone Valley. The Spanish monks ventured to the New World, planting grapevines and cultivating wine production in South America and all along the Pacific Coast as far as northern California. The highly regarded wines produced in these regions today are rooted in the toil and sweat of those European monks.

All of this for the sake of having ample supplies of sacramental wine for themselves and the masses at mass.

For some reason, along the way, the participation of church congregations in receiving consecrated wine at mass declined and then disappeared. Also, along the way, another sea change occurred – the Reformation. This schism divided Christianity and the beliefs in the role of wine.

It wasn't until Vatican II in 1962 that Roman Catholics once again could partake of both the body and blood of Christ at mass.

Here in the 21st century, Christians of the Western and Eastern churches, as diverse as they may be, continue to consume wine in their celebration of Christ's sacrifice – temporary (?) COVID impacts notwithstanding.

This now brings me to a more specific focus of my discourse. What wine did Christ likely consume at the Last Supper? What type of wine do we consume at mass in the 21st century?

Alas, the limitation of space on this page requires me to defer discussion until next week.

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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A Bridge Walk to Remember as Kristallnacht Anniversary Nears

By Grace Bennett

Two sister organizations devoted to Holocaust education – whose programming promoting tolerance typically take place from opposite sides of the Hudson River – are collaborating to present Kristallnacht: Bridge Walk to Remember, a solidarity walk on the Gov. Mario M. Cuomo Bridge to commemorate the 83rd anniversary of Kristallnacht.

The walk this Sunday, Nov. 7, starting at 9 a.m. is co-sponsored by the Holocaust & Human Rights Education Center (HHREC) and the Holocaust Museum & Center for Tolerance and Education. It is to remember and honor the victims, survivors and rescuers of the Kristallnacht pogroms and the Holocaust.

“Just as we will be taking in the beauty of the Hudson River, we can also remember back to 1938 when synagogues and storefronts of Jews were broken into and burned down,” said Millie Jasper, executive director of the HHREC in White Plains.

The Holocaust Museum recently opened at Rockland Community College.

“Participants may walk some or all of the Gov. Mario Cuomo bridge, however far they wish,” said Jasper, in remembrance of the terrible events which transpired between Nov. 9 and 10 in 1938, oft referred to as “Night of Broken Glass.”

As a child of survivors, I plan to walk, too. My dad, Jacob Breitstein (who passed away at 97 in 2019) survived Auschwitz and the Holocaust but his mother and four siblings were killed.

My father references Kristallnacht in the opening to his unpublished memoir when he comes upon a group of destitute deportees from Germany in his hometown in Lodz.

“Last week I was a wealthy man in Germany, and this line I’m standing in is a soup kitchen! The Germans came into my store, told me to go outside, put me on a train, and here I am. I couldn’t comprehend what happened. It must have been Kristallnacht.”

Kristallnacht is notorious for the solidifying, if you will, of a nation’s descent into total madness and for the continuing downward spiral toward the massive destruction of the Holocaust. But it’s erroneous to think of Kristallnacht as some sole trigger of the Holocaust, explained Steve Goldberg and Julie Scallero, HHREC’s co-directors of education during a discussion about Kristallnacht.

“From Kristallnacht, yes, the Nazi agenda begins to accelerate, and less than a year later, we have World War II,” said Goldberg. “But Nov. 9 was not an arbitrarily selected date, either. The Kaiser abdicates on Nov. 9, 1918, as Germany loses World War I. On Nov. 9, 1923, Hitler’s smaller Nazi party fails to overthrow the government in Munich and Hitler is sent to prison where he writes ‘Mein Kampf,’ the rantings of a madman, and is eventually released.”

“Kristallnacht was thus very calculated,” said Goldberg, which was revenge against Germany’s losses and Nazi failure.

The breaking, burning, beating and

murdering took place all over Germany and in Nazi-occupied territories in Austria and Czechoslovakia, too.

The deportations “were a foreshadowing, with so many Jews being put on trains, and dropped callously at the Polish border, told to get out,” said Scallero.

One such victim of the deportations sent word to her son in Paris of their family’s urgent plight. Infuriated, Herschel Grynszpan, made his way to the embassy in Paris, where he shot a German diplomat, Ernst vom Rath, who soon died. Soon after, Joseph Goebbels, propaganda minister for the Nazi regime, greenlighted the pogrom carried out by the Sturmabteilung (SA)

aka the “Brown Shirts.”

And so, we remember.

To mark Kristallnacht, the Congregation B’nai Yisrael community and seventh-graders who are studying the Holocaust are having a conversation on Wednesday, Nov. 10 via Zoom with Hannah Deutch, member of the HHREC Speakers Bureau. Hannah experienced Kristallnacht as a young child in Germany.

On Nov. 14, the HHREC will present “Holocaust Memory and Racial Healing” via Zoom featuring Susan Neiman, director of the Einstein Forum and author of “Learning from the Germans: Race and the Memory of Evil.” The event is free and

open to the public. To register and receive a link, write to sgoldberg@hhrecny.org/

For more information about Kristallnacht: Bridge Walk to Remember, contact the HHREC at 914-696-0738 or mjasper@hhrecny.org or visit www.hhrecny.org. You may also contact the Holocaust Museum & Center for Tolerance and Education at 845-574-4099 or visit www.holocauststudies.org. Registration to the walk, which begins on the Westchester side, is limited to 75 participants.

Grace Bennett is a Chappaqua resident and publisher and editor-in-chief of The Inside Press.

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Reasonable Locksmithing
Rob’s Poultry & Farm Supplies
Salon M
Simon Boyar School of Drums and Percussion
The Dance Conservatory
The Edge VR
The Green Growler Craft Beer Bar & Bottle Shop
Universal Healing Arts
Valvoline Instant Oil Change
Van Wyck Wines and Liquors
Zio’s Italian Deli

*Additional businesses may be added. Please visit townofcortlandt.com/Shop&Dine, our Facebook page at facebook.com/TownOfCortlandt and Instagram @townofcortlandt for details and updates.

If you have any questions or your business would like to participate, please call (914) 734-1002.



Coupon

Present this coupon to redeem discounts during “Shop and Dine Cortlandt.”

November 2021

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Feeding Westchester Launches Plan to Combat Holiday Season Hunger

As the number of residents in need of food in Westchester County remains well above pre-pandemic levels, Feeding Westchester is announcing its “Meals and Hope for the Holidays” campaign to inspire the community to support hunger relief through the upcoming holiday season.

The cost of necessities – such as food, oil and gasoline – continues to rise and food shortages are leading to steeper price increases. Since the start of 2020, prices of meat, poultry, fish and eggs are up 15 percent.

In response, Feeding Westchester is launching this end-of-year campaign to highlight ways the community can ensure their neighbors have food on their tables in the coming months and beyond.

Ways to get involved and provide food for your neighbors in need during the months of November and December include:

- Fill a Truck: Donate funds to fill one of our delivery trucks with nearly 40,000 meals.
 - Start a Fundraiser: Encourage your network of family, friends and colleagues to support your efforts and contribute to hunger relief in Westchester.
 - Donate Food: Collect and donate food to our Holiday Food Drive, which will then be distributed directly to children, seniors and families across the county.
 - Help from Home: Make Holiday Help from Home meal bags filled with side dish staples and dessert treats.
 - GivingTuesday: Join us on Facebook for our GivingTuesday fundraiser, where your donations could be matched for an even greater impact for our hungry neighbors.
- “This holiday season, many of us look forward to reuniting with family and friends, spending time together and gathering around

the table for a shared meal,” said Karen Erren, president and CEO of Feeding Westchester. “But for hundreds of thousands of our neighbors right here in Westchester, hunger doesn’t take a break during the holidays. With food supply shortages and rising costs of heating oil, gasoline and food, dollars are being stretched more thinly for our neighbors in need.

Learn more about how you can give back this holiday season at feedingwestchester.org/holidays.

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

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

Crossword Answers

1	I	S	A	B	E	L			7	S	L	D
10	M	I	N	I	M	U	M		12	O	O	O
13	O	R	I	G	I	N	A	T	I	O	N	
				15	C	L	A	M	O	R		
16	F	I	S	H	Y		19	A	R	E	20	S
22	R	O	S	E				23	E	E	L	S
24	A	S	H	E	S		26	B	A	S	I	E
			27	A	S	L	E	E	P			
29	P	A	P	E	R	T	R	A	31	32	33	S
34	O	N	E		35	S	T	E	R	I	L	E
36	S	Y	D			37	A	T	T	I	C	A

Kent Town Supervisor Maureen Fleming endorses TEAM KENT

- New leadership
- The right team for Kent’s future
- Innovative and realistic plans
- Continue the progress

Kathy Kahng
for Kent
Town Supervisor

Anne Campbell
for Kent
Town Board

Simon Carey
for Kent Town Board

Andy Wells
for Kent
Town Justice



Andy Wells, Maureen Fleming, Kathy Kahng, Simon Carey, Anne Campbell

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