Greenburgh Undertakes Black Lives Matter Project

By Anna Young

The Greenburgh Town Board is making strides to support the Black Lives Matter movement with a three-part project that includes a meaningful and educational mural on Manhattan Avenue.

The mural, which would be featured on both sides of the overpass where I-287 stretches over Manhattan Avenue, would illustrate Black history from 1619 to today. Councilman Ken Jones said. Jones added the design would also highlight Greenburgh residents and their accomplishments over the years.

Jones is currently overseeing a subcommittee that is spearheading this effort.

Furthermore, rocks leading up to the mural would be painted red, black and green, with certain ones labeled with the names of Black individuals who have been killed by police officers. Some rocks would be intentionally left blank in the event other fatal incidents occur, Jones said.

A QR code, which is a barcode your phone can scan, will also be listed on the mural that will lead to a website with historical information and a description of certain images depicted in the painting. No design has currently been submitted to the town for consideration.

“T he mural is very involved. It’s going to be really detailed,” Jones said at the board’s Feb. 16 work session. “It’s really going to be a nice educational experience for people in the town. I think it’s going to come out quite nicely.”

Jones added that the town will collaborate with the Greenburgh Central School District, youths from the Theodore D. Young Community Center and the housing authority in creating the project.

Local artist Madison Hood has been tapped to design the mural.

Jones said a muralist will likely be hired as a consultant to ensure the project is sustained for a long time. However, the mural is the last phase of the project.

The first part, which Jones said is the easiest, will be to create and place placards at various entry points to the town that state “All Lives Can’t Matter Until Black Lives Matter.”

The second phase is a banner project. Jones said the idea is to have five different banners hung on five designated buildings throughout the town, with students from local school districts creating the posters.

Jones added that the Arts and Culture Committee will also sponsor an essay contest for the students to participate in while they work on the banners.

The essay will have students answer a specific question relating to the Black Lives Matter movement.

Jones said the current option is to have the students explain the meaning behind why society uses the phrase Black Lives Matter.

He added that a booklet will then be produced to include the essays and various designs created by students to hand out at the opening for the mural.

“What’s very important to us is that it’s more than just an art project, it’s more than just a saying, we want it to be a history lesson,” Jones said. “And this is the way in which we’re trying to make it into a history lesson for people, so they understand what the words mean, why we’re saying them, why we’re saying them now and why they’re important.”

While Jones signaled completion of the mural is likely a year away, Town Supervisor Paul Feiner suggested a temporary sign be placed at the overpass indicating a mural will be coming soon. Community Center Deputy Commissioner Terrance Jackson suggested the sign be the same one placed at the welcome points.

Erecting a sign on the overpass would require state approval, Councilman Francis Sheehan said.

While board members expressed their support and excitement for the project, Jones said there could be some budgetary issues. The venture is estimated to cost between $30,000 and $50,000. He said the committee is currently searching for additional funds and grants to lessen the cost burden on the town.

“I can’t imagine people not wanting to contribute to an effort like this,” Feiner said.

White Plains Man Attempts to Steal Car with Passenger Inside

By Anna Young

An early morning trip to a Greenburgh gas station went wrong earlier this month as a White Plains man attempted to steal an individual’s car with a passenger still inside.

At approximately 6:35 a.m. on Feb. 4, Greenburgh police officers responded to the BP Gas Station at 190 Aquaduct Road for reports of a robbery in progress. Upon arrival, police found Jarynna Wilson, 41, being restrained on the ground by another male.

Upon arrival, police found Jarynna Wilson, 41, being restrained on the ground by another male.

The male driver opened the car door, a brief struggle ensued between the two men, and the driver pinned Wilson to the ground until officers arrived at the scene, according to police. Wilson was arrested and a handgun was seized.

Police charged Wilson with attempted robbery in the second degree and criminal possession of a weapon in the 3rd degree. Both charges are class D felonies. He was arraigned and transported to Westchester County Jail.
New COVID-19 Vaccine Distribution Center to Open

By Anna Young

A new vaccination site with the purpose of inoculating 1,000 eligible individuals a day will open next month in Yonkers.

Gov. Andrew Cuomo announced last Wednesday that the new COVID-19 vaccine distribution site will open on March 3 and be located at the New York National Guard Armory at 2 Quincy Place. Initially, appointments will only be available for Yonkers residents.

Three other community-based vaccination sites will open throughout New York in Buffalo, Rochester, and Albany. The four new locations were selected in partnership with the Federal Emergency Management Agency (FEMA) and Centers for Disease Control and Prevention (CDC).

Cuomo said each site, which will distribute 1,000 vaccine doses daily, will be used to target communities and populations historically underserved by the traditional health care system that were disproportionately impacted by COVID-19. He added the focus is to improve vaccine access to socially vulnerable areas.

“We’re putting four new vaccination sites in socially vulnerable communities outside of New York City where we’ve seen higher positivity rates and lower vaccination rates,” Cuomo said. “These sites will operate with extended hours – each administering 1,000 doses of the vaccine every day – and there is no doubt that they will be the most effective way to get the vaccine out as quickly and as fairly as possible in the communities that need it most and bring use one step closer to winning the war against COVID.”

Up until last month, certain parts of Yonkers were given a Yellow Zone designation by the state due to its high infection rate. The COVID hot spot label resulted in increased testing measures and added restrictions placed on restaurants, businesses, and schools to contain the spread of the virus.

While the designation has since been lifted, Yonkers continues to record the highest case numbers in Westchester County. Currently, Yonkers has 1,832 active cases of COVID-19.

Overall, there have been 23,119 positive coronavirus cases reported in Yonkers since the start of the pandemic, the most of any Westchester community.

“We’ve long needed a vaccination hub in Yonkers to better service the portions of our community that have been disproportionately impacted by COVID-19,” Yonkers Mayor Mike Spano said. “Equitable access to the vaccine and proper healthcare is essential to curbing the virus and creating a stronger, more resilient Yonkers.”

The Yonkers location marks the fourth vaccination site in Westchester County.

The County Center in White Plains was the first state-run operation to open to eligible prioritization groups 1A and 1B on Jan. 13. Over 58,000 first and second doses of the vaccine have been distributed since.

The 1B group currently consists of police, firefighters, public safety workers, educators, transit personnel, restaurant employees, drivers, grocery store workers, developmentally disabled facility personnel, those with certain co-morbidities, and people 65 and up.

Health care workers and group living personnel, who have been eligible since the vaccine rolled out in December, are categorized as Phase 1A.

Westchester Community College, which opened as a vaccine spot two weeks ago, and the Department of Health clinic in White Plains have inoculated nearly 10,000 folks. Both locations are county run.

Various pharmacies throughout the county are only administering the vaccine to individuals ages 65 and up, with area hospitals immunizing health care workers.

“The underserved communities that this mass vaccination site in Yonkers will aim to service are the same residents who have borne the brunt of this deadly virus as it ravaged our nation, state and county,” County Executive George Latimer said. “The same communities that were hit hardest when the nation’s first coronavirus epicenter came to Westchester. These mass vaccination sites are truly the light at the end of the tunnel.”

Hearing in Greenburgh to Consider Leaf Blower Law

By Anna Young

Greenburgh officials have scheduled a public hearing for next month to determine if a proposed local law regulating the use of leaf blowers to curtail noise and air pollution should go into effect.

Unlike other Westchester municipalities that have passed laws prohibiting gas-powered lawn equipment, Greenburgh’s proposal would only allow blowers – both gas and electric – to be used during specific weeks during the spring and fall. The purpose of the law is to limit involuntary exposure to noise and airborne particulates, officials said.

The proposed law would allow leaf blowers to be used from March 1 to May 15 and October 15 to December 15. During those specified periods, use of blowers would be permitted between 9 a.m. and 3 p.m. Monday through Friday and 10 a.m. to 5 p.m. on weekends and legal holidays.

All types of blowers would be prohibited the remainder of the year, according to the proposed law.

Violators would be subject to a $50 fine for the first offense, $200 for the second infraction and $500 for the third and any subsequent offenses. If the owner or renter of the property where the violation occurs is not the person operating the blower, the property owner or renter would also be subject to a separate fine in the same amount, the proposal states.

The law will be enforced by the Greenburgh Police Department, the Department of Community Development & Conservation, and the Building Department.

In the event of a weather emergency, like a hurricane or nor’easter, the town would have the authority to suspend the use of any blowers for any amount of time. Any directives would be posted on the town website and communicated to the police department and community development and conservation department.

Exceptions to the law would include debris clean-up resulting from town authorized tree removal and within two feet of outdoor equipment such as air conditioning compressors, generators and other outdoor machinery and related piping exposed above ground. Any work conducted by the Department of Public Works affecting public safety on roadways, walkways, and road islands would also be exempt.

That work would require prior authorization for extenuating circumstances, such as special events, equipment malfunctions, equipment shortages and personnel shortages.

Additionally, use of blowers for activities of the Department of Parks & Recreation would be exempt. Authorization would also be mandated, according to the proposed law.

If passed, Greenburgh would join about a dozen area communities that have either passed similar laws or are attempting to regulate lawn equipment.

Last September, New Castle officials unanimously approved a law prohibiting the use of gas-powered leaf blowers from June 1 through Sept. 30. In Croton-on-Hudson, the Village Board is mulling a proposal that would outlaw gas-powered blowers year-round in a phased approach by 2023.

Pleasantville officials are also discussing a ban to limit noise and air pollution and reduce health impacts. The proposed ordinance would allow leaf blowers to be used only in spring for two weeks and for a three-week period in fall. The weeks they could be used would depend on the weather. Operation would be allowed after 10 a.m. on Saturday and after noon on Sunday.

The public hearing is scheduled for March 10 at 7:30 p.m. during the Greenburgh Town Board meeting, which is being held virtually. For more information, visit https://www.greenburghny.com/.
Latimer Urges Public to Follow Safety Guidelines, Get Vaccinated

By Anna Young

As the coronavirus infection rate continues to drop in Westchester, County Executive George Latimer encouraged residents to remain vigilant, follow safety measures and get vaccinated.

During a press briefing last Friday, Latimer urged eligible people in groups 1A and 1B to get vaccinated, emphasizing that there is currently no other way to end the pandemic. He described the vaccine as the medical community’s ticket back to normalcy and chastised those making excuses not to get inoculated.

“I’m frustrated that there’s still an unwillingness of people to do what we know is the logical thing to do and we go out of our way to find excuses for not doing it,” Latimer said. “The path out of the pandemic leads through vaccinations and making yourself less vulnerable to getting the disease in the first place.”

But until everyone is immunized, he said it’s imperative the numbers don’t spike again like they did during the holiday season. Latimer added that officials are encouraged by the reduction in infections, fatalities and hospitalizations over the last month.

However, he asserted that the county has been in this position before only to see the trajectory change.

“Our behavior is critical here,” Latimer said. “The numbers are getting better but not better enough for us to drop our guard.”

Coronavirus cases increased by 377 in Westchester County on Monday, bringing the total number of positive cases to 104,777 since the start of the pandemic. There are now 6,332 active cases, a continual drop after cases tracked just above 7,000 late last month.

Data shows a decline of 562 in active cases since last week.

“We had a slight uptick in Wednesday’s numbers and Thursday’s numbers over what they were the prior day, but still the numbers have been dropping,” Latimer said. “The numbers are getting better, but the numbers are still embedded with fatalities and hospitalizations.”

The daily positivity rate is 4.77 percent, with 7,903 tests administered Saturday. Overall, more than two million COVID-19 tests have been dispensed in Westchester since March.

Ten more deaths were reported on Monday, bringing the COVID-19-related death toll to 2,064. There were 43 virus deaths recorded in the last week, with 388 since Jan. 1.

“In terms of the numbers and trends, the number of fatalities per week have been dropping (and) we’re almost at the point where we are half of the population of fatalities than we had two weeks ago,” Latimer said. “Obviously, nothing will suffice until we hit zero.”

While the weekly fatality rate has decreased, Latimer stressed that 25 percent of virus-related deaths have occurred since Thanksgiving. He attributed the rapid influx in deaths to public gatherings and folks defying state guidelines.

“You cannot deny that we’ve had a rapid increase in the number of fatalities since Thanksgiving Day at a time when we had almost no public activities, but private behavior pursued whatever direction it pursued,” Latimer said. “And maybe the people at the party didn’t die of COVID but they got COVID and they passed it onto someone else who had an underlying illness who suffered.”

There are currently 403 virus patients in Westchester hospitals, another decrease since hospitalizations neared 600 earlier this month.

The Westchester County government has directly administered 60,731 vaccines to eligible residents since the County Center became a distribution site on Jan. 13. The county health department and Westchester Community College sites have inoculated 9,707 individuals.

“At some point in time, we will have vaccinated as many people as we have had people that officially were tracked as having COVID,” Latimer said on Monday. “The numbers don’t correlate except they are an indicator of how much they are rising in the vaccination challenge.”

Latimer added that while the county continues to inoculate more than 1,000 people a day, there still isn’t enough supply to meet the demand of every eligible Westchester County resident.

Putnam County’s total caseload reached 8,135, with 19 additional positive cases recorded on Monday. The daily positivity rate is 2.19 percent, with 868 tests administered on Saturday. Active cases have reached 510. There have been 86 coronavirus-related deaths since the start of the pandemic. Two virus deaths were reported last week, with 18 fatalities in 2021.

Statewide there were 6,146 new positive cases on Monday, with the daily positivity rate clocking in at 4.35 percent. There were 89 additional COVID-19-related fatalities, bringing the death toll to 37,941.

Statewide hospitalizations stand at 5,804, a decrease of 49 over the previous day. Across New York there have been 1,584,931 positive coronavirus cases since the start of the pandemic.

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By Martin Wilbur

Chappaqua resident Lawrence Otis Graham, a highly respected attorney, best-selling author, local political commentator, activist and one-time congressional candidate, died suddenly last Friday. He was 59.

County Executive George Latimer announced Graham’s death on Sunday on his Facebook page. No cause of death was given.

“I met him when he and his wife Pam – a talented and successful executive in her own right – lived in White Plains and I was going door-to-door running for re-election as a county legislator,” Latimer said. “I walked away from that front door meeting knowing I had just met an impressive man...and he was that and more over the 25+ years of our friendship. “He left an indelible mark while he was with us. And we mourn his departure this day.”

For many years, Graham worked for the White Plains law firm Cuddy & Feder, specializing in real estate law, land use and governmental affairs. He was a New York Times best-selling author, who wrote 14 books as well as having served as a contributing editor at U.S. News & World Report.

He offered regular political commentary on News 12, including offering his insight each Election Night.

Graham was also once a political candidate. In 2000, he ran against former Rep. Sue Kelly but was defeated.

Graham wrote a magazine article, which developed into a book, about his clandestine effort to work undercover as a busboy at an all-white a Greenwich, Conn. country club.

Born on Dec. 25, 1961, Graham was the son of Richard C. Graham and Betty J. Graham. He grew up in White Plains and was a graduate of White Plains High School, Princeton University and Harvard Law School.

He married Pamela A. Thomas on Feb. 15, 1992, and worked for many years until the time of his death as an attorney at the White Plains law firm Cuddy & Feder.

The law firm posted a tribute to him on Sunday on its website, noting his work in the community and serving on the boards of numerous schools and organizations. He also served on the Westchester County Police Board.

“Larry’s enthusiastic and energetic community efforts were rooted in his belief that one must give back and make a difference in the lives of people,” the Cuddy & Feder statement read in part. “His talents were highly sought after as a board member at several universities and philanthropic organizations, as a police board commissioner and a commentator on Channel 12. Larry’s intelligence, vision and sensitivity resonated particularly in his dedication to telling the story of uniquely human experiences and the search for equity for all people.”

A public viewing will be held this Friday, Feb. 26 from 12 to 5 p.m. at Lee’s Funeral Home, located at 160 Fisher Ave. in White Plains.

In lieu of flowers, donations may be sent In Memory of Lawrence Otis Graham to the National Museum of African American History and Culture (NMAAHC), Contribution Receipt Center, P.O. Box 98097, Washington, D.C. 20090 or by visiting go.si.edu/honor-memory.

**Westchester County Parks Taking Picnic Reservations**

The Department of Parks, Recreation and Conservation is now taking reservations for outdoor picnicking in county parks for the upcoming months.

All groups will be required to follow current COVID-19 guidelines including, but not limited to, capacity, social distancing and mask wearing.

Picnicking, including outdoor pavilions, is allowed at Blue Mountain Reservation, Peekskill; Croton Gorge, Cortlandt; Croton Point Park, Croton-on-Hudson; George’s Island Park, Montrose; Kensico Dam Plaza, Valhalla; V.E. Macy Park, Irvington; Ridge Road Park, Hartsdale; Saxon Woods Park, White Plains; Sprain Ridge Park, Yonkers; Tibbetts Brook Park, Yonkers; Ward Pound Ridge Reservation, Cross River, and Willson’s Woods Park, Mount Vernon.

To make a reservation, call 914-231-4575, Monday through Friday from 10 a.m. to 4 p.m. Reservation holders will be contacted if there are any changes to COVID-19 protocols.

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Get the vaccine facts at Northwell.edu/OurBestShot
Mt. Kisco Special Ed School Pushed to Brink Over Tuition Flap

By Martin Wilbur

A state Education Department (SED) determination has placed a Mount Kisco school that serves students with learning and social and emotional disabilities in financial peril because the school must pay districts that sent pupils to its classes.

The Karafin School, which is privately owned and operated and located on Radio Circle for students in grades 9-12, has been forced to reconcile payments with the New York City Department of Education and districts throughout the lower Hudson Valley dating back to the 2013-14 school year.

Last spring the school, which had not seen its state-set tuition rate increase over the past seven years, was flagged by SED “due to underspending and costs disallowed by SED per tuition methodology,” according to a department spokesperson.

Dr. Bart Donow, the Karafin School’s owner and director, said that according to the state’s calculations the school took in more money than it spent and was also providing higher salaries for some of its teachers and employees than their certification allowed. He said the school needs to retain qualified staff in a prohibitively expensive environment.

“Our salaries are ridiculously low because our tuition prohibits us from getting any more,” Donow said. “The only source of income that comes in besides a federal grant, which I have to spend on material for the kids, is the tuition rate.”

The state set the per-pupil tuition rate at $3,047.04 a month for 2019-20 and it decreased to $3,028 for the current school year, he said.

As a result of the SED findings from the previous years, the Karafin School is responsible for repaying $257,000 to the New York City Department of Education and a similar amount to numerous districts in Westchester, Putnam, Orange, Dutchess and Ulster counties as well as some in Connecticut.

Donow said the lower Hudson Valley districts are unlikely to ask for the money back because many had sent one or two students, so it wouldn’t be financially feasible for them to reopen their books from several years ago. Also, if the Karafin School went bankrupt, districts would spend far more money anywhere else to provide the mandated services.

However, with New York City accounting for roughly half of the school’s enrollment and due just over a quarter of a million dollars, Donow needed to agree on a $7,000-a-month payment plan out of the $104,000-a-month tuition from the city.

Typically, the Karafin School has had close to 75 students a year. However, whether it’s the pandemic or other factors, current enrollment is about 58 students.

Donow said he hopes the school will be able to survive. He launched a gofundme to underspend and costs disallowed by SED for the last year, a total of $75,000.

“Set escalator based on growth General Education Department is advocating for a state redesign of tuition rates for providers of special education programs and services. That is established by SED and approved by the Division of the Budget. SED establishes annual tuition rates for more than 1,000 approved special education programs at approved private schools, public schools, special act school districts and BOCES.

A set escalator based on growth General Support for Public Schools costs would provide some cost certainty.

Meanwhile, Donow hopes the Karafin School, which opened in 1958, can weather this storm.

“Nobody knows that we’re here until they need us,” he said.
Members of the state Senate moved forward Monday with an 11-bill package that is designed to better support and protect nursing home residents.

Legislation approved by the Senate and supported by Sen. Peter Harckham (D-Lewisboro), is a continuation of efforts made to safeguard residents of New York since the beginning of the coronavirus pandemic last year.

The legislation passed today will establish a direct patient care spending ratio for nursing home, provide greater transparency regarding violations at facilities and require state health officials to conduct more thorough inspections.

“This new legislation, aimed at improving the quality of long-term care, includes developing regulations that will allow compassionate care-giving visitors at facilities in the state,” said Harckham, who co-sponsored the visitation bill and several facilities.

“With the coronavirus crisis relating to nursing home deaths, it is essential that we consider the emotional well-being of nursing home residents and their loved ones while assuring the safety of everyone concerned and yet providing opportunities for in-person visits.”

The action comes after intensifying criticism of Gov. Andrew Cuomo for his actions from both Republicans and some Democrats for his handling of the COVID-19 crisis relating to nursing home deaths.

A Jan. 28 report from state Attorney General Letitia James found that the Cuomo Democrats for his handling of the COVID-19 actions from both Republicans and some residents and their loved ones while assuring co-sponsored the visitation bill and several

State Senate Passes Package of Bills to Protect Nursing Home Residents

- **Patient Care Ratio Reporting.** This bill directs the Commissioner of Health to establish a “Direct Patient Care Ratio” that would require all nursing homes to spend at least 70 percent of a facility’s revenue on direct patient care.
- **Publication of Nursing Home Ratings.** Requires that the most recent Center for Medicare and Medicaid Services (CMS) rating of every nursing home be prominently displayed on the home page of the Department of Health’s website and at each nursing home facility’s website and displayed at the facility for view by the general public.
- **Reimagining Long-Term Care Task Force.** Enacts the Reimagining Long-Term Care Task Force that would study the state of both home-based and facility-based long-term care services in throughout New York, and to make recommendations on potential models of improvement to long-term care services for older New Yorkers.
- **Long-Term Care Ombudsman Program Reform Act.** This proposal would expand the current program to be more accessible and available to seniors and their families while promoting the volunteer advocate program, and improve interactions between the Department of Health and the ombudsman program regarding complaints.
- **Allowing Compassionate Care-Giving Visitors.** Creates a standardized program to allow personal care and compassionate care visitors at nursing homes.
- **Infection Inspection Audit.** The Department of Health would establish and implement an infection control inspection audit and checklist for residential care facilities.
- **Quality Assurance Committees.** Requires adult care facilities to include quality assurance committees in their quality assurance plans.
- **Requirements for Transfer, Discharge and Voluntary Discharge.** Creates requirements for the transfer, discharge and voluntary discharge of residents from residential healthcare facilities.
- **Standards for Ownership of Nursing Homes.** Requires more review of ownership of nursing homes through the certificate of need process, including consideration of past violations at other facilities by owners, and requires more notice to the public during the Certificate of Need process.
- **Department of Health Death Records.** Requires the Department of Health to record COVID-19 deaths of nursing home residents who died in hospitals to be recorded as a “nursing home” death and require the department to update and share data it receives with hospitals and nursing homes on communicable diseases.
- **Transparency of Violations.** Forces residual health care facilities to disclose in writing to potential residents and their family members the website where a list of violations and other actions taken against the facility can be found.

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**Putnam County Seedling Sale**

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By Martin Wilbur

The Bedford Board of Education has pulled the plug on the proposed 30-acre solar farm it had been considering behind West Patent Elementary as well as a carport there and at Mount Kisco Elementary School.

On Monday morning, the board issued a statement that it had discontinued entertaining the proposal from Brightcore Energy LLC of Armonk to install the array that would have paid the district $13 million to lease the land for 25 years.

“The district worked diligently to learn more about what this project would entail,” the board statement read. “After careful consideration, the district had determined not to proceed with this proposed project and will not advance its review or consideration of the project any further.”

It did not provide a reason for its decision. An e-mail sent to Board President Collette Dow did not produce a response on Monday.

Since Brightcore made a presentation to the board in December, there had been increasing opposition to the proposal from the community, particularly residents who live near the school and for many parents with children attending West Patent.

There had also been growing concern about Brightcore’s claims that the approvals would be coming only from the state Education Department (SED) and other state agencies with no local oversight permitted from the Town of Bedford.

Brightcore had approached the district about using the land at the school for a ground-mounted solar array. The array, along with carports built over the West Patent and Mount Kisco Elementary School parking lots with solar panels on top, would have generated roughly 8.6 million kilowatt hours of energy, enough to power about 1,000 homes.

The proposal was generated as part of Con Edison’s goal along with other utilities around the state to encourage clean energy projects to meet New York’s plan of being power 100 percent by renewables by 2040.

Had the array materialized, the company would have also installed monitors inside the schools to indicate how much power is being generated by the panels.

Despite the board’s decision, its statement said that district officials will seek other opportunities to promote green energy and sustainability.

“We look forward to focusing our efforts on the district’s other ongoing sustainability and energy efficiency initiatives, such as the proposed Energy Performance Contract and development of a district-wide strategic sustainability plan,” the board stated. “Those plans will be shared with the community as they develop.”

The Bedford Schools Short-Circuits Solar Farm Proposal at West Patent

Treasures Thrift Shop to Re-open in Armonk on March 6

Treasures Thrift Shop at St. Stephen’s Episcopal Church in Armonk is hosting a grand re-opening. Starting Mar. 6, shop hours will be Saturdays from 11 a.m. to 3 p.m. for both shopping and donations.

Shuttered since last year due to COVID-19, Treasures has been refurbished and its inventory refreshed. Hand sanitizers and air purifiers have been installed. Maximum capacity has been set at eight persons. Masks and social distancing are required. There is plenty of parking.

Shoppers will have plenty of wonderful items to choose from – clothing, small furniture, dishware, art, books, bric-a-brac and more. Winterwear will be offered at very low prices. Cash and credit card payments are accepted (but no personal checks).

Also, donors can do some good while spring cleaning. Treasures gratefully accepts donations of a wide range of items in new or nearly new condition. A complete list is posted on the Treasures website, www.treasuresthriftshop.org.

As a service to the community, Treasures Thrift Shop is happy to dispose of textile items (clothing, shoes, linens, towels, handbags) not of resale quality.

Half of Treasures’ net proceeds support local nonprofits such as the Emergency Shelter Partnership, Hope’s Door, Hudson Valley Honor Flight and the Mount Kisco Interfaith Food Pantry, among other organizations.

Come visit on Saturdays, starting Mar. 6 and help make a difference. You can find us in the basement of the parish hall at St. Stephen’s Episcopal Church, located at 50 Bedford Rd. in Armonk.

Interested in volunteering? There are lots of opportunities available and would love to hear from you.

Treasures is an all-volunteer-run thrift shop founded more than 50 years ago that has become an institution in downtown Armonk. It is dedicated to connecting donors and shoppers, offering low-cost, high quality items to the community and providing an alternative to landfills.

For more information, visit www.treasuresthriftshop.org or contact Trina Fontaine at info@treasuresthriftshop.org.

The region’s newest maternity center for your newest addition.

Designed with mothers and babies in mind, our new Maternal & Newborn Care Unit features modern amenities that reimagine the birthing experience. With Columbia doctors and award-winning nurses, you’ll receive comprehensive, personalized services in a certified Baby-Friendly® hospital. And our family-focused private rooms are spacious and comfortable so you can enjoy those first sweet moments in comfort together.

Discover more at nyp.org/hvmaternity

NewYork-Presbyterian
Hudson Valley Hospital
1980 Crompond Road, Cortlandt Manor
**Scott Frey**

It is with profound sadness that we share the news of the passing of Scott Young Frey on Jan. 26 at age 36. After fighting a courageous battle with a virulent and little-known strain of cancer, Scott passed away in his home in San Francisco surrounded by his family.

Scotty grew up in Pleasantville, where he was well-known and much loved. He was a talented athlete, playing basketball, baseball and football since third grade with the Dad’s Club and culminating his career as a member of the Pleasantville varsity basketball team. He had an unparalleled sense of humor, generous spirit and boundless sense of compassion.

After graduating from Pleasantville High School, Scott earned a Bachelor of Arts degree with honors from Charleston Southern in 2007. Scotty moved to San Francisco in 2010 to join his brother Evan. Together they spent the past decade charming scores of Californians at the Wreck Room, which they transformed into San Francisco's unofficial New York Mets, Wreck Room, which they transformed into a Southern-influenced sports bar. In the past year, Evan acted as Scott’s caretaker, steadfastly supporting him throughout his illness, for which his family is deeply grateful.

In lieu of flowers, those wishing to express sympathy may consider making a donation in Scotty’s name to the Bartender Emergency Relief Program, through the USBG National Charity Foundation at https://usbgfoundation.networkforgood.com.

Nicole; his aunt, Linda; cousins Jennifer and Katie; niece Hallie; and nephews Ethan and Rico.

**Annette Mustich**

Annette Mustich died peacefully at her Pleasantville home on Feb. 20 in the presence of her family. She was 91.

She is survived by her beloved husband, Jimmy, with whom she shared 70 years of marriage, and their two children, Cathy Guy and Jim Mustich Jr.

Born in the Bronx on June 20, 1929, to Catherine and Frank DiStasio, Annette attended Evander Childs High School and worked as a young woman at the Metropolitan Life Insurance Company in Manhattan. On Sept. 30, 1950, she married Jimmy, her high school sweetheart. The couple moved to Pleasantville in 1957 and, in homes on Marble Avenue and Mountain Road, lived there ever since.

Annette was a devoted mother and a source of love and strength not only to her own children but to nearly every young person who came into her orbit. She was a treasured friend to many. A superb cook, she commanded the kitchen not only at home but during lunch hours at Jim and Dom’s Bar and Grill on Marble Avenue, the family business during the 1960s, an establishment which brought many new friends into her warm embrace.

After raising her children, Annette returned to school to complete an associate's degree in recreation leadership at Westchester Community College in support of her midlife career in recreation. As director of the Pleasantville summer day camp and then as a leader of senior citizens programs in Briarcliff Manor, Annette shared the resourcefulness of her mind and the generosity of her spirit with children and adults across the generations, forming countless bonds of friendship and support. Her family was always first in her affection, and she lived love and radiance on Cathy, Jim Jr. and their families.

**Robert Spatta**

Robert J. Spatta of Croton-on-Hudson and formally of Yonkers passed away on Feb. 14. He was 76.

Bobby was born Sept. 2, 1944, in Yonkers to John and Clara Spatta. He served honorably in the United States Marine Corps during the Vietnam War. On Nov. 13, 1971, he married Virginia (Ginny) Cerrato.

He worked for the Westchester County Department of Environmental Facilities for more than 35 years. He was a life active member of the Ossining Volunteer Fire Department and honorary member of the Mohegan Fire District. Bobby was a member of the Lakers Social and Athletic Club of Yonkers. He enjoyed family vacations and spending Sunday dinners with all of his children and grandchildren.

Bobby is survived by his wife, Ginny; children Kristie (Doug) Oles, Dan (Rina), and John (Cynthia); grandchildren Lanie, Vinny, Dan, Dominic, Antonio, Sebastian, Salvatore, Sergio and Stella; and sisters Virginia Pecora and Karen Karam. He was predeceased by his parents and his brother, Warren.

**Michael Harrington**

Michael John Harrington of Yorktown Heights passed away on Feb. 15. He was 74.

Michael was born in the Bronx on Nov. 21, 1946, to Dorothy and Anne Harrington. Mike served honorably in the United States Army during the Vietnam War. On Oct. 19, 1968, he married Anne McGee. Mike and Anne met in first grade at Our Lady of Angels grammar school in the Bronx and shared 68 years together.

Mike was a dedicated, hardworking Local 3 electrician who had a hand in laying the electrical infrastructure in New York City for over 38 years. He was a family man who liked to travel, watch sunsets and ride roller coasters. He kept his grandchildren supplied with zip lines and hoverboards (because he wanted a turn).

Mike is survived by his wife, Anne, and daughters Jeanne (Chris Schiernbock), Denise (Matthew Higham) and Laura (Sal Alleva) and son Michael Jr. He adored his 10 grandchildren (Grace and Christopher Schiernbock, Kiera, Colin and Connor Higham, Johnny, Samantha and Caitlin and Piper Harrington).
Valhalla Senior Project Rezoning Hearing Likely in Two Weeks

By Martin Wilbur

A public hearing to consider a rezoning that would help pave the way for a 170-unit senior living project in Valhalla will be continued on Mar. 9, the next major step for the application.

Brightview Senior Living has proposed the continuing care facility on Grasslands Road across the street from the entrance to Westchester Community College. It would include a mix of independent living, assisted living and memory care units.

Earlier this month, the Mount Pleasant Planning Board issued a negative declaration under the state Environmental Quality Review Act (SEQRA) that permitted the application to advance for the rezoning before the Town Board.

Town Attorney Darius Chafizadeh said unless there are additional issues or questions, the Town Board could close the hearing and adopt the Service Enriched Senior Housing Floating Zone for the nearly 10 acres on Mar. 9. This week the board is expected to schedule the continuation of that hearing. The property is currently in a residential zone.

“We’re anxious to proceed. We hope that your board will ask staff to prepare that resolution,” said David Steinmetz, an attorney representing Brightview. “Darius and (town planning consultant) Pat (Cleary) worked very hard on the negative declaration and we appreciate their efforts.”

Despite previous concerns about traffic congestion on Grasslands Road, the Planning Board issued its negative declaration on Feb. 4, satisfied with its traffic consultant that the project would not cause any significant adverse environmental impact.

It was reasoned that traffic generated by the facility would add to the congestion on Grasslands Road or at the intersection with Bradhurst Avenue. Most of the residents would not be leaving or arriving during peak hours or even leaving the site.

The town’s consultants also concluded that wetlands would not be an issue. Councilwoman Laurie Smalley said that the application first appeared before the town about six years ago and she is pleased it has been vetted to the point where it can move forward.

“We do believe your board is in a position now to formally adopt the zoning, for formally map the zoning and then Brightview would go back to your Planning Board and we would complete the site-specific site plan review before the Planning Board,” Steinmetz said.

Kotes to Leave Mount Pleasant at End of School Year

Dr. Kurtis Kotes

The Mount Pleasant School District is now looking for its next superintendent.

The Board of Education earlier this month retained the education consulting firm Hazard Young Attea & Associates to help with its search after Superintendent of Schools Dr. Kurtis Kotes informed the community that he will be leaving Mount Pleasant at the end of the school year.

Last month, Kotes was named superintendent of the Goshen Central School District in Orange County. He will reunite with the district, having served as previously as principal of Goshen High School from 2011 to 2015 and then as assistant superintendent of curriculum, instruction, personnel and technology for three years before arriving in Mount Pleasant.

Kotes arrived in Mount Pleasant in July 2018. He began his career as a high school social studies teacher in the Arlington Central School District in Dutchess County, and went on to become assistant principal at Cornwall High School, coordinating its Guidance Department. He then moved to the Goshen Central School District to begin his service there.

Kotes has a bachelor’s degree in political science and history from the University of Albany. He has a master’s in secondary education – social studies from Mount St. Mary College and a doctorate in executive leadership from St. John Fisher College. He will begin in Goshen on July 1.

By Martin Wilbur
Editorial

School Districts Have Been Smart By Going Slow on Return to School

It’s unlikely there’s a single parent, teacher or school administrator that doesn’t want children back in school for live, in-person instruction five full days a week. The question has always been, as this school year has progressed from the late summer low infection rates to the frightening spikes of November to January, how safely can it be done?

In recent weeks an increasing swell of frustration among parents in many districts throughout Westchester and Putnam counties surfaced after seeing their children languish alone in front of a computer at home for days on end. It’s understandable. Even for those children who aren’t falling behind academically – and plenty are – the lack of socialization and interaction with peers is likely to hurt many of this generation’s elementary school-age children.

But we’re not just talking about the safety of the students. Children and teenagers, while certainly not completely unscathed during this pandemic, have had vastly better outcomes if they should test positive for COVID-19. It’s also the teachers and staff members who have a greater chance of comorbidities simply by virtue of being older than the children. Unfortunately, it’s unclear whether the level of risk for educators who regularly interact with students increases by being in a full school building. But that’s the point. As much as the medical community has learned during the past year, there is so much that is still unknown.

And it’s also about every family that has immunocompromised relatives or a multigenerational arrangement that could have a grandparent living under the same roof.

Many districts that don’t have the space have been prudent and cautious about pushing for too much attendance too quickly. While schools have a responsibility to educate, in a pandemic they also have a responsibility to keep their students and their families, staff and community safe.

Letters to the Editor

Cuomo Should Resign for Concealing Info on Nursing Home Fatalities

After months of folks showering praise on New York Gov. Andrew Cuomo for his handling of COVID-19, it has become increasingly clear that Cuomo didn’t actually handle it all that well after all.

Early on, New York’s COVID numbers were through the roof as Cuomo was very slow to react. Later, he made the terrible decision to send COVID patients back into nursing homes, which led to many deaths. It is also worth noting that there has been some reporting linking nursing home companies and their CACs: I propose the 1,000-tree challenge. The goal would be for each municipality to plant 1,000 trees within a three-year time limit. I can’t think of an easier way that local governments can help combat global climate change.

The man-made climate disaster can also be ameliorated by a man-made solution. This is a cheap and easily affordable plan to political donations to Cuomo in the past, bringing up the potential that this decision was motivated by political considerations.

Now, it has come out that he intentionally hid these numbers at a time when he was portraying himself as the great hero of COVID and foil for Trump’s incompetent response. Making matters even worse, Assemblyman Ron Kim, a critic of Cuomo’s handling of the situation, has shared that Gov. Cuomo called him and threatened “to destroy him” if he didn’t stop his critiques.

Challenge Local Municipalities to Pursue a Tree-Planting Program

As a member of the Town of Cortlandt Conservation Advisory Council, I would like to propose a challenge to all the municipalities of Westchester County and their CACs: I propose the 1,000-tree challenge. The goal would be for each municipality to plant 1,000 trees within a three-year time frame. I’m aiming for that goal within the medical community has learned during the past year, there is so much that is still unknown.

And it’s also about every family that has immunocompromised relatives or a multigenerational arrangement that could have a grandparent living under the same roof.

Many districts that don’t have the space have been prudent and cautious about pushing for too much attendance too quickly. While schools have a responsibility to educate, in a pandemic they also have a responsibility to keep their students and their families, staff and community safe.

Something isn’t Adding Up With the MTA’s Cost for Two Key Projects

The MTA’s Feb. 23 public hearing notice for potential Federal Transit Administration funding of its 2021 Program of Projects left unanswered questions? Here is the link to the document https://new.mta.info/document/28146.

On page 118 there is a Metro-North request for $31 million in funding for Positive Train Control. In December, MTA Chairman Pat Foye and Metro-North President Catherine Rinaldi said the project was completed. Then why is there additional work to be paid for and completed? There is no companion project being requested by the Federal Transit Administration grant. Work on the viaduct took place between 1995 and 1998 to replace the existing deck. What was the anticipated useful life? Did Metro-North adequately fund and follow the maintenance plan for this asset so it would reach its useful life? Does this new project duplicate previous work?

Metro-North riders, taxpayers and elected officials deserve answers to these questions.

Larry Penner
Great Neck

The writer is a retired transportation advocate, historian and writer who previously worked for the Federal Transit Administration Region 2 New York office. This included the development, review, approval and oversight for billions of dollars in capital projects and programs for the MTA, Long Island Rail Road, Metro-North, New York City Transit, MTA buses along with 30 other transit agencies in New York and New Jersey.

Cuomo has shown himself to be little more than a thug whose popularity is based largely on name recognition (due to his famous father) and a highly successful public relations campaign to portray him as highly effective when nothing could be further from the truth. Andrew Cuomo should resign immediately or be impeached.

Ron Widelec
Rye Brook

Correction

In last week’s article in the Northern Westchester Examiner about Eric DiBartolo being charged with grand larceny, it incorrectly stated that the former Yorktown highway superintendent is a current fire chief. DiBartolo had previously held the position. The Examiner regrets the error.
### Guest Column

**Shivering Through the Longest Winter of Our Discontent**

**By Michael Gold**

There is no joy in Pleasantville. The mighty sun has struck out, Over and over again.

I’ve borrowed from the poem, “Casey At the Bat,” with apologies to the author Ernest Thayer.

At the end of the poem, Thayer writes, “Somewhere in this favored land, the sun is shining bright, the band is playing somewhere and somewhere hearts are bright...but there is no joy in Mudville – mighty Casey has struck out.”

Ordinarily, one might look to Texas, that eternally optimistic of American places, for some sunshine. That would be wrong now. Texas suffered a weather disaster of epic proportions, with relentless cold, ice and snow. A place with the unlikely name Gun Barrel City received the unwanted gift of more than nine inches of snow.

Having been tested by too-numerous-storm-caused power outages ourselves here in Westchester, we can offer our compassion and empathy to the millions in Texas chattering in bone-chilling cold with no electricity. I’m glad President Biden is offering federal disaster assistance.

Last week 73 percent of the continental United States had snow cover, according to the National Weather Service. My daughter asked me the other day what a new Ice Age might look like. It doesn’t take a lot of imagination to picture one. I could start just by looking at my front window.

You’d have to travel to Mexico for a dose of pure, unadulterated sunshine right now.

The sun here is proving to be an elusive ghost, disappearing behind snowstorms, freezing rain or just plain grey skies, pitching itself outward only for a few rare moments here and there, like a thief unsure of when to make a move on his intended victim.

As the microscopic apocalypse of COVID-19 has entrenched itself in the land, each day we wake up to a rough repeat of the day before, enclosed in a box of grey. We put ourselves through the same routine, with precious little variation. We’re in an endless, repeating loop.

I never thought I could come to despise a forecast of snow, but each flake I see on my phone etches a streak of grey in my brain. The polar vortex is attacking again! Run for the hills!

The wonders of water turning itself into frozen white pellets that fall from the sky, bringing the very foundation of life directly down on our front yards, driveways and doorsteps. Perhaps the sun, like all of us, longs for a vacation. I can see the giant orange, yellow orb stretching out on a lounge chair, savoring a fruity drink, spiced with rum, next to a blue pool the size of California, a cheap detective novel by his side on the deck, savoring his own heat and contemplating the restorative powers of relaxation in a warm, languid place where nothing much happens as the palm trees bow to a gentle Caribbean wind.

Despite repeated demands from my constituents to get back on the job, the sun refuses all requests for relief. The view is too good, and the continual parade of rum drinks makes a compelling case for him to continue to do nothing.

From my house, I can see cars pushing along the parkway. People trudge back and forth through the dump streets. A young woman walks her little dog and stops at a cellphone. The regularity of this routine begins to numb the senses.

The cold bites into us, even inside the confines of our home. We sit with blankets heaped on our laps and watch the bare trees loiter with mindless purpose, sleeping straight up.

I keep reminding myself that this all must end soon. Our part of the planet will continue to turn toward the sun, lengthening the days and warming the air. The federal government is pushing hard to get millions more vaccines into our arms as soon as possible, which will help free us from staring at our computers and pacing up and down our living rooms for much of the day.

Pitchers and catchers reported for spring training Feb. 17. Soon, young men with deftly superior athletic skills will run wind sprints on vast fields of grass. A bat will connect with a ball speeding toward the plate and send it soaring toward a perfectly blue sky.

The trees will wake up and sprout rich, green leaves. Flowers will bud with riots of yellow, red, purple and blue. Scarlet ripples will weave themselves into the clouds of a new sky. Children will find their bicycles and take a ride out on to the quiet streets under the watchful eyes of their proud and nervous parents.

To quote another famous poet, here comes the sun. And not a moment too soon.

Pleasantville resident Michael Gold has had op-ed articles published on the New York Daily News, the Albany Times Union and other newspapers.

### Overlay Zones Are a Necessary Revitalization Tool, Not a Rubber Stamp

**By Sergio Esposito**

So, what exactly is an overlay zone, how does it work and where does it fit in to the existing approval process.

There has been plenty of misinformation as well as speculation as to how such a tool is leveraged. My hope is to explain what an overlay zone is, as well as speculation as to how such a tool would have its opportunity at a televised public hearing to voice their concerns or support.

An overlay zone is a regulatory tool that creates a special zoning district, placed over an existing base zone or zones, which identifies special provisions in addition to those in the underlying base zone. It is a tool that is being used and has been heavily utilized as a “gamechanger” in many municipalities across Westchester.

Before an overlay district can be implemented it must go through the rezoning process much like the rezoning process a developer would have to go through. One main difference here is that there would be no developer on hand and to rezone an area to usher in (well-timed) development would have to rezone an area to usher in (well-timed) development.

At this point, there would be an initial determination by the applicant. The applicant would submit an application.

Next, requests for comments will be solicited by any and all relevant agencies. Comments would be welcome from inside the Planning Department as well as outside and a discussion would ensue.

Thorough review of the application would continue.

At this point, there would be an indeterminate number of steps. Depending on what the applicant calls for, there would be traffic studies, an environmental study could ensue, the application would be considered against the tree ordinance, there would be an architectural review and the list goes on.

After all the necessary studies are done, it is all further and thoroughly discussed and reviewed. The application is referred for a public hearing, once again to allow for public comment from citizens voicing their concerns or support.

Finally, the Planning Board makes its final determination as is usually the case.

This is just a basic rundown of the requisite steps necessary for a project to get approved. The overlay district portion is only one step in the grand scheme of things and is in no way a rubber stamp.

Lastly, overlay districting in Yorktown is necessary and vital to our economic health. It will provide the flexibility and enthusiasm we need in a post-pandemic environment. The business community will greatly benefit from all revitalization attempts.

Times have changed, everything has changed, and we must evolve with the times. We must rethink and reinvigorate our Main Streets. Economic revitalization will also help to fill empty offices and storefronts. This will protect the business tax base from landlords seeking tax reductions through the tax certiorari process.

Sergio Esposito is president of the Yorktown Chamber of Commerce.
Lakeland High School Junior Motivated to Fight for People’s Rights

By Rick Pezzullo

Lakeland High School junior Yazmine Sibiski is determined to make a difference. “One of my goals is to be able to create an accepting environment and allow people to feel more confident with their ideas and who they are,” she said. “I have been fortunate enough to see the unfairness in the world, which shouldn’t be there.”

The honors student stressed it was difficult adjusting after moving in 2010 to Jefferson Valley since she comes from a biracial household. Her mother, a teacher in the Ossining School District and the 2019 Ms. Westchester County, is Puerto Rican and her father is Polish and German.

“Growing up I never really felt I belonged anywhere,” she said. “I felt like such an outcast. It has always been hard for me to fit in. I can’t begin to imagine other people that have felt the way that I have. It’s an unpleasant feeling. I want to be the voice for those people.”

A member of her school’s debate team, Sibiski, 16, founded the Breaking News Club, an online forum for Lakeland students to voice their concerns and opinions on any subject. The club, which she said has been supported by her principal, was slated to meet for the first time this week.

Sibiski explained she decided to launch the club following the Jan. 6 riot at the U.S. Capitol building in Washington. “I was talking about it with a lot of my friends and we didn’t know how to talk about it. I was infuriated with that,” she said of the insurrection. “They (students) should feel comfortable to be able to express how they feel. I feel it’s necessary to have a safe environment and have them listen to their own peers.”

In addition, Sibiski is creating a community-wide club called “A New World,” which welcomes activists of all ages. A website with information on that club is https://takeactionmakechangeyaz.weebly.com.

“One of my top goals is to spread awareness, create more activists and create a safe environment for everyone,” she said. “It infuriates me with how many places don’t have handicapped-accessible areas, how people are mistreated because their race or ethnicity or because of who they love. How there are children working in unimaginable conditions instead of attending school. Many families are not given the same opportunities or even health care advances because of the color of their skin. All these people deserve their rights, and they deserve someone to fight for those rights.”

Like many students, Sibiski has been affected by the COVID-19 pandemic, not having any in-person classroom learning since last March. Extracurricular activities such as basketball and softball have also been discontinued.

“I was always with my friends from like 6 a.m. to 9 p.m. Now I’m home 24/7,” she said. “It’s been a lot of work and a lot more stressful. You can’t create a relationship with teachers.”

But Sibiski hasn’t let COVID-19 derail her career path. An aspiring lawyer who has always dreamt of attending the University of Pennsylvania, Sibiski has been accepted at a pre-college program at Georgetown University this summer and is hopeful of completing an internship with a judge that was canceled last year.

“I have my whole life planned out,” she said.
Assisted Living Facility Celebrates WWII Vet’s 102nd Birthday

By Lindsay Emery

After 75 years of marriage, Yorktown residents George and Gloria Personick always remember to hold each other’s hands and kiss one another at night just before bed.

“If you’re arguing or anything, always kiss at night before you go to bed,” Gloria said. “That should be the Bible really. You should kiss each other before going to bed. And let him hold your hand.”

Sharing their inseparable bond, the longtime couple embraced each other closely as George, a World War II veteran, celebrated his 102nd birthday last Friday at the Yorktown Assisted Living Residence in Cortlandt Manor.

George has been a resident there since 2017. Gloria moved in shortly after.

While the pair have celebrated countless birthdays together, their story dates to when they were children playing in the backyard in The Bronx. Gloria recalled being invited over to George’s house by his sister when she was 12, remembering the admiration she had for him shadow boxing and jumping rope with his brothers and father.

But when George was drafted to serve in the Army, George’s sister encouraged Gloria to write him letters, even though they really didn’t know each other. George served as a combat medic in World War II, where he performed surgery in the field and worked in hospitals in China, Burma and India.

“She said, ‘Just write him a letter so when he comes home, he’ll have something to come home to,’” Gloria explained. “So, I did foolishly. I got trapped.”

What started as cordial messages soon transitioned into love letters. When George arrived back in New York, Gloria met him in Times Square. Twenty-seven days later they were married.

Following his military tour, George went on to serve his community as a physical therapist in the VA, and then eventually as a nurse in Peekskill Hospital until he retired in his 70s. He and Gloria have two daughters, six grandchildren and three great-grandchildren, all of whom joined them on ZOOM last week to celebrate his momentous milestone.

Due to COVID-19 restrictions, the facility arranged for a ZOOM gathering of close friends and family before enjoying George’s favorite dinner.

“I’m excited because I’m going to see a lot of people,” George said.

Along with family and friends, the facility’s staff and Yorktown Supervisor Matt Slater all joined in the celebration.
The Living Room Couch: Where Did it Come From?

For more than 17 years I’ve been writing as The Home Guru, initially as a way to promote my real estate business. (Yes, I was and still am a realtor!)

But over time, the column developed a life of its own and this article represents the 629th in the series. That’s some long run for anything to hold on, but in the case of subjects related to the home, the inspiration for ideas is endless.

One of my much-appreciated fans once asked me, “Where do you get all your ideas for your columns?” That was simple to answer. I simply conveyed the many questions I had about how a home is designed, built and lived in and reported my observations and research.

Just today, my wife asked me if I had ever written about the living room couch or sofa and where it came from? Darned if I knew, so I did my research.

Certainly, Adam and Eve didn’t have a couch, nor the caverns in their shelters, but evidence points to the sofa being used by the Greeks in the seventh century. The Greek word for couch, in fact, is “klea,” which means to lean or recline. There, four ornately carved legs supported the ancient couch that was typically used by more than one person at a time. From there, the couch moved to Rome where the couch became a status symbol of the rich.

By the Middle Ages, couches had become scarce. They were typically only found in the French court. We also get the word couch from the French word “couchet,” meaning to lie down.

The popularity of the couch took off in the 18th century, and people started to refer to it as a sofa, which comes from an ancient Arabic word for cushion. Sofas were strewn about living rooms, where people lazed about in a most informal way.

The sofa made its way to America after Thomas Chippendale, the famous London 18th century furniture maker, published a book on furniture. Now everyone was getting a couch, not just the wealthy. Meanwhile, back in Europe, the chaise lounge was becoming popular.

In my childhood, lived in the 1940s and ’50s, sofas usually came in a suite of living room furniture with one or two side chairs and a coffee table. The first couch I remember in my childhood was overstuffed but very firm. Its fabric was fitchy and indestructible.

In the 1960s, the couch took on a whole new look with straight lines and bold designs as furniture makers used their creativity to design couches that reflected self-expression and the times.

When I moved to New York, my first sofa was, believe it or not, a straight-lined Danish Modern with foam rubber pillows. When out-of-town guests would visit me, I would place the long bottom cushion on the floor to be used as a bed.

After just a year, I moved into a large apartment in an historic building where the ceiling height in my living room was more than 16 feet. To match that scale, I bought a large camelback Chippendale sofa at W. & J. Sloane, which some of you older folk like me may remember as an exquisite furniture store. As I remember, that sofa was more than 90 inches long.

But when problems developed between my roommate and me and we decided to go our separate ways, I moved into a much smaller two-floor walk-up. As it happens, the sofa was so long that it couldn’t make the corners of the stairwell and it broke my heart but I had to send it back to W. & J. Sloane. Even though I had used it for more than half a year, Sloane took it back because my landlady, a decorator, had a connection there.

My next sofa was actually a more modest Chippendale settee that sat only two. It is memorable because I invited a girlfriend from work to accompany me when I picked it out. As it turned out, I ended up marrying that woman, and today, many years later, we still enjoy sitting on it.

Since we now live in a modern home, however, I also bought a comfortable Lawson sofa that sits three very comfortably.

It’s perhaps odd, but modern lifestyles dictate that we never really sit in the living room on that sofa, especially now that we have no guests due to the pandemic. It may be very comfortable but today it’s just for looks. It will be great when it can beckon to guests once again.

While both a writer and publicist, Bill Primavera is also a realtor associated with William Raveis Real Estate and founder of Primavera Public Relations, Inc., the longest running public relations agency in Westchester (www.PrimaveraPR.com), specializing in lifestyles, real estate and development. To engage the services of The Home Guru and his team to market your home for sale, call 914-522-2076.
Stock Research Associate Writes Book to Interest Children in the Market

By Martin Wilbur

For some, the stock market represents a secretive world of undecipherable terms, a place only for high rollers or something akin to a trip to the casino.

But White Plains native and equity research associate Nicolette DiMaggio is hoping to change some of that fear and hesitancy. And she’s looking to start off with the investors of tomorrow.

DiMaggio has released her first book titled “Stock Explore,” a children’s book with the goal of reaching kids as young as seven years old to help them understand the basics of the stock market and investing.

“The whole focus of ‘Stock Explore’ is specifically on stocks and understanding what a stock is and what an investment means and the qualities of a stock,” DiMaggio said. “So that’s my first book, focusing in on stocks. That’s a huge universe in the investment industry.”

The story centers on Elle, a seven-year-old girl who is learning about her first stock. She acquires five superpowers, based on Porter’s five forces for analyzing businesses, if we can invest in something and whether you should invest in something.

The idea for the book arose a few years ago while DiMaggio was sitting in bumper-to-bumper traffic in the Lincoln Tunnel. Crawling along, she wrote much of the story into her iPhone, then saved it, but didn’t do anything with it for a couple of years.

After the pandemic struck and DiMaggio was working from home, she explored the feasibility of having it published.

She hired an editor and an illustrator, consulted her mother, a kindergarten teacher, to make it appropriate for children, then gave it to her grandmother and her friends to read, before pitching it to publishing companies. Some thought it was interesting but would likely have limited appeal.

So DiMaggio decided to self-publish. It was ready by October.

She suggests that to gauge a child’s potential interest, first see how curious they are and if they are open to exploring what the markets are about. If you have their attention, then have them look into the types of companies and products that might interest them or that they use. If they remain engaged, a parent can help them understand the characteristics and qualities of the company and what might make it successful.

If a parent is an investor, after a while they can perhaps make small purchases in a custodial account.

For DiMaggio, it was her maternal grandfather who piqued her interest in the investment world. A retired accountant, he always enjoyed following and investing in the market and was an avid reader of The Wall Street Journal.

Since she spent a lot of time with him, getting driven to or picked at school when she was young, DiMaggio found herself naturally gravitating to his interests, including the market.

Her first stock purchases were, at 18 years old, Apple and IBM. DiMaggio was soon on her way to Siena College where she was a finance major, one of the few women in that course of study.

A common misconception about the stock market, she said, is that you have to be good at math. If you can master fourth-grade math and are strong at division, then you those are the requisite math skills, DiMaggio said.

Today, with the internet, people can go online and research the common terms used in the industry and look up brokerage firms that have little or no fees. At some point, DiMaggio said, the stock market affects everyone.

"Just being open to being curious and asking questions," she said. "In my book, Elle is constantly asking questions, and someone is helping her answer them." "Stock Explore" can be purchased at Barnes & Noble, through Amazon and on DiMaggio’s website, www.stock-explore.com.

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Educator’s Book Inspires Teachers to Unlock Students’ Unlimited Potential

By Sophia Spiegel

The COVID-19 pandemic has been a challenging time for most educators and students, but it is stories like Dr. Brandon Beck’s that could inspire others.

Two months ago, Beck’s personal development book: “Unlocking Unlimited Potential: Understanding the Infinite Power Within to Guide Any Student Toward Success,” was released, presenting a revolutionary way of educating. His goal is to help teachers unleash the infinite power within every student.

Inspired by his parents, both educators for more than 30 years, and his experience playing and coaching soccer, Beck is an adjunct professor at Manhattanville College, an elementary school teacher in the Ossining School District, a dual language teacher and a boys’ soccer coach. While working toward a doctorate in educational leadership at Manhattanville, he wrote a dissertation titled “The Influence of Professional Development on Teachers of English Language Learners.”

After researching, writing and defending his dissertation, Beck wanted to develop the work into a book that was reader-friendly and inspired and motivated. He was frustrated by the challenges and uncertainties of remote learning and decided to channel his energy into writing and influencing on social media.

Longing for face-to-face connections after months of social distancing, social media offered Beck an outlet to fill the void.

“I was able to connect with so many different people in so many different ways, and I was empowered by them because I was able to learn that I wasn’t alone,” he said.

Once he finished the book, Beck reached out to publishers and landed a contract with Codebreaker Inc., an organization dedicated to sparking students’ curiosity.

On Dec. 22, the book was released in Barnes & Noble and through Amazon, where after only a few days it was given hot new release status.

“Those of us who develop programs know that the teacher’s role is critical to the success and well-being of students,” said Dr. Matia Finn-Stevenson, Yale University’s director of School for the 21st Century. “He inspires readers, telling his own and others’ stories, gently weaving in personal anecdotes and stories from other educators and professional athletes. Beck uses these stories to demonstrate that his method of educating has come from well-supported and documented research. He notes that even people who don’t work in schools or are educations, such as parents, are finding inspiration from it.

Beck says his primary purpose as an educator and teacher is simple.

“Inspire adults and children to have faith in themselves and believe in their inner genius,” he said.

Through social media, Beck has found even more ways to share his message. He created a live show, “Unlocking Unlimited Potential Stories,” where he speaks with educators around the globe who he believes are helping their students in that regard. The show can be seen on Facebook, Twitter and YouTube and is also available on Apple Podcast and other streaming platforms.

The success of Beck’s book while he expands his social media presence has led him to become a motivational speaker at events and conferences. In April, he will speak at the Codebreaker Power Summit, a live virtual conference where education leaders are invited to motivate and inspire.

For more information about Beck and his book, visit www.BrandonBeckEdu.com or check him out on Twitter @BrandonBeckEDU, Instagram @brandonbeckedu, Facebook @Brandon Beck and on YouTube: Brandon Beck.

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Patrick J. McNulty Jr. • Patrick T. McNulty • Patrick J. McNulty Jr. • Daniel J. McNulty
Public Access Talk Show Host Adept at Going Beyond the Game

By Martin Wilbur

John Vorperian has spent the last 20 years interviewing some rather high-profile athletes, writers and people in the entertainment industry. Robert Vaughn, Ralph Branca and Thomas (Hollywood) Henderson, to name just a few.

What makes Vorperian’s several thousand interviews since 2002 fascinating is that the vast majority of them were conducted from the studios of White Plains Community Media, the city’s public access channel.

The White Plains resident is the host of “Beyond the Game,” which initially started out as a New York-themed baseball talk show but over the years has branched out to include guests from the three other major team sports, journalists and authors as well as musicians and actors.

What has kept a steady stream of notable people coming on his show? One source for Vorperian’s contacts has been his connection with the Society of American Baseball Researchers and its football counterpart, both of which he has done work for.

But it’s also his ability to have conversations with his guests and raising little-known facts or topics that seem to form a connection.

“I’ll go into areas where most sports reporters won’t, probably because they’ve got somebody in their ear saying keep it on this,” Vorperian said.

One day, former Oakland Raider Pete Banaszak was the guest, a Super Bowl-winning running back who played in the 1960s and ’70s. Vorperian spent a chunk of the show asking him questions about his high school track career.

That’s part of the inspiration for the show’s title, delving into areas that are a bit off-beat making for anything but a cookie-cutter interview.

“He was a state shotput champion in Wisconsin where he went to high school,” Vorperian said of Banaszak. “After the interview, he said, ‘That was great, no sports interview.” It also doesn’t hurt that each one of Vorperian’s interview not only air on Altice Media, the city’s public access channel.

“Beyond the Game,” visit www.wpcommunitymedia.org.

After 20 years, Vorperian has no plans to stop interviewing of filming episodes, which he does on his personal time, a labor of love.

To view back episodes of “Beyond the Game,” visit www.wpcommunitymedia.org.

“Beyond the Game” visit www.wpcommunitymedia.org.

After that ran its course, Vorperian, whose real job is as an attorney for the Westchester County Law Department, returned in 2002 with his idea to rekindle the sports interview show.

He approached the executive director of White Plains Community Media at the time, Fred Strauss, who told him he had to put together material for five shows before he would think about putting him on the air.

His first guest was Henry Stein, the author who had written a novel called “Hoopla” that was set in the aftermath of the 1919 Black Sox World Series-fixing scandal.

“Those (early) episodes, I was very wooden,” Vorperian said. “It’s learning about how to be in front of the television (camera) and how to perform for viewers, and as the host, you let the guest shine.”

Many of his guests, particularly in the early going, not only had a New York connection but one to Westchester. Stein was a Hastings-on-Hudson resident, and over the years, Vorperian had Branca, a former Brooklyn Dodger, boxing writer and commentator Bert Sugar and the late Valhalla resident Sal Yvars, who came on “Beyond the Game” to talk about how the 1951 New York Giants stole signs in the latter stages of that season to erase a 13.5-game deficit against the Dodgers.

Vorperian doesn’t exactly recall how the show included entertainment. He recalled in separate episodes having Anson Williams and Marian Ross of “Happy Days.” The conversation with Williams centered around his uncle, Dr. Henry Heimlich, and Ross talked in depth about her early career in films.

With his idea to rekindle the sports interview show, Vorperian decided to reach out to people with White Plains ties.

John Vorperian, left, host of the popular White Plains Community Media talk show “Beyond the Game,” with baseball scribe Mark Newman.

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Westchester’s Underground Railroad Roots, But Some Shrouded in Mystery

By Sherrie Dulworth

The Underground Railroad represents both literal and figurative historic movement. The literal movement encompassed a clandestine network of people and places helping slaves escape to freedom. Figuratively, it was part of a larger social justice movement for collective human rights.

Fugitives fled by foot, hidden in wagons or buggies, in boats or were later transported on trains. Some passed through local towns headed toward their ultimate destination of Canada.

Where are Westchester’s roots in this important piece of American history, and who were the courageous people involved?

Records are sparse. If the escapees were found, it could lead to capture. Successful escape required discretion, with activity coordinated among a trusted circle of family and friends. In “Fleeing for Freedom: Stories of the Underground Railroad,” authors George and Willene Hendrick wrote “Hundreds of little-known people were involved in the efforts. For their own safety, most did not publicize their work freeing slaves.”

If caught, the escaped slaves risked being returned to bondage where they would likely be punished for their attempts at freedom. The Fugitive Slave Act of 1850 raised the stakes for those aiding slaves on the run. Penalties were as high as six months imprisonment and fines of $1,000 – more than $30,000 in today’s dollars. In addition, mob violence against abolitionists was an ongoing risk.

A code language served to protect those involved. Places of refuge were called stations, those who ran the safehouses were station masters and conductors were the people who led others to freedom. Over a century later, the Rev. Dr. Martin Luther King Jr. would write, “The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.” Those who played a part in the Underground Railroad lived through their actions.

Here are several of Westchester County’s notable people and places with important roles in that historic freedom movement.

New Rochelle
One of the most active documented stops on the Underground Railroad was the New Rochelle home of Joseph Carpenter and his wife, Margaret Cornell Carpenter. Born in Scarsdale, the Quaker couple were staunch abolitionists who moved to a farm in New Rochelle in 1793. It is believed that fugitive slaves were transported by boat to Long Island Sound or over land from New York City, and then to the New Rochelle safe house. Nearby Carpenter’s Pond was named for the family.

Pleasantville
Joseph Pierce and his wife, Hannah Sutton Pierce, were Pleasantville farmers and members of the Quaker community in Chappaqua. The Pierces were related to the Carpenters through the marriage of their son, Moses, to the Carpenters’ daughter, Esther.

According to a letter later written by Moses and Esther’s son, the couple sheltered runaway slaves in their home, which was a stop between the Carpenter’s New Rochelle residence and the John Jay Homestead in Bedford about 15 miles north. Even after the end of the Civil War, providing aid could be dangerous.

“After the Civil War when slaves were freed, there was still a lot of hostility,” said Dorothee von Huene Greenberg, professor emerita of English at Pace University.

Greenberg cites an instance when resentful neighbors drove an African American family from their home in nearby Tarrytown. The family sought shelter with the Pierces, which enraged some Pleasantville residents, who threatened to burn down the couple’s home.

In 2012, the Village of Pleasantville and Town of Mount Pleasant honored the Pierces’ courageous work with a memorial plaque installed outside the Mount Pleasant Public Library.

Chappaqua
The Religious Society of Friends, or Quakers, were the first religious organization to officially denounce slavery in the 1750s. The Quakers had a significant presence throughout Westchester, including

continued on next page
Westchester’s Underground Railroad Roots, But Some Shrouded in Mystery

THE CHAPPAQUA FRIEND'S MEETINGHOUSE PHOTO
Chappaqua Friends Meetinghouse

continued from previous page

in Harrison, Purchase, Scarsdale, New Rochelle and Chappaqua.

Although the Chappaqua Friends Meetinghouse sanctuary is not a known Underground Railroad station, some of its members, including Moses and Esther Pierce, played prominent roles in supporting abolition. The building, the oldest documented structure in New Castle, is on the National Register of Historic Places and on the African American Heritage Trail of Westchester County.

The Pierces are buried in the Chappaqua Friends Cemetery located behind the Meetinghouse.

Bedford

Founding Father John Jay was an early supporter of abolition, and his son William carried on those efforts, publicly and privately. The first judge of Westchester, William Jay inherited the Jay homestead, which was designated a National Historic Landmark in 1981. The homestead is reported to have been a safe haven used after the Pierce home in Pleasantville. The next stop was the more northerly Pawling home of David Irish, who was also related by marriage to the Pierces.

The homestead has several digital exhibits featured for Black History month, including a virtual lecture this Wednesday, Feb. 24, at 7 p.m. entitled Slavery and the Jay Family: a 7-Generation Story.

Tarrytown

The Tarrytown African Methodist Episcopal (AME) Zion Church congregation evolved from a group that was established in 1837 in New Rochelle and later in White Plains. In 1860, four of the Tarrytown members, Amanda and Henry Foster, Hiram Jimerson and the Rev. Jacob Thomas, formed a local congregation and founded the Foster Memorial AME Zion Church.

The nearby Dutch Reformed and Methodist congregations helped fund construction of the red brick building. For five years before its completion in 1865, the congregation met in the Foster’s Tarrytown confectionary store and other businesses, while members of the church aided escaping slaves by providing food and shelter.

The Foster Memorial AME Zion Church is on the U.S. National Register of Historic Places and the African American Heritage Trail of Westchester County.

Peekskill

Along the banks of the Hudson River, Peekskill hosted several Underground Railroad stations. From the river, runaways could follow MacGregory Brook for access to nearby stations.

Hawley Green and his wife, Harriet, sheltered freedom-seekers in their Peekskill home, which reportedly had a secret stairway and hidden room. Green, a barber and free Black man, later sold the house to William Sands, a Quaker abolitionist. The house is a short distance from another asylum, the renowned Park Street AME Zion Church.

The memorial plaque honoring Moses and Esther Pierce at the Mount Pleasant Public Library in Pleasantville. The Pierces are remembered for hiding runaway slaves in their home as part of the Underground Railroad.

The Harriet Tubman statue that is on display in Peekskill through Sunday.

Was Your House Used as Part of the Underground Railroad?

Most of the activity of the Underground Railroad was covert, and the role of particular people and places remains a mystery and open to speculation. Without documentation, it is difficult to assess whether or not a private home was an Underground Railroad station.

Barbara Davis, co-director of the Westchester County Historical Society, said “Westchester is blessed with many 18th century houses.” According to Davis and co-director, Susanne Pandich, as part of researching whether a home may have been used in the Underground Railroad, people can follow these steps or ask the following questions:

• Look at original deeds. When was the house constructed?
• Who were the past owners, particularly those before and in the early years following emancipation? What was their religious or known political affiliations?
• Physical structures and evidence. According to Davis, information needs to be taken in context. A hidden door, room or tunnel may – or may not – be significant but should be viewed in light of the overall picture.

To learn more, the public is welcome to attend a virtual event, “How to Research Your Westchester House,” hosted by the Westchester Historical Society on May 6 at 3 p.m.
Nicholas DeSanctis, an Ossining resident and a senior at Stepinac High School, has advanced to the distinguished finalist standing in the 2021 National Merit Scholarship Program Competition, an academic achievement enjoyed by a select group of high school students nationwide.

DeSanctis, one of 1,500,000 high school students who entered the competition this year, is among 15,000 entrants to earn a finalist ranking. He is hoping to be one of 7,600 National Merit Scholarship Award winners when that list is revealed this spring.

“On behalf of the entire Stepinac family, we congratulate Nick on his latest top academic honor,” said Frank Portanova, Stepinac’s vice president of academics and curriculum and a 1993 alumnus. “It reflects not only his distinguished performance but high potential as well for future academic accomplishment. We wish him continued success.”

The National Merit Scholarship is DeSanctis’ latest prestigious academic achievement. He scored “A” grades in two college-level online Harvard Pre-College Program summer courses he completed in calculus 3 and physics 2, earning eight Harvard credits.

He also won the coveted Rensselaer Medal with the opportunity for a $120,000 scholarship and started his senior year by being accepted into the Johns Hopkins Center for Talented Youth Program. He already earned an “A” in Linear Algebra and is now taking a Differential Equations course.

In addition, DeSanctis has been a member of Stepinac’s Honors Academy, the unique-in-the-region, three-year personalized learning program with focused studies in engineering, health sciences, finance and economics and law—leading to potential careers in those disciplines.

DeSanctis plans to pursue his interests in computer science and biomedicine at college.

## A Spiritual View

By Father Mardiros Chevian

The world has been in a panic, as humanity is threatened with the fear of illness and death due to the COVID-19 pandemic.

As believers, we need to grasp the truth—that with God life does not die. Life dies only when our faith no longer fills and energizes our spiritual center. Our entire life is a journey through all sorts of “pandemics.” How do we respond to the countless viruses that we encounter in our everyday life? If we are wise and strong in our faith, we will turn our lives into an everlasting journey.

The coronavirus, an unseen enemy, cannot and should not shatter our lives. We do need to apply the rules set forth of physical and social distancing and wearing masks, of course, but what we do with the solitude that it offers is in our hands. How do we use that time and those opportunities for retreat and reflection? This can be a time for spiritual transformation, a time to grow in God, a time to value the precious gift of life out of which emerges respect for all humanity and for creation.

This could also be just the right time to seek out and return to a house of worship—temple, church, mosque, place of fellowship. Know that God is waiting for us to return to His House. The lockdowns have been an opportunity to experience our time in “the desert,” a not-so-often found chance to strengthen ourselves spiritually. This is a time to differentiate between material and spiritual values. This could be our time, our time, to start a new journey with a new promise and a new vision to live a God-pleasing life and to bring light to all people with the gifts that have been given to us.

Your house of worship will continue to be the House of God and a holy space where we can become one in the spirit of divine love. As you enter into His House, you will experience transformation. You will witness the miracles, large and small, in one another’s lives. It will be the miracle that will lead us to change to become loving and caring for all, but above all, to be guardians of peace.

Enter through the doors of your house of worship and be prepared for a miracle. By all means, cover your mouth with a mask, but do not cover your heart. Open your heart so that God may embrace you, and in turn, we each other.

Father Mardiros Chevian is the dean at St. Nersess Armenian Seminary in Armonk and is part of the Armonk Faith Alliance. Congregation B’Nai Visrael The alliance also comprises Hillside Church, St. Stephen’s Episcopal Church, St. Patrick’s RC Church and Congregation B’Nai Visrael.

## Crossword

### Across
1. Took a seat
4. One of the B’s in B & B
7. Mouse hunter
10. Exclamation of disbelief
11. Adam’s partner in the Bible
12. Metal from a mine
13. “...you sure?”
14. Corn together
15. Vase
16. Damage the surface
17. Insect that makes a hill
18. Worldwide web
19. “Dude”
21. Takes steps
23. Animal that gives us milk
24. Wall hangings
25. Final word in grace
27. Pig’s home
28. ...as directed
29. Mail Boxes
30. Commit a bad deed
31. Fruit center
33. ...to know basis
34. Screen symbol
36. Surface for Gretzky
37. Area-code precursor
38. Lion’s refuge
39. Lady deer
40. Finland neighbor, for short
41. Thus far
42. Finish up

### Down
1. Pretense
2. Heavenly glow
3. Chef’s device
4. Started
5. Steady
7. Rural areas
8. Take to jail
9. Covering for campers
20. Sublime amazement
22. Leopard or lynx, e.g.
23. Slots business
26. Hard up
27. Barely enough
28. Second word of a fairy tale
30. Rings tell its age
32. Scren symbol
33. to know basis

Answers on page 22

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Freckle’s Juice, an Alternative for Those Wanting a Healthy Lifestyle

By Sydney Stoller

Acai bowls, smoothies and juice cleanses have grown in popularity in recent years, and this frenzy over good-tasting, healthy food does not seem to be abating anytime soon. The smoothie craze may have peaked several years ago, but Freckle’s Juice today is hitting its stride.

Owner Felicia Forbes chose the company’s name based on a nickname that she was given in high school because, quite simply, she has Freckle’s. Forbes was 25 and working a desk job when she went for her annual physical and was told she had high cholesterol. She knew a change in her diet was needed.

“My co-workers were eating things like fried chicken and French fries, so I was eating that every day,” Forbes recalled. “Even if I wanted to eat healthy, there was not a local juice bar or a salad bar where I could get something nutritious and filling quickly.”

To combat the incessant takeout that her co-workers ordered, Forbes began bringing food from home, including fresh fruit smoothies. She followed that regimen for several weeks, and her colleagues noticed she was not only losing weight but appeared to have more energy.

Soon they wanted what she had, so her co-workers gave Forbes money for the ingredients. Each morning she brought in more and more smoothies for people in the office. Friends outside of work heard about Forbes’ smoothie success, and they wanted in too.

When a friend asked her to help make juices for a juice cleanse he was doing, then posted the results on social media, Freckle’s became a business.

Working in her kitchen with just her cousin helping her, Forbes began creating and distributing smoothies via delivery and in pop-up shops. Customers loved the juices and smoothies because of their unique and fun flavors that Forbes said stems from her Jamaican heritage.

“A lot of the ingredients [that we use in the store] are the things that I was raised on like mango, ginger, mint and pineapple,” she explained.

The flavors inspired Forbes to coin Freckle’s motto: Where juice meets culture.

The menu at Freckle’s is expansive. It features smoothies with names like Love Sponge, referring to the popular reggae song by Buju Banton, that contains mango, pineapple, ginger and orange juice.

There are various juice combinations like Feel the Beet (beet, cucumber, carrot and apple) and wellness shots like the Turmeric Shot (turmeric, ginger, black pepper, lime and honey) that have listed health benefits. Not only does Forbes introduce her customers to new flavors and ingredients, but she explains the way that each one will affect their bodies. The Brain Food smoothie that is in the category coined “Super Drinks” contains spinach and pineapple as well as maca. Maca is an example of a superfood that customers may be unfamiliar with, but the Freckle’s menu explains that it has “long been believed to improve fertility, sharpen mental focus and memory, enhance endurance, and more.”

In 2015, Freckle’s first store was on Dyre Avenue in Yonkers. A few years later a second location opened at the White Plains City Center. Freckle’s not only provides healthy drinks along with a recent addition of certain food items, but teaches customers about the importance of healthy eating.

Forbes said that nutrition education can have a big influence on someone’s life.

“It’s so important for us to know about health and wellness. I never tell anyone to give up a certain type of food, but I instead emphasize the importance of balance in their diets,” Forbes explained.

“If we can teach people about balance, we are helping them to live longer and healthier lives,” she added.

Despite the company’s success, Forbes said she faced many challenges as a young woman of color. Her idea for a juice bar was dismissed as a hobby rather than a legitimate business. Customers still ask her who the owner of the shop is, assuming that she is an employee rather than the owner.

Five years into her business venture, Forbes said she is finally getting some respect, but there’s still a way to go.

“Black women are just not taken seriously in the entrepreneurial space,” she explains concisely.

Freckle’s Juice, located at 5 City Place in White Plains, is open Monday through Friday from 9 a.m. to 7 p.m. and Saturday until 7:30 p.m. For more information, call 914-949-8111 or visit www.Freckle’sjuice.com.

ArtsWestchester Accepting Proposals for Social Justice Artist Grants

ArtsWestchester CEO Janet Langsam announced last week the launch of a major new competitive artist grant program, Voices for Change, in which three artists will each be awarded grants of $10,000 to propose and create new works.

Voices for Change is the inaugural program in a series of new initiatives that the organization is undertaking as part of its re dedication to the social justice ideals of equity, diversity, inclusion and accessibility.

“ArtsWestchester has a long history of supporting historically under-represented communities,” said ArtsWestchester board member and Social Justice Committee member Dr. LaRuth Gray. “We want to ensure that our programming continues to respond to the people we serve, especially our immigrant, racial, ethnic and communities of African descent. We want to listen more closely to — and honor the expressions of — diverse voices in our community. Voices for Change is one way to focus on concerns of equity.”

Mid-Hudson Valley artists working in all disciplines are invited to submit proposals for visionary work that encourages deep thinking about complex issues such as social justice, civic equity and the public good. A unique aspect of the program is that proposals are asked to include a collaboration with a service or cultural community-based organization.

Three artists each will receive a grant of $10,000 to implement and present their vision. Proposals may address a broad range of issues, including but not limited to identity, voting rights, the expanded definition of family, the age of data and the economic crisis of 2008.

The debut of the Voices for Change artworks will come on the heels of ArtsWestchester’s fall exhibition Who Writes History? a National Endowment for the Arts supported project that seeks to bring marginalized stories to the fore through contemporary art. ArtsWestchester plans to announce additional social justice initiatives throughout the coming months.

These initiatives represent, in part, expanded funding opportunities for artists and organizations and public programs that will be rolled out during 2021. The Voices for Change grant initiative is made possible through contributions from board members and the Kathwari Foundation.

This grant, which supports new work comes, at a critical time because many independent artists are unemployed as a result of the pandemic. The Voices for Change grant acknowledges that art can serve as a catalyst for change.

Last summer, ArtsWestchester began working with a well-known consultant in the field of racial equity and inclusion, Donna Walker-Kuhne, who had previously worked with ArtsWestchester to develop its diversity policy in 2005.

As an organization, ArtsWestchester is well on its way toward reframing its mission, re-dedicating itself to the social justice principals of equity, diversity, inclusion and accessibility in all of its programs. It is launching seven new initiatives in the coming year.
Exercise is Medicine: Why Staying Fit Can Prevent Disease

What would you be willing to do to obtain a treatment that could help prevent Type 2 diabetes, dementia, pulmonary disease, hypertension, heart failure, cystic fibrosis, hyperlipidemia, multiple sclerosis, rheumatoid arthritis, osteoporosis, asthma, depression, anxiety, obesity, Parkinson’s and many other ailments? What if this treatment could also make you happier, less stressed, increase your sleep quality and help you live longer? Would you invest in research for this treatment? Would you ask your doctor to prescribe it for you?

Well, they have been – for centuries. Hippocrates himself wrote two books outlining the case for using this “treatment” to maintain one’s health. Countless studies in years since have also demonstrated evidence that this treatment is ridiculously good for you, with its effects improving almost all aspects of your life.

Fortunately, this treatment is easily accessible to everyone. Would you be willing to try it? If so, we will see you soon because this treatment is not a vitamin or medication. It’s exercise.

We understand that life can easily get in the way of a consistent exercise routine. However, it must be stressed just how critical frequent physical activity is for one’s overall health and longevity. According to the World Health Organization, lifestyle (exercise, diet, substance use, stress levels) is linked to as much as 70 percent of disease burden. The Aging Research Group reported 55 percent of disease in people 60 years old and up were preventable through certain lifestyle changes, in particular increasing one’s physical activity.

One in 10 premature deaths in the world are related to lack of exercise, a statistic that is almost identical to deaths related to smoking. Considering we have the ability to make time to exercise, thereby preventing and reducing a large percentage of disease burden, why are we not exercising more? Why are we not prioritizing it and making the time? An overwhelming amount of research clearly indicates physical activity is essential to our health. We know how great it is for us.

A longitudinal study done at The Aerobic Center found that fitness improvements, specifically those in cardiopulmonary fitness, showed a greater effect on the longevity of those with diabetes, even when compared to pharmacological interventions. A meta-analysis examining the relevant literature established when compared to actual medications concluded that exercise was just as effective in preventing heart disease and diabetes and treating heart failure. Exercise was also more effective than drugs for helping rehabilitate stroke survivors. JAMA Internal Medicine even declared, “There is no medication treatment that can influence as many organ systems in a positive manner as can physical activity.”

Your doctor can lecture you at every visit. I can communicate every research finding out there. Your spouse can remind you; your children and friends can encourage you, but ultimately, you are responsible for your own health. So, no more excuses. Let’s take our medicine. Let’s take care of ourselves. Let’s lift some weights, get the cardio in, take a class, go for a swim. Whatever it is, let’s do it. Exercise is medicine. I’ll be taking mine, and I sincerely hope you take yours too. We’ll see you out there!

Get started today. Contact Club Fit’s Jefferson Valley location at 914-250-2750 or at jvadvisor@clubfit.com or the Briarcliff Manor location at 914-250-2134 or bravisor@clubfit.com.

Sarah Sowards is a club experience assistant at Club Fit.

By Sarah Sowards

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Biodiversity is a well-turned term describing the prevalence of varied ecosystems and the interrelationships of nature’s plant and animal species.

When humankind is introduced into the equation, things can go awry. The delicate balance between nature and humankind has increasingly affected the sustainability and even survival of a number of plant and animal species.

Ecosystems have been, and continue to be, disrupted by humankind’s insatiable need to house and feed its growing populace. This has placed a great deal of stress on the natural order.

Over the last 200 years, since the onset of the Industrial Revolution, humankind has altered the planet. Pollution, habitat destruction and climate change have endangered countless species. Needless to say, controversy follows humankind’s deeds. Is a given amount of destructive activity necessary to foster our growth? Should humankind unilaterally intervene in the balance of nature?

My interest in the escalating debate over these issues grew when my sister forwarded me a link to an NPR story concerning the symbiotic relationship between humankind and nature—which has a direct effect on wine.

A few months ago, we talked about the endless pleasure of seeing Mars, bright and red like a planet full of rusted fence posts from more than a hundred million miles away. The clouds have been heavy this winter, and it’s been difficult to find the time to see the fourth rock from the sun.

Since then, three space probes have joined the list of spacecraft exploring there. On Feb. 9, the Hope probe entered orbit and became the first probe from the United Arab Emirates to reach Mars. It was followed the next day by China’s Tianwen-1. Just last week NASA’s Perseverance rover landed and joined its cousin, Curiosity, which has been exploring there since 2012.

Other than the moon and Earth, Mars is probably the most explored object in our solar system. NASA’s Mariner 4 probe flew past it in 1964. Over 30 spacecraft have made it to Mars in one form or another. Ten are still operating there.

Traveling in space is hard, and it’s always exciting when scientists and engineers manage to get a robot to another world. Perseverance is particularly exciting because it’s not alone. It’s bringing along the small Ingenuity helicopter, which will fly through Mars’s thin atmosphere and help scout places to explore.

Imagine that for a minute: people have built a rover from scratch, strapped it to the top of a missile and sent it off to a blank spot in space so that it could meet up with another planet that wasn’t anywhere nearby when it launched—and that rover is bringing its own helicopter with it. If it all works, it’ll be another step along the way to sending an actual manned mission there. When things here seem bleak, we can grab onto amazing things like this.

As it turns out, while all of this is going on, it’s another spectacular time of year, with Mars being particularly close. By February, Mars crosses over the imaginary line between the constellation Aries (the ram) and into Taurus (the bull). In your mind’s eye, try to see those rovers driving and digging in the parched dust on the surface, looking for water and possible signs of life.

At the start of Mars’s namesake month, it appears near the tiny dipper-shaped Pleiades, one of the closest star clusters. The cluster, named for the seven mythological sisters who were daughters of Atlas and Pleione, is about 450 light years from us. It’s made up of about 1,000 stars, but it’s tough to see more than six in Westchester’s skies. Even so, as those stars travel through an unrelated cloud of dust, which scatters and reflects their light, it’s a gorgeous sight with the unaided eye. Through binoculars, it’s simply spectacular. On the nights of Mar. 4 and 5, Mars will cross just below the cluster from our point of view. Its rusty color will be a wonderful contrast against the sisters’ blue.

It’s cold but it’s a great time to let your mind wander and explore Mars, like the rovers working there. I hope you can find a few minutes to look up this month.

Scott Levine (astroscott@yahoo.com) is an astronomy writer and speaker from Croton-on-Hudson. He is also a member of the Westchester Amateur Astronomers, dedicated to astronomy outreach in our area. For information about the club, including membership, newsletters, upcoming meetings and lectures at Pace University and star parties at Ward Pound Ridge Reservation, visit westchesterastronomers.org. Events are free and open to the public. Please note: All in-person club activities are suspended until further notice due to COVID-19.
During times of crisis, crucial information about your community comes from local reporters.