Ribbon Cutting Held for Rental Housing Complex for Seniors

By Rick Pezzullo

A ribbon cutting ceremony was held last week for an affordable rental housing complex for seniors aged 62 and older in Greenburgh.

The property, formerly known as the WestHELP Greenburgh Homeless Shelter on the Westchester Community College Campus built in the 1980’s, has been repurposed into 74 units in what is now called Mayfair Apartments.

The Mayfair Apartments are one more instance of the county seeing the potential in an underdeveloped, underused property, and transforming it into something that will pay dividends in the community that it serves,” said Westchester County Executive George Latimer. “Creating fair and affordable housing opportunities has been a keystone of my administration – it is something we strongly believe in. We know that our residents are not fleeing Westchester, and we want to see them living happily and comfortably in the place they have always called home.”

The project transformed long-vacant buildings once used as transitional housing for homeless families into 60 one-bedroom, eight two-bedroom, and six studio apartments for residents with low and moderate incomes.

The six-acre site includes nine buildings; six of the residential buildings have been connected with community rooms and elevators to make the second floor more accessible for the seniors.

State financing for the $17 million development includes $11.3 million in subsidy from New York State Homes and Community Renewal. Supportive services for 20 supportive units set aside for homeless single adults over the age of 62 are funded through the Empire State Supportive Housing Initiative and administered by the New York State Office of Mental Health.

continued on page 2

Last Kmart Store in Westchester Closing in White Plains

By Rick Pezzullo

The last remaining Kmart store in Westchester County will soon be closing.

Signs advertising store closing sales were in place at the Kmart on 399 Tarrytown Road in White Plains last week, confirming published reports.

“Bummer,” Linda Stewart posted on Facebook.

The White Plains store was recently listed among the locations closing by the liquidation firm SB360 Capital Partners.

Transformco took over about 400 Sears and Kmart stores in February 2019 when the Sears Holdings Corporation was in bankruptcy. At that time, it was announced nearly 100 stores would be going out of business.

The first store with the Kmart name reached for comment.

On August 28, 2019, at approximately 7:15 p.m., a customer at Forever 21 at the Cross County Center in Yonkers was trying on clothes in a unisex dressing room when she noticed a cell phone sitting on top of a sneaker outside her room with the camera lens aimed directly at her. The victim screamed and immediately called Yonkers Police, who identified Polanco, an employee, as a suspect after the victim’s sister reported seeing Polanco running out of the dressing rooms.

On September 10, 2019, Polanco admitted to Yonkers Police that he placed his phone under the victim’s dressing room in an attempt to record her changing. He also admitted to recording other female customers in the Forever 21 dressing rooms without their permission during August 2019.

Polanco is scheduled to be sentenced on December 7.

Employee Pleads Guilty to Recording Women in Dressing Rooms

By Rick Pezzullo

A former Forever 21 employee pled guilty last week to secretly recording women in dressing rooms at the Cross County Center in Yonkers.

Heriberto Polanco, 27, of the Bronx, pled guilty on September 14 to three counts of Unlawful Surveillance in the Second Degree, a felony. According to his plea agreement, Polanco will receive probationary supervision with sex offender specific conditions and will be required to register as a sex offender.

“The predatory behavior Heriberto Polanco displayed is incredibly disturbing and unacceptable,” said Westchester District Attorney Miriam Rocah. “Everyone should have the expectation of privacy when they enter a changing room in a store, and Mr. Polanco violated that on numerous occasions.”
By Rick Pezzullo

New York State Senate Majority Leader Andrea Stewart-Cousins honored Dr. Carol B. Allen, Chairwoman of the Greenburgh COVID Vaccine Angels Initiative, as her inductee for the NYS Senate Woman of Distinction Award last week in front of Greenburgh Town Hall.

Dr. Allen spearheaded COVID-19 vaccination efforts in her community, including organizing vaccination pop-ups and coordinating with more than 300 volunteers to vaccinate more than 5,000 residents in Greenburgh and the surrounding communities.

“Dr. Allen has been working for the betterment of her community for decades and is a powerful voice in the fight against systemic racism,” Stewart-Cousins said. “During the pandemic, Dr. Allen and her many volunteers put their own fears aside and reached out to the people who needed most to be informed, who needed to be comforted, who needed to be told where a testing site was, or where a vaccination site was. We had people out in the community who were caring for the community. There were a lot of great volunteer efforts during the pandemic, but the efforts of Dr. Allen and her volunteers stood out.”

Joining Stewart-Cousins at the event were Greenburgh Supervisor Paul Feiner, who helped provide resources for the Greenburgh COVID Angels Initiative, and COVID Angels volunteers Anne Hoehn and Mary Kathryn “MK” Blazek.

“Thank you, Majority Leader Stewart-Cousins, for this tribute. The pandemic has shown a spotlight on social factors that contributed to the severity of the pandemic, including health care disparities, income inequality, and inadequate education,” Dr. Allen said.

Dr. Allen practiced at the Bronx Veterans Administration Medical Center for more than 30 years, and most recently served at Sun River Health, which was formerly Hudson River Healthcare, in Peekskill. She is a lead member of the Greenburgh Against Systemic Racism Law Enforcement Committee, a member of Alpha Kappa Alpha Sorority, and of the NAACP.

Each year, the New York State Senate honors a select group of outstanding women whose achievements set an extraordinary example for future generations. The honorees depict the ideals of leadership and service in all fields, including social justice, science, business, athletics, education, and the arts.

By Rick Pezzullo

Ribon Cutting Held for Rental Housing Complex for Seniors

continued from page 1

“Members of the Greenburgh Town Board and I are pleased to have partnered with Westchester County Executive George Latimer to convert an abandoned homeless shelter into much needed affordable senior citizen housing,” said Greenburgh Supervisor Paul Feiner. “The lucky seniors who live here will be able to take advantage of Greenburgh programs and services and be within walking distance to the Westchester Community College where they can take courses and participate in inter-generational learning. A beautiful new apartment complex in a safe and beautiful location.”

“The WestHelp site has had a long tradition of providing housing to vulnerable members of our communities. In a county where homes are so expensive and in such short supply, allowing that site to go fallow in 2011 was one of the more shameful county actions of the decade,” said Legislator MaryJane Shimsky. “I am very happy, and frankly relieved, that this location is now ready to house our residents again.”
Slow COVID Case Reduction Continues; W’chester Sees Vaccination Increase

By Martin Wilbur

The area continues to see a slow reduction in the number of active COVID-19 cases, down from the August highs but not nearly a significant enough reduction for officials to declare that the pandemic has been conquered.

Westchester reported 2,314 active COVID cases as of Sunday, nearly 300 cases lower from two weeks ago and a little less than 500 fewer over the past three weeks.

Westchester County Executive George Latimer said the numbers represent a hopeful trend but cautioned the public against making any victory declarations over the virus.

“With all of that, the numbers are encouraging but we’re not out of the woods yet,” Latimer said. “So we’re going to look at policies and ways we can continue to deal with this pandemic.”

Currently, those strategies include continuing to try and persuade the remaining eligible county residents to get vaccinated as well as partnering with school districts on pop-up vaccination sites and procuring about 200,000 child-size masks for children under 12 years old.

Although the pace of vaccinations tailed off through most of the summer, Westchester has been seeing a noticeable uptick since the Delta variant caused a spike in cases locally and nationally and the full FDA approval of the Pfizer vaccine.

As of late last week, Westchester has 87.4 percent of its eligible population vaccinated, Latimer said, after that figure hovered at or just above 80 percent for an extended period. There have been 720,905 county residents 18 years old and up who have received at least one dose of one of the vaccines. With an estimated 200,000 children in the county under 12 years old and a population of just over one million people, Latimer said that is an outstanding percentage that is helping to limit the spread of the virus compared to the previous waves.

“When I look at Westchester and I see we’re at this number of 87 percent, that is a very good number,” he said. “That is a tribute to the people of Westchester that understand what the value of vaccination is. It’s a tribute to the work that’s being done by medical professionals all across this county and I think the county plays a role in making vaccinations as available to people as is possible.”

As of Saturday, there were 74 COVID-19-related hospitalizations, down a little more than 25 percent since 102 hospitalizations were reported in the county on Aug. 31. During the past week there were six additional deaths attributed to the virus, increasing the county’s death toll to 2,327 since the start of the pandemic. The week before there were seven COVID deaths.

In Putnam County, the painstakingly slow reduction in cases similarly continues. As of Sept. 16, there were 107 active cases in the county, down from 130 four weeks earlier. There are currently three hospitalizations and there has been one death this month, moving the death toll up to 95.

In the larger picture, the Mid Hudson region registered a 3.4 percent positivity rate on Sunday, tied for the second lowest of the state’s 10 regions with Long Island and trailing only New York City, which had a 1.9 percent positivity rate. All other regions had at least a 3 percent rate on Sunday, with two regions, Finger Lakes and Western New York, at or just above 5 percent, according to the New York State tracker.

Westchester and Putnam each registered a 2.5 percent positivity rate on Sunday, tied for the lowest in the seven-county region.

Latimer said when government and policy makers devise strategies when tackling the pandemic, it is with one goal in mind – to prevent avoidable deaths.

“All of this, everything being done by the state, being done by the county and the local governments, the school districts, by public health professionals everywhere is designed to stop people from dying, trying to make it less likely rather than more likely we would lose them,” he said.
New Castle Revises Mask Law Providing Greater Flexibility

By Martin Wilbur

The New Castle Town Board approved a mask law last week that gives the supervisor the authority to call for citizens to wear a face covering in certain locations should health conditions warrant their usage.

As a result of the 4-0 vote, the legislation is designed to provide flexibility to the town if cases of COVID-19 or some other health matter rise where masks could help limit transmission.

It replaces a law that was passed last summer that required masks to be worn universally or not at all. Town Attorney Ed Phillips said the supervisor could decide to require people to wear masks at one or more of the following locations – municipal property, places of public accommodation, such as stores, public transportation or in outdoor spaces.

“The idea of the legislation is to take what’s on the books now, which is a mask law that the supervisor can activate, but it has a mask mandate with respect to public and private property, both, and to update that and try to give the supervisor more options then to have a mask mandate everywhere or nowhere,” Phillips said.

Legislation was introduced last month by Councilwoman Lori Morton to consider enacting a mask mandate for indoor public spaces, including most businesses, when the number of active COVID-19 cases in Westchester were reaching their summer peak of nearly 2,800.

“The CDC recommends that people wear masks in areas of substantial or high transmission,” Morton said. “That is Westchester County now.”

Although the county-wide figures have been slowly declining in the past three or four weeks, the number of active cases in New Castle last week stood at about 30, nearly identical to last April.

On Saturday, the state reported that Westchester had a 2.2 percent positivity rate, slightly lower than the 2.4 percent on the seven-day rolling average.

During the public hearing last Tuesday evening, one speaker, resident Mike Schoonmaker, said while some people will applaud the law, many others might find them too restrictive and look to shop and spend time in other towns.

“I suspect that you will find many more people who are unaffected by the increase restrictions in town, especially if we enact it under the current situation, where we’re still at a pretty low level of cases in town and you have all the freedoms that we would want in a normal situation in the surrounding towns,” he said.

Acting Supervisor Jeremy Saland, who will remain in the supervisor’s post until the November election is certified sometime after Election Day, said he is hopeful the COVID-19 transmission will continue to decline and would like to avoid enacting the legislation.

Councilwoman Lori Morton

“No one is looking to throw this down for the sake of it,” said Saland. “If the numbers start to increase locally, it will certainly be considered.”

Before the law was passed, the board was considering various carve-outs to the legislation depending. Morton said that reaction among gym and fitness center operators in town was mixed.

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ArtsWestchester Benefit to Star Ravi Coltrane

ArtsWestchester and Ginsburg Development Companies will host Grammy-nominated saxophonist Ravi Coltrane in downtown White Plains’ newest private art space.

The first annual Jazz’n ArtsBash Benefit Concert will feature two sets by the Ravi Coltrane Quartet on Oct. 7 at 7 p.m. and 8:15 p.m. in City Square Park, a new rooftop park built by Ginsburg Development Companies at 50 Main St.

The event begins at 6 p.m. and includes drinks and appetizers.

Coltrane is a critically acclaimed Grammy-nominated saxophonist, bandleader and composer who has released six albums as a leader.

Tickets cost $100 for non-members and $85 for ArtsWestchester members. For ticketholders, proof of COVID-19 vaccination is required for entry. Masks will be optional.

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Mt. Kisco Urges Verizon to Screen Proposed Antennas on Downtown Roof

By Martin Wilbur

Mount Kisco planners are calling on Verizon to arrange for more effective screening of a series of antennas it has proposed installing at a front corner of the roof at 45 E. Main St.

Verizon is seeking site plan approval and a special use permit for antennas for three sectors to enhance wireless service in downtown Mount Kisco. Two of the sectors will be mounted flush to an existing elevator penthouse on the five-story building, but another three antennas for the remaining sector will be placed on a steel frame on the southwestern corner of the roof, said attorney Michael Sheridan, representing Verizon in the matter.

“It will ensure fast and ubiquitous wireless connectivity to the downtown business district,” Sheridan said.

However, Mount Kisco Planning Board members were adamant that the applicant present three options to camouflage the antennas. Painting the antennas the same color as the mostly brick building or by using stealth methods to disguise the antennas were two possibilities that were raised.

Board member Crystal Pickard, echoing most of the board’s sentiments, said the building is one of the tallest and most visible structures in the village.

“There’s no effort here at all,” Pickard said of the screening attempts. “You just need the design team, for them to present some screening options for us to opine on.”

However, Sheridan said that other than painting the antennas, any other screening would likely make them more noticeable to residents and passersby. He also mentioned that the antennas would benefit the village’s businesses and residents.

“Our opinion is that this is the least bulky, least intrusive means of (placing) it on the building,” Sheridan said. “Again, this is a tall building, it’s not low to the ground. These antennas are not going to be seen if anybody’s walking down Main Street, you’re not going to be able to see them.”

During the public hearing last Tuesday, there was one resident who spoke, John Piazza of Carpenter Avenue, who may be the person who lives closest to the building. Piazza said that while the board seemed to be focusing on aesthetic issues, he was concerned about potential health impacts.

“We live in a world, I know, that is greatly benefit of common sense in many, many ways,” he said. “We choose comfort and convenience over safety and then we live to regret it. I hope we don’t regret this.”

It was revealed that the proposed antennas would account for 12 percent of emissions allowed under federal guidelines.

Cell towers and antennas has been a sensitive issue in Mount Kisco in the past couple of years, as carriers have been looking at various locations to enhance coverage throughout the village. One of the most controversial proposals is a cell tower proposed at 180 S. Bedford Rd., although part of that debate is a result of it being considered at the same site of a possible solar farm and in close proximity to a residential development.

Verizon has received its required variances from the village’s Zoning Board of Appeals.

The applicant is expected to return with a few screening alternatives when it returns to the board.

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Cell Tower, Solar Farm Hearings Adjourned

The Planning Board once again adjourned public hearings for the SCS Solar farm proposed for 180 S. Bedford Rd. and Homeland Towers’ proposed cell tower for a portion of the same 25-acre parcel.

Both Homeland Towers and the village agreed last month to extend the federally mandated “shot clock” until Oct. 29. The shot clock requires a municipality to decide on a cell tower within 150 days of an application’s submission unless there’s mutual agreement to extend that time period.

There have been multiple extensions on the application since last February as Homeland Towers has searched for an alternative site in the area.

Acting Board Chairman Michael Bonforte said the Planning Board could move to decide on the application at its Oct. 26, three days before the shot clock expires.

Village Attorney Whitney Singleton said Homeland’s escrow account is still in arrears. An applicant is required to maintain a minimum escrow account to pay for the village’s professional consultants.

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If you have registered with the Federal Emergency Management Agency (FEMA) and applied for disaster assistance after the remnants of Hurricane Ida, you might have received a FEMA letter by regular U.S. Postal Service mail or by e-mail.

If so, the agency wants the public to read that letter carefully. It may include eligibility notifications and/or request for more information. Eligibility notification letters inform the applicant of the types of assistance FEMA has determined you are eligible to receive, the amounts of assistance FEMA is providing from each eligible need, the reasons you are ineligible, an explanation of the appeals process and other key information regarding disaster assistance, including proper use of funds.

If you receive an ineligible decision, it isn’t always the final word. If you disagree with a FEMA eligibility decision, the decision may be appealed. FEMA reviews the applicant’s written appeal and documentation received from the applicant supporting the appeal. Upon review, FEMA either provides a written decision to you or requests more information. You may appeal your eligibility, the amount or type of help provided to you, a late application denial, a request to return money or continuing help. The appeal must be sent to FEMA and postmarked within 60 days of the date the decision letter is received. To appeal, follow these steps:

- Explain the reason(s) for appeal and must be signed by the applicant or person who the applicant authorizes to act on their behalf.
- Include your full name, date of birth, current address, disaster number and FEMA registration number.
- Be sure to date and sign the letter. Include your nine-digit FEMA registration number on each page.
- Provide the applicant’s signature with one of the following: Notary stamp or seal; or the statement “I hereby declare under penalty of perjury that the foregoing is true and correct.”
- Mail the letter to the FEMA National Processing Service Center, P.O. Box 10055, Hyattsville, MD 20782-7050 or fax the form to 800-827-8112.
- Appeal letters and supporting documentation can be uploaded to your account on DisasterAssistance.gov if you have set one up.
- For questions about the letter or the entire appeal process, you can visit DisasterAssistance.gov, use the FEMA mobile app or by calling 800-621-3362. If you use a relay service, such as a videophone, InnoCaption, or CapTel, give FEMA the number for that service.

FEMA urges applicants to read disaster assistance letters carefully. It is not necessary to meet with FEMA in person to start a claim. If you have suffered significant property damage from the remnants of Hurricane Ida, you can apply online for FEMA assistance here: https://www.disasterassistance.gov/

For referrals to agencies that support community specific needs, contact your nearest 211 counts center at https://www.211nys.org/contact-us.

Helping Hands

Students at Mount Kisco Elementary School have been giving back to the community in a big way through the school’s garden. Most recently, they walked a big haul of freshly picked produce to the Mount Kisco Interfaith Food Pantry. The school garden not only serves as an outdoor education program, but it has also been teaching them ways to give back to those in need. So far, the school has donated more than 300 pounds of fresh produce to the community.

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Obituaries

David Parsons

David P. Parsons, a Peekskill resident, died Sept. 14. He was 68.

He was born May 19, 1953, to Robert and Anne (Anderson) Parsons in Manhattan. He grew up in Peekskill and graduated from Peekskill High School in 1972. After high school, he joined the U.S. Army in July 1974, where he was stationed at Fort Campbell, Ky. as a proud member of the 101st Airborne Division. He was honorably discharged from the Army National Guard in 1980. During his service in the Army, he married the love of his life, Jane (Wilson), in November 1974 and had three children – Tammie, Kristy and David Jr.

After leaving the Army, he worked as a supervisor for Reader’s Digest in Chappaqua and took early retirement to pursue his developing passion in the emergency medical services. He was an EMT-I and was a life member of the Peekskill Community Volunteer Ambulance Corps, where he served as ex-chief (then known as captain)

Anthony Oliveri

It is with heartfelt sadness that the family of Anthony Oliveri announces his passing on Sept. 15 at the age of 81. He was surrounded by his wife and children at his side.

Tony was born on Oct. 13, 1939, son of Millie and Anthony Oliveri, in New York City. Tony attended the School of Visual Arts and went on to a career as a commercial artist. His first job was at Klein’s Department Store in the advertising department, and he went on to work at Merling Marx Advertising Agency, Resnick Advertising and later for Woolworth & Co. in Manhattan.

Tony married his childhood sweetheart, Rita Ann Aranzullo, on Apr. 18, 1964, at the Immaculate Conception Church in the Bronx. He will be lovingly remembered by his daughter, Camille Geremino, and husband Michael of Katonah, and his son, Anthony Oliveri, and wife Marie of South Salem. Tony will also be affectionately remembered by his six grandchildren, Michael, Rachel, Marc, Christina, Anthony and Victoria. In addition to his parents, Tony is predeceased by his sister, Sharon (Kenneth) Thacke, of Ossining; his brother, Robert Parsons, of Ridgefield, Conn.; his brothers-in-law, William Jessup of Yorktown Heights, Charles Wilson (Barbara) of Naples, Fla. and Edward Wilson (Barbara) of Stormville, N.Y.; his sister-in-law, Deborah Parsons-Burckhard; and nieces and nephews Kevin Jessup, Danielle Thacke-Brower, Jennifer Robinson, Michelle Parsons, Katie Wilson, Karen Thacke, Kelly Parsons, Matthew Wilson and Emily Wilson.

Police Blotter

Croton-on-Hudson Police Department

Sept. 6: Patrol responded to a commercial area on South Riverside Avenue at 11:44 a.m. after a party reported being locked out of their bank accounts and more than $40,000 had been withdrawn by unknown sources. A report was filed.

Sept. 8: Units responded to Farrington Road at 7:55 p.m. after a village resident called stating that their neighbor had dumped recyclables onto their driveway on two occasions today. Patrol mediated the situation.

Sept. 10: Patrols were dispatched to Young Avenue at 11:34 p.m. after a parent reported their child was upset about something. The child had left the scene prior to patrols’ arrival. The parent was interviewed and will call police if necessary.

State Police/Cortlandt

Sept. 16: State police, in conjunction with the United States Postal Inspection Service, arrested Robert Curry Jr., 21, of Peekskill, for two counts of second-degree criminal possession of a forged instrument, a Class D felony, and petty larceny and fifth-degree criminal possession of stolen property, both Class A misdemeanors. An investigation into mailbox larcenies and unattended vehicles in northern Westchester and western Putnam County discovered Curry stole checks from an insecure mailbox and fraudulently deposited them. Curry was arraigned in City of Peekskill Court and released on his own recognizance. He is scheduled to reappear on Oct. 7.

Yorktown Police Department

Sept. 14: Thomas Taylor, 42, of Yorktown, was charged with driving while intoxicated at 8:25 a.m. following a report of an ATV accident on Camhi Drive on Sept. 4. Taylor suffered injuries and was transported to the hospital. He voluntarily surrendered himself at police headquarters.

Sept. 11: Deborah Ademi, 51, of Mohegan Lake, was charged at 7:58 p.m. with driving while intoxicated and endangering the welfare of a child following the report of an accident where a vehicle struck a utility pole on Lakeshore Drive before leaving the area. An investigation determined Ademi had two open containers of alcohol in the vehicle, was an unlicensed driver and had a 16-year-old male passenger.

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Small New is Big News
914-864-0878
Maryknoll Installs Westchester’s Largest Solar Canopy

By Michael Gold

Maryknoll Fathers and Brothers has just installed the largest solar canopy in Westchester, but the missionaries are asking for competition.

“I’m hoping to be an example,” said Fr. Raymond Finch, Maryknoll’s Superior General.

“This is a first step. It will take hundreds of thousands of steps to make a difference,” he said.

Designed by Ecogy Energy and installed by GreenSpark Solar, Maryknoll built more than 2,100 solar panels on 12 canopies over two parking lots covering about 500 parking spots. The system, the first solar canopy and community solar project in the Town of Ossining, was formally introduced on Sept. 14 in a ribbon-cutting ceremony at the site.

The panels will generate about 1.2 million kilowatt hours per year, which can power anywhere from 100 to 225 households over that period, depending on the size of the home, explained Brock Gibian, director of development for Ecogy Energy. This is equivalent to planting more than 1,100 trees or saving 1.7 million miles driving a gas-powered vehicle.

The community solar project will reduce electric bills by about 10 percent for households that sign up for the energy derived from the project in Ossining. More than 75 households have enrolled so far. Maryknoll will also enjoy the same cost reduction and receive lease payments from Ecogy, which will manage the installation.

Over the 25-year life of the project, the solar canopy will generate roughly the clean energy equivalent of using 4,400 gas-powered vehicles for a year, saving more than two million gallons of gasoline, or 3,700 homes burning fossil fuels to generate electricity in one year, using the U.S. Environmental Protection Agency calculator.

The solar panels are double-sided, which means they produce more electricity. They are designed to withstand all types of precipitation, from rain to hail to ice.

Brooklyn-based Ecogy has designed rooftop solar installations for Croton-on-Hudson’s Department of Public Works garage and Arcadia Farm’s horse riding arena in Yorktown.

GreenSpark Solar, based near Rochester, has installed solar panels for businesses, universities, homes, farms and wineries.

Additionally, Ecogy is designing a rooftop solar project at the closed St. Theresa K-8 school, for the Archdiocese of New York, in Briarcliff Manor.

“Our attitude is the project could never have been realized without Maryknoll, the New York State Energy Research and Development Authority (NYSERDA) and the Town of Ossining Supervisor Dana Levenberg,” Gibian said. “Maryknoll has always been an incredible steward of the environment,” Gibian stated. “They always want to help the community and the most vulnerable.”

Finch explained why Maryknoll Fathers and Brothers, which conducts missionary work in 20 countries in South America, Africa and Asia, including helping farmers develop climate-smart strategies, providing food and medical aid to the poor and helping migrants and refugees, initiated the project.

“The climate crisis is becoming more urgent. To hear the cry of the Earth, and the poor, and to respond to it – that’s the core of what we want to be about,” he said. “The people who suffer the most are on the periphery.”

Finch, who has been an ordained priest for 43 years, said his experience in countries like Peru and Bolivia helped influence his thinking about climate change.

“The indigenous campesinos (peasant farmers) in Peru experience flood and drought because of climate change,” Finch said. “But to the poorest of the poor, a drought is disastrous. A drought can mean illness and death. And flooding means they have no home.”

Finch said he is optimistic that other organizations will start thinking about installing solar power as well.

“Hopefully, we can point the way.”
Governor Signs Harckham Bill Requiring Zero-Emission Vehicles

New York will now be embarking on a zero-emissions future on its roadways.

Gov. Kathy Hochul recently signed into law legislation sponsored by state Sen. Peter Harckham (D-Levisboro) and Assemblyman Steve Englebright (D-East Setaucket) requiring all in-state sales of new passenger cars and trucks be zero emission by 2035. The state legislature approved the legislation in April.

A further stipulation of the bill is that all in-state sales of medium-duty and heavy-duty trucks be zero emissions by 2045. Similar sales of off-road vehicles and power equipment will also be expected to be zero emissions by 2035.

"The best way to ramp up our fight against the climate crisis is to transition to new vehicles that are entirely free of carbon and other toxic emissions, and so I am thankful to Gov. Hochul for signing the zero emissions legislation," Harckham said.

"My partner on the bill in the state Assembly, Steve Englebright, deserves our gratitude as well," he added. "The devastation from Tropical Storm Ida proves, once again, that half-measures in dealing with climate change are of little benefit to us. We need to take decisive action right now, and enacting this law shows how New York can lead the way to positively impact our environment."

Englebright noted that building cleaner cars will mean more new manufacturing and service jobs across the country.

Senate Majority Leader Andrea Stewart-Cousins said the legislation is historic action to combat climate change and recognized Harckham’s environmental leadership on the issue.

"Sen. Harckham’s legislation to ensure the sale of all new cars and trucks in New York are zero-emission by 2035 is an important and necessary step in our efforts," Stewart-Cousins said.

Building on the landmark New York Climate Leadership and Community Protection Act (CLCPA) passed in 2019, the newly enacted law is similar to recent mandates issued in California regarding zero-emission vehicles to fight air pollution and increased production of greenhouse gases. Other states are adopting zero emission quota requirements for vehicles as well. The new laws are causing automakers to ramp up development of fully electric and hybrid-powered vehicles.

New York’s CLCPA contains climate targets that are among the most stringent nationally. To reach the goal of 85 percent reduction in greenhouse gas emissions by 2050, it is necessary to aggressively pursue benchmarks that will reduce emissions from motor vehicles.

Personal transportation accounts for roughly 20 percent of America’s greenhouse gas emissions. By eliminating this as a source of emissions, New York will be one step closer to meeting its climate change goals.

State Sen. Peter Harckham’s bill that he introduced earlier this year will mandate that all vehicles sold in New York State will be electric- or hybrid-powered vehicles by 2035.

Harckham and Englebright both indicated that they hoped the changeover of in-state sales to zero-emission vehicles could take place sooner than 2035. The ambitious new law, which will amend state environmental law, targets 2045 for when total fleet transitions for zero emission trucks and buses should take place.

To encourage the meeting of the zero-emission requirement, the new law also specifies that CLCPAs Climate Action Council and various state agencies, including the Public Service Commission, accelerate the development of affordable fueling and charging options for zero emission vehicles, with a focus on ensuring access in low-income and poor communities.
By Martin Wilbur

One of the most critically acclaimed art shows in the United States makes its return this weekend to a live outdoor gathering, one that has been an eagerly awaited annual event for nearly 60 years.

The 59th Armonk Outdoor Art Show featuring about 160 artists from throughout the United States and abroad who work in a wide assortment of mediums is set for Community Park on Business Park Drive this Saturday and Sunday, one year after being forced online by the COVID-19 pandemic. Many of this year’s artists are returning but there are always new names for patrons to see and experience.

While many local residents attend the show, it also attracts a large following from throughout the tristate area – and with good reason. In 2018 and 2019, Sunshine Artist Magazine ranked it the second-rated art show in the United States.

In years past, thousands of visitors have descended on Community Park to take in the fresh air, the delicious food, and of course, the fine crafts, mixed media, painting, printmaking, drawings and pastels, sculptures, photography and digital art and even wearable art.

“It’s such a great show,” said North Castle Supervisor Michael Schiliro. “We’re so lucky to have it here and it’s run for the most part by volunteers, Friends of the (North Castle) Library.”

There were a couple of notable changes this year. In order to ensure safety of visitors, the artists and the volunteers, the layout of exhibitors’ booths and the sponsoring organizations will allow for added safety precautions while still affording the opportunity for patrons to comfortably browse the artists’ booths.

A key attraction this year is a new interactive booth called Create Together, a live participatory experience for visitors. They can place leaf stickers, shaped similarly to what is seen on the show’s brand icon, on the white-walled interior of the booth. As more people place their stickers, it will become a colorful three-dimensional impressionist scene.

Developed by Create & Associates and its creative director, Armonk resident Cecile Rothschild, the booth becomes true community art, paying homage to the revered Japanese artist Yayoi Kusama, she said.

“It’s really an interactive, creative project for the community to celebrate art and to celebrate the return of the show,” Rothschild said.

When visitors aren’t taking in the artwork, they can choose from a great selection of food and beverages, including beer and wine. There will also be free family activities, which will include art kits, an artful scavenger, an interactive art installation, fun photo ops and visiting artists who will help guide creative pursuits.

Of course, for art lovers, the show is an opportunity to add to their collections by purchasing work directly from the artists who engage with patrons directly and explain their work.

The show will be held rain or shine this Saturday and Sunday at Community Field, located at 205 Business Park Drive in Armonk, from 10 a.m. to 5 p.m. Tickets are $13 each for advance purchases online and for seniors. Day-of-event admission at the field is $15. Anyone 18 and under will be admitted for free. All proceeds from the show go to fund programs at the North Castle Public Library.

For a full list of artists and their work and to buy tickets, visit https://armonkoutdoorartshow.org/
Letters to the Editor

Division Over COVID-19 Vaccinations, Mask Mandates is a Tragedy

As we commemorated the 20th anniversary of the horrible 9/11 tragedy and its long-term impact on our nation and the world, I could not help but think about how our nation, left, right and center, came together to mourn those lost, recover and serve.

What a different time we live in today and one can only long for such unity of spirit and effort as we continue to face the tragedy of COVID-19.

It’s Time for Mt. Pleasant to Have a Dedicated Leader Who Puts Taxpayers First

I’m running for Mount Pleasant supervisor because it’s time we had someone running this town who is focused on the taxpayers, not their own personal enrichment.

Carl Fulgenzi began his tenure as town supervisor in 2014. He almost immediately raised his own salary to $148,703. Since then, Mr. Fulgenzi has rewarded himself even more lavishly, courtesy of the taxpayers, paying himself $165,790 annually.

We are being fleeced. To put Fulgenzi’s taxpayer windfall in perspective, he receives a higher salary than the supervisors of Eastchester, Yorktown and the mayor of Yonkers.

Sadly, taxes in Mount Pleasant have also increased every year since Mr. Fulgenzi was elected.

There are plenty of dedicated volunteers and first-responders in Mount Pleasant who provide their services for free, while in Town Hall, we have a compliant board that does out supervisor pay increases.

It’s time for a leader who works for the residents of Mount Pleasant. As supervisor, I will make this pledge:
1. I will not take a raise
2. I will donate $10,000 of my annual salary to fund a scholarship for the children of Mount Pleasant town employees.

My pledge is an example of the community-first approach I will bring to Town Hall. I believe that authentic leadership requires dedication, problem-solving and transparency.

I have been a resident of the Town of Mount Pleasant for 40 years. My wife and I chose to raise our family here, and we have a vested interest in the longevity and healthy growth of our community. It’s time for a leadership change and I am dedicated to leading and giving back to this community that I call home.

Joe Bonanno
Mount Pleasant
Joe Bonanno is the Democratic candidate for Town of Mount Pleasant supervisor.

Excessive Development is Threatening to Ruin Nearly Everyone’s Quality of Life

I was so impressed with the letter from Josh Linnell you published in your September 7-13 issue (“Protection of Pocantico Lake is Urgent for Future Generations”) that it’s inspired me to tell you of my deep concerns about multiple development proposals for Armonk, the latest of which is the MBIA property near the airport on Route 120 south of Cooney Hill Road.

In urging for the protection of Pocantico Lake, Josh represents the younger generation, and they are smart. They know that clean air and water are precious, land is finite and that every person deserves a good quality of life.

Today, however, we have public officials at the national, state and local level (you know who you are), and a vocal, but disturbingly significant minority of people who resist science by refusing to wear masks, opposing mask mandates and resisting vaccinations. They claim that public health mandates are a violation of their individual rights, even when this individualism puts the health of others at risk.

While it may seem absurd, I expect this letter will generate some negative reaction as a partisan tome. People should show their patriotism by honoring those we have lost and those who put their lives in jeopardy by caring for those impacted. Everyone should join together to defeat this horrible disease. We did it in the aftermath of 9/11 and we can and should do it today.

Melvyn Tanzman
Mohegan Lake

Armonk can still offer that at the moment, but only just. Our area is running out of wiggle room. We need to protect our increasingly precious green spaces that gives us the quality of life that makes our area desirable.

So let’s not kill the goose that lays the golden eggs. If we allow that to happen, a few people will walk away with golden eggs. The rest of us will have to live with the consequences: more traffic, pollution, congestion, stressed infrastructure, and ultimately, degraded property values.

Kate Parker
Armonk

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Don’t Neglect Long-Haul COVID in the Panic Over the Delta Variant

By Dr. Jeffrey Gold

“Long COVID” is one of many scary phrases that have barged into our vocabulary since the pandemic upended global life. Those who have it are afflicted with COVID-19 that seems never to go away. With the present panic over the Delta variant, there is a risk that we will not give this slow-burn condition the attention it deserves.

With symptoms ranging from severe fatigue and lightheadedness to anxiety and, in some extreme cases, psychosis, these long-haul patients are begging for help. Studies indicate that as many as three out of 10 people infected with COVID-19 may experience long COVID. Yet, doctors struggle to find an explanation.

Another problem is that almost all studies of long COVID focus on the unvaccinated. Little research has been done on “breakthrough infections” – contracting COVID after vaccination. Preliminary research suggests that symptoms can endure for up to six weeks in breakthrough cases.

It’s Time for Developers to Step Up and Provide Leadership on Green Building

This is not the time to become complacent about green building. Occasional news about green roofs, solar panels and recycling bins are not going to bring the gains needed to maintain a healthier, more sustainable society.

Recent projections from the U.S. Energy Information Administration (EIA) bring a mixed message. Their experts see energy use throughout the country increasing in the coming years, but not as quickly as floor space. That means we are becoming more efficient in our energy usage – but not quickly enough to reduce the amount we are using. Total commercial energy use is projected to increase 22 percent by 2050 compared to 2020. During that same time, commercial floor space will increase 33 percent, the report projects.

The good news is that more of the nation’s energy is coming from renewable sources such as solar and, increasingly, wind, according to the EIA. In 2020, consumption of renewable energy grew for the fifth year in a row to reach 12 percent of all energy consumed.

The benefits of a green building to the environment and the community surrounding

By David Campbell

What makes long COVID so puzzling is the variety of possible symptoms, of which there are potentially hundreds. Patients report shortness of breath, fever, difficulty concentrating and skin conditions. Some patients experience hearing loss. Still others report fatigue so severe that they struggle to get out of bed. There’s no diagnostic test for long COVID, and brain scans and other tests fail to yield conclusions.

But this list of symptoms also gives researchers multiple vantage points from which to study the condition.

Some scientists theorize that fighting COVID-19 leaves behind viral particles that trigger a generalized cycle of inflammation long after the body has defeated the pathogen itself. Others think the virus may burrow in human tissues, allowing it to surface sometime later when immunity weakens.

In select cases, doctors have diagnosed patients complaining of long COVID symptoms with a rare condition known as postural orthostatic tachycardia syndrome (PoTS). The condition often appears suddenly following a viral infection. Any theory or link to a known condition offers hope for patients. In guidelines released in mid-June, the Centers for Disease Control and Prevention recommended doctors focus their approach on patients’ specific symptoms.

Thus, in the fight against long COVID, doctors should target the symptoms patients are experiencing with treatments already proven to address those indications.

For patients experiencing high blood pressure, for instance, doctors can prescribe beta blockers to slow their heart rate. Those patients who feel extreme fatigue can benefit from medicines used to treat chronic fatigue syndrome. Some patients with a PoTS diagnosis see positive results from a drug called ivabradine.

A number of drugs, FDA-approved for other ailments, are finding welcome additional use in the treatment of COVID. Empagliflozin, commonly used for type 2 diabetes, promises to protect against COVID-related organ failure. Baricitinib, an anti-inflammatory drug developed for rheumatoid arthritis, has shown notable effectiveness in reducing COVID-related mortality.

At the same time, experiencing respiratory problems may benefit from a new drug known as Tavalisse, which has FDA approval for use in patients suffering from a rare condition known as thrombocytopenia. Meanwhile, a recent study found that low-dose naltrexone – a therapy for chronic fatigue or chronic pain – shows potential to safely and effectively disrupt COVID-19’s ability to attack the body.

Curing long COVID requires dedicated research and investment. Even repurposing existing drugs requires expensive clinical trials. With tens of thousands of Americans getting infected with COVID-19 every day, the scientific community must double down on finding cures for this condition.

Dr. Jeffrey Gold is a family physician and the owner of Gold Direct Care in Marblehead, Mass. This piece originally ran in the Boston Herald.

A Note to Readers

In last week’s issue, it was brought to our attention that a letter to the editor was published regarding an issue related to New Castle’s proposed Form Based Code that was apparently signed by someone using a pseudonym. The Examiner has prided itself since its inception 14 years ago to not only contain accurate information in our articles but also to follow a process that helps verify the identities of writers of letters to the editor and guest editorials for consideration. Last week, that process was not followed, and as a result, a letter that was not verified appeared in print. While this is the first time we’ve seemingly been deceived in this way as a result of our failing, such lapses in our systems must not occur regardless of circumstances. The Examiner will ensure our process is followed moving forward. We continue to look forward to hearing from readers on topics they are passionate about.

Clean energy from solar panels and fuel cells, which convert hydrogen into electricity, with heat and water as the only byproducts.

Geothermal wells, which harness the heat under the Earth’s surface to warm buildings.

“Smart glass” windows from View, which automatically adjust their tint to reduce glare and heat, reducing energy costs and allowing employees to work in healthier natural light more of the time.

Wind turbines that supplement energy supply.

Green walls, or walls of vegetation, which improve air quality and decrease ambient temperature, among other benefits.

Advanced green roof systems that retain rainwater in a shallow, 2.5-inch-thick absorbent layer, with no need for a drainage layer.

To make progress on sustainability and reduce greenhouse gases, these types of innovations will need to become more widespread. With every project, no matter the scale, builders and developers must place a core focus on protecting people and the environment, promoting local economic development and partnering with communities. Builders like LeChase have a responsibility to demonstrate leadership by delivering projects that optimize energy efficiency, provide creative use and reuse of resources and seek to protect and enhance the environment.

Our commitment to environmental stewardship needs to be rooted in the belief that it is essential to help pioneer social impact that can last for decades.

David Campbell is vice president, LeChase Construction Services, LLC, New York Tri-State office. The company is among the nation’s top contractors, providing general construction and construction management services in a wide range of industries and on projects of all sizes. Learn more at www.LeChase.com.
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Evolution of the Closet Met the Needs of Changing Societies

When I first moved to Westchester, my new home was an old home, a very old home, built originally in 1734, with wings added in 1797 and 1861. It was interesting that in the original wing of the house, a salbox structure, there were no closets, but a past owner had turned one small bedroom into a large walk-in closet. In the 1861 wing, there was one very small closet. Other than that, I was left on my own to construct closets in other bedrooms in the space between the outcropping of a fireplace and the side wall.

In America’s early history, clothes were simply folded and packed in drawers, or hung on hooks. In the late 1800s and early 1900s, closets came into being and in some cases were promoted as an incentive to buy a residence, as evidenced by the first closets built and advertised for The Dakota apartment building in New York City. In the 1870s, The Dakota used closets to appeal to wealthy tenants. When homes were built in colonial America, most individuals didn’t own more than a few articles of clothing, greatly reducing the need for closet storage. Later, as people needed more space to store their clothing, they began using the freestanding pieces of furniture that would have been around for some time.

In France during the 16th century, the Latin word armorium became what we know as the modern closet. As industrialization spread around the world and goods were more affordable and easier to produce, people had more possessions to store. This led to a change in how people viewed and used the closet. The idea of the closet as a dedicated space built into the home for storage, happened in the United States around 1840. It was Americans who established the closet as its own space built directly into the walls of bedroom floor space to build a "reach-in" closet the full length of an interior wall, as I did.

It turns out that some of the earliest people to use a closet were Roman soldiers. The soldiers needed a more practical way to store and transport weapons and armor, especially on long journeys. These storage units were called “armoriae.” As one might guess, the Latin word armario became what we know today as an armoire.

The idea of the closet, as a dedicated space built into the home for storage, happened in the United States around 1840. It was Americans who established the closet as its own space built directly into the wall during the 19th century.

The convenience of the closet built into the home rapidly became a standard feature in many American homes. It wasn’t until the 1950s, after World War II, that we started to really see what we think of as the modern closet.

The economic boom following the war led to an even larger consumer culture in America and increased the need for a place to keep everything. More people began moving to the suburbs and buying larger homes. These larger homes came with closets, and by this time, Americans had plenty of new clothes and accessories to fill them with.

Bill Primavera, while a publicist and journalist, is also a realtor associated with William Zweis Real Estate and founder of Primavera Public Relations, Inc. (www.PrimaveraPR.com). To engage the services of The Home Guru to market your home for sale, call 914-522-2076.

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We’re open every day with extended hours to fit your schedule. No appointments needed. Rapid and PCR COVID testing available.
Pleasantville Farmers Market to Fight Hunger on Saturday

Shoppers visiting the Pleasantville Farmers Market can help Hillside Food Outreach and the Pleasantville Community Garden provide healthy food to local people who need it.

“Hillside Food Outreach is working to end hunger among our most vulnerable neighbors,” said Kathy Purdy, executive director and founder of Hillside Food Outreach. “Our volunteers home-deliver healthy and nutritious foods to over 1,600 men, women and children in Westchester who are unable to access local pantries for a variety of reasons.”

This Saturday, Sept. 25, the market’s shoppers are asked to purchase extra vegetables, fruits and bread to donate to this effort. Prepared foods, eggs and jarred products can also be contributed. Donated items from farmers and bakers may be left in the collection bins at those vendors’ checkout stations.

Donations from any vendor can also be brought to a tent staffed by representatives from the Pleasantville Community Garden and Hillside Food Outreach. Cash donations may be made at their tent, which are used to purchase food for donations. Shoppers may choose to conveniently contribute a cash donation when placing weekly pre-orders through the Pleasantville Farmers Market online (from Tuesday at 7 p.m. through Thursday at 7 p.m.) at https://pleasantvillefarmersmarket.localfoodmarketplace.com/Index.

“The first 2021 Food Donation Day, in July, was an enormous success with donations of 992 pounds of fresh produce, 69 loaves of bread and 12 dozen eggs,” said Steven Bates, executive director of market operations for the Pleasantville Farmers Market. “Shoppers also donated shelf-stable items such as honey, peanut butter and apple sauce. We truly appreciate how our community responds to Food Donation Days, and we’re looking forward to building on the success of our July event.”

While Food Donation Days are held twice a year at the market, farmers and other vendors also make weekly food donations. “The Pleasantville Farmers Market program has been an essential part of our organization and the amazing generosity of the farmers every weekend has allowed us to greatly expand and donate thousands of pounds of incredibly fresh vegetables,” said Ashly Juskus, the farmers market Manager. “We’re thrilled to participate.”

Check out the video the farmers market made about this year’s first Food Donation Day at https://www.youtube.com/watch?v=9Olwvm29bHo.

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Dates Added for Mount Kisco’s Farmers Market This Fall

By Martin Wilbur

The Village of Mount Kisco announced last week that three more Sundays have been confirmed for its monthly farmers market in the South Moger Avenue municipal parking lot.

The market, which debuted on Aug. 29, will continue this Sunday, Sept. 26, followed by Oct. 31 and Nov. 21.

Last month, Sturomski said that the farmers market is held weekly, people know that in their town (there) is a weekly farmers market,” Grunthal said.

Last month, Sturomski said that organizers would hope the market is successful to allow it to transition to a weekly schedule by next year.

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The Harrison Players Return With Fierstein’s ‘Casa Valentina’ Next Month

The Harrison Players in Harrison make their triumphant return to the stage next month with Harvey Fierstein’s clever and poignant story “Casa Valentina” from Oct. 15-17.

Inspired by real events, the play revolves around a group of transvestites who gather annually for support, camaraderie at a very discreet bungalow in the Catskill Mountains, circa 1962. As the men adorn women’s clothing, they explore their true identities.

“Casa Valentina” is full of Fierstein’s trademark wit and clever banter. Under the direction of Anthony J. Valbiro, the Harrison Players furnish an amazing set to host its wonderful cast of talented actors, especially Daniel Charest who plays George Vaccaro a.k.a. Valentina.

The cantankerous judge is played by Gary Skidmore, who plays Amy and certainly gets himself in hot water. This scene boils over as Eleanor, the judge’s daughter (Leslie Messina), creates a bubbling caldron of vernacular.

The plot thickens, it is revealed that George is heterosexual and married to the big-hearted Rita played by Donna Scheer. Rita is living with the heartache that her husband is most alive when he is a she. George’s wife, big-hearted Rita played by Donna Scheer is slightly familiar with cross-dressing ("Torch Song Trilogy," “Hairspray,” “La Cage Au Folles” and “Kinky Boots”) “Casa Valentina” may be the by-product of his epic determination to bring stories of marginalized people to audiences. The music is bubbly and speaks without saying a word, including “Sugartime” by the Maguire Sisters.

The Harrison Players certainly have come home again with this full production, which previously premiered as a stage reading in 2018. Show dates and times are Friday, Oct. 15 and Saturday Oct. 16 at 8 p.m. and Oct. 16 and Sunday, Oct. 17 at 2 p.m. at the Veterans Building in Harrison. Tickets are $35. For tickets and more information, visit www.harrisonplayers.org. Tickets can also be purchased at the door. All New York State COVID-19 protocols will be in place.

Taghkanic Chorale Welcomes New Singers for its 55th Season

The Taghkanic Chorale invites singers to kick off the 2021-22 concert season with the Bach “Magnificat” and Vivaldi’s “Gloria.” (RV 588)

Rehearsals began Tuesday, Sept. 7 from 7:30 to 9:30 p.m. at the First Presbyterian Church of Yorktown, located at 2880 Crompond Rd. (Route 202) in Yorktown Heights.

Rehearsals are open during the month of September with no obligation to join the chorale.

Concert performances will be held on Dec. 11 and 12.

With the recent rise of COVID cases, singers’ health is of supreme concern. Our plans include:

• Wearing masks in our rehearsals.

While we all enjoy singing without masks, this will comply with the suggestions from the Centers for Disease Control and New York State for indoor activities such as ours. Once guidelines change, we can revisit this.

• Live-streaming rehearsals for those uncomfortable with an in-person experience, or who are not feeling well.

For more information, call Deborah J. May at 917-848-3764 or visit www.taghkanicchorale.org. Tickets are $25. For tickets and more information, visit www.harrisonplayers.org. Tickets can also be purchased at the door. All New York State COVID-19 protocols will be in place.
Alzheimer’s Association to Hold Two Events on Saturday Ahead of Walk

Two Alzheimer’s awareness events are planned on Saturday, Sept. 25, in advance of the Walk to End Alzheimer’s in Westchester and Rockland counties in October.

From 6 to 8 p.m. at Horan’s Landing in Sleepy Hollow, there will be a Bridge Lighting Watch Party featuring food trucks and a DJ and culminating in the lighting of the Mario Cuomo Bridge in purple for Alzheimer’s Awareness.

At 8 p.m. that night, the Paramount Hudson Valley Theater in Peekskill will also host an Alzheimer’s Awareness Evening during its “Gypsy” concert celebrating the music of Stevie Nicks and Fleetwood Mac. The Alzheimer’s Association will have a table at the event with staff on hand to talk about the organization’s programs, services and fundraisers. Tickets to “Gypsy” can be purchased 24/7 at https://paramounthudsonvalley.com.

The Paramount’s manager said the theater was happy to help raise awareness of Alzheimer’s disease.

“Paramount Hudson Valley Arts is proud to partner with organizations that make a difference in the welfare of our community,” said George De Feis, general manager at Paramount Hudson Valley Arts. “The Alzheimer’s Association brings awareness and resources to those impacted by this horrible disease. We are happy to shine a spotlight on them during one of our live music performances.”

“The Alzheimer’s Association is thrilled to partner with the Paramount Hudson Valley Theater to spread awareness of the horrible disease. We are happy to shine a spotlight on them during one of our live music performances.” said David Sobel, executive director of the Alzheimer’s Association Hudson Valley Chapter. “We want families affected by dementia to know we’re here for them as research continues to find a cure. We are looking forward to a fun and informative night at Paramount Hudson Valley Theater.”

The Westchester Walk to End Alzheimer’s will be held on Sunday, Oct. 3, at Westchester Community College, with check-in starting at 1 p.m. and the opening ceremony at 2 p.m. followed by the walk.

The Rockland Walk to End Alzheimer’s will be held on Sunday, Oct. 10, at Boulder Stadium in Pomona with check-in starting at 9 a.m. and the opening ceremony at 10 a.m. followed by the walk.

The walks will be held in person, observing safety protocols, but participants can also choose to participate remotely at the locations of their choice. More information about all five Hudson Valley walks is available at HudsonValleyWalks.org.

The Hudson Valley chapter serves families living with dementia in seven counties in New York, including Duchess, Orange, Putnam, Rockland, Sullivan, Ulster, and Westchester. To learn more about the programs and services offered locally, visit alz.org/hudsonvalley.

The Alzheimer’s Association leads the way to end Alzheimer’s and all other dementia by accelerating global research, driving risk reduction and early detection and maximizing quality care and support. Its vision is a world without Alzheimer’s and all dementia.

$170G Secured for 40th Senate District Libraries

State Sen. Peter Harckham (D-Lewisboro) announced last week that five public libraries in his district will receive more than $170,000 in aid that is part of the $14 million designated statewide for library capital construction and technology improvements.

The libraries are Brewster, Pawling, Hendrick Hudson and Somers, as well as the Field Library in Peekskill. The libraries will receive a total of $170,681 for a variety of key projects including library expansion, new furniture, audiovisual equipment, window replacements and much more.

Support Connection’s Annual Support-A-Walk for Breast & Ovarian Cancer
Sunday Oct. 3, 2021

WALK WITH US, WHEREVER YOU ARE!
Walk in your town or neighborhood.
Walk on your own or with family & friends.

Learn all about it:
supportconnection.org/support-a-walk
914-962-6402 ~ walk@supportconnection.org

Proceeds fund Support Connection’s Free Breast & Ovarian Cancer Support Services

Support Connection is a 501 (c) (3) not-for-profit organization. We do not receive funds from Relay for Life, Making Strides, Susan G. Komen, or any other national cancer organization.
Orchestra 914 Presents Trio Concert Oct. 17 in Pleasantville

Orchestra 914 is pleased to present a flute, clarinet and cello trio concert on Sunday, Oct. 17 at 3 p.m. at St John’s Episcopal Church, located at 8 Sunnyside Ave. in Pleasantville.

The trio features Rebecca Quigley on flute, Jarrett Hoffman on clarinet and Zachary May on cello for an afternoon of mixed wind and string trios. Works will include Francois Devienne’s “Trio in Bb,” “Exclusive Song” by Swedish Cellist Svante Henryson (b. 1963), and Emily Horton’s “Trio” (2019).

The program will conclude with Australian composer Harry Sdraulig’s “Serenade” (2019), and a complete performance of American composer Brian Raphael Nabors’ work “Seven Dances for Flute, Clarinet & Cello.” Nabors’ “Seven Dances” is a complex piece consisting of seven contrasting miniatures representing various styles of dance and music, including tango, foxtrot and hip-hop.

Nabors is a composer whose emotionally enriching music presents exciting narratives through its vibrant themes and colorful harmonic language. With an eclectic musical palate and crafty compositional technique, Nabors’ music draws from combinations of jazz funk, R&B and gospel with a modern flair for contemporary classical music.

Nabors grew up in the South, and much of his music deals with new reflections on life, nature and the human condition. This includes how music plays a role in shaping the perception of a society and how it can be used as a tool to inspire conversations about prejudice, racism and bigotry.

He earned a Doctor of Musical Arts and Master of Music degree in composition at the University of Cincinnati College Conservatory of Music (CCM), and prior to graduate studies he earned a Bachelor of Music Theory and Composition degree from the School of the Arts at Samford University in Birmingham, Ala.

Orchestra 914, formerly The Chappaqua Orchestra, seeks to expand the classical music experience for diverse audiences in the Hudson Valley through creative, educational, and community programming with the highest level of artistic integrity. In 1958, Boris Koutzen created The Chappaqua Orchestra to bring high quality classical music to northern Westchester.

Over the years, The Chappaqua Orchestra has had many incarnations, from a mix of professionals and amateurs, to what is now a fully professional orchestra.

Orchestra 914 is now officially based in Pleasantville and has recently appointed Russell Ger as its new musical director as part of its goal to widen its geographic scope and to bring an inclusive and unexpected array of live classical music to audiences throughout Westchester, helping to build a community of music lovers of all ages and backgrounds.

Cynthia Peterson, a professional pianist and performer and longtime resident of the Hudson Valley, currently serves as the artistic director of the Orchestra 914 Chamber Music Series.

The suggested donation is $30 at the door (cash, check and PayPal are accepted). Audience members attending Orchestra 914 concerts will be required to show proof of vaccination and wear a face covering indoors in accordance with current CDC guidelines.
Why Civic Engagement Matters for Companies and Nonprofits

New research reveals that not only has America’s largest generation – millennials – become more civically engaged since the pandemic began, but that the time is right for nonprofits and companies to help all Americans see how profoundly they can influence social change.

The new survey from Points of Light, a nonpartisan, global nonprofit organization that inspires, equips and mobilizes millions of people to take action that changes the world, found that almost half of millennials believe in the power of civic engagement more now than before the pandemic. Then, 69 percent are more likely to volunteer and 85 percent think people should help their community and the world. Millennials also believe companies should be actively involved in social issues and two-thirds visit corporate websites at least somewhat often to learn about their efforts.

Tapping into the report’s findings can help businesses and nonprofits seeking to prioritize purpose more effectively work with customers and supporters to move the needle on critical issues facing communities today.

Here are the three key takeaways for businesses and nonprofits:

- **Get personal.** In many ways, millennials were the hardest hit by the uncertainty of the pandemic. Those with children suddenly had to teach them at home; some had parents and grandparents who were getting sick and even dying. It’s no surprise that the social issues millennials care about today have gotten personal.

  “What we learned from our research is that personal experience is driving the civic issues millennials care about and will act to support, as well as their own desire to make a positive difference in the world,” said Natalye Paquin, president and CEO of Points of Light. “Rather than asking millennials to help you reach a goal, consider asking them what they need and how you can work alongside each other to have the biggest impact.”

- **Address what’s important.** Respondents said that the top issues the country must address post-pandemic are health care (29 percent), criminal and social justice (24 percent), education (21 percent), environment and climate (21 percent) and financial recovery efforts from COVID-19 (17 percent). When it comes to issues of widespread importance, entities seeking to be drivers of change can and should meet the public where they are.

  - Discover ways to take action. Civic action can take on many forms, from signing a petition to participating in a rally, to reaching out to one’s political representatives. Not sure where to start? Consider “the Civic Circle,” which is a framework developed by Points of Light to define the many ways people and entities can lead, lend support and take action for causes.

  The nine activities outlined by the Civic Circle are listening and learning; using one’s voice; social entrepreneurship; volunteering; public, national or military service; using one’s purchasing power to express their values; working; voting; and donating.

  “More than almost any other civic action, respondents today are devoting time to increasing their knowledge about social issues. In other words, they are preparing themselves to be fluent consumers of the information causes and companies intend to share,” Paquin said. “This gives companies opportunities to become vital, trusted sources of information.”

  For additional insights and to learn more, visit pointsoflight.org.

  “By partnering with them on addressing the issues that matter to them most, nonprofits and businesses can play a vital role in keeping this generation’s attitudes of empathy, interest and willingness to fix society’s ills thriving,” Paquin said.

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September 21 - September 27, 2021 Examiner Media

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The Next Great Nearby Escape: Pawling

As a travel writer I’m always looking for new places to escape to. Since the onset of COVID-19 last year and with my wings clipped, I’ve only been taking short sojourns. Montauk, Shelter Island and I just returned from an absolutely wonderful escape to the charming Town of Pawling, a mere hour away.

We rented an incredibly charming log cabin in a state forest for 10 days on a private lake. The cabin was beautifully furnished and equipped with everything you might need. There’s even a classic wood-burning stove for cool nights. There’s a fully stocked kitchen a gourmet chef might rave about and a super comfy bed in the master bedroom, two baths, a fully stocked kitchen a gourmet chef might rave about and a super comfy bed in the master bedroom, two baths, a huge deck facing the woods and lake. Down by the lake there are two new kayaks and a flat-bottom rubber boat in the garage. Pawling is lovely in every possible way and totally off the vacation radar.

An unlikely escape for most folks in Westchester for a weekend or even a week, yet it’s so close and devoid of annoying tourists, crowds and weekend traffic. The perfect place to turn off your engines.

This New England-like country town has an exceptional restaurant, McKinney & Doyle, with its inventive menu that features astoundingly delicious dishes. Start with the grilled Spanish octopus or New Zealand baby lamb chops, then try their huge honey crisp shrimp or fresh diver scallops. Every mouth-watering entree rests artfully on a delectable bed of delicious, puréed veggies. There’s an affordable wine list and a selection of decadent desserts from their bakery next door. The Sunday brunch is the uncontested best in Dutchess County. Order their Maine lobster crafted with chilaquiles puréed veggies. There’s an affordable wine list and a selection of decadent desserts from their bakery next door. The Sunday brunch is the uncontested best in Dutchess County. Order their Maine lobster crafted with chilaquiles.

The cabin was incredibly charming log cabin on a lake I escaped to and I’ll connect you to Candace, it’s delightful, vivacious owner. She might consider letting you rent her precious log cabin her father built with tender-loving care 25 years ago.

After spending 10 absolutely lovely days in Pawling, I find it appalling that most folks have never considered escaping there. (Sorry, I had to use that line, my girlfriend said my columns must contain more fun.) Hastings-on-Hudson resident Richard Levy is a former advertising “Mad Man” creative director and now a travel writer. He’s also an inventor of innovative new products and is writing and illustrating a new children’s book. You can contact him at RichardLevyTravelWriter@gmail.com.
The Great Jack O’Lantern Blaze Kicks Off 17th Season in Croton

By Rick Pezzullo

The Great Jack O’Lantern Blaze kicked off the first of a record 59 nights last Friday at historic Van Cortlandt Manor in Croton-on-Hudson.

Back for a 17th year, the Blaze runs until Nov. 21 with reduced capacity and safety measures in place. While the attractions are outdoors and touch-free, visitors who are not vaccinated from COVID-19 will be required to wear masks at all times. Vaccinated visitors will only have to mask when entering the gift shops or restrooms.

More than 7,000 Jack O’Lanterns and elaborate pumpkin sculptures, hand-carved by a small team of artists led by Creative Director Michael Natiello, will once again be situated along wooded pathways, orchards and gardens.

Fan favorite installations, such as the Statue of Liberty, Pumpkin Planetarium, giant spider web and mammoth sea serpent, have returned, along with some new creations, notably a New York City streetscapes featuring iconic buildings in the city’s skyline and an immersive Hudson River scene.

Professional musician, radio personality and Halloween fanatic Richard Christy created the soundtrack accompanying the experience. Blaze: The Soundtrack Volume I & II play throughout the event, making it a multisensory experience. Both soundtracks are available as digital downloads and streams from iTunes and Amazon. The Great Jack O’Lantern Blaze Shop offers a selection of Blaze-specific merchandise.

Admission is by advance purchase and is a timed ticket. To further reduce staff and visitor touchpoints, no tickets are sold on site even if not sold out.

Blaze Hudson Valley dates are Sept. 17 through Oct. 31 and Nov. 3-7, 10-14 and 18-21. Online tickets start at $32 for adults and $24 for children 3 to 17 years old. Children two years old and under are free. Historic Hudson Valley members can attend Blaze Hudson Valley for free.

Tickets can be purchased online at www.hudsonvalley.org or by calling 914-366-6900 ($2 per ticket surcharge for phone orders). More information about The Great Jack O’Lantern Blaze is available at wpumpkin Blaze.org.

Historic Hudson Valley is Westchester County’s largest cultural organization, educating and entertaining more than 325,000 visitors a year through school programs, tours of five National Historic Landmarks, and Halloween themed experiences, which have earned a national reputation as among the best in the country.

Putnam County Department of Health - HOUSEHOLD HAZARDOUS WASTE DROP-OFF DAY

October 9, 2021
9am-12pm
Fahnestock State Park
Canopus Beach Parking Lot
Route 301, Kent, NY

Items Accepted: Consumer commodity packaged household products only, inclusive of: Photo chemicals, non-latex driveway sealer, pool chemicals, creosote, kerosene, flammable liquids, metal polish, drain/oven cleaners, upholsteretry cleaners, wood preservatives, turpentine, stains, varnishes, strippers, thinners, mothballs, rodent poisons, flea powders & collars, bug spray, nail polish remover, hair dyes, hair sprays, gasoline/oil mixtures, brake fluid, antifreeze, auto fluids, pesticides, herbicides, fungicides, chemical fertilizers, adhesives, resins, solvents, oil based paints, mercury containing products, button cell batteries (from watches and hearing aids), lithium & sealed lead acid batteries, rechargeable batteries, fluorescent light bulbs and tubes, smoke detectors, propane tanks up to 20-pound size, household size quantities of recalled hand sanitizer (methanol tainted).

Items Not Accepted: Industrial or commercial type and/or quantity hazardous waste or reagents, inclusive of: Electronic waste (e-waste), used motor oil, latex paint, plastic bags, tires, unleaded/unidentified containers, household batteries (AAA, AA, C, D, 9V), ammunition, explosives, fireworks, asbestos products, construction debris, furniture, toys or clothing, medical waste, old medications. ITEMS IN GARBAGE AND/OR LAWN BAGS WILL NOT BE ACCEPTED.

All waste is subject to inspection and will only be accepted in the County’s discretion. Please be advised that if any not accepted items as specified above are brought and are determined to present a hazard to residents, workers or the environment, Putnam County reserves the right to take any necessary safety measures, the cost of which shall be the resident’s responsibility.

For additional information about waste disposal options, recycling and more, please visit: www.putnamcounty ny.com/recycling or call (845) 808-1390

Pre-Registration Required. Please visit our website at www.putnamcounty ny.com/recycling to schedule your appointment. Please bring your confirmation email with you to the event. For more information call (845) 808-1390,

NO COMMERCIAL ESTABLISHMENTS
The Household Hazardous Waste program is partially financed with a grant from the NYS Department of Environmental Conservation.
AG James’ Westchester Gun Buyback Event Secures 57 Firearms

New York Attorney General Letitia James announced last Friday that 57 firearms were turned in to law enforcement at a gun buyback event hosted by her office, Westchester County Executive George Latimer, District Attorney Mimi Rocah and the New Rochelle Police Department.

The Office of the Attorney General (OAG) accepts — with no questions asked — working and non-working, unloaded firearms in exchange for compensation on site. To date, James has taken more than 2,100 firearms out of communities through gun buyback events and other efforts since taking office in 2019.

“The threat of gun violence continues to loom over our neighborhoods and endanger our families and children,” James said. “From taking down violent groups responsible for hosting gun buybacks and working with organizations addressing this crisis, we are doing everything we can to eradicate gun violence and protect our communities in Westchester and throughout the state. My office is fully committed to preserving public safety, and we thank our partners for their invaluable support and shared commitment in this effort.”

The firearms that were turned in, including 104 handguns, 29 shotguns and rifles, two assault rifles and a non-working gun. Since 2013, the state attorney general’s office has hosted gun buyback events throughout New York and has successfully collected nearly 4,100 firearms.

In exchange for the firearms, monetary compensation was offered in the form of prepaid gift cards and Apple iPads when an unloaded gun was received and secured by an officer on site.

“Too many families have experienced the grief of losing a loved one due to gun violence,” said state Sen. Shelley Mayer (D-York). “New York state has enacted some of the strongest gun violence prevention measures, and one important piece of that is providing people who have guns in their homes a safe way to dispose of them.”

“We want these guns off the streets. My mother used to always say, a bullet doesn’t have a name on it,” said Paul Hood, president, Westchester Rockland Guardians Association. “Unfortunately, there was one with my niece Sabrina’s name on it. I can’t help but think that she and thousands of others would still be here if there were fewer guns on the streets. For me, it’s personal. We must use every tool possible to get guns off the streets.”

Gun violence is a public health crisis that is plaguing communities throughout New York, and last week’s buyback was the latest step to combat the crisis and protect New Yorkers from harm. This year alone, James has held 12 gun buybacks across the state, and has also secured dozens of dangerous firearms through takedowns of violent groups terrorizing New York.

“Attorney General James and District Attorney Rocah have been dedicated champions of the gun safety movement in New York, including in Westchester County where gun violence continues to threaten our communities,” said Barry Graubart of Moms Demand Action. “We are pleased to continue supporting their commendable work to provide proactive support and resources to deeply affected communities in our state.”

Supplemental Summons and Notice of Object of Action

SUE COMMUNITY OF THE STATE OF NEW YORK COUNTY OF WESTCHESTER

Action to Foreclose a Mortgage INDEX #: 70410/2019 WILMINGTON TRUST COMPANY, NOT IN ITS INDIVIDUAL CAPACITY BUT SOLELY AS SUCCESSOR TRUSTEE TO CITIBANK, N.A. AS TRUSTEE TO LEHMAN XS TRUST MORTGAGE PASS-THROUGH CERTIFICATES, SERIES 2006-17 Plaintiff, vs FRANK O’CONNOR IF LIVING, AND IF HE/ SHE BE DEAD, ANY AND ALL PERSONS UNKNOWN TO PLAINTIFF, CLAIMING, OR WHO MAY CLAIM TO HAVE AN INTEREST IN, OR GENERAL OR SPECIFIC Lien upon THE REAL PROPERTY DESCRIBED IN THIS ACTION, SUCH UNKNOWN PERSONS BEING HEREIN GENERALLY DESCRIBED AND INTENDED TO BE INCLUDED IN WIFE, SPOUSE, HUSBAND, WIDOWER, HEIRS AT LAW, NEXT OF KIN, DESCENDANTS, EXECUTOR, ADMINISTRATORS, DEVISEE, LEGATEES, CREDITORS, TRUSTEES, COMMITTEES, LIENORS, AND Assignees OF SUCH DECEASED, ANY AND ALL PERSONS DERIVING INTEREST IN OR LIEN UPON, OR TITLE TO SAID REAL PROPERTY BY, THROUGH OR UNDER THEM, OR EITHER OF THEM, AND THEIR RESPECTIVE WIVES, WIDOWS, HUSBANDS, WIDOWERS, HEIRS AT LAW, NEXT OF KIN, DESCENDANTS, EXECUTORS, ADMINISTRATORS, DEVISES, LEGATEES, CREDITORS, TRUSTEES, COMMITTEES, LIENORS, AND ASSIGNES, ALL OF WHOM AND WHOSE NAMES, EXCEPT AS STATED, ARE UNKNOWN TO PLAINTIFF, PEOPLE OF THE STATE OF NEW YORK, UNITED STATES OF AMERICA ACTING THROUGH THE IRS JOHN DOE (Those unknown tenants, occupants, persons or corporations or their heirs, distributees, executors, administrators, trustees, guardians, assignees, creditors or successors claiming an interest in the mortgaged premises.)

Defendant(s). MORTGAGED PREMISES: 157 6TH STREET VERPLANCK, NY 10596 SBL #: 545 - 2 - 9 To the above named Defendant: You are hereby summoned to answer the Complaint in this action, and to serve a copy of your answer, or, if the Complaint is not served with this Supplemental Summons, to serve a notice of appearance, on the Plaintiff(s) attorney(s) within twenty days after the service of this Supplemental Summons, exclusive of the day of service (or within 30 days after the service is complete if this Supplemental Summons is not personally delivered to you within the State of New York). In case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the Complaint. The Attorney for Plaintiff has an office for business in the County of Erie. Trial to be held in the County of Westchester. The venue designated above is the location of the Mortgaged Premises. TO Frank O’Connor Defendant In This Action. The foregoing Supplemental Summons is served upon you by publication, pursuant to an order of HON. Lawrence H. Ecker of the Supreme Court Of The State Of New York, dated the Twenty-Sixth day of August, 2021 and filed with the Complaint in the Office of the Clerk of the County of Westchester, in and for the Supreme Court of the State of New York, County of Westchester. The above object of this action is to foreclose a mortgage upon the premises described below, executed by Frank O’Connor dated the August 10, 2006, to secure the sum of $384,00.00 and recorded at Instrument No. 46249709 in the Office of the Westchester County Clerk, on the September 26, 2006. The mortgage was subsequently assigned by an assignment executed December 19, 2011 and recorded on March 26, 2012, in the Office of the Westchester County Clerk at Instrument Number 520813583. The mortgage was subsequently assigned by an assignment executed December 4, 2013 and recorded on February 6, 2014, in the Office of the Westchester County Clerk at Instrument Number 540133560. The mortgage was subsequently assigned by an assignment executed February 26, 2016 and recorded on March 8, 2016, in the Office of the Westchester County Clerk at Instrument Number 565098200. The mortgage was subsequently assigned by an assignment executed March 6, 2017. The property in question is described as follows: 157 6TH STREET, VERPLANCK, NY 10596 HELP FOR HOMEOWNERS IN FORECLOSURE NEW YORK STATE LAW REQUIRES THAT WE SEND YOU THIS NOTICE ABOUT THE FORECLOSURE PROCESS. PLEASE READ IT CAREFULLY. SUMMONS AND COMPLAINT ARE YOU IN DANGER OF LOSING YOUR HOME. IF YOU FAIL TO RESPOND TO THE SUMMONS AND COMPLAINT IN THIS FORECLOSURE ACTION, YOU MAY LOSE YOUR HOME. YOU WILL BE HELD IN A COURT WHERE YOU HAVE THE RIGHT TO STAY IN YOUR HOME AT THIS TIME. YOU HAVE THE RIGHT TO STAY IN YOUR HOME DURING THE FORECLOSURE PROCESS. YOU ARE NOT REQUIRED TO LEAVE YOUR HOME UNLESS AND UNTIL YOUR PROPERTY IS SOLD AT AUCTION PURSUANT TO A JUDGMENT OF FORECLOSURE AND SALE. REGARDLESS OF WHETHER YOU CHOOSE TO REMAIN IN YOUR HOME, YOU ARE REQUIRED TO TAKE CARE OF YOUR PROPERTY AND PAY PROPERTY TAXES IN ACCORDANCE WITH STATE AND LOCAL LAW. FORECLOSURE RESCUE SCAMS Be careful of people who approach you with offers to “save” your home. There are individuals who watch for notices of foreclosure actions in order to unfairly profit from a homeowner’s distress. You should be extremely careful about any such promises and any suggestions that they charge a fee to sign over your deed. State law requires anyone offering such services for profit to enter into a contract which fully describes the services they will perform and fees they will charge, and which prohibits them from taking any money from you until they have completed all such promised services. § 1303 NOTICE NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME If you do not respond to this summons and complaint by serving a copy of the answer on the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending a payment to your mortgage company or foreclosing the foreclosing attorney is NOT ENOUGH. YOU MUST RESPOND IN COURT. A COPY OF THE ANSWER TO THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT. DATED: August 31, 2021 Gross Polowy, LLC Attorney(s) For Plaintiff(s) 1775 Wehrle Drive, Suite 100 Williamsville, NY 14221 The law firm of Gross Polowy, LLC and the attorneys whom it employs are debt collectors who are attempting to collect a debt. Any information obtained by them will be used for that purpose. 69930
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Notice is hereby given pursuant to the NYS Alcoholic Beverage Control Law, that SPICY RESTAURANTS LLC, has applied for a license, Serial Number 1338391, to sell wine, spirits, and beer, for retail on-premises consumption at a restaurant, OFORI’S WORLD CUISINE, located at 982 Main Street, Peekskill, Westchester County, New York 10566.

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Rationalizing My Ever-Changing Dietary Habits

By Nick Antonaccio

If the last quarter century has taught us anything it is that we are no longer “creatures of habit,” the well-turned phrase of older generations.

Growing up in my Italian household, I knew exactly what meal we were having on each night of the week — every week. I knew that every Sunday afternoon, after the traditional Sunday dinner, my parents would shepherd my siblings and me into the family car for our Sunday drive.

My, how I’ve evolved. Now I am a creature of habit. Lives more than in all human history. Today a century, I’ve been weaned off public pay creeping up on us. Over the last quarter Boomer generation, change has been the exception.

Technology, social media and mega consumer marketing companies have become agents of constant change. Today, change is considered the norm, not change. Today, change is becoming agents of constant marketing companies have become agents of constant change. Today, change is considered the norm, not change. Today, change is

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For many in my Baby Boomer generation, change has been creeping up on us. Over the last quarter century, I’ve been weaned off public pay phones, hand-written checks, Rand McNally travel maps and DVDs/CDs. I’ve read that in the last 25 years science has impacted our lives more than in all human history. Today a creature of habit is at risk of extinction.

This brings me to the change that has affected me most in the last 25 years: my lifestyle and eating habits. Over time, I’ve learned that eating red meat three to four times a week — and processed foods on a few of the other nights — is a sure formula for compromising my health. At first I resisted change. The mantra of my early adult life was “it must be good for me if my parents cooked it, especially if it tasted so good.” Unfortunately, too many in my parents’ generation died in the prime of their lives from clogged arteries and mutant cells.

I had rationalized my unhealthy diet by developing a compensating habit for consuming a glass of red wine with evening meals. Resveratrol in red wine has been shown to be one of the factors behind the healthy Diet. Surely this insurance policy would allow me to continue my dietary habits. Wrong. I happened upon an article that described the ideal diet for modern man: the Stone Age diet.

The theory: human genetics have evolved very little over the last 10,000 years. Therefore, our bodies thrive best with a diet suitable to our inherited genetic profile. This diet consisted of root vegetables, fruits, nuts and an occasional Mastodon steak. It contained no significant amount of saturated fats, refined sugars or highly processed (or genetically modified) foods.

What about red wine? Early traces have been discovered and dated to 6,000 years ago. Not quite cave man times, but well before the life-changing innovations of the Industrial Age. I’ve rationalized that natural red wines are a direct product of nature and contain healthy compounds that are complementary to a healthy diet.

In the late ’90s, studies were emerging that urged consumers to change their lifelong, deleterious diets by reducing the consumption of red meat and processed foods. So I began to change my diet. (I still miss Italian bread and sandwich meats.)

When a niece adopted a vegetarian diet, I changed again and inched a bit closer to the cave man diet. I now understand the plant-based food preferences and the growing influence of the millennial and Generation Z population.

Today, I’m eating more fish, plant protein and organic foods and wines. Coupled with outdoor running and visits to the gym, I now schedule my annual physicals with confidence rather than anxiety (and my physician endorses my moderate wine consumption regimen).

My choices are made easier by the changing food selections offered in restaurants and food markets. I now seek out menu legends and symbols that didn’t exist a few years ago at restaurants, including V, VG, GF, DF, SF and NE. (Did you decode them all?)

I now consider myself an educated omnivore — a balance between childhood upbringing and 21st century sensibility. I enjoy the occasional steak or dairy product. But, my diet continues to evolve for the better. I raise my glass of organic (vegan?) red wine to my (and perhaps your) health and longevity.

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

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Rationalizing My Ever-Changing Dietary Habits
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