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Friday December 10, 2021

How Scarsdale's Nativity Creche Landed Before U.S. Supreme Court: Creche Committee Keeps 50 Year Old Tradition Alive



By Dan Murphy

Here's a holiday story that you may not have heard about. After watching Nativity scenes across the county, and the country, removed from public property over the past four decades, I wondered how I continued to see a Creche in Scarsdale ever December before Christmas. And next to the Nativity is a sign, "This Creche has been erected and maintained by the Scarsdale Creche Committee a private organization."

I went home and researched how the Village of Scarsdale has permitted the Nativity scene for many years to be erected by the Scarsdale Creche Committee in Boniface Circle for around two weeks during the Christmas season, from 1957 to 1981.

However, in 1981, after complaints from several residents who characterized the Creche as being insensitive, the Village Board barred the Nativity scene. Several Scarsdale residents and the Creche Committee, sued the Scarsdale Board in Federal Court, claiming that their First Amendment rights of free religion and free speech were violated. US District Court Judge Charles Stewart ruled in 1983 that the nativity scene improperly constituted an "impermissible establishment of religion on public land," making the Village square in Scarsdale "the message-bearer" for one religious belief.

The Creche Committee and one resident Scarsdale attorney Kathleen McCreary, who the case is named for (McCreary v. Stone) appealed to the US Court of Appeals, which ruled in 1984 that while the Village Board's denial of the nativity scene was correctly based, a recent case Lynch v Donnelly, which found that "an equal access policy would not contravene" having religious symbols on public property, reversed the lower court's decision.

The Scarsdale Board then voted to appeal to the highest court in the land. The issue was, and still is, whether a religious symbol like a nativity scene, or a Menorah, placed on public property, was a violation of the Establishment clause of the First Amendment, which calls for the separation of church and state.

The case was heard in 1985 by only eight USSC Justices: Justice Lewis Powell was absent due to illness. With a 4-4 split, the Justices affirmed the court of appeals decision.

Since then, this simple and traditional Nativity Scene has been placed for two weeks in the middle of Scarsdale. And every year, the Scarsdale Board votes on whether to allow the request by the Scarsdale Creche Committee to do so, including this year, Nov. 2021, and the Creche will go up starting Dec. 15.

This tradition shows the importance of highlighting all religious celebrations. So Merry Christmas, Happy Chanukah and Happy Kwanzaa Westchester!

Westchester Dems Split on Endorsement for Gov.

Latimer & 12 County Legislators Endorses James, Three Mayor's and Five Assemblymembers endorse Hochul



NYAG & Gubernatorial candidate Tish James, accepts endorsement from County Executive George Latimer, and 12 county legislators in White Plains

By Dan Murphy

Thursday Dec. 2 was a busy day in Westchester Democratic politics, as both major democratic candidates for Governor in 2022 either came to Westchester, or announced the endorsements from Westchester democratic elected officials.

NY Attorney General Letitia James came to White Plains to accept the endorsement from Westchester County Executive George Latimer, Deputy County Executive Ken Jenkins, and 12 democrats on the Westchester County Board of legislators. "We are here to endorse Tish James for Governor because she can bridge the gap or rural, urban and suburban New Yorkers and offer a message of change that can unite us as democrats."

Joining Latimer in endorsing James was Deputy County Executive Ken Jenkins, BOL Chair Ben Boykin and County Legislators MaryJane Shinsky, Christopher Johnson, Ruth Walter, Nancy Barr, Colin Smith, Vedat Gashi, Catherine Borgia, Catherine Parker, David Tubiolo and Alfreda Williams.

"All of these legislators that stand with me today to support AG James from across Westchester shows who she is and what she has accomplished in her public service. We are here to give a positive statement about Tish James, not a negative comment about the other candidates. We in the democratic party are going to have

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Latimer Signs State of Emergency After First Omicron Case in Westchester from 13-Year Old



By Dan Murphy

On December 7, Westchester County Executive George Latimer stated, "Earlier this afternoon we were informed that there is a confirmed case of the COVID-19 Omicron variant in Westchester County. The positive case is in a 13-year-old Westchester County resident. We are concerned about this discovery, and are closely monitoring the situation. With the new variant circulating, the best way we can protect our families and ourselves is by being vaccinated, and by getting a booster shot if you are eligible."

"Additionally, I have officially signed the State of Emergency Executive Order for Westchester County. I am taking this action to combat the Delta and Omicron COVID variants. There is currently a public health threat, I know it has been many months, I know you are tired but we - together - must take action to be better prepared to fight COVID and the new variants."

On Dec. 6, Latimer, outlined data that the county was monitoring the health risk based on four metrics; active cases, hospitalizations, deaths, and hospital beds available. As of Dec. 6 the data found, Active Cases: 2,867; Recent tests given 11,624-with 388 positive-3.3% positivity rate. Hospitalizations: 84, -2700 total beds available in Westchester's 11 hospitals; Deaths-1 per week.

"Where we are today is nowhere near yet what we saw at the pre vaccination peak, and that tells me that how these four indicators move in the days to come will be the determining factor of what actions we take as a government. We are not there yet to go to any extreme measures, but we are moving in the wrong direction and if that projection continues to rise, we envision a step by step approach," said Latimer, who compared the Dec. 6 stats with one year ago, when there were 5,764 active cases, a 4.4% COVID positive rate, 250 hospitalizations and 4 deaths per week.

Other counties in NY State that have already declared a state of emergency are in Ulster County, Monroe County and Erie County, but all three counties have higher positivity rates than in Westchester. *continued on pg 7-*

Mount Sinai's Dr. Gitig Provides Heart Healthy Holiday Tips



Dr. Alon Gitig,
Director of
Cardiology,
Mount Sinai Doctors
Westchester, left

#1-Control your
Holiday meals and
treats

#2-Find time to
exercise

#3-Your Mind
Plays a Large
Role in Heart
Health

Be Happy and
Laugh from the
Belly Like
Santa!

By Dan Murphy

As all of us enjoy the holiday season in different ways, we should also be aware of how the celebrations can lead to over-eating, stress and falling away from the healthy routines you may have established in 2021. Alon Gitig, MD, Director of Cardiology at Mount Sinai Doctors-Scarsdale and Mount Sinai Doctors-Yonkers, shared with us some helpful thoughts and tips to avoid some common heart health pitfalls during the holidays.

1: Controlling Your Holiday Meals and Treats

"A lot of people are working hard at this time of the year to stay on the right track with their eating habits. Some of my patients started in September to redouble their efforts to eat healthier and now come the holidays, where the temptation to overeat and have a drink or two and then enjoy dessert, are all around us. And then comes our New Year's resolution to be healthier in 2022," said Dr. Gitig. "But there are ways to stop this cycle and still enjoy the holidays. You can never be too prepared, and if you want to eat healthy you must understand that our world is set up in a way to make it easy for you to eat unhealthily, and if you don't prepare, there is little chance for success."

"A lot of meals made in stores and restaurants are not healthy. If you are going out, be aware that in social settings, having a drink or two makes it easier for you

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Westchester Native, Jessica Lynn Performs Holiday Show at Paramount Peekskill Dec. 18



A VERY MERRY COUNTRY CHRISTMAS HOLIDAY SHOW BENEFITING TOYS FOR TOTS

Country music star and Westchester,-Yorktown native Jessica Lynn will return to the Paramount Theater in Peekskill to perform her "Very Merry Country Christmas holiday show" on Dec. 18. Lynn is well known in country music for her concert specials on TV and her performances in venues as large as Madison Square Garden.

Lynn will perform many of the Christmas classics at her paramount show, but also one of her own song's "It's Just Not Christmas," which she wrote and started performing in 2020. "Christmas time can be hard when you are missing someone around the holidays. Things never quite feel the same once they are gone," said Lynn.

"Last year, right around Christmastime, I was really missing my little sister who I have not seen in several years. I was sitting in bed one night and got this urge to pick up my acoustic guitar and "It's Just Not Christmas" pretty much wrote itself."

"My little sister has been estranged from my family for several years because life has sadly taken her in a different direction. My family misses her very much and wishes more than anything that soon she will open her eyes and reconnect again with the people that truly love and care about her. Since I wrote it so late in to the holiday season last year, I was patiently waiting for this year to release it, and little did I know how incredibly relevant it would become in the midst of a pandemic.

"On release day, I was flooded with messages on social media of how the song reminded fans of their husbands or wives who have passed away; their parents, their pets, their friends they haven't seen in so long. It was so beautiful for me to experience how much this song could mean to so many. It made it that much more meaningful to me as well."

"I honestly never thought releasing a sad Christmas song would be something I'd ever do, but sometimes life has other plans for you," Jessica reflects, "This song means so much to me and it's been amazing that fans from around the world have connected with it, in a very special way.

Lynn graduated from Lakeland High School in Shrub Oak, in 2008. After graduation she worked as a substitute teacher at Lakeland before her career took off. Visit jessicalynnmusic.org to learn more about her music.

Tickets are \$25 to \$35 and can be purchased at jessicalynnmusic.org/shows, or at paramounthudsonvalley.com.

U.S. Department of Justice Announces Investigation of Mt. Vernon Police Department



US Attorney, SDNY, Damian Williams

On Dec. 3, the Mt. Vernon Police Department now has the unfortunate distinction to be named with police departments in Minneapolis, Phoenix and Louisville, as being under federal investigation for violations including use of force, illegal strip search, and mishandling evidence. Two branches of Federal law enforcement announced the investigation into the Mt. Vernon PD: U.S. Attorney for the Southern District of NY, Damian Williams, and Assistant Attorney General for Civil Rights Kristen Clarke.

The Department of Justice opened a civil pattern or practice investigation into the Mount Vernon Police Department, pursuant to the Violent Crime Control and Law Enforcement Act of 1994. The DOJ investigation will assess whether there is reasonable cause to believe that MVPD engages in a pattern or practice of: (1) discriminatory policing, in violation of Title VI of the Civil Rights Act of 1964, the Safe Streets Act, and the Fourteenth Amendment; (2) using excessive force in violation of the Fourth Amendment; (3) conducting unlawful strip and body cavity searches, in violation of the Fourth Amendment; or (4) mishandling evidence, in violation of the Fourteenth Amendment. The investigation will be conducted by a team of career civil attorneys from the Special Litigation Section of the Civil Rights Division and the Civil Division of the United States Attorney's Office for the Southern District of New York. Individuals who wish to share information related to the investigation are encouraged to contact us via email at community.mvdp@usdoj.gov, by phone at 1-866-985-1378, or through the Civil Rights Division's Civil Rights Portal, available at <https://civilrights.justice.gov/>.

U.S. Attorney Damian Williams said: "Police officers have tough jobs, and so many do their work honorably, lawfully, and with distinction, respecting the rights of the citizens they have sworn to protect. But when officers break the law, they violate their oath and undermine a community's trust. We ask anyone who has information relevant to the investigation into the Mount Vernon Police Department to contact the Department of Justice via email at community.mvdp@usdoj.gov or to call (866) 985-1378."

Assistant Attorney General for the Civil Rights Division Kristen Clarke said: "An effective and accountable police department is a hallmark of a healthy and well-functioning democracy. The Civil Rights Division is committed to ensuring that law enforcement agencies across our country use their authority in a manner that is constitutional, transparent, and free from discrimination. "We have received information about the repeated use of excessive force, often against individuals who are handcuffed. Similarly, reports indicate that officers routinely conducted searches without sufficient legal basis, including strip searches."

As part of the investigation, SDNY and the Civil Rights Division will conduct a comprehensive review of MVPD's systems of accountability, including complaint intake, investigation, review, disposition, and discipline. SDNY and the Civil Rights Division will also reach out to community groups and members of the public to learn about their experiences with the MVPD.

Mt. Vernon Mayor Shawn Patterson-Howard was notified on Dec. 3 about the investigation. "We look forward to working with the Department of Justice and cooperating fully with its investigation, which is about possible pattern of behaviors and practices that predate the Patterson-Howard administration."

"After assuming office in 2020, Mayor Patterson-Howard demonstrated her

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Westchester Building & Realty Institute Files Lawsuit Challenging NY Eviction Moratorium

On November 30, 2021, the Building and Realty Institute of Westchester and the Mid-Hudson Region (BRI) and several multifamily apartment landlords filed a lawsuit challenging the constitutionality of the extension of the New York State eviction moratorium that was signed into law on September 2, 2021.

"This law is a clear violation of due process and our rights as property owners," said Alana Ciuffetelli, Chair of the AOAC, which represents hundreds of landlords in Westchester County. "It isn't fair that tenants can simply file a hardship claim that doesn't need to be validated yet property owners must jump through hoops in order to challenge these claims or receive compensation for our hardships."

New York Governor Kathy Hochul signed the new moratorium on COVID-related residential and commercial evictions for New York State which is in effect until January 15, 2022. Under the new law, all protections of the Tenant Safe Harbor Act for residential tenants who are suffering financial hardship as a result of the pandemic will remain in place, along with new protections on commercial evictions.

The BRI filed the lawsuit in the U.S. District Court, Southern District of N.Y., in White Plains. The White Plains law firm of Finger & Finger, A Professional Corporation, Chief Counsel to the BRI and its affiliate organizations, is representing the BRI and the accompanying plaintiffs in the litigation.

The plaintiff charges that the new moratorium has not meaningfully improved upon the previous version of the NYS eviction moratorium, which the United States Supreme Court enjoined on August 12, 2021. In that case, the Court found that a tenant's self-attestation of hardship declarations without either presenting evidence of the hardship being claimed or even by indicating which of the many hardships listed on the form applied to the tenant's case to allow for some measure of independent verification meant that, "[the moratorium] violates the Court's longstanding teaching that ordinarily 'no man can be a judge in his own case' consistent with the Due Process Clause."

Although the new moratorium did add the possibility of a landlord-initiated evidentiary hearing to challenge the validity of a tenant's hardship declaration, the plaintiffs maintain that this still does not provide them with their right to due process. The hardship form still merely requires the tenant to indicate that their case corresponds to one of several categories of hardship without indicating which one they are claiming. To challenge the hardship, the landlord must make a good faith attestation and offer proof that the tenant is not suffering the hardship, despite no knowledge of which hardship is being claimed.

As a consequence, the plaintiffs claim that this denial of due process eviscerates the rights of property owners by denying them prompt access to the courts, denying them a meaningful ability to challenge tenant claims of hardships, vacating long standing judgments against tenant for an indeterminate period of time, and rendering it impossible for the owners to reinstate the judgments or even to restore the cases to the calendar for further proceedings.

"It is extremely crucial for property owners to stand together and show their support for this case," Lisa DeRosa, BRI President and White Plains landlord said. "Landlords have endured enough with the pandemic and the eviction moratorium and now it is time that we make sure our rights are no longer being violated. If we can't evict non-paying tenants and we can't challenge their hardship claims, where does that leave us?"

Although there have been a number of lawsuits brought against the New York State eviction moratorium, this Westchester-based case is unique in incorporating the perspective of commercial landlords, who are now subject to the same hardship declaration as residential landlords, and housing cooperatives which, although they do not have a traditional rental agreement with the owner shareholders who reside in the building, must also rely on housing court to deal with residents who fail to pay their required building maintenance fees and other financial obligations over a protracted period of time, and therefore are also subject to the eviction moratorium.

The lawsuit claims that the members of the BRI in total have suffered mil-

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99 Cents or \$3.49 for Cream Cheese?



By Eric W. Schoen

A study came out on Monday that said blood pressure measurements of nearly half-million adults showed a significant rise in 2020 versus 2019. Let's face it. Last year was not a fun year.

Americans dealt with a global pandemic, the loss of loved ones, lockdowns that splintered social networks, stress, unemployment and depression.

So it should be no surprise to you or me that the nation's blood pressure shot up. Thank god my pressure has been good. But if you could have seen my reaction when picking up a bar of cream cheese, the 1/3 less fat or Neufchâtel kind at Target Monday night and saw the signs I did, for a moment I think my blood pressure went through the roof.

Now for a quick lesson. According to what I have read online, Neufchâtel is a soft, slightly crumbly, mold-ripened cheese made in the Neufchâtel-en-Bray, French region of Normandy. One of the oldest kinds of cheese in France, its production is believed to date back to the 6th century. But friends, if you believe the cream cheese you schmear on the fresh bagels you get from places like Goldberg's Bagels on Central Avenue across from Cross County Center or Highridge Bagels in the Highridge Shopping Center on Central Avenue is coming from France, you are dreaming. The cream cheese is simply low fat.

Time for another lesson. You see I know about bagels because when I was a little kid I worked at the H&R Bialy bagel shop in the Quaker Ridge Shopping Center in New Rochelle. We are talking about close to 50 years ago, and the shop is still owned by the same family today. Dad on his day off Saturday would work in the Appetizing counter (think sophisticated deli selling high quality smoked fish) at H&R. He was in the grocery business before becoming a Manufactures Representative for some of the largest health and beauty aid companies in this country. His firm was one of the first to sell condoms when pharmacists took them from behind the counter where you had to ask for them and put them on display in the pharmacy (gasp!) prior to the giant displays you have at your Walmart or Target today.

In the traditional sense, a schmear is a generous slathering of cream cheese on a bagel. The word itself has Yiddish origins, derived from the root for spread or smear. Years ago at bagel shops you could buy a bagel with a schmear which was less expensive than a bagel with cream cheese. The bagel with cream cheese had more cream cheese than the bagel with a schmear. This may seem complicated to some but those of you of a certain age get my drift.

By the way, before real bagels are put in the oven to be baked, they must be boiled in very hot water. That's why the bagel you buy in Dunkin Donuts tastes different from the bagel you buy at Goldberg's or H&R Bialy. Time for another lesson for you hipsters reading this column. What is a bialy?

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Schumer: Omicron Shouldn't Mean Panic, It Should Mean Planning, & Free at Home Tests

With COVID's Omicron variant spreading, U.S. Senator Charles Schumer said the key to controlling it centers around the at-home tests now for sale across the country. Schumer praised President Biden for prepping a plan to be released on January 15th that will have insurance companies reimburse for the cost of an at-home test—but, he said, while we wait, he wants a surge of rapid at-home tests sent to New York community health centers and their mobile sites, across the City and Long Island.

"While many portions of the country are waiting for the omicron variant to arrive, New York already has cases—but this doesn't mean we should panic. It means we should be planning," said U.S. Senator Charles Schumer.

"You see, a key to controlling Omicron is the at-home test, where you can swab your own nose, follow simple steps, determine if you have COVID, and take the right steps thereafter. Right now, these at-home tests are pretty affordable across the country, but they're not free, but they should be. So, I am asking for the feds to send a surge of these to New York CHCs and their mobile sites where they should come at no cost. We should be arming the public with at-home tests to stay ahead of this variant into the winter," Schumer added.

Schumer urged for these at-home tests to be totally free, as in no fine print. He said people should be able to walk into a CHC or visit one of their mobile sites and pick up an at-home test free of charge. Schumer urged a surge of the at-home tests to New York, especially, saying that omicron is already here and that we must work now to contain its spread. Schumer said the funds to pay for these free tests have already been appropriated to HHS via the American Rescue Plan (ARP) he helped pass through Congress and the president signed into law.

Last week, the Biden administration announced its winter plan to beat back COVID. The administration will soon mandate insurers reimburse Americans for purchasing at-home tests. Three federal departments will issue the guidance for this action on Jan. 15. The guidance will stipulate that people who buy the tests will be able to seek reimbursement from their group health plan or health insurer and have it covered during the public-health emergency, according to the Wall Street Journal. The administration has authority to do this under legislation that Congress passed in March that required group health plans and issuers to cover diagnostic Covid-19 testing, the Journal reported.

In the meantime, Schumer, is saying that sending a surge of these at-home tests to New York can once again utilize the CHC infrastructure that made getting shots in arms successful during the earliest days of vaccine availability. "We have this tool we didn't have early on—an at-home test," said Schumer. "It's one of the keys to keeping this recovery going, and we ought to use them."

According to the WHO, the most effective steps individuals can take to reduce the spread of the COVID-19 virus is to keep a physical distance of at least 6-feet; wear a well-fitting mask; open windows to improve ventilation; avoid poorly ventilated or crowded spaces; keep hands clean; cough or sneeze into a bent elbow or tissue; and get vaccinated.

There are more than 70 federal community health centers (CHC) with 800 sites throughout New York, according to the Community Health Care Association of NY.

Eviction lawsuit, continued from pg 3-

lions of dollars in losses as a result of the moratorium. These losses include rents not paid by commercial tenants who have remained operational throughout the pandemic, residential tenants who receive rent subsidies or whose rents decreased with any reduction in income, and other tenants who may not actually have sustained a hardship, but all of whom have seen fit to merely sign an unsworn statement that they had a hardship. Importantly, even cases where the tenants did not appear for court have now not only been delayed until January 2022, but in some instances have been delayed indefinitely unless the tenant involved requests that the case proceed.

The Building and Realty Institute of Westchester and the Mid-Hudson Region (BRI), based in Armonk, has more than 1,800 members in 14 counties of New York State. For additional information, please visit <https://www.buildersinstitute.org>.

Congressman Maloney Says SALT Reform Will Pass US Senate & Help Westchester



Northern Westchester Congressman Sean Patrick Maloney

Westchester County's third member of Congress, Rep. Sean Patrick Maloney said last week that he was confident that changes to the State and Local Tax Cap, (SALT) made in the House of Representatives will pass the U.S. Senate by the end of the year and become law, helping Westchester homeowners deduct larger portions of their property tax bills.

"I am confident it will pass the Senate, and I think if it gets modified, it will be minor modifications. It's been a fight and it hasn't been easy but we have been focused on this like a laser beam and we are going to get it done," said Rep. Maloney adding that "we are on the one-yard line here and we are going to punch it into the end zone."

Democrats have blamed the changes to SALT, passed in 2017, on former President Donald Trump, who signed the changes as part of a tax cut for wealthy americans. The Speaker of the House at the time, Paul Ryan, also led the effort. The SALT changes capped the dollar amount of their state and local taxes, and property taxes, that can be deducted from your Federal income tax return at \$10,000.

The Build Back Better, (BBB), social infrastructure plan passed by House democrats last month, increases the SALT deduction to \$80,000. The BBB is now before the US Senate, where its passage is uncertain with a 50-50 split between democrats and republicans, democrats need every vote from their caucus to have vice-president Kamala Harris break the tie, for passage. US Senator and budget Chair Bernie Sanders has proposed eliminating the SALT cap for anyone making less than \$400,000. Other democrats want the income limit to be on income up to \$550,000.

Changes to the SALT are being characterized as benefitting the wealthy, and are being opposed by some democrats and republicans. Westchester County Executive George Latimer said, "Westchester's middle-class homeowners chose to live here because of the exceptional services provided by local governments, schools and municipal entities. Mass transit, educational opportunities, public safety officers and investments like our award-winning parks system all add to the high quality of life in our region. Thank you to Westchester Representatives Sean Patrick Maloney, Mondaire Jones & Jamaal Bowman for their efforts to keep this provision in the BBB and thanks as well to Majority Leader Chuck Schumer and Senator Kirsten Gillibrand for continuing their fight in the Senate on behalf of our community."

Rep. Maloney represents the 18th District in NY, which includes the northern Westchester towns of Somers, Lewisboro and Bedford, Pound Ridge, and North and South Salem, and then runs north into the Hudson Valley. His district is the one Westchester congressional district considered competitive next year, 2022.

The Oxford School Shooting - Holding Neglectful Parents or School Officials Accountable? OP-Ed- by Jerry Longarzo, Yonkers

Too many school systems have had crucial authority to maintain the safety of the learning environment severely undermined if not taken away entirely as the needs of disruptive students and the wonton negligence, if not blatant antagonism, of dysfunctional parents to school authority take precedence over the rights of cooperative students who want to learn. Couched in the school as wiping boy, faulty concept of the "school to prison pipe line" in which schools were vilified for not being the solution to all of society's ills was a frontal assault on the legitimate authority of school officials and the empowerment of disruptive, disrespectful and/or even violent students. Supposedly, the alleged murderous student, apart from the heart rendering tragedy of inflicting fatal harm upon four classmates and wounding others, did not present with a history of anti-social behaviors. In any system where red flags are not sufficient, where the flags have to be on fire, where parents are empowered to thumb their nose at school authority the question is not how this one particular tragedy occurred but rather why it isn't far more commonplace than it already is? How pathetic and absolutely sad is it that we become desensitized to this senseless brutality?! Since using schools as wiping boys in the absence of responsible parenting has been shown to have tragic results, perhaps demanding, mandating parental concern and responsible cooperation with school authority needs to be implemented for the greater good of the specific community and society in general. Maybe, just maybe if irresponsible, authority antagonistic parents actually faced significant consequences for their actions and/or inactions our nation's schools would be both safer and more effective. Wouldn't that benefit our nation?

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DMX Film on HBO Shows the Comeback, Relapse and Final Days in 'Y-O' of Rap Legend



Exodus Simmons, left, with DMX and Desiree Lindstrom

By Dan Murphy

On Nov. 25, HBO released DMX: "Don't Try to Understand," which is a powerful and honest film about the Yonkers born rap legend who sold 74 Million albums during his career, and is the only musician ever to have five albums debut as #1, during a time when albums were still the way to reach music lovers in the 1990's and early 2000's.

DMX, who died on April 9, 2021, agreed to the documentary, filmed by director Chris Frierson, that starts with his release from prison in January 2019 after serving one year for tax evasion. The film then takes you on a one year journey through DMX's life, his comeback, relapse, and attempts to reconcile with his family.

Frierson's documentary flashes back to DMX's history, as a young Earl Simmons growing up in the Yonkers housing projects, and suffering abuse from his mother that resulted in being sent to Andrus Children's home in Yonkers, and later as a teen ager, living on the streets of Yonkers.

DMX calls Yonkers, 'Y.O.' and its the place that he always returns to, whether it be after a concert tour, or jail, or rehab. The ups, downs, kids, ex-wives, life on the road touring, making a comeback, having it all as you are about the reach the peak of fame, and then lose it all in a fall back into addiction, are a part of this film, and the wild ride of DMX.

It has you rooting for DMX during his comeback and tour, in which he plays to packed crowds, who want to hear the hits that take them back in time. And even in his late 40's, there is still gas in the tank for DMX to give the people what they want and have them go away having had a good time.

The film also accurately shows how life on the road burns out almost every performer, including DMX, who after returning to the stage, shooting a music video, meeting with Death Row records, "disappears" for a few days.

The drug relapse shows how while DMX loved coming back to Yonkers, but he also knew where to score drugs that he used and abused over twenty years. A few days after being unavailable to anyone, he goes into rehab in Massachusetts.

DMX had many friends in Yonkers, who said "He is not a criminal he's an addict," and "He's fighting demons just like the rest of us." Prayers for DMX, who does believe in God and prays during his concerts, came from strangers and many of us watching.

Even though all of us knew how the story would end, we were rooting for DMX to straighten out his life, and fix his family troubles, and try to end up happy. Most of us can relate to his premonition that his life was short, but that also all of our lives may be short during COVID.

If you are from Yonkers, the connections to Y.O. are all over. There's One Family Deli-Grocery on Woodworth Avenue where DMX likes to hang out during the day. And a return to the Municipal Housing projects on School Street where he grew up to hang out and play some cards and dice one night, to the Dow VFW Post, where most of the African-American members and veterans knew DMX. And his return to Andrus, where he has fond memories, "I never had three meals a day until I was here," and where he told the young residents to "make the most out of your time here." And Maxwell's Pub, in Elmford, was his place to shoot some pool and have a beer.

His love for the people of Yonkers is clear, and so is his enjoyment of speaking with his fans in Yonkers. That difference is in stark contrast to being on the road, where "everyone wants something," like a picture or autograph or time, that DMX had no patience for. Yonkers resident Uncle Buckeye wanted DMX to "be careful and not throw it all away."

There are positive parts of the film and the late journey of DMX. He was able to fix his broken relationship with his oldest son, Xavier. As they reunite after several years, DMX tells him "I'm proud of the many you have become. And the time spent with his youngest son Exodus, and wife Desiree Lindstrom are special, and normal for any family man.

How this man achieved music stardom, (he had two platinum albums at the same time), while fighting the demons in his life is amazing. And he never stopped fighting and trying to do right by his family. One Yonkers resident said, "He is human, just like all of us. That's why we love him. Nobody's perfect.

Some call it a tragedy that he died at age 50, while others say his life was a miracle, based on how he broke out of the abuse to become one of the greatest.

I wanted peace for DMX by the end of the film, and the final scene, where he sings to Gladys Knight's "The Way We Were," was a perfect ending. Some reviews said that the film was difficult to watch. I loved it and learned a lot about him. And the Y.O. is proud of their son Earl Simmons, DMX, and the heights he reached.

Holidays on the Hill Annual Train Show at Lasdon Park Expands



This year, the Lasdon Holidays on the Hill Annual Train Show is going to another level... literally at the re-imagined Holidays on the Hill Train Show in the Conservatory at Lasdon Park, Arboretum and Veterans Memorial, in Somers, which opens Saturday, November 27. Dates, times and tickets available at LasdonPark.org.

The show has been expanded to more than 5,000 square feet of indoor and outdoor exhibit space. Starting with a stroll through whimsical holiday scenes leading to the Conservatory where G-scale trains will be chugging on nine multi-level tracks, over bridges, under tunnels and through colorful holiday plants! The happy elf, Santa, will be available to meet with children in his Holiday Cottage located opposite the Conservatory at scheduled times during each session. Visits with Santa are available as space and time permits.

Westchester County Executive George Latimer said: "Westchester County is filled with holiday traditions and the Lasdon Holidays on the Hill Train Show is one not to be missed. Kids and adults will make lasting memories walking through the many holiday scenes and taking pictures with Santa."

Westchester County Parks Commissioner Kathy O'Connor said: "The Lasdon Holidays on the Hill Train Show never disappoints. Thank you to our hard working and creative staff for making it an even bigger show this season."

Tickets will be sold online only with scheduled viewing times, no tickets will be sold on-site. Tickets are available through December 31. Admission is \$20 per adult, \$10 per child and free for ages 2 and under. \$15 per senior age 62 and over. The Holidays on the Hill Annual Train Show will be open as scheduled, rain or shine.

The exhibit is presented by Westchester County Parks and the Friends of Lasdon Park and Arboretum with support from SavATree in Bedford Hills and Prospero Nursery and Masonry in White Plains. Lasdon Park, Arboretum and Veterans Memorial is a Westchester County Park on Route 35 in Somers. The GPS address is 2610 Amawalk Road, Katonah, NY 10536. Go to the Friends of Lasdon Park and Arboretum website at <https://lasdonpark.org> or call (914) 864-7268 for more information.

Letter to the Editor:

Dear Mr. Murphy,

Your story "Shoplifting in Southwest Yonkers Out of Control" (Dec. 3) is certainly disturbing. Those doing this are criminals. They need to be arrested and held in jail if repeat offenders. The "woke" crowd has somehow convinced politicians and most of the media that arresting criminals is an issue of race and equality. Meanwhile, the rest of us - the law abiding citizens - pay the price, both literally and figuratively. Unfortunately, the majority of the voting public probably does not even know who represents them in Albany. As long as we keep voting in the same people from the same party every two years, nothing will change. Now is the time to find out who represents you in Albany and tell them to change the bail "reform" laws now. If not, time for new representation, from the governor on down.

John W. Farrell, Yonkers,

Editor's Note: We contacted several other Police Departments in Westchester, but did not find the same problem.

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Legal Notices

NOTICE OF SALE SUPREME COURT COUNTY OF WESTCHESTER DYNASTY, LLC, Plaintiff AGAINST CGSRE ACQUISITION CORP, ET AL., Defendant(s) Pursuant to a Judgment of Foreclosure and Sale duly entered 10-22-2021 I, the undersigned Referee will sell at public auction at the Westchester County Courthouse, 111 Dr. Martin Luther King Jr. Boulevard, Courtroom 200, White Plains, NY on December 23, 2021 at 10:30AM, premises known as 68 Runyon Avenue, Yonkers, NY 10710. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the City of Yonkers, County of Westchester and State of New York, Section: 3 Block: 3112 Lot: 59+60. Approximate amount of judgment \$1,792,943.78 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index #50855/2019. The aforementioned auction will be conducted in accordance with the Westchester County COVID-19 Protocols located on the Office of Court Administration (OCA) website (<https://ww2.nycourts.gov/Admin/oca.shtml>) and as such all persons must comply with social distancing, wearing masks and screening practices in effect at the time of this foreclosure sale. Anthony J. Centone, Esq., Referee CLAIR GJERTSEN & WEATHERS PLLC 4 New King Street, Suite 140 White Plains, NY 10604 70260

AGENDA FOR ZONING BOARD OF APPEALS

PLEASE TAKE NOTICE:

THE CITY OF YONKERS ZONING BOARD OF APPEALS MEETING SCHEDULED FOR TUESDAY, DECEMBER 21, 2021 AT 6:00 PM, WILL BE HELD IN THE AUDITORIUM at SAUNDERS HIGH SCHOOL (183 Palmer Road, Yonkers, NY 10701).

PLEASE BE SURE TO CHECK OUR WEBSITE FOR INFORMATION AND UPDATES WWW.YONKERSNY.GOV.

CURRENT CDC GUIDELINES SHALL CONTINUE TO BE OBSERVED REGARDING ATTENDANCE BY THE PUBLIC.

NEW HEARINGS

5769 – Improvement and Intensification to a Non-Conforming Use & Area Variance – Shahin Badaly, P.E., on behalf of Ghassem Khorassani, owner, on premises known as 527 aka 531 Van Cortlandt Park Avenue, Block: 39, Lot: 59.60, Zone: A (B22793)

5770 – Area Variance – Diane B. Kolev, Esq., on behalf of Macquesten Development LLC, owner, on premises known as 36-38, & 32 Main Street; 1-3 Riverdale Avenue, Block: 501, Lot: 18, 19, 20, 22, 23 Zone: DWD (B28828)

5771 – Improvement to a Non-Conforming Use & Area Variance – Andrew Romano, Esq., on behalf of Suahuil Valerio, owner, on premises known as 46 aka 48 Ridge Drive, Block: 95, Lot: 44, Zone: S-50 (B28271)

5772 – Area Variance – Andrew Romano, Esq., on behalf of Joseph Weiburg, owner, on premises known as 453 Bronxville Road, Block: 5603, Lot: 7, Zone: S-60 (A206)

JOSEPH CIANCIULLI
CHAIRMAN, ZBA

FOR FULL AGENDA, PLEASE VISIT OUR WEBSITE:

<https://www.yonkersny.gov/government/meetings-agendas/-selcat-97/-toggle-all>

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Notice of Formation of InnerRoot Wellness, LLC filed with SSNY on 01-19-21. Office: WESTCHESTER County. SSNY designated agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to LLC: 24 LORRAINE AVE 1 MT VERNON, NY 10553. Purpose: any lawful act or activity

Eric Schoen, continued from pg 3-

Round with a depressed middle filled with cooked onions and sometimes poppy seeds, it is simply baked. Real bagels are boiled, then baked. Its outside is dull and flat, not shiny, and it doesn't have that pull-away crust. Large puffy bubbles characterize the bialy's innards. Yes it can be schmearred with butter or cream cheese (and topped with cured/smoked fish), but purists prefer them straight up, preferably no more than five hours after being pulled from the oven. If they sit out too long without being eaten, their texture can get hard like a hockey puck. Many people keep them in a plastic bag (those supporting a plastic bag ban please don't throw stones at me!) and when they have cooled down put any uneaten extras in the freezer.

Ray's New York Bagels sells frozen bialys in many supermarkets, but there is nothing better than a fresh bialy. They are hard to find, but Kossar's on Grand Street in Manhattan still makes them. Now yet again another lesson for those of you who go into the the bagel shop and ask 'Which bagels just came out of the oven?' or 'Which bagels are freshest?'

All bagels in a good bagel shop are fresh, made that morning or if they have a fast turnover within minutes of your arrival. Never put those hot bagels you crave into a plastic bag while they are hot. If you do, don't be surprised if you wake up the next day and the bagels have turned green mold. Always wait for the bagels to cool down before you put them in a plastic bag.

I don't know if they do it now because I enjoy the occasional bagel I eat un-Schmearred right out of the paper bag but years ago shops that sold fresh baked bagels would give you a plastic bag that you could put the hot bagels in after they cooled down. I could never understand this as most people have Ziploc or some other types of bags in their cupboard to pack up the bagels. By the way, a cupboard is a cabinet or small recess with a door and typically shelves, used for storage. Your kitchen cabinets where you store non perishable foods use to be called cupboards.

So now you wonder why the heading of this column is 99 Cents vs. \$3.49 for Cream Cheese. Over the weekend there was a story in the New York Times about the shortage of cream cheese at delis and bagel shops around Manhattan. Supply chain issues have plagued the United States for months, causing shortages of everything from cars to running shoes. In Alaska apparently residents are struggling to acquire winter coats. Now that's a problem!

New York's bagel shops are feeling the supply chain effects in a sudden and surprising development that has left them scrambling to find and hoard as much cream cheese as they can. The recipe for cream cheese is simple: lactic acid, pasteurized milk and cream. Many shops start their mixes with Philadelphia cream cheese, a product of the Kraft Heinz brand, which arrives on huge pallets. They then mix in the things you want in the cream cheese on your bagel: chives, cinnamon and raisin, walnuts, anchovies, lox shreds I could go on and on. Some add secret ingredients to make the final products taste better and creamier.

These stores buy a different type of cream cheese than you or I would buy at the supermarket. But most of us buy cream cheese in the little silver packages usually called Philadelphia or the store brand for consumption with the bagels quite often also purchased at the supermarket. I'm in the dairy aisle at Target and I see a sign next to the Philadelphia Cream Cheese that says 'New Low Price \$3.49.' \$3.49 for an 8 ounce package of Philadelphia cream cheese. That is insane! Next to it is the Target brand of cream cheese, as I have had both I can say pretty much the same thing for 99 cents. I was shocked.

OK, maybe I had one too many latkes or potato pancakes for Chanukah. Or a bit too much Manischewitz wine to drink. So I go to the target website. They have workers that pick your orders for you. And yes, an 8 ounce bar of Philadelphia Cream Cheese was \$3.49. They had plenty of them but that's not the point. Who would ever pay \$3.49 for a bar of plain or Neufchâtel (definitely not imported from France) cream cheese.

What is going on in this country at the grocery store. And Target usually has the best prices even though they don't have the biggest selection of items. I went to look for my box of frozen high protein pancakes and all they had was a plastic bag (!) with 10 packages of frozen regular pancakes from a brand I am not familiar with.

They had a good choice of waffles but no Kodiak brand frozen pancakes. Not even the Target brand of frozen pancakes. Are people not eating pancakes anymore?

Did I miss the train? Or the boat. You know your writer bought the 99 cents Target Neufchâtel cream cheese made in America. But can someone explain to me what's going on here?

Reach Eric Schoen at thistoosyonkers@aol.com. Follow him on Twitter @ericyonkers. Listen to Eric Schoen and Dan Murphy on the Westchester Rising Radio Show Thursday's from 10-11 a.m. On WVOX 1460 AM, go to WVOX.com and click the arrow to listen to the live stream or download the WVOX app from the App Store free of charge.

Notice of formation of youRmore LLC LLC. Arts. of Org. filed with the SSNY on 07/09/2020. Office: Westchester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 10 Dassern Drive Apt I Dobbs Ferry NY 10522. Purpose: Any lawful activity.

Notice of formation of Thomas Family Taste LLC. Arts. Of Org. filed with the SSNY on 07/20/2021. Office: Westchester County. SSNY designated as the agent of the LCC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 268 Van Cortlandt Park Avenue, Yonkers, NY 10705. Purpose: Any lawful activity.

Mt. Vernon PD Federal Investigation, continued from pg 2-

commitment to transparency and transformation within the Mount Vernon Police Department. She enlisted the help of Police Commissioner Glen Scott to lead an internal investigation into past allegations of abuse and corruption."

"Upon conclusion of the internal investigation, Police Commissioner Glen Scott implemented new policies and procedures to ensure that every police encounter in equitable and non-discriminatory. As part of our 21st Century policing model, Mayor Patterson-Howard tasked Deputy Police Commissioner Jennifer Lackard, the first civilian to be appointed to the role of Deputy Police Commissioner, to spearhead police reform within the department. Additionally, Mayor Patterson-Howard appointed civil rights attorney William Wagstaff to special counsel to investigate and prosecute police disciplinary hearings.

"The information obtained during the investigation was turned over to the Westchester District Attorney's office and passed on to the Department of Justice. Both the Office of Mayor and the Police Department are cooperating fully with the DOJ's investigation and believe that the charges instituted will demonstrate that the culture of policing is changing for the better in Mount Vernon," said The City of Mount Vernon in a statement on Dec. 3.

In April 2021, Westchester District Attorney Mimi Rocah called on the DOJ to investigate the MVPD. "The Westchester District Attorney's Office is engaged in ongoing criminal investigations of certain individual MVPD police officers. In the course of those investigations, based largely on publicly available information, we have found disturbing allegations of patterns of inappropriate and potentially unlawful conduct by several former and current members of the MVPD. We have provided information that we gathered in this respect to DOJ."

"While our criminal investigations of individual officers continue, we are requesting that DOJ scrutinize the MVPD's operations, training and policies to determine whether the MVPD is systematically violating peoples' civil rights and, if so, to take action to address these matters," said Rocah, who in August 2021, accepted the guilty plea of former Mount Vernon Police Officer James Ready to falsifying records and reckless assault on Thursday after using excessive force to restrain a defendant in his custody, which was caught on surveillance, and lying about the incident in an effort to cover up the assault. According to his plea agreement, Ready received probation for one year.

According to reporting in Esquire magazine and the Gothamist, a whistleblower from within the MVPD, Murashea Bovell, reported on "protecting drug dealers, planting evidence, brutalizing citizens."

President Joe Biden has prioritized the issue of police brutality and corruption after the May 2020 killing of George Floyd.

Visit YonkersTimes.com

Holiday Heart Health, continued from pg 1-

State of Emergency, continued from pg 1-

to overeat and get off track. You need to keep in mind your goals of weight loss and eating healthy during these festive times.

“If you are at a restaurant or a holiday party, try to hold off on having a drink until the end of your meal, and have that drink instead of dessert. Try to have a clear mind when making your diet choices,” said Dr. Gitig.

“If you are hosting a holiday gathering, almost all of us want to make sure there is enough for everyone, and we overcook, and there are leftovers in our fridge for days, which becomes a clear temptation to continue to stray from your healthy choices. Try to send your guests away with some leftovers, and a little bit for each guest so that your holiday meal becomes a one-time indulgence for you. And if you and your partner are preparing the meal for all, make sure that your input includes health dishes that are still in the holiday spirit.

“If you have a holiday party at your workplace, several co-workers usually bring in their treat, like a box of chocolate or cookies, for everyone to enjoy. I used to have a hard time with this, but now I insist on keeping those items out of sight, so I won’t be tempted to take one every day until the box is gone. Perhaps you can also give these treats to coworkers who have kids at home who could enjoy them.

“The realistic thought on Holiday eating is that it is ok to indulge here and there, but don’t put yourself in a position where you have constant access to unhealthy foods, because it turns into an unconscious decision to overeat,” said Dr. Gitig.

II: Find time to Exercise:

“We have to stay on top of finding time during the holidays for exercise and continue to keep our appointments with ourselves to exercise. When our regiments get derailed, and the kids are off from school, or when we go on vacation, it’s easy for exercise to go by the wayside,” explained Dr. Gitig.

“First, don’t get demoralized if you lapse off for a brief period, but try not to make it more than a week because then you lose the work that you made, and you might be feeling weak again after gaining back a few pounds. Don’t let the holidays go on for months.

“Next, schedule time during the holidays to exercise and plan your week around it. If you are going away, find a way to prepare for exercise and a time in the day for it by thinking about ways on your vacation to exercise, like using a step counter when you go out with your family exploring the place of your visit. Or do something that involves exercise that the kids will enjoy, like taking a hike, or visiting an outdoor place that requires walking.

Dr. Gitig said that he likes patients to think about the ‘80-20 rule’ during the holidays. “One way to consider your holiday eating and exercising is to think that if you can stay on target 80% of the time, its ok to go out and have one unhealthy meal and that its not the end of the world. And just like small steady progress is usually the best way to eat healthy and stay fit, resist the urge to let everything go for two months and think that you can make a New Year’s resolution to get it all back. Those resolutions don’t always work out but taking small concrete steps to improve your health add up to permanent good habits.”

III-Your Mind Plays a Larger Role in your Heart Health than you think:

“The holidays can be a time of stress for many, over buying gifts, or family conflict, or sadness over the loss of a loved one, or the stress about dealing with COVID for the past 18 months. And this stress directly affects our arteries and our heart. Your heart health relies on your mental health and being in a positive frame of mind,” said Dr. Gitg.

“We all need to sit down with ourselves and ask how we can connect in a positive way. The obvious way is to socialize with our friends and loved ones. Studies have shown the importance of spending time with family, bonding with friends, tapping into spirituality, and connecting to humanity.

“While this may sound Kindergarten and basic Sesame Street, the research is overwhelming that it works. Sometimes a pill, or medication, isn’t the best answer. It’s good for your health to be happy, but how can we be happy? Laughter is one way to lower your markers of stress. A good, deep, belly laugh affects your nervous system and impacts your heart, and has wide ranging, positive impacts on your body.

“COVID has made us lose many of our personal connections to our friends, family and co-workers. But even if you don’t want to go out and socialize, there are other ways to connect. You can invite a friend over and have a movie marathon with your partner, and watch comedies, and do something that will make you happy,” said Dr. Gitig.

“If you wake up in the morning and feel nervous or know that bad feelings are coming, you need to consciously think of the things in your life that you are grateful for. And everyone can identify something that they are grateful for.

“It can be as simple as having a meal with your family, or appreciating your home, your education, your job, or a sunset or a chocolate chip cookie, but only one cookie please. Try to write down 2 or 3 things that you are grateful for and understand that all these positive thoughts contribute to a healthy, mind-heart connection.

“Spirituality is also very healthy for your heart and can come from formal religion but can also be any kind of spiritual relationship with the world, and to feel more connected to the earth, or your community or a social group. These types of connections help lower heart disease,” said Dr. Gitig.

“If that connection is through prayer and attending services, or to focus on nature, or by meditating, it will help you focus on the things that you and connected to, instead of the strife and craziness in the world. There are research studies that monitor your basic involuntary responses that find slowed breathing patterns and slower heart rates, through meditation and spirituality.

“There is clear evidence that shows our body reverts to a rhythmic flexibility associated with good health when we focus on meditation. People tend to feel in a relaxed state, and lower the biological process triggered by stress. And slowed breathing patters result in lower heart rates and better health.

Dr. Gitig also reiterated his thoughts to our readers earlier this year about how deep breathing exercises can also reduce stress. “Usually, we are not conscious about how we are breathing during our day. But slow, abdominal breathing, and taking six breaths per minute, is a major stress reliever.

“There is good evidence that breathing this way, 10 minutes a day, in through the nose and out through your mouth, will lower your blood pressure hours later. When you feel stress coming into your life, if you breathe this way even for a few minutes, it will help your heart health.

“When you start out your day in the morning, focus on your body, and close your eyes and scan your body for where you feel the most tension. Most of us feel tension pressure knots in the neck, or chest or belly. Then focus on your deep breathing and after a handful of times you should notice a difference. All of these ideas can help you have a healthier, heart happy holiday.”

Alon Gitig, MD, is Director of Cardiology at Mount Sinai Doctors-Scarsdale and Mount Sinai Doctors-Yonkers. He is also an Assistant Professor of Cardiology, Icahn School of Medicine at Mount Sinai, and Medical Director of the Heart Failure Management Program for the Mount Sinai Health Network.

“We are taking no specific mandate or action at this point, but before the government takes action I would ask every individual, business, and non-profit to understand that our numbers are rising and to do what we can do voluntarily,” said Latimer.

Westchester County government also released a “Get Boosted Campaign” on Dec. 6. The campaign will consist of a video Public Service Announcement to be released later this week, a social media campaign highlighting the necessity of “getting boosted” and a paid advertising campaign. The goal of this campaign is to reach as many Westchester residents as possible through a variety of mediums to underscore the importance of getting your COVID-19 booster shot.

Westchester County Executive George Latimer said: “We want Westchester County to emerge on the other side of the COVID-19 pandemic, and getting your vaccine or booster is more important now than ever with the Omicron Variant making its way into our region. One thing that we do know is that the vaccinations are working, and it is the best way to help prevent the spread of this disease. We know that nearly all of Westchester County’s population has received at least one dose of the vaccine, and we appreciate everyone doing their part to keep our communities healthy and safe. But – if you have not yet gotten the vaccine or your booster, please make an appointment to do so. Help us turn the corner on this deadly disease.”

Westchester County is hosting multiple COVID-19 vaccine and booster clinics at locations throughout the County. Visit the County Health Department Website to schedule an appointment today.

The Department of Health is holding vaccine booster clinics for eligible individuals by appointment only, at 134 Court Street in White Plains. Schedule a Pfizer, Moderna or Johnson & Johnson Booster shot HERE.

The New York State Vaccination Clinic for anyone ages five and up has moved from the Westchester County Center in White Plains, to Westchester Medical Center in Valhalla. Appointments are required. Make an appointment HERE.

The COVID-19 vaccine is free, and everyone five years of age and older is eligible to receive it. To locate pharmacies and other community sites offering the COVID-19 vaccine, use the Vaccine Finder Tool.

Westchester County, in partnership with New York State, has established an in-home vaccination program to help those who are homebound due to physical limitations, cognitive impairment or other chronic conditions, a lack of transportation, and/or visual impairments, and who do not have access to supports that may help them physically go to an existing vaccination provider. Find out more about the in-home vaccination program HERE.

County Executive Latimer is offering senior and disabled constituents, including those who are not registered with ParaTransit, free transportation to receive their COVID-19 vaccines. Call ParaTransit reservations at (914) 995-7272, 24 hours prior to your vaccination date to schedule your ride. For additional questions, email Evan Latainer, Director of the Office for People with Disabilities at eh12@westchestergov.com.

Westchester Democrats Endorse, continued from pg 1-

a family dialogue about how best to move forward and with which individuals and policies,” said Latimer.

“The single biggest thing is that Tish has stood up against powerful interests and she is willing to risk for us. Especially, in the opioid lawsuits that she filed against major pharmaceutical companies, to make the case for you. It benefitted the people of Westchester by providing resources to help address addiction. I am very proud to endorse her,” said Latimer.

James thanked Latimer and all of the Westchester democrats who endorsed her campaign for Governor, but made a point to single out Latimer, who is rumored to be a top candidate under consideration to run for Lt. Governor with James. “I have been an admirer of George Latimer because of his ability to get things done. And that is what this race is about. He has stood up for the environment, and we are both concerned about what the Supreme Court is doing about turning back the clock on women’s reproductive rights. George has reduced taxes and worked with legislators on both sides of the aisle. He is a wonderful public leader and a model that should be replicated,” said James.

James then laid out her progressive vision for New York. “New York is at a crossroads, and we must recover from COVID. But this recovery from COVID must be fair and cannot be business as usual. We cannot return to normal. I’m running for Governor because I believe in change, and the people of NY need someone with the courage and the experience to speak truth to power.”

“I will be that Governor. My years of experience have been about fundamental change. I’m running to be a Governor that works for all of us and for a government that provides security, jobs, justice and basic food, dignity and education for all,” said James, who highlighted the fact that she sued the Trump administration 76 times, “I took on the NRA for its years of self-dealing and greed,” and “provided transparency in nursing homes, calling the COVID deaths in NY “severely undercounted” in nursing homes.

“I’ve taken 2600 guns off the street. I’ve taken on Big Tech, Wall Street, by standing up for the most vulnerable New Yorkers. I want to take that activism, energy, ethics and values to the highest office of our land.”

When asked directly if Latimer would be her choice for Lt. Governor, James said, “at this point we are vetting a number of candidates, but we need someone who shares the same values and is good at getting things done. George Latimer has been a wonderful legislator and county executive.”

When asked about the rash of crime and violence in New York State, James said, “We need to look at this dispassionately, but we need to look at bail reform and raise the age, and the gun violence that is affecting counties all over New York.”

A few hours before the James-Latimer announcement, Governor Kathy Hochul received the endorsement from Yonkers Mayor Mike Spano, New Rochelle Mayor Noam Bramson, White Plains Mayor Tom Roach, and from five Assemblymembers from Westchester: Amy Paulin, Nader Sayegh, Steve Otis, Sandy Galef and Chris Burdick. The Hochul announcement appeared to be in direct response to the James-Latimer announcement.

Yonkers Mayor Mike Spano said, “Kathy Hochul is leading New York forward. In just a few short months, Governor Hochul stepped up, hit the ground running and demonstrated her ability to govern effectively and with purpose, especially during such turbulent and uncertain times. Given a full term, I am confident the governor will continue to work collaboratively with other state and local leaders and enact a positive agenda that benefits Yonkers, Westchester County and all those who call New York home.”

Assemblymember Amy Paulin said, “I endorse Governor Kathy Hochul as governor for New York State. Since taking the helm just a few months ago, she has taken wise and decisive action on issues ranging from COVID relief, the environment, infrastructure development and gun control, to women’s issues. She has traveled throughout the state more than any other elected official that I’ve seen, listens to residents’ concerns, and has implemented legislation and solutions with compassion, common sense and transparency. I’m convinced she can bridge the current divides in our state, restore trust in the governor’s office, and will fight for all New Yorkers.”

Assemblymember Nader Sayegh said, “Governor Kathy Hochul, for the past six years, has traveled our great state to learn and engage in the challenges facing working families, small businesses and the issues confronting every New Yorker. I appreciate the governor’s support for crime prevention and gun control legislation, paired with job training and anti-violence programs for our youth. I applaud and endorse her for governor for understanding the value and contributions of diverse communities like Yonkers.”

New Rochelle Mayor Noam Bramson said, “Governor Hochul has hit the ground running and demonstrated exceptional leadership on the critical challenges and priorities facing New York State. Whether confronting the climate crisis, promoting economic growth and opportunity, restoring confidence in public service, or taking decisive action to address the COVID pandemic, we can count on Governor Hochul to be a committed champion for all New Yorkers, and a trusted partner for cities like mine.”

Three prominent Westchester democrats have not yet endorsed for Governor. They are: State Senate Majority Leader Andrea Stewart-Cousins, State Senator Shelley Mayer and Westchester District Attorney Mimi Rocah, Hochul popular in upstate NY, and James popular in New York City, some believe that the suburbs, and Westchester County, could play a role in who wins the democratic primary for Governor in June 2022.

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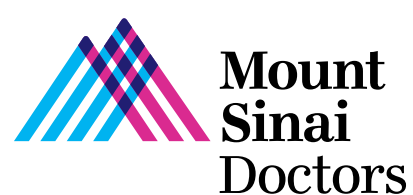
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