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## Guaranteed Income Comes to Mt. Vernon: \$500 Per Month to Low Income Families

**“The solution to poverty is to abolish it directly by a now widely discussed measure: the guaranteed income.”**

**“Where Do We Go from Here: Chaos or Community” 1967  
Martin Luther King Jr.’s last book**

*Rev. Martin Luther King Jr. supported guaranteed income*

On July 19 Mayor Shawyn Patterson-Howard launched the Mount Vernon LEVEL UP Guaranteed Income PILOT Program. The program will address the economic insecurity faced by Mount Vernon residents by providing \$500 per month for 12 months totaling \$6,000 for the year. In partnership with Mayors for a Guaranteed Income (MGI), the City of Mount Vernon has joined 60 mayors across the U.S. who have pledged to launch a guaranteed income pilot program in their respective cities.

As of July 20, 2022, eligible Mount Vernon residents are invited to apply to the pilot program at 9:00 a.m. on the program’s website. To qualify, individuals are required to meet the following criteria:

- Must be a Mount Vernon resident
- Must be at least 18 years of age
- Minimum income requirement of \$15,000
- Must possess an income at or below 80% percent of the CDBG Annual Income Limit

The online application portal will be open for 2 weeks. Abt Associates will lead the research for the one-year pilot. The research will be comprised of individuals who will receive a guaranteed income and individuals who will not receive a guaranteed income to draw a comparison between both groups over a 12-month period.

The participants will be randomly selected from the pool of eligible applicants who meet the stated eligibility requirements and submits an application during the application enrollment period. The cash will be provided with no restrictions on how the money is spent.

“Economic security is a quintessential building block for families in Mount Vernon,” said Mayor Patterson-Howard. “I fully support a guaranteed income for residents. I’m excited to join a coalition of innovative and forward-thinking Mayors who are not afraid to push for critical resources for their community.”

Former Presidential candidate Andrew Yang touted the idea of UBI, Universal Basic Income, in his run for the White House in 2020.

## Trouble Sleeping? St. John’s Riverside Hospital Sleep Center is Available to Help



**Dr. Rajendra Rampersaud**

*By Dan Murphy*

More than 100 million Americans suffer some form of sleep trouble, and F. Scott Fitzgerald said it best, “The worst thing in the world is to try to sleep and not to.”

Most adults need seven or more hours of quality sleep each night to get up and have a productive day. But how do we get those quality hours of sleep on a consistent basis? And for those of us who do having trouble sleeping most nights, is there a reason, or a medical diagnosis that can help us achieve a good night’s sleep?

We recently spoke to Dr. Rajendra Rampersaud, who leads St John’s Riverside Hospital’s Sleep Diagnostic Center, about sleep disorders. “I got interested in studying about sleep when I started working the night shift, from 7pm-7am. I developed sleep issues based on my rotating schedule, so I started studying it for myself.”

“There are dozens of medical sleep disorders. At the top of the list is insomnia. In the USA 100 million Americans report poor sleep and many are using sleeping aids. It has reached epidemic levels, and it’s important to know the difference between a bad night’s sleep, which we all may have, or a sleep disorder.”

Dr. Rampersaud explained that Sleep Apnea is a sleep disorder that most of us have heard of and one that can be treated. “Sleep Apnea is a condition that we can test for, diagnose, and treat. Sleep Apnea occurs when there is a cessation or blockage of air flow while you are sleeping.”

“We have evidenced based data that untreated Sleep Apnea can potentially lead to other common medical issues, such as diabetes, high cholesterol, and hypertension. Some common signs and symptoms for Sleep Apnea are snoring, pauses in breathing, excessive daytime sleepiness, or if you have a neck size of 17 inches or more for men, (16 inches for women) then you are at risk.”

Sleep Apnea occurs in about 3 percent of normal weight individuals but affects over 20 percent of obese people. Sleep Apnea affects men more than women; however, Sleep Apnea rates increase sharply in women after menopause. Age and ethnicity can also play a role in tendencies for Sleep Apnea.

*continued on pg 7-*

## Westchester Congressional Preview Two Districts, Nine Candidates; Primary Aug.23



*Top left-Congressman Jamaal Bowman, Top right-Congressman Sean Patrick Maloney  
Bottom left-State Senator Alessandra Biaggi, Bottom left-Assemblyman Michael Lawlor*



*See story on pg 3-*

## The Constitutional Question from 2020 Election that the US Supreme Court Should Rule On

*Westchester Resident’s Lawsuit Reaches Highest Court but they must agree to hear case*



**“Each State shall appoint, in such Manner as the Legislature thereof may direct, a number of electors” United States Constitution, Article II, Section 1, Clauses 2 and 3**

*By Dan Murphy*

In the midst of all the conspiracy theories that have circulated concerning the Presidential election of 2020, and the “Fake News” that most of these theories claim, there is one legal, constitutional question that should be addressed, and that the United States Supreme Court should rule on: Were the changes made to election laws in 31 States, in the months before the Nov. 3 Presidential Election made legally?

Westchester County resident Tony Futia, and NY resident Robert Schulz have asked the US Supreme Court to hear their case on this matter. Futia and Schulz cite Article II, Section 1, Clauses 2 and 3, which reads,

“Each State shall appoint, in such Manner as the Legislature thereof may direct, a Number of Electors, equal to the whole Number of Senators and Representatives to which the State may be entitled in the Congress.”

The lawsuit claims that the changes made by 31 states were not made by their respective state legislatures, but by a state or federal judge, or by an official in the executive branch, thus making the changes made unconstitutional and void.

“During the calendar year 2020, thirty-one (31) States appointed 401 of the nation’s 538 Presidential Electors – 163 Republican Electors and 238 Democrat Electors, in a manner directed by their State Executive and/or Judiciary rather than by the Legislatures of those States as the Electors Clause of the U.S. Constitution mandates. On December 14, 2020, the 401 unconstitutionally appointed and 137 constitutionally appointed Electors cast their votes at the Electoral College for President and Vice President.”

Schulz served his member of Congress, upstate New York Rep. Elyse Stefanik with a petition for redress of the violations. “Said Petition for Redress documented sixty-three (63) changes to election dates, procedures and administration that occurred in those 31 States – changes that were not authorized by State Legislatures as the Electors Clause of the Constitution required, resulting in the 401 Electors who were not constitutionally chosen and thus had no standing.

“There was no response to the 12/18/2020 Petition for Redress from any member of Congress. Between 12/18/2020 and 1/2/2021, 1,058 U.S. citizens residing in all 50 States, signed said Petition for Redress which was served on 1/4/2021 on each of the 100 members of U.S. Senate and each of the 435 members of the House of Representatives, under separate cover letters, one addressed to “Each Member of

*continued on pg 7-*

## Local High School Students Learn to be “Ethical Hackers” at WCC



Westchester County students participate in free Cybersecurity Summer Camp through grant from National Security Agency at SUNY Westchester

SUNY Westchester Community College (SUNY WCC) hosted approximately fifty high school students for a free summer Cybersecurity Camp that exposed them to this fast-growing sector in information technology. The GenCyber Camp was made possible through a grant from the National Security Agency (NSA).

The camp, which ran from July 5-15 at the SUNY WCC main campus in Valhalla, allowed students to learn about computer hacking, manipulation, viruses, metadata and what it is like to be an IT professional in the ever-changing landscape of cybersecurity. SUNY WCC students in the college’s cybersecurity program and faculty mentored and led students in the computer “villages” which were uniquely designed computer challenges designed to engage students in hands-on experiences that will inspire young people to consider future cybersecurity studies and careers.

“We are thrilled to be able to offer this exciting opportunity to those high schoolers interested in a field that is so vital to our nation’s security and economy,” said Professor John Watkins, Curriculum Chair of the Cybersecurity program at SUNY WCC. “Our goal is to provide students with a broad skill set to further their education, if they wish. My hope is that they will continue to study cybersecurity at SUNY

WCC, one of the few community colleges in the country to be given the Center for Academic Excellence designation in Cyber Defense Education by the US Department of Homeland Security and the National Security Agency.”

Students at this summer’s GenCyber will attend a post-camp in the fall that builds on the skills learned during the summer.

To learn more about GenCyber visit <https://www.gen-cyber.com/about/>

## Elmsford Man Arrested for DWI, Driving Wrong Way on Saw Mill Parkway

An Elmsford man was charged with felony Driving While Intoxicated this morning after a Westchester County Police officer intercepted him driving the wrong way on the Saw Mill River Parkway in Yonkers.

At 4:07 a.m., a County Police officer was patrolling the parkway and driving northbound near Palmer Road when he observed an Audi sedan coming at him in the wrong direction of travel. He let the vehicle pass him in the left lane of travel, made a U-turn and pulled the driver over a short distance away.

The driver had an odor of alcohol on his breath and told the officer he was driving home to Elmsford from Manhattan. He was taken into custody after failing a roadside field sobriety test.

Daniel Marino, 30, of Town Green Drive, Elmsford, was charged with a felony count of DWI because he has a previous DWI conviction in the past 10 years. He was also charged with Aggravated Unlicensed Operation 3rd Degree, a misdemeanor, and was issued summonses for operating an unregistered vehicle and for driving the wrong way.

He was released on an appearance ticket and is due in Yonkers City Court on Aug. 8.

Acting Commissioner Terrance Raynor said, “Several other vehicles came northbound on the parkway right after our officer stopped this car. They would have been directly in the path of this wrong-way, intoxicated driver. This traffic stop and arrest averted a potential tragedy.”

## FBI Bust’s Illegal Dumping, Bribery and Bid-Rigging Scheme in Northern Westchester

Former Town of Cortlandt Employee Robert Dyckman and Local Landscaper Glenn Griffin Charged With Public Corruption Offenses in Illegal Dumping Scheme

Damian Williams, the United States Attorney for the Southern District of New York, and Michael J. Driscoll, the Assistant Director-in-Charge of the New York Field Office of the Federal Bureau of Investigation (“FBI”), announced today the unsealing of a seven-count indictment in White Plains federal court charging GLENN GRIFFIN, the owner, president, and principal of Griffin’s Landscaping Corporation, in separate bribery and bid rigging schemes, and GRIFFIN and ROBERT DYCKMAN, a former Assistant General Foreman with the Town of Cortlandt, in the bribery scheme in which DYCKMAN allowed GRIFFIN to dump hundreds of truckloads of unauthorized materials at a Cortlandt facility. GRIFFIN and DYCKMAN were arrested this morning and will be presented before United States Magistrate Judge Andrew E. Krause in White Plains federal court later today.

U.S. Attorney Damian Williams said: “As alleged, Robert Dyckman, a former Town of Cortlandt employee, used his position of trust to enrich himself by allowing Glenn Griffin to dump unauthorized materials at the Town’s facility, which will cost the Town as much as \$1.5 million to clean up. Griffin is also alleged to have defrauded the village of Croton-on-Hudson and the hamlet of Verplanck in a separate bid rigging scheme. My Office will continue to ensure that corrupt business leaders and public officials will be brought to justice.”

As alleged in the indictment unsealed today in White Plains federal court: **Illegal Dumping Scheme**

From 2018 until February 2020, GRIFFIN and DYCKMAN engaged in an unauthorized dumping scheme. DYCKMAN gave GRIFFIN and his employees unauthorized access to Arlo Lane, a Cortlandt facility, to dump hundreds of large truckloads of unauthorized materials such as thick concrete, cement with rebar, large rocks, and soil. Based on estimates provided by third-party vendors, the Town of Cortlandt estimates that it will cost between \$600,000 to \$1.5 million to remove these materials.

DYCKMAN generally allowed GRIFFIN and his employees access to Arlo Lane on Saturdays or after working hours. To carry out the scheme, DYCKMAN would attempt to clear senior Town of Cortlandt management away Arlo Lane around the time of the unauthorized dumping. When DYCKMAN arranged for a subordinate Town of Cortlandt worker to work overtime when GRIFFIN was dumping unauthorized loads, DYCKMAN would falsely record the worker’s overtime as having occurred during the week in order to conceal the scheme.

In exchange for access to Arlo Lane, GRIFFIN gave DYCKMAN cash bribes, firewood, flowers and gardening materials and made extensive improvements to DYCKMAN’s home at no cost. GRIFFIN also gave DYCKMAN a backdated, false invoice for DYCKMAN to give to his insurance company in support of a false insurance claim.

### Bid-Rigging Scheme

Between 2015 and 2018, GRIFFIN also engaged in a bid-rigging scheme. GRIFFIN defrauded the village of Croton-on-Hudson, for work on its schools, and the hamlet of Verplanck, for work at its fire department. He made sham, non-competitive, and inflated bids on behalf of entities that GRIFFIN did not work for or have authorization to submit bids on behalf of, so that GRIFFIN would be the low bidder in a pool of purportedly competitive bids and receive public money for work on the projects. Based on these sham, non-competitive, and inflated bids, GRIFFIN was awarded contracts with a combined value exceeding \$133,000.

GRIFFIN, 53, of Cortlandt Manor, is charged with Conspiracy to Pay and Receive Bribes and Gratuities: Illegal Dumping Scheme (18 U.S.C. § 371), Payment of Bribes and Gratuities in Illegal Dumping Scheme, Conspiracy to Misapply and Convert Property of Local Government Receiving Federal Funds in Illegal Dumping Scheme, two counts of Wire Fraud Conspiracy: Bid-Rigging Scheme, and Aggravated Identity Theft: Bid-Rigging Scheme. The maximum combined sentence for all of these crimes is 70 years in prison.

DYCKMAN, 51, of Verplanck, is charged with Conspiracy to Pay and Receive Bribes and Gratuities: Illegal Dumping Scheme, Receipt of Bribes and Gratuities in Illegal Dumping Scheme, Conspiracy to Misapply and Convert Property of Local Government Receiving Federal Funds in Illegal Dumping Scheme, with a combined maximum sentence of 20 years.

### Letter to the Editor:

The January 6th attack on our nation wasn’t a random act by a handful of sore losers, but a premeditated and organized insurrection. Now, thanks to the hearings, there’s overwhelming evidence that Trump and his allies were at the helm of it.

We heard from former members of the Trump administration and Republican state officials about how Trump illegally pressured the Vice President, the Department of Justice, and state legislatures to overturn the election he knew he lost. And when it didn’t work, he summoned an armed mob to march on the Capitol Building in a final, violent attempt to stop the peaceful transfer of power.

These insurrectionists haven’t gone anywhere. In fact, more than 100 of them have already won their primaries. It’s up to us to do our part and vote to make sure they don’t win this fall.

Should these dangerous candidates win their elections, we could have election deniers in key seats of power, like secretary of state and county clerk, ready to overturn whatever election results they don’t like.

Our democracy is at stake. If we want to hold onto our freedoms to vote, to have our votes decide elections, and to rely on elections to keep our leaders in check, then we have to cast our ballots during the midterms this year on November 8th.

Regards, Denise Cameron, New Rochelle

Send us your letters, opinions, photographs, story ideas and guest columns to:

[dmurphy@risingmediagroup.com](mailto:dmurphy@risingmediagroup.com)

## Two Big Westchester Races for Congress 9 Candidates, Primary Aug. 23

By Dan Murphy

Many voters in Westchester need to appraise themselves of the new Congressional districts that cover the county, the new date for a primary for Westchester's two different districts, and who is running in both parties.

Let us begin that education effort. Another good resource is the Westchester County League of Women Voters, lwvv.org.

For more than two decades, Westchester residents have had three different members of Congress representing different parts of the county. After the census results of 2020, Westchester now has two congressional districts, NY-16 and NY-17.

In NY-16, Congressman Jamaal Bowman is the incumbent. Rep. Bowman's district now includes parts of the Bronx, Yonkers, Mt. Vernon and all of southern and mid-Westchester.

Rep. Bowman, a democrat, is being challenged in a democratic primary next month by County Legislator Vedat Gashi, County Legislator Catherine Parker, and Harrison resident Mark Jaffe.

The four democrats recently held a debate hosted by the Westchester league of women voters, which can be viewed at the following link:

<https://www.youtube.com/watch?v=bQfNjrEE94w>

Republicans have a candidate in NY-16, but most believe that he is a "placeholder," with another candidate to come after the primary. John Ciampoli is the name of the current candidate for the GOP in NY-16. Ciampoli, who has served as a longtime republican election law attorney, listed his address on Long Island on the candidate form. This was first reported by Delfim Heusler on Yonkersinsider.blogspot.com. Look for another Westchester republican to step forward and run in NY-16 next month.

The other Westchester congressional district is in NY-17, which includes Rockland County, Northern Westchester County and Putnam County. The current congressman in NY-17 is Rep. Mondaire Jones.

Here is where it gets confusing. Rep. Jones was encouraged by National democrats not to run for re-election in his district. Instead Jones is running for Congress in New York City, in a crowded democratic field in NY-10.

The reason that Jones was urged not to run in NY-17 was because that Congressman Sean Patrick Maloney wanted to run in 17.

Rep. Maloney is the powerful Chair of the Democratic Congressional Campaign Committee and is close to House Speaker Nancy Pelosi, so the rumor is that Pelosi told Jones to run in NYC so that Maloney can run in NY-17.

Maloney currently represents NY-18 which now runs further north into the Hudson Valley, and the rumor is that Maloney did not want to run in some of the republican parts of the new district, even though he now lives in NY-18.

Challenging Rep. Maloney in a democratic primary in NY-17 is State Senator Alessandra Biaggi. Biaggi lives in Pelham, which is not in NY-17, but she is running as the progressive alternative to Maloney in the democratic primary.

Recent polling shows Maloney with a large lead over Biaggi in the upcoming primary Aug. 23. But recent polling also shows that republicans stand a good chance at winning NY-17 and picking up a seat in the House.

Two republicans are facing off in a republican primary Aug. 23 in NY-17. They are Assemblyman Mike Lawler, who represents Rockland County, and Somers Councilman Bill Gouldman.

There are two debates scheduled for the republican and democratic primaries in NY-17, hosted by the LWV.

The republican debate will be held on July 28, and the democratic debate will be held on August 1. If you miss either debate, the LWV will hopefully post them on Youtube.com in the days after.

### Letter To the Editor:

During the January 6th hearings, we've heard from former members of the Trump administration and Republican state officials about how Trump and his allies worked together to try and overthrow our democracy because the 2020 presidential election didn't go their way. Now, they're working to make sure all of our elections go their way in the future, whether we vote for them or not.

Already, Trumpers in office have changed state laws to weaken our freedom to vote and threatened Republican election administrators who won't go along with them. Now, they're running candidates for key election administration offices, from secretary of state to county clerk. Should they win their elections this fall, these officials won't hesitate to overturn future elections if they or their MAGA allies lose.

This completely undermines the tenets of our democracy. The only way we're going to protect our elections is to fight back and make our voices heard.

We have to cast our ballots in the upcoming midterm elections. It's up to us to hold election deniers accountable at the polls and elect democracy defenders up and down the ballot on November 8th.

Sincerely, Mary Enright, Dobbs Ferry

## Latimer Discusses Free Bee Line Bus Fares With Passengers in Mt. Vernon



Westchester County Executive George Latimer returned to his hometown of Mount Vernon to speak to Bee-Line bus riders about the County's free fares program this summer. The Bee-Line Bus System offers a greener, more cost-effective way for residents to travel the County. Latimer is encouraging Westchester County residents to ditch the pump, and get free rides all summer long on the Bee-Line.

The promotion began June 1 and is valid through Labor Day on all routes in the fixed route bus system, including the express route into Manhattan, the BxM4C. Free rides are also valid on the Bee-Line ParaTransit system. Ridership is up approximately 20% on weekdays, 50% on Saturdays and 30% on Sundays compared to levels in May 2022 when fares were being collected.

Latimer said: "We are in a tough inflationary time, everyone is feeling the financial pinch. We want to give people a reason to get on the bus and the opportunity to save some money. We take great pride in the fact that our buses are safe, clean and accessible. From Yorktown to Yonkers, we have a robust system that can get you where you need to go."

For more information about the free rides program call (914) 813-7777. An information agent is available Monday through Friday from 8 a.m. to 4 p.m.

Over 65 percent of all Westchester County residents are within walking distance of a Bee-Line bus route, making the bus both close and convenient. The system has over 3,300 bus stops and almost 60 routes. All Bee-Line buses are accessible, and designed with many accessibility features including "kneeling" buses, ramps and lifts.

## Glen Island San Art Competition Returns August 6



Grab your pails and shovels and put your teams together, the Glen Island Sand Art Competition returns, Saturday, Aug. 6 at 11 a.m.!

Teams should be comprised of at least two participants, with a maximum of 10. Each team will be provided with three, five-gallon buckets, a spray bottle and access to water. Additional tools can be brought from home. Building begins at 11 a.m. and ends at 3:30 p.m., judging begins at 3:30 p.m. and winners will be announced at 4 p.m. Trophies and additional prizes will be awarded to the first, second and third place winning teams. Registration required.

Westchester County Executive George Latimer said, "The Sand Art Competition is a fun way to spend time with family and friends on the beach. I look forward to the creative sand art the participants create!"

Commissioner of the Westchester County Department of Parks, Recreation and Conservation, Kathy O'Connor said, "Nothing is better in the summer than spending a day on the beach and adding in the element of friendly competition makes for a great summer memory. Best of luck to this year's participants!"

Participation in the Sand Art Competition is free; parking and admission fees apply. Westchester County residence is required to enter Glen Island.

To Register, visit <https://parks.westchestergov.com/images/stories/pdfs/22sandartcompapp.pdf>

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## Extreme Heat Poses Risks for People With Dementia: Take Steps to Keep Your Loved Ones Safe

As the temperatures rise, extreme heat can have a significant impact on everyone's safety, but they can be especially stressful and confusing for individuals with Alzheimer's and other dementias. Alzheimer's disease causes a number of changes in the brain and body that may affect their safety, including changes in sensitivity to temperatures.

Today, there are more than 6 million Americans living with Alzheimer's disease, including approximately 40,000 people in the Hudson Valley. Taking measures to plan ahead for weather changes, like extreme heat, can prevent injuries and help a person with dementia feel more relaxed and less overwhelmed.

"People living with Alzheimer's and other dementia can be vulnerable during extreme weather because their judgment may be impaired and they may be unable to communicate discomfort," said Meg Boyce, vice president of Programs and Services for the Alzheimer's Association Hudson Valley Chapter. "It's really important to take extra precautions with these individuals when there is extreme heat or other excessive weather conditions."

The Alzheimer's Association is offering important safety tips for caregivers and families facing Alzheimer's and other dementias to prepare for the hot summer months ahead:

- **Make a plan.** Family and friends should prepare accordingly and make plans to regularly check-in on a person living with Alzheimer's disease and other dementias during extreme heat. Arrange alternative plans for cooler spaces, if air conditioning is unavailable, and dress in loose, light clothing.
- **Pay attention at night.** Keep people living with Alzheimer's disease and other dementias cool by using fans and keeping the air conditioning on. At night, low temperatures can still exceed 75 degrees with little fluctuation in humidity levels, making for difficult and exacerbating sleeping conditions, heightened anxiety and increased agitation.
- **Prepare for behavioral challenges.** Research shows that heat can increase agitation and confusion in people. Try to remove behavioral triggers by addressing the person's physical needs related to the heat, then tending to their emotional needs.
- **Stay hydrated.** Increased water intake is essential to maintaining good hydration and health during extreme heat. Know the signs of heat exhaustion to avoid heat stroke. Dehydration may be difficult to notice in a person living with Alzheimer's disease and other dementias, as signs like increased fatigue, dry mouth and headache may be difficult to detect. People taking diuretics, sedatives, or certain heart medication may not sweat as much as others, but this does not mean that they are not hot.
- **Stay indoors and out of the sun.** Heat stroke and heat exhaustion may occur in extreme heat conditions but symptoms may be difficult to detect in people living with Alzheimer's and other dementias. Keep individuals cool by using air conditioning at home or move to a public place, such as a senior center or shopping mall. If you must go outside, be sure to dress appropriately, loose, light clothing, wear a hat, and apply sunscreen with an SPF of at least 30 or higher.
- **Stay informed.** Keep an eye on local weather forecasts. High temperatures are not the only cause for concern. Humidity and air pollution indices can cause breathing difficulties. The person should be monitored regularly and seek medical attention if symptoms arise of dehydration, heat exhaustion, or heat stroke.

For more information, visit [alz.org](http://alz.org) or call the 24/7 Helpline at 800.272.3900. To learn more about the programs and services offered locally, visit [alz.org/hudsonvalley](http://alz.org/hudsonvalley).

## Bronx Man Sentenced to 25 Years for Murdering Ex-Girlfriend in Yonkers



murder victim Diana Casado

Westchester County District Attorney Miriam E. Rocah announced that 47-year-old Bronx resident Luis Alturet-Rivera was sentenced on July 22, 2022, to 25 years to life in state prison following his June conviction for the 2017 murder of his ex-girlfriend Diana Casado.

"We hope the family of Diana Casado has some sense of closure today," DA Rocah said. "This sentence reflects the years of extraordinary investigative work by those dedicated to seeking justice for the tragic and violent end to Diana's life."

In a statement made to the court, the victim's mother said: "A person like Luis should not be allowed out in the streets for what he did to my daughter... When he killed her, he killed me."

On January 22, 2017, at approximately 3 a.m., Alturet-Rivera shot Casado, a 27-year-old Yonkers resident, in the head while she was sitting in her parked car on Palisades Avenue in Yonkers. Hours later, the victim's mother found Casado still alive in her car and called the police. The victim was transported to Jacobi Medical Center in the Bronx, where she died.

As detailed during the trial, surveillance video captured the defendant leaving the crime scene and disposing of the victim's purse into a dumpster. Contents of that purse—the victim's wallet, credit cards and license—were later discovered by a good Samaritan who contacted police.

Following an investigation by the Yonkers Police Department's Cold Case Unit, Alturet-Rivera was arrested in Washington state on February 5, 2019, with assistance from the Federal Bureau of Investigation.

After a three-week trial in June 2022, a jury convicted Alturet-Rivera of Murder in the Second Degree and Criminal Possession of a Weapon in the Second Degree, both felonies.

The case was before Judge Robert Neary in Westchester County Court, and was prosecuted by Trials and Investigations Division Co-Chief Christine O'Connor and Counsel to the Trials & Investigations Division John O'Rourke.

## Mt. Vernon Man Charged With Sex Trafficking of a Minor

On July 22, Damian Williams, the United States Attorney for the Southern District of New York announced the unsealing of a criminal complaint charging RAI THOMAS with sex trafficking of a minor and use of interstate facilities to promote sex trafficking and prostitution. THOMAS was arrested this morning and will be presented before United States Magistrate Judge Andrew E. Krause.

U.S. Attorney Damian Williams said: "As alleged, Rai Thomas exploited a teenage girl who lived at a residential facility for vulnerable and at-risk youth, and caused her to engage in commercial sexual activity at hotels throughout the Bronx and Brooklyn for his own profit. Thomas's alleged conduct is particularly insidious given his minor victim's vulnerable status and living situation. This Office, along with our law enforcement partners at the FBI, will continue to identify, investigate, and prosecute those engaged in the sex trafficking of minors."

FBI Assistant Director Michael J. Driscoll said: "Human traffickers exploit at-risk teenagers, using their vulnerabilities against them. Make no mistake – these criminals are forcing children to have sex so they can make money. We are doing everything we can to help the victim in this case, but she may not be the only one. Please reach out to us at 1-800-CALL-FBI to report any information that could help ensure Thomas faces justice for his alleged crimes."

As alleged in the Complaint: In January and February 2022, THOMAS recruited Minor Victim-1 to engage in commercial sexual activity and caused her to do so on multiple occasions in hotels within the Bronx and Brooklyn, New York. THOMAS facilitated and benefited from the scheme in numerous ways, including by recruiting and enticing Minor Victim-1 to engage in commercial sex; coordinating the transportation of Minor Victim-1 to the hotels and reserving the hotel rooms in which she engaged in commercial sex; facilitating the advertisement of Minor Victim-1 on various websites to customers for commercial sex; and profiting from the sex trafficking scheme.

There may be other victims of this alleged conduct. If you have information to report, contact the Federal Bureau of Investigation through its toll-free Tip Line at 1-800-CALL-FBI.

THOMAS, 27 of Mount Vernon, New York, is charged with (1) sex trafficking of a minor, which carries a mandatory minimum term of 10 years in prison and a maximum term of life in prison, and (2) use of interstate facilities to promote unlawful activity, which carries a maximum sentence of five years in prison.

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# The Loft Announces First Dose Monkeypox Vaccine With County Health Department August 4

## Due to Overwhelming Demand Second Vaccination Clinic Offered

The LOFT LGBTQ+ Community Center in partnership with the Westchester County Department of Health announces that it will be hosting a second, first-dose, on-campus Monkeypox Vaccination Clinic, on Thursday, August 4th, 2022. Appointments can be made from the hours of 9:30 AM-4:30 PM for adults 18 years of age and up. Information on the second dose will be given to each vaccinated person after their first dose. The LOFT strongly encourages any and all members of the community who believe they are at risk to get vaccinated, immediately. The vaccination is free of charge.

The vaccines will be offered at the LOFT LGBTQ+ Community Services Center, 252 Bryant Ave, White Plains, NY 10605. Appointments can be made through the following link.

<https://apps2.health.ny.gov/doh2/applinks/cdmspr/2/counties?DateID=E4B91869FCB20366E0530A6C7C16157D>

The LOFT announced its first monkeypox clinic for Thursday, July 28, and all appointments were filled within hours of the announcement being made.

“The LOFT in partnership with Westchester County clearly sees that there is an urgent demand for monkeypox vaccines which is why we are opening a second clinic for first-dose monkeypox vaccinations. We are proud to partner with the County of Westchester and are truly grateful for their rapid, well-organized response to our community’s needs,” says, Executive Director, Judy Troilo.

The World Health Organization, The CDC, and the New York Department of Health have all emphasized the importance of having people who are at risk be vaccinated. Monkeypox can be transmitted through simple skin contact when someone’s skin rubs/brushes against an infected person’s skin. Infection can also occur by touching infected clothing. Please note, that it can also be transmitted via genital contact but is not considered a sexually transmitted infection. Condoms, dental dams, PrEP, birth control, microbicide lubricants, and antibiotics typically used to treat STI’s will not protect a person from infection. To learn more about Monkeypox, click here.

If you are unsure whether you need the vaccine or have questions related to your health, please consult with your physician or medical practitioner.

To learn more about how the vaccine works, visit. <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/smallpox-monkeypox.html>.

As of July 27, the New York State Department of Health reported 1,228 confirmed monkeypox cases in the state, with 32 cases in Westchester County.

# Too Many Kids are Shooting People Across New York

By Dennis Richmond Jr.

I’m a 27-year-old Black New Yorker and I see the rise in crime across New York. I believe in allowing young adults Freedom of Expression. When those same young adults start shooting each other and endangering the lives of others, that’s not freedom of expression anymore. That’s lawlessness. I believe in Law and Order. New York State has seen teenagers shooting guns from Yonkers to Brooklyn and Mount Vernon to the Bronx.

During this month alone, Yonkers saw two shooting incidents on Saturday, July 16th, 2022. According to NBC NY, “the first victims were shot around 9 p.m. on Locust Hill Avenue, where a pair of 18-year-olds were injured, police said. Five shooting incidents and two stabbing incidents occurred in Mount Vernon in 24 hours. A 19-year-old in the Bronx and a 16-year-old in Brooklyn, two different boroughs, were shot in the head.

“It’s too much shooting going on for little petty reasons that could be talked about,” said Alajah Whitehead, 26, of Elmsford. “It’s become so normal now... It’s literally just another day,” she went on to say. “It shouldn’t be this way at all,” said Samuel “Secret” Reid, 25, of Mount Vernon. “Even though the violence was always there, it wasn’t always kids killing kids,” he elaborated.

According to the NYPD’s Citywide Crime Statistics, the week of July 11th saw 15 murders, 376 robberies, and 309 burglaries. All those numbers are up from last year. What needs to be understood is that in New York State, teenagers are shooting each other and innocent bystanders. As they say, they get “on hot” and “up it and aim it.”

“There’s not enough things to keep the kids stimulated,” said Hector Santiago, 34, of Yonkers. “It’s easier to get to a phone than it is to get a community center,” he said.

Dr. Bostic, a pillar in the Yonkers community, said, “it’s not a cookie cutter model.” There’s no one way to fix this issue. He went on to say that “it starts with parents at home. That’s number one.”&nbsp;Dr. Bostic also brought up a huge issue in New York. “Gang warfare.” A lot of young adults are finding safety, solidarity, and popularity in joining sets and street gangs. Samuel “Secret” Reid said, “society today applauds negativity and questions positivity.” A lot of music today is filled with gang references and makes the charts. Many teenagers across America and grabbing loaded firearms and recording music videos with gang references.”

In my opinion, to stop all the violence in New York, it’s going to take a village. Families need to raise their kids. Store owners need to stop turning a blind eye to crime. And most of all, people need to stop praising criminal activity. We have a lot of work to do.

**Dennis Richmond Jr. lives in Yonkers and is on Twitter @NewYorkStakz. He is a journalist focused on Black, Latinx, and LGBTQ+ Communities.**

# LM Lions & Sedona Make Donation to Cancer Support Team



LM Lions President Jim Killoran, CST Executive Director & LM Lion Tania Weiss and Sedona’s & LM Lion Bill Jablonski

In June, The Larchmont Mamaroneck Lions teamed up with Mamaroneck’s Sedona Taphouse’s Mondays Dine Out for Charity in support of The Cancer Support Team. Sedona dedicates a full month of Mondays throughout the year in support of local charities and service groups. In the month of June, Sedona raised \$1324 in support of CST. The Lions contributed \$1000, making a combined total donation of \$2324.

Cancer Support Team is a nonprofit home-care program licensed by the New York State Department of Health (NYSDOH), that provides professional nursing education and support, counseling, case management, and other cancer-related services to patients and family members living in southern Westchester County. Our mission is to enhance the quality of life of patients and families affected by cancer. By providing supportive services to oncology patients and their families, we aim to reduce healthcare disparities and increase access to essential health care services.

CST is the only Westchester-based home-care program that is solely focused on cancer and provides in-home services to those with cancer and their family members at any stage of the disease, at no cost, and without regard to insurance coverage.

The Larchmont Mamaroneck Lions, who will be celebrating their Centennial in 2023, focus on supporting existing non-profit and community service groups by bringing community service leaders together to determine needs, solutions and resources. The LM Lions are part of Lions Clubs International, the world’s largest service organization of nearly 1.5 million members. The Lions signature cause is Vision/Blindness, along with Hunger, the Environment, Diabetes, Childhood Cancer and the future of our Youth. They are signatories of the United Nations resolutions on women’s and refugee rights, and are currently active in Afghanistan & Ukrainian refugee resettlement.

# Heritage of India Festival Returns to Kensico Dam Plaza August 7

Come celebrate India’s culture at the Heritage of India Festival on Sunday, August 7, from noon to 6 p.m. at Kensico Dam Plaza in Valhalla.

County Executive George Latimer said, “India is one of the most diverse and inclusive cultures in the world. Those born in India are known for their hospitality, compassion and empathy while promoting respect, peace and harmony. Come to Kensico Dam Plaza and experience a taste of India in our own backyard.

Parks Commissioner Kathleen O’Connor said, “Gather together on the great lawn at Kensico to learn about India’s culture and enjoy a day filled with peace, love and harmony.”

The Heritage of India Festival takes place from noon until 6 p.m. There will be live Indian cultural performances, Indian cuisine, an Indian merchandise bazaar, mehendi (henna) art and children’s arts and crafts.

The festival will be held rain or shine. Seating is informal; bring blankets or folding chairs for seating on the lawn. No coolers will be allowed. Admission and parking are free. Carpooling or taking mass transit is encouraged. To attend the festival via Metro North, ride the Harlem Line to Valhalla Station.

The other heritage festivals in the series are: Jewish – Sunday, Aug. 21, noon – 6 p.m. at Kensico Dam Plaza, Valhalla Muslim Heritage – Sunday, Aug. 28, noon – 6 p.m. at Kensico Dam Plaza, Valhalla

The Heritage of India Festival is presented by the Indian Cultural Association of Westchester and co-sponsored by Westchester County Parks, Edwards-Dowdle Funeral Home, Inc., Regeneron Pharmaceuticals, St. John’s Riverside Hospital, Sunlight Pharmacy and Sunrise Pharmacy.

Kensico Dam Plaza is located at 1 Bronx River Parkway, Valhalla. For more information, call 914-864-PARK or visit [parks.westchestergov.com](http://parks.westchestergov.com)

Please be advised that on Sunday, August 7 the Bronx River Parkway will be closed for Bicycle Sundays from 10 a.m. to 2 p.m. between Scarsdale Road in Yonkers and the Westchester County Center in White Plains. The park can be accessed via Route 22, from the north or south.

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SUPREME COURT OF THE STATE OF NEW YORK  
COUNTY OF WESTCHESTER

Index No.: 2116/2021

In the Matter of the Foreclosure of Tax  
Liens by Proceeding in Rem Pursuant to  
Article Eleven of the Real Property Tax  
Law by the Town of North Castle

**PETITION AND  
NOTICE OF FORECLOSURE**

The above-captioned proceeding is hereby commenced to enforce the payment of delinquent taxes or other lawful charges which have accumulated and become liens against certain property. The parcels to which this proceeding applies are identified on Schedule A of this Petition, which is annexed hereto and made a part hereof. This document serves both as a Petition of Foreclosure and a Notice of Foreclosure for purposes of this proceeding.

**Effect of filing:** All persons having or claiming to have an interest in the real property described in such petition are hereby notified that the filing of this petition constitutes the commencement by the Tax District of a proceeding in the court specified in the caption above to foreclose each of the tax liens therein described by a foreclosure proceeding in rem.

**Nature of proceeding:** Such proceeding is brought against the real property only and is to foreclose the tax liens described in such petition. No personal judgment will be entered herein for such taxes or other legal charges or any part thereof.

**Persons affected:** This notice is directed to all persons owning or having or claiming to have an interest in the real property described in this petition. Such persons are hereby notified further that a duplicate of such petition has been filed in the office of the Enforcing Officer of the Tax District and will remain open for public inspection up to and including the date specified below as the last day for redemption.

**Right of redemption:** Any person having or claiming to have an interest in any such real property and the legal right thereto may, on or before said date, redeem the same by paying the amount of all such unpaid tax liens thereon, including all interest and penalties and other legal charges which are included in the lien against such real property, computed to and including the date of redemption. Such payments shall be made to: Ms. Patricia A. Colombo, Receiver of Taxes, Town of North Castle, 17 Bedford Road, Armonk, New York 10504. In the event that such taxes are paid by a person other than the record owner of such real property, the person so paying shall be entitled to have the tax liens affected thereby satisfied of record.

**Last day for redemption:** The last day for redemption is hereby fixed as the 15th day of October 2022.

**Service of answer:** Every person having any right, title or interest in or lien upon any parcel of real property described in this petition may serve a duly verified answer upon the attorney for

the Tax District setting forth in detail the nature and amount of his or her interest and any defense or objection to the foreclosure. Such answer must be filed in the office of the County Clerk and served upon the attorney for the Tax District on or before the date above mentioned as the last day for redemption.

**Failure to redeem or answer:** In the event of failure to redeem or answer by any person having the right to redeem or answer, such person shall be forever barred and foreclosed of all his or her right, title and interest and equity of redemption in and to the parcel described in such petition and a judgment in foreclosure may be taken by default.

Dated: July 8, 2022

Enforcing Officer:

Patricia A. Colombo  
Receiver of Taxes

State of New York )  
County of Westchester ) ss.:

I, Patricia A. Colombo, being duly sworn, depose and say: I am the Enforcing Officer for the Town of North Castle. I have read this Petition which I have signed and I am familiar with its contents. The contents of this Petition are true to the best of my knowledge, based upon the records of the Tax Receiver. I do not know of any errors or omissions in this Petition.

Patricia A. Colombo  
Receiver of Taxes

Sworn before me this  
\_\_\_\_ day of July 2022

Notary Public

Attorneys for Tax District:

Stephens, Baroni, Reilly & Lewis, LLP  
Attorneys for Town of Somers  
175 Main Street, Suite 800  
White Plains, New York 10601  
(914) 761-0300

**SCHEDULE A**

Parcel ID	Name	Property Address
95.01-2-1	Ramirez	336 Bedford Banksville Rd
95.03-2-17	Mook Baer	54 Hickory Kingdom Road
101.02-4-8	ERF	2 Elm Place
101.03-3-39	Anita Louise Ehrman	3 Greenway Road
101.04-2-28	Bank of New York	Windmill Road
102.04-1-33	Goodman	12 Cowdray Park Drive
102.04-1-35	Unknown	Bates Lane
108.02-2-72	Davis	7 Banksville Road
108.03-1-43	Stonewall LLC	145 Bedford Road
108.03-2-77	Colombo	Nichols Road
122.12-5-17.2	Lombardi	12 Rock Cliff Place
122.16-3-27	N White Properties LLC	698 N Broadway

Notice of formation of Color It Black, LLC. of Org. filed with the SSNY on 01/28/2022. 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 Color It Black LLC, 33 Cliffside Drive, Yonkers, NY 10710 Purpose: Any lawful activity.

Notice of formation of Sweeney Tech, LLC. Arts. of Org. filed with the SSNY on 06/16/2022. 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, 14 Alta Place, Yonkers, NY 10710. Purpose: Any lawful activity.

Formation of LNE CONSTRUCTION, LLC filed with the Secy. of State of NY (SSNY) on 6/21/2022. Office loc.: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. The address SSNY shall mail process to James Saisa, 25 Harvard Ave., Yonkers, NY 10710. Purpose: Any lawful activity.

Notice of formation of Sutton E.L.S Ent, LLC. Arts. of Org. filed with the SSNY on 08/18/2021. 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, 103 McLean Avenue Apt.# 3b, Yonkers NY 10467. Purpose: Any lawful activity.

Notice of Formation of Ari Cleanse and Glow LLC. Arts. of Org. filed with SSNY on 7/12/2022. Office location: Westchester County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail process to Ari Cleanse and Glow 414 s 3rd Avenue, Mount Vernon NY 10550. Purpose: any lawful act or activity.

Notice of formation of LaceMafia LLC Arts. of Org. filed with the SSNY on 4/20/2022. 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, 7014 13th Avenue, Suite 202 Brooklyn, NY 11228 . Purpose: Any lawful purpose.

Notice of Formation of INNER THEIA LLC. Arts. of Org. filed with SSNY on 03/01/2022. Office location: Westchester County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail process to Inner Theia LLCat 5 Aspen Road, Scarsdale NY 10581. Purpose: any lawful act or activity.

## Classifieds

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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 October 22, 2021, I, the undersigned Referee will sell at public auction at the Lobby of the Westchester County Courthouse, 111 Dr. Martin Luther King Jr. Boulevard, White Plains, NY on August 15, 2022 at 9:30AM, 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 50855-2019 72689

## Ridge Hill Adds New Events to Summer Lineup

*Enjoy kid-friendly playdates, fitness classes, community gardening, and more*

Ridge Hill is delighted to announce an expanded summer events schedule, with Barks & Brews, Fit on the Hill, Garden on the Hill and Ridge Kids joining the mixed-use destination’s ongoing lineup. While this season of Music in the Streets and Jazz on the Hill are concluding at the end of July, Ridge Hill guests can continue participating in a variety of activations for all ages, including:

Movie Night at Ridge Hill, Mondays at 7 p.m., August 1-29: Every Monday in August, film fanatics are invited to catch classic movie screenings under the stars. Before the feature airs on the jumbo screen at sunset, participate in various family-friendly activities starting at 7 p.m. on the South Lawn near Whole Foods Market.

Movie schedule:

August 1: Jungle Cruise

August 8: Luca

August 15: Shang-Chi and the Legend of the Ten Rings

August 22: Cruella

August 29: Spiderman No Way Home

Seating is first come, first serve. Attendees are encouraged to bring additional blankets and chairs. Events are subject to cancellation pending weather conditions

Garden on the Hill, Tuesdays from 10 a.m. to noon, August-September: Cultivate community and improve your green thumb under the guidance of Kaleidoscope Garden Design. Every Tuesday morning through the end of September, visit Ridge Hill’s garden near Whole Foods Market to learn the skills needed to plant, care for and harvest a variety of local plants and vegetables (all necessary tools provided).

Ridge Kids, last Tuesdays from 10 a.m. to noon, August-October: Parents, mark your calendars for this monthly playdate experience designed to help kids expand their imaginations while engaging in themed crafts, games and more at rotating onsite locations, including Hapik (August), Rockin’ Jump (September) and Legoland Discovery Center (October). The cost for participation is \$5 per child and includes a complimentary post-event ice cream from Haagen-Dazs. Tickets will go on sale at the beginning of each month and can be purchased on the Ridge Hill website.

Fit on the Hill, Wednesdays from 6 to 7 p.m., August-October: Get moving and take your exercise routine to the next level during this weekly outdoor workout session led by L.A. Fitness on the Town Square Lawn. Take advantage of the loyalty rewards program and earn exclusive prizes for every five classes attended.

Barks & Brews, first Thursdays from 5 to 7 p.m., August-October: Grab your furry best friends and make your way to Ridge Hill to enjoy the doggone happiest hour of all. This event will be held the first Thursday of the month in the new dog park near Whole Foods Market and feature local brews provided by the Bronx Beer Hall.

For more information on Ridge Hill events, visit <https://www.ridgehill.com/events/>.

### *St. John’s Riverside Hospital Sleep Center, continued from pg 1*

Dr. Rampersaud said that “Almost 85% of people who have Sleep Apnea stay undiagnosed. We screen patients at the sleep center at St. John’s, and we can conduct a sleep study for most individuals, adults or kids.”

Circadian cycle disorders, also known as sleep-wake cycle disorders, are problems that occur when your body’s internal clock, which tells you when it is time to sleep or wake, is out-of-sync with your environment. This is common in people who work at night or who have varying work or personal schedules which makes their sleep times vary. “Jet lag, or shift work disorder schedules, can lead to circadian rhythm problems. It is a big burden when you cannot get a good night’s sleep while the rest of us are sleeping.”

Narcolepsy is another sleep disorder that some may have heard of. “This is a chronic sleep disorder characterized by significant daytime sleepiness and sudden attacks of sleep,” said Dr. Rampersaud, who added that less than 3% of Americans who have a sleep disorder have Nacolepsy.

But what about most of the 100 million Americans who don’t have Sleep Apnea, or Narcolepsy, or a strange work or life schedule that makes them change their sleeping habits? What about the average person who just cannot get to sleep at night?

Dr. Rampersaud gave our readers factors, thoughts, and tips on helping with your sleep disorder. “If you are overweight and over the age of fifty, this leads to a risk of sleep troubles. 20% of men over 50 and 10% of women over 50-are at risk. Our elderly population has a higher rate of a disorder called Advanced Sleep Phase Disorder in which they tend to eat dinner early and go to bed early.

But people of all ages can have trouble with their sleep. A common condition in adolescents and teenagers is Delayed Sleep Phase Disorder in which the go to sleep later and later into the night. These are symptoms that are related to a sleep disorder that people may not easily identify or make a connection to.

The American Academy of Sleep reports 7 hours of good sleep is optimal. Beyond 9 hours is usually excessive. Much less can lead to medical issues, the most obvious being chronic fatigue. Most patients who have a sleep disorder have sleepiness or fatigue in the afternoon.”

Most of us have heard of REM (Rapid Eye Movement) Sleep. Dr. Rampersaud explained the vital nature of REM sleep. “It is estimated that 90% of our dreams occur in REM sleep. About every two hours we cycle through stages 1,2 3, and the REM. The second half of the sleep period is when we get most of our REM sleep, which is important for good sleep health. Deficiencies in REM sleep can lead to cognition and memory issues. In addition, common medications can prevent us from getting the proper REM sleep we need.”

Dr Rampersaud explains that “Sleep efficiency is the ratio of the time we are asleep divided by the time spent in bed. What is considered normal is about 80%. Sleep can be manipulated by timing and maintaining consistent sleep and rise times, this is part of what is called Sleep Hygiene. Each of us has an inherent circadian cycle that can be optimized by good sleep habits.”

Stress, no eating or caffeine before sleep, and lighting, all play a role in getting a good night’s sleep, according to Dr. Rampersaud. “The most common Insomnia is related to Psychophysiological issues of stress and not being able to shut down our thoughts at night. We worry and look at the clock. We try to teach people to reduce their sympathetic tone and put away their stressful thoughts. Do not start reading the book you have been waiting to read or overstimulate your mind right before you go to bed.

Try not to eat or have caffeine or nicotine 4-6 hours before you go to bed. This is part of the process of preparing for sleep. Preparing your bedroom to be dark, inviting, and a cool temperature, will also help. Also try breathing exercises to reduce your heart rate. If you are in bed for more than 30 minutes and cannot get to sleep, get out of bed, and do something mundane to bridge your time until you feel sleepy. Do not stay in bed if you cannot sleep. A simple way to build up a sleep drive is to get yourself tired early in the day or in the hours before you go to sleep. “

In general, Dr. Rampersaud is not a fan of sleeping aids (both prescribed or over the counter) as their effectiveness diminishes over time and there is a potential for unwanted effects. “I see patients who have taken any one of these ‘Z’ drugs for years at a time. Receptors in our brain get desensitized to these medications and over the course of time have a dwindling affect.”

If you are unsure about what your sleep trouble may be, the best way to get an answer is to visit Dr. Rampersaud at St John’s Riverside Hospital Sleep Center Diagnostic Center. An overnight stay in a comfortable room is all it takes for technicians to monitor your heart, brainwaves, and airflow. Throughout the night a dedicated technician will be present to monitor the study while you sleep comfortably. Tests results will be promptly sent to your physician within 72 hours of the test.

Sleep Diagnostic Services are now available at the Andrus location. For more information or to schedule a consultation with a sleep physician call (914) 964-4337. To schedule a sleep study at the Sleep Diagnostic Center call (914) 559-1010.

**Dr. Rampersaud is a Board-Certified Pulmonologist who holds an additional Board Certification in Sleep Medicine. He completed his Sleep Medicine fellowship at the Sleep Disorder Institute in New York. He is a member of the American Academy of Sleep Medicine.**

the House of Representatives” and the other addressed to “Each United States Senator,” that conveyed the enormity of the attention needed to fix the difficult problem and the constitution related importance.

“There was no response to the 1/4/2021 Petition for Redress from any member of Congress. At 1 p.m. on 1/6/2021 Congress met at the Capitol in a joint session for the purpose of counting and certifying the legitimate, “regularly given” Electoral College votes. The proceeding was interrupted for many hours by a large, problematic public disturbance at the Capitol.

Schultz and Futia then sued Congress, seeking relief under the 12th Amendment which states that if no candidate for President receives a majority of the electoral votes, the House of Representatives must choose from the top three candidates and cast their votes, one vote per state, and the senate must vote for the vice-president.

In March of 2021, after receiving no response from Congress to their petition, a US District Court “issued a Summons against the Senate and a Summons against the House of Representatives stating, “[Y]ou must serve on the Plaintiff an answer to the attached Complaint . . . If you fail to respond, judgment by default will be entered against you for the relief demanded in the Complaint. . . .” But “Congress did not respond, and the Court failed to issue a Default Judgment.”

In October 2021, the District Court issued a Minute Order stating, “Schulz and Futia lack standing to bring this action because they have not made the showing that they have suffered a concrete and particularized injury . . . Because Schulz and Futia have asserted no facts that show an injury particularized to them, they lack standing.

“When faced with a constitutional crisis of the highest order... the Judicial Officers of the courts of the D.C. Circuit chose to substitute their judgment of what may be best for America for their sworn commitment and responsibility to administer justice by applying the law to the facts of the case, no matter the level of difficulty,” states the suit, which goes on to claim that the riots at the Capitol on Jan. 6, 2021, hurt and did not help the constitutional claim of Futia and Schulz.

“Congress knew on 1/6/2021 that there were votes given on 12/14/2020 at the Electoral College that were ipso facto, null and void. However, on 1/6/2021, due to the problematic disturbance at the Capitol and its aftermath, Congress was out of control. Its action in counting the electoral votes for President and Vice President was so unconventional, so eccentric that it resulted in a congressional displacement of the power committed by the Constitution to the State Legislatures to direct how presidential electors are to be chosen.

“Congress’ procedure did not allow for any refutation or investigation, much less a rejection of any of the electoral votes that were objected to and known to have been given by Electors who were undoubtedly unconstitutionally chosen.

“On 1/6/2021 the Members of Congress failed to investigate and reject the electoral votes from any of the 31 States that were known by the Members to have been irregularly given – that is, given by Electors chosen as a result of election dates, procedures and administration set by State Executive and Judicial officials rather than by the people’s popularly elected State Legislatures.

“Officially, there were objections to the manner in which the electoral votes were given in Arizona and Pennsylvania and unofficially in a few other so-called “swing states,” and there were statements in opposition to the objections, but there was no opportunity or allowance for investigations much less rejections. Instead, in violation of the Electors Clause, and by extension the Guarantee Clause and the 14th Amendment, each of the two Houses chose to ignore, via a simple up or down vote, each electoral vote known to the Members to have been irregularly given – that is, given by Electors who were chosen/appointed as a result of election dates, procedures and administration directed by State Executives and Judges rather than by popularly-elected State Legislatures as the Constitution mandates.”

Most lawsuits questioning the election law changes made in 2020 were from citizens from individual states, and did not make it to the USSC. Texas Attorney General Ken Paxton filed a suit contesting the election results in four states, and used the same arguments that Futia and Schulz argue. “Trust in the integrity of our election processes is sacrosanct and binds our citizenry and the States in this Union together. Georgia, Michigan, Pennsylvania and Wisconsin destroyed that trust and compromised the security and integrity of the 2020 election. The states violated statutes enacted by their duly elected legislatures, thereby violating the Constitution. By ignoring both state and federal law, these states have not only tainted the integrity of their own citizens’ vote, but of Texas and every other state that held lawful elections. We now ask that the Supreme Court step in to correct this egregious error.” The USSC declined to hear Paxson’s lawsuit.

But Futia and Schulz have included all 31 states that they claim improperly and unconstitutionally changed their election laws in the months before the 2020 election. Each of the alleged violations in the 31 states are briefly described in the suit, and include:

We have printed each of the 31 states and the elections law changes in this story online at Yonkerstimes.com. Some of the changes for each state were similar, and included suspending the witness requirements for absentee/mail in ballots. Or extending the deadline for voters to register to vote, or for voters to mail in their absentee-mail in ballots. Or permitting ballots to be mailed out to every registered voters. Or creating ballot drop boxes that voters can drop their ballots off at. Or conducting their election entirely by mail.

Or permitting absentee-mail in ballots where the signature did not appear to match the signature on file at the Board of Elections.

In three states, the ruling of Federal court judges was notable. In Minnesota, the US Court of Appeals ruled by a 2-1 vote that the extension of absentee-mail in ballot was likely unconstitutional because, “the sec of state extended the deadline for receipt of ballots without legislative authority.” The court also ordered the state board of elections to keep ballots received after Nov 3 separate.

In Pennsylvania, on October 28, the United State Supreme Court declined to expedite consideration of a case involving the PA Supreme Court’s decision extending the state’s mail-in ballot deadline, allowing the extended deadline to stand.

The PA Supreme Court issued two other rulings. On Sept. 17, the court authorized the use of drop boxes for returning mail in ballots, and on Oct. 23, they ruled that election officials could not reject mail in ballot that did not match the signature on file.

In Rhode Island, on Aug. 13, the US Supreme Court denied an application by the Republican National Committee and the state republican party objecting to the suspension of the witness/notary requirements for mail in ballots.

On Sept. 11, the Secretary of State announced they would send out absentee/mail-in ballots to all active registered voters.

The relief that Futia and Schulz are asking for is that 18 months after President Joe Biden took office, the USSC, “nullify the votes of the Electoral College taken Dec. 14, 2020, in the States identified above, and direct the Legislatures of those States to appoint Presidential Electors in a manner consistent with the Electors Clause.”

The relief requested is so severe that it may result in the USSC to decline hearing the case. But with a conservative majority sitting on the court, it is wise to wait for their decision to hear or not hear the case, which is expected by the end of September.

Congressman Jaime Raskin, who has prominently appeared in the Jan. 6th hearings, wrote for constitutionalcenter.org that, “When it comes to presidential elections, the voters are at the mercy of the state legislatures. constitutioncenter.org/interactive-constitution/interpretation/article-ii/clauses/350

Editor’s Note: FYI, I did not vote for Trump in 2016 or 2020, nor did I vote for Hillary in 2016 or Biden in 2020. I am a true independent who votes third party.

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## Welcome to Westchester Matt Damon

## Giants Sign Stepinac Football Star



Hollywood celebrity Matt Damon has purchased a home in Westchester. The \$8.5 million estate, pictured above, is located in Bedford and was listed by COMPASS and agent David Turner.

The listing reads, "Extraordinary stone and clapboard colonial set upon 13.5 private acres in the heart of Bedford. Constructed in 2004 and substantially renovated in 2021, the residence is quite simply stunning. Superb design, craftsmanship and materials reflect a discriminating attention to detail. A traditional exterior belies a casual yet elegant interior. All the main level rooms open onto covered stone terraces. The house is filled with natural light. A beautiful Christopher Peacock kitchen centers on a large island. The primary bedroom suite exudes deep comfort and includes a gorgeous new bath, gym, and coffee bar. A private porch and balcony overlook a sparkling stream and spring fed pond. An incredible network of woodland trails, handsome boardwalks and rope bridges circumnavigate the entire property. Additional amenities include a greenhouse, tree-house, antique barn, all-weather tennis court and 45 x 22 foot Shoreline saltwater pool. A rare and special opportunity to enjoy country perfection."

Damon is married to Luciana Bozán Barroso and they have four children. The Damon's now join other Hollywood-celebrity homeowners in northern Westchester, including David Letterman (North Salem), Martha Stewart (Katonah) and Richard Gere, who recently sold his home in Pound Ridge and bought a smaller home in North Salem.

The property taxes on the property is \$83,252.



Gavin Heslop

Congratulations to Yonkers native Gavin Heslop, who is coming home this year to play for the NY Giants football team. Heslop played his high school football at Stepinac High School, and in college for SUNY Stonybrook.

He was not selected in the NFL Draft but was signed to the practice squad of the Seattle Seahawks in Sept. 2020. In 2021, Heslop was elevated to the Seahawks football team and played in three game before getting injured.

On July 22, Heslop got the good news, which was posted online, "The Giants today made what could be their final their final pre-training camp roster move, exchanging an offensive lineman for a cornerback. He will play for the Giants new coach Brian Daboll.

The Yonkers native received congratulations from –generation Yonkers, who Tweeted, "Congratulations to Yonkers native@G\_smoove5 for signing with the giants- The former Stepinac star has made a comeback after suffering a leg injury last season while he played for the Seattle Seahawks. We are excited to see Gavin back on the field! Lets Go Giants"

Stepinac High School Tweeted, "41 Days till Opening Day- Good Luck & Welcome Home to Gavin Heslop. in 2014 Gavin Heslop helped Stepinac win the CHSFL AAA Championship. After a great career at StonyBrook, Gavin suffered a terrible injury last year to end his season & two years career with Seahawks.-stepinac tweeted-@G\_smoove5."

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NOT SHOWN: Evan Gaines, MD; Vishal A. Mehta, MD; Patrick Murray, MD; Paul S. Ragusa, MD; Daniel Shein, MD; David Shein, MD; Eric Spencer, MD; Mario Voloshin, DPM, FACFAS



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