

Scarsdale Sentinel


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From the Office of the Mayor of Scarsdale

I am truly delighted to contribute to the inaugural issue of the *Scarsdale Sentinel*, a dynamic and welcome addition to our community. In an era where information moves at lightning speed across digital platforms, it is refreshing and valuable to have a printed monthly publication dedicated to Scarsdale. A paper delivered to households in Scarsdale is more than just a source of news—it's a vital tool for fostering connection, engagement, and dialogue among residents.

A strong, vibrant press is a pillar of any thriving community. By sharing news, celebrating local achievements, and offering a platform for diverse perspectives, it strengthens the bonds among neighbors. Equally important, a free and independent press is essential to good governance. It promotes transparency, fosters accountability, and builds trust between residents and their elected officials. With timely and reliable informa-

tion, communities like ours can engage in thoughtful dialogue, leading to better decision-making and more effective policies.

Here in Scarsdale, we have much to celebrate, and keeping residents informed about our progress is a top priority. The *Sentinel* provides an exciting opportunity to share updates on the initiatives and successes that shape our community. For example, we recently launched weekly recycling, eliminating piled-up boxes in garages and making Scarsdale an even more environmentally friendly place to live. We've improved recreational facilities like the fields at Crossway, Supply, and Hyatt, completed a village-wide field study in partnership with the School District, and renovated



Mayor Justin K. Arest

the Greenacres Playground in collaboration with the Greenacres Neighborhood Association. These enhancements reflect our commitment to ensuring residents of all ages can enjoy Scarsdale's outdoor spaces.

Looking ahead, we are focused on planning for the future while addressing present challenges. As we confront the demands of aging infrastructure, the Board is actively prioritizing stormwater mitigation to reduce flooding and prepare for increasingly severe weather events. Recreational facilities remain a central focus, with plans to redevelop the Pool Complex, improve racquet courts, and continue enhancing our parks and fields. Additionally, we're excited about

improvements to the Betty Taubert Girl Scout House, which hosts many important senior programs. These efforts aim to enhance the quality of life for all residents and ensure our community spaces meet the needs of future generations.

We're also addressing critical infrastructure needs today. To tackle flooding, we've initiated stormwater mitigation projects, including dredging Library Pond. Our road repaving program now leverages new technologies to identify areas needing attention, ensuring our efforts are both efficient and effective. We're also improving public safety with projects such as installing a sidewalk connecting Scarsdale High School to the Library and, with the help of Assemblymember Paulin and Senator Mayer, expediting the installation of a traffic light on Post Road near Edgewood School, which will be completed this year.

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The Scarsdale Foundation Announces the 2025 Scarsdale Bowl Award Winner, Andrew Sereysky; the Spotlight Honor Goes to Scarsdale Adult School

Andrew Sereysky is the 2025 recipient of the venerable Scarsdale Bowl, awarded annually since 1943 to those who have “given unselfishly of time, energy, and effort to the civic welfare of the community.”

The Scarsdale Foundation also continued its new tradition of honoring either an individual or an organization who has made a tangible difference in the community’s quality of life in one specific area. The Spotlight Award, established in 2023, goes to Scarsdale Adult School for its 87 year tradition of building community through life-long learning.

The Bowl Committee, a diverse group of 16 community volunteers representing all areas and demographics of Scarsdale, selects the recipient for each award after reviewing and vetting many worthy candidates who are nominated by the community.

Plan to help celebrate the Foundation’s honorees at the Bowl Dinner on Thursday, April 24th. Invitations are open to all Scarsdale residents and will be available in February.

The Scarsdale Foundation promotes and celebrates volunteerism and also



Andrew Sereysky

administers grants and scholarships, provides need-based college scholarships for sophomores, juniors and seniors and recognizes extraordinary volunteers who work toward the betterment of the community. You can visit the Scarsdale Foundation web site for more information.

Andrew Sereysky -- Greenacres resident Andrew Sereysky has been an active village volunteer since moving here in 1994. His long history of volunteer

work has touched numerous organizations representing many facets of village life, notably the Greenacres Neighborhood Association, the Cable Television Commission, and the Advisory Council on Communications. Sereysky is known throughout the village for his numerous contributions, making him a deserving recipient of the 2025 Bowl award.

Sereysky has been an active participant in community affairs. His commitment to the Greenacres Neighborhood Association has been steadfast since 1996, serving as its President during the terms of 2004-2007 and 2013-2023. Simultaneously, he has been a key figure in the Cable Television Commission since 2004, assuming the role of Chairman from 2010 to 2014. With a professional background in advertising, Sereysky has helped to make Scarsdale’s communications more transparent and concise, playing a vital role in the Ad Hoc Committee/Advisory Council on Communications since its formation in 2016. He is currently engaged in the Ad Hoc Pool Redevelopment Advisory Committee. Sereysky and his wife, Joan, raised their son and daughter here and have since welcomed 3 grand-

children into their family.

“As chairs of the 2025 Scarsdale Bowl Committee, we are thrilled to honor Andrew Sereysky with this year’s Scarsdale Bowl Award. Andrew exemplifies the spirit of volunteerism and community service, consistently giving selflessly of his time and energy to enrich the lives of so many. His dedication, leadership, and unwavering commitment to making Scarsdale a better place are truly inspiring. We are privileged to celebrate his contributions and highlight the immense impact he has made in our community,” said Scarsdale Bowl co-Chair Marc Samwick.

Sereysky has also served on the CNC Procedure Committee, SNAP, Citizens Nominating Committee, the Scarsdale Forum, Procedure Committee, School Board Nominating Committee as Administration Chairman, the Scarsdale Bowl Committee, STEP, the Board of the Scarsdale Foundation, and was a coach for many years for his children’s various sports teams. Time after time, Sereysky provided help and expertise to Scarsdale organizations. He also aims to mentor

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New Village of Scarsdale Police Chief Appointed, Holocaust Remembrance Day Commemorated

BY STEPHEN E. LIPKEN

Village of Scarsdale Mayor Justin K. Arest opened the Tuesday, January 14th Board meeting, beginning with the announcement of the appointment of new Police Chief Steven DelBene by Trustee Karen L. Brew. DelBene began his service in the Scarsdale Police Department in 2006 as a patrol officer; he was a Lieutenant.

DelBene spearheaded several key initiatives, including implementation of the department's first body-worn camera, upgraded the department's radio system, developed a comprehensive officer wellness program, including the department's first wellness canine, Sushi and modernized internal processes such as payroll systems to improve operational efficiency.

DelBene's appointment was approved by Roll Call Vote.

To maintain a central taxi service, the Village passed a Resolution to pro-rate fees for taxicab licenses on a monthly basis to \$10 per taxicab for the 2025 calendar year. This replaces semi-annual payments and ensure that taxicab service remains available in the Village.

The Fenway Golf Club Charitable Fund donated \$5,000 each to Scarsdale Police and Fire Departments.

Trustee Kenneth L. Mazer announced the appointment of Lori Falow as an Alternate Member to the Board of Architectural Review.

Deputy Mayor Dara B. Gruenberg introduced a Resolution adopting a Local Law amending Chapter 57 of Scarsdale Village Code concerning the appointment of Stephen Shallo to position of Deputy Village Manager. On Saturday, January 18th Gruenberg attended a reading by Jyoti Rajan Gopal of her book, "One Sweet Song" at the Library.

Trustee Jeremy A. Gans read the amount of Bills to be paid, \$1,719,263.88.

Then the Board passed a Resolution recognizing Monday, January 27th, International Holocaust Remembrance Day, as the 80th anniversary of the liberation of Auschwitz-Birkenau, honoring the memory of six million Jews and millions of others who perished during the Holocaust.

In June 2022, NYS Governor Kathy Hochul issued a Proclamation embracing the International Holocaust Remembrance Alliance (IHRA) working definition of an-

ti-Semitism, recognizing its importance as a tool to identify and combat anti-Semitic acts, providing guidance to ensure that all New Yorkers are protected from such hatred.

In December 2022, former Westchester County Executive George Latimer issued an Executive Order adopting the IHRA working definition of anti-Semitism for Westchester County, providing a clear standard to identify and address anti-Semitic incidents at the County level.

A Resolution states: "The Village of Scarsdale through its Mayor and Board of Trustees unequivocally condemns anti-Semitism in all its forms and recognizes its profound impact on Jewish communities and society at large as a dangerous manifestation of hate that cannot be tolerated; endorses and adopts the IHRA working definition of anti-Semitism, in alignment with Governor Hochul's 2022 Proclamation and former County Executive Latimer's 2022 Executive Order, as a guiding tool to identify and respond to anti-Semitic acts and rhetoric."

A second Board meeting was convened on Monday, January 28th with Mayor Arest reminded the public that January 27th was International Holocaust Remembrance

Day, an important occasion for many in the community.

In addition, the mayor spoke about the 29th of January marking the occasion of the Lunar New Year festivities. "The snake is a symbol of wisdom, transformation and intuition, qualities that inspire us as we work together to continue building a stronger Scarsdale," Arest stated.

"To those in our community who are celebrating, I wish you happiness, health and prosperity in the year ahead. May it be a time of renewal and success for all. Celebrations like the Lunar New Year remind us of the importance of connection, family and shared hope for a bright future," Arest concluded.

Arest added that there was an Intermunicipal Agreement (IMA) with Westchester County for use of voting machines in the upcoming Scarsdale Election on Tuesday, February 11th.

Other business involved upgrading Supply Field Building Fire Alarm from Scarsdale Security Systems, Inc. at \$14,894; replacing underground drainage pipe along western and southern boundaries of 46 Lincoln Road by property owner and Resolution authorizing the Annual 15K/4M Road Races.



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February Programs for Adults at the Scarsdale Public Library

Holiday Hours
Closed Monday, February 17 for Presidents' Day.

For a complete list of programs for adults, visit the library calendar here: www.scarsdalelibrary.org/events

A Musical Celebration of African American History with Rhonda Denet
Saturday, February 15, 2:00 PM
Join us for a captivating journey through the timeless rhythms of classic R&B and soul, paying tribute to an era when this predominantly African-American genre transcended boundaries and captured the hearts of mainstream audiences. Registration required.

Virtual: Scarsdale Reads - A Black History Celebration
Monday, February 24, 7:00 PM
The Scarsdale Public Library is pleased to present a diverse panel of readers, including local authors and staff, offering selected prose and poetry to commemorate and celebrate Black History Month. Registration required.

Fresh Mozzarella Class
Wednesday, February 5, 7:00 PM
Back by popular demand! Want to know the secrets to great fresh mozzarella? Join us as we demonstrate how to take unrefined curds and turn them into silky, creamy orbs of joy. And then? We eat! Registration required.

Brain Health with a Neurosurgeon
Thursday, February 6, 12:00 PM
Come hear from neurosurgeon Marc Otten as he gives an approachable and lively overview of the health of the brain and spine, with a particular focus on the factors known to promote brain health over time. Registration required.

Lunar New Year Celebration
Saturday, February 8, 10:00 AM
There will be plenty of food and fun for all at this cultural fair with demonstrations of calligraphy, paper folding, and Chinese bamboo painting, as well as a performance of traditional Chinese dance. Registration required.

Hybrid: Financial Planning for Retirement
Tuesday, February 11, 1:00 PM
Learn how to plan for a financially secure retirement. Whether you are currently retired, plan to retire in a year, or thinking far ahead, this conversation is for you. Registration required.

Tie Dye Coasters
Wednesday, February 19, 3:00 PM
Join us and get creative as we use simple household staples to create bright, colorful coasters that will vanquish the winter blues. Registration required.

Art Styles Around the World - Flowers in Art
Thursday, February 13, 10:30 AM
Enjoy a brief overview of flowers in classical and modern art as well as their symbolism followed by an opportunity to draw based on the work of exhibited artists or freely. Registration required.

Movie Screening & Discussion - The Blue Angel (1959)
Friday, February 21, 2:00 PM
Join Marcus Renna in the Scott Room for a screening and discussion of the classic 1930s German drama *Der Blaue Engel*, itself based on Heinrich Mann's 1905 novel *Professor Unrat*. Registration required.

Coming up in March!
Ride - The Music of the American West
Saturday, March 1, 2:00 PM

Musician Marc Berger - on guitar, vocals, and harmonica - conjures up the musical influences that shaped the idea of the American frontier and the constant reinvention of the West. Registration required.

Pregnancy & Postpartum Support Group - Thursdays, February 6, 13 & 27, 10:00 AM
Join us for this ongoing, face-to-face support group whose members understand what you are going through!

Sponsored by the Teen Department

Bingo - Tuesday, February 4, 6:00 PM
Enjoy multiple rounds of the classic game, with many chances to win prizes! Designed with seniors in mind, participants as young as 10 are welcome to play. Registration required.

Chess - Sundays, February 16 & 23, 6:00 PM
Library Chess Club is for enthusiasts to engage in open chess play at SPL and basic chess knowledge is needed to partici-

pate. Registration required.

Bling's the Thing - Saturday, February 15, 1:00 PM
Brighten someone's day with a pair of handmade earrings! For every pair of earrings you make, make another pair that will be donated to a domestic violence shelter. Registration required.

Makerspace (For SPL Cardholders)
Laser Cutting 101: Heart Shaped Box - Tuesday, February 4, 6:00 PM
Try out the Makerspace's new Glowforge laser cutter by personalizing and building a heart shaped box. Registration required.

Cricut 101: Reading List Bookmarks - Tuesday, February 18, 3:30 PM
Create a personalized bookmark in the style of a catalog card that includes space to track your books as you read them in 2025! Registration required.

Our mailing address is: Scarsdale Public Library 54 Olmsted Rd Scarsdale, NY 10583

Visit www.scarsdalesentinel.com
The next ad/material deadline
for the March issue of the
Scarsdale Sentinel
is February 16.

From the Office of the Mayor of Scarsdale
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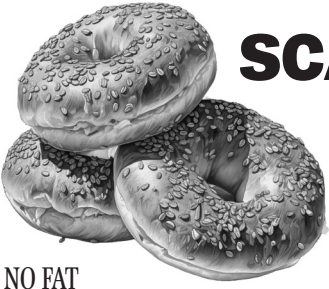
Scarsdale continues to prioritize sustainability and innovation. We've added electric vehicles to the Village fleet, reducing emissions while saving money, and improved emergency communication systems to better serve residents in times of need. In the coming year, we plan to install electric vehicle charging stations at Village Hall and in the village center utilizing grant funding.

All of these accomplishments and plans demonstrate how collaboration, innovation, and transparency can deliver meaningful results. The press plays a crucial role in amplifying these efforts, helping residents stay informed and engaged in the life of our community. Together, we can ensure Scarsdale thrives not just as a

place to live but as a model of thoughtful governance and community spirit.

Finally, I would be remiss if I did not take this opportunity to once again congratulate our new Chief of Police, Steven DelBene. With nearly two decades of experience in Scarsdale and a deep commitment to community policing, Chief DelBene is well-positioned to lead our police force. We look forward to his leadership as we continue to ensure that Scarsdale remains a safe and welcoming place for all.

On behalf of the Village government, I want to thank Shoreline Publishing for bringing the *Scarsdale Sentinel* to life. We are excited about this new chapter in community engagement and look forward to its success!



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Boards, Councils and Committees Seeking Civic-Minded Residents

The Personnel Committee of the Village Board of Trustees asks residents who are interested in serving on Village Boards, Councils and Committees to submit their names for consideration. The Village seeks candidates who represent a broad range of experiences and backgrounds. Applications may be submitted on or before February 14, either online or by mailing or hand-delivering a printed application addressed to Deputy Mayor Dara Gruenberg at Village Hall, 1001 Post Road, Scarsdale NY 10583. Scarsdale residents may also recommend individuals to be considered for appointment. To apply, make a recommendation or ask questions, email Personnel Committee members Deputy Mayor Dara Gruenberg, Trustee Jeremy Gans, or Trustee Sameer Ahuja. Village Clerk Taylor Emanuel is also available to assist by phone at 914-722-1175, or at temanuel@scarsdale.gov.

Overnight Parking Ban & Sidewalk Snow Removal Reminders

Overnight Street Parking: Overnight street parking is prohibited in the Village of Scarsdale from December 1 to March 31, between 2 a.m. and 6 a.m. This seasonal restriction helps maintain clear streets for snow removal and ensures public safety during winter conditions.

Sidewalk Snow Removal: In the event of snowfall, homeowners and business owners are responsible for removing snow from sidewalks bordering their property, as required by Village Code. Snow removal must occur within four hours after snowfall ends or ice begins to form, except between 9 p.m. and 7 a.m. If the snow or ice does freeze to the point where it cannot be removed without harming the pavement, the homeowner or business owner must spread salt or similar material and remove the snow/ice in a timely fashion thereafter. The Village Department of Public Works will assist in clearing sidewalks during larger snow events with sidewalk plows when street plowing is necessary. However, during lighter periods of snow where salting operations are sufficient, staff will not clear sidewalks bordering private property.

The Scarsdale Foundation Announces the 2025 Scarsdale Bowl Award Winner, Andrew Sereysky; the Spotlight Honor Goes to Scarsdale Adult School
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and raise up the next generation of volunteers, serving Scarsdale in myriad ways to preserve our volunteer spirit.

Friend and former Village Trustee Deb Pekarek said, “I am so delighted that Andrew will receive the Scarsdale Bowl! Andrew loves Scarsdale and continues to volunteer his time unselfishly for the betterment of our beloved community. Andrew certainly represents the true spirit of the Scarsdale Bowl award. This will be a grand celebration!”

Following the Bowl Committee vote on Sunday night, co-chairs Marc and Cynthia Samwick along with Anne Lyons, President of the Scarsdale Foundation, Isabel Finegold, Treasurer of the Bowl Committee, and Bowl Committee members Penny Bauersfeld, Randi Culang, Elise Flagg, Daniela Retelny and Alli Seiden surprised Sereysky at his home with the news on Sunday night. Also serving on the committee this year are: Amy Cooper, Lori Kaplan, Tracy Lazarus, Toby Milstein Schulman, Ryan Spicer, Stephanie Stern, Claudia Uribe-Galeano and Julie Zhu.

“Being selected as the 2025 Scarsdale Bowl recipient is such an honor. It’s an incredible recognition for which I’m forever grateful.” said honoree Sereysky.

Scarsdale Deputy Mayor Dara Gruenberg said, “Andrew’s decades-long commitment to the Scarsdale community, marked by quiet dedication, tireless hard work, and unflagging good cheer,

makes him an extraordinary candidate for this year’s Scarsdale Bowl. His selfless contributions, steady leadership, and ability to inspire those around him have had a profound and lasting impact on the village, ensuring its vibrancy and continued ‘small-town’ feel.”

The Spotlight Award Goes to SAS
-- For the third year, the Bowl Committee also selected a Spotlight Award winner. As opposed to the depth and breadth required of the Bowl winner, the Spotlight Award recognizes meaningful contributions in a specific area or a problem solved after focused effort.

Bowl Co-chair Cynthia Samwick noted, “The Scarsdale Adult School has long been a cornerstone of our community, fostering lifelong learning and personal growth for residents of all ages. Their tireless efforts to provide outstanding educational opportunities, innovative programming, and a welcoming environment exemplify what makes Scarsdale so special. We are honored to shine a spotlight on this remarkable organization and its ongoing commitment to inspiring and enriching our community.”

The Bowl Committee requested suggestions of individuals and organizations alike from the community and reviewed many worthy nominations before voting Scarsdale Adult School to be the 2025 recipient of the Spotlight Award in recognition of their ongoing commitment to lifelong learning through their widespread

educational offerings. Scarsdale Adult School director Jill Serling was likewise thrilled to learn of the award when Bowl committee members surprised her at her home with the news on Sunday night. In fact, Serling was out of town, but received the news through her Ring doorbell and enthusiastically greeted the Bowl committee to hear of the recognition.

“I am humbled and overjoyed with the news that Scarsdale Adult School (SAS) has been awarded the Spotlight Award,” said Scarsdale Adult School Director, Jill Serling. Our success in serving our mission in service of our community of lifelong learners is truly a collective effort thanks to our amazing staff, board, advisory committee members, instructors, and students. This year’s Spotlight Award is a wonderful example of two Scarsdale institutions supporting each other in furtherance of education.”

Established in 1938, the Scarsdale Adult School is an independent, not-for-profit organization chartered by the New York State Board of Regents. It launched that year with 10 classes as an evening program; its original classes were ahead of its time- including courses in finance for women. Today, the Scarsdale Adult School is a unique Scarsdale fixture, which offers continuing education and a wide range of enrichment curriculum for lifelong learning for any adult regardless of residence. The SAS serves thousands

of individual students a year - filling close to ten thousand seats annually. For courses, there is a wide choice of intellectually stimulating, recreational, and skill-enhancing courses and lectures. Tuition is kept to a minimum which allows all to participate regardless of financial ability. From another community financial angle, SAS partners with other local organizations. In addition, it also rents space across various Scarsdale institutions which supports the community’s financial wellbeing.

Anne Lyons, President of the Scarsdale Foundation said, “Every year, the Scarsdale Foundation and the Scarsdale Bowl Committee seek to celebrate the spirit of volunteerism and generosity that make our community so special by honoring those who exemplify those ideals. The Scarsdale Adult School has been a fixture in the Scarsdale community for 87 years attracting thousands of lifelong learners to partake in their impressive course selection thanks to the efforts of many dedicated community volunteers. Andrew Sereysky is the consummate community volunteer. His welcoming and inclusive personality, and the twinkle in his eyes when he asks you to help out, encourages many to become part of the rich volunteer community in Scarsdale that makes our Village a very special place. We are thrilled to be celebrating with such dedicated volunteers and our larger community on April 24th.”

County Executive Ken Jenkins Announces Full Appointment of The Gun Violence Prevention Taskforce

Westchester County Executive Ken Jenkins and County Legislator Shanae Williams have appointed all members to the Westchester County Gun Violence Prevention Taskforce. The taskforce, appointed by both the County Executive's Office and the Board of Legislators, consists of experts, advocates and diverse community representatives from across Westchester County.

Under the leadership of the Office of the County Executive, the taskforce is committed to unifying and strengthening efforts across Westchester to combat gun violence. Deputy County Executive Richard Wishnie to Co-Chair the taskforce, ensuring collaboration between the administration and community stakeholders as they address this issue.

The following individuals have also been appointed:

- Sam North, Teacher at Ossining High School
- Barry Graubart, NYS Advocacy Lead at Moms Demand Action
- Rev. Shaun Jones, Pastor at STAR Bethlehem
- Joanne Dunn, Executive Director of Youth Shelter Westchester
- Charles Barnette III, Community Activist and former SNUG Employee
- Sharon Rubinstein, Lawyer and Advocate
- Detective Dave Clarke, Mt. Vernon Police Department
- Elise Margolis, Healthcare Professional
- Debbie Burrell, Executive Director of Mount Vernon Youth Bureau United
- Yocasta Jimenez, LMSW
- Stephanie Dotel, Director of Youth Empowerment Programs at O.Y.P. and Court Mentor Coordinator in New Rochelle
- Rev. Dr. H. Lee Jordan, Jr., Pastor at Shiloh Baptist Church
- Kailani Ledesma, Youth Member



- Alejandro Leon, Youth Member
- Cynthia Lobo, Attorney

The following County employees will also be part of the taskforce: Dr. Christopher John, Head of the Mobile Crisis Team; Liz Oliveto from Youth Development; Ernest McFadden, Director of the County Youth Bureau; Rachel Kotzur from Probation; Michael Gerard from Corrections; and James Luciano from Public Safety.

Jenkins said: "We are proud of the dedicated individuals we have assembled to confront this urgent and serious issue. This taskforce will be a vital platform for addressing the root causes of gun violence while championing effective prevention strategies."

Williams said: "There is so much work to be done to eliminate gun violence from our communities. Given the background and expertise of each member, I am confident that they are up for the task. I am thankful for the members' willingness to serve Westchester County and I look forward to the work that we will accomplish together."

Wishnie said: "Gun violence prevention is a priority for this adminis-

tration. By assembling this taskforce, we are demonstrating our commitment to creating safer communities through collaborative efforts. Every member brings invaluable experience to the table, and together we will work tirelessly to address this issue head-on."

County Legislator Terry Clements said: "This gun violence prevention task force is vital because it will implement programs that help rehabilitate our youth by providing mentorship, guidance, and alternative opportunities. By engaging young people and offering them a new perspective on life, we can steer them away from crime and empower them to build brighter futures."

County Legislator James Nolan said: "Illegal gun violence impacted my life tragically with the loss of my younger brother, Mike. Being part of this task force with my colleagues means everything to me. Together, we have the chance to change lives and stop these terrible crimes. We need to do what it takes to keep our young people off the streets and out of a life of crime. This task force is all about passing the initiatives and laws that will make that happen!"

Taskforce Liaison Catherine Borgia said: "I'm honored to represent the County Executive on this taskforce. It has been truly inspiring to work alongside such passionate and dedicated professionals. I have been an activist on this issue since 2000. As someone deeply committed to curbing gun violence, I am confident that, together, we will develop innovative strategies to reduce gun violence in Westchester County."

The taskforce will work with organizations that are currently making strides in rooting out gun violence and foster collaboration across these agencies leveraging each other's resources. The taskforce aims to identify and implement best practices

to prevent and ultimately eliminate gun violence from Westchester County.

The goals of the Taskforce:

- Change the social conditions and address the influences that lead young people to resort to gun violence.
- Foster collaboration across all agencies and levels of government, including county, town, village, city and law enforcement agencies.
- Facilitate collaboration between nonprofit and for-profit businesses already engaged in this work.
- Engage the community in meaningful dialogue, including victims and perpetrators of gun violence.
- Develop prevention and intervention strategies tailored to eliminate gun violence.
- Advocate for the necessary resources to support these efforts.

Crime in Westchester County has seen a significant decline in recent years. However, one death is too many. Westchester County will continue working closely with community partners and law enforcement to tackle gun violence head-first, ensuring every effort is made to save lives and foster safer neighborhoods.

visit www.scarsdalesentinel.com

We Have Exciting News...



Joseph Sarhan, M.D., PhD

Award-Winning Celebrity Plastic Surgeon Dr. Stephen T. Greenberg is at it again. He launched a state-of-the-art dermatology division within his prestigious plastic surgery practice. “I decided to expand my practice to include a dermatology component because our patients both want it and need it,” explains Dr. Greenberg, owner and founder of Greenberg Cosmetic Surgery and Dermatology. “Healthy skin is beautiful skin. I have a passion for helping our patients achieve both, which must include regular skin cancer screenings. I’m so excited to offer this incredibly valuable layer of care to our patients.”

Joseph Sarhan, M.D., PhD brings vast experience in medical, cosmetic and surgical dermatology including Mohs surgery to Greenberg Cosmetic Surgery and Dermatology. He joins the practice in its dedication to providing the highest quality patient care to the Scarsdale community. “I am very excited to join forces with someone who takes a full body approach in their care for patients” says board-certified Yale trained dermatologist Dr. Sarhan. He provides personal care to adults, teens and children focusing on skin health and prevention, while specializing in treating a wide variety of skin disorders including eczema, psoriasis, acne, rashes, skin cancers, alopecia, warts, rosacea, keloids, vitiligo, nail disease, hidradenitis suppurativa and skin cancer excisions. He participates with Medicare and many commercial insurance plans. Dr. Sarhan is highly regarded in the field of dermatology and provides exceptional care in the Scarsdale and Manhattan locations.

“It is of the utmost importance to me that each patient receives the best possible experience” states Dr. Greenberg. Integrating dermatology with cosmetic procedures elevates the patient experience by providing complete comprehensive care all under one roof. “We treat, diagnose and excise within one practice. Our Mohs division provides closures, and reconstruction completed the very same day improving quality with immediate continuity of care” explains Dr. Greenberg. “My goal is to offer cutting-edge skin care and treatments while providing a level of convenience due to today’s fast paced lifestyles.”

With beautiful facilities offering everything from dermatological treatments to breast, body, and facial surgery, as well as cosmetic injections and med spa services, the Greenberg Cosmetic Surgery and Dermatology offices are the perfect go-to for a mid-day glow up or a more life changing transformation.

Schedule your annual skin cancer screening, complimentary plastic surgery consultation or cosmetic injectable treatment. Call 914-637-6299 or visit GreenbergCosmeticSurgery.com

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Hoff-Barthelson Music School's Faculty to Perform at Second Artist Series Concert

The HB Artist Series at Hoff-Barthelson Music School (HBMS) continues its 2024-25 season with a highly anticipated concert on Friday, February 7, 2025, at 7:30 pm. This exciting evening will feature a diverse program showcasing a wide range of musical styles performed by members of the School's distinguished faculty. The concert will be held at the School, 25 School Lane, in Scarsdale.

The evening's program features both classical and contemporary works, offering something for every music lover, and begins with three pieces for flute and piano performed by Donna Elaine, flute, and Emily White, piano:

- Sonata – Bohuslav Martinů

The concert will feature the Allegro poco moderato movement. Inspired by Martinů's experience nursing an injured whippoorwill back to health in Cape Cod, this movement evokes the bird's song through lyrical melodies and rhythmic complexity. It captures the essence of the bird's delicate yet resilient nature, making it a poignant and evocative piece for flute and piano.

- Le Merle Noir – Olivier Messiaen

A mesmerizing piece inspired by the sounds of a blackbird, Messiaen's inventive use of rhythm and harmony captures the



Pianist and HBMS Faculty Member Sunhwa Kim; photo provided by the artist.

essence of nature's song.

- Nightingale Polka – Ernesto Koehler

A lively and playful polka, this piece features virtuosic flute lines that evoke the cheerful spirit of a nightingale in full song.

Additional works to be performed include:

- Piano Trio (2003) – Jennifer Higdon

A stunning example of contemporary

American composition, Higdon's Piano Trio alternates between the gentle colors of Pale Yellow and the fiery intensity of Fiery Red. Performed by Sunhwa Kim, piano with guest artists Eric Tsai, violin; and Connor Kim, cello.

- String Quintet, Op. 39 – Alexander Glazunov

This lush and emotive work takes the audience through contrasting moods, from tranquil passages to vibrant and animated themes. Performed by Eriko Sato, violin; Lani King Chang, violin; Leslie Tomkins, viola; Michael Finckel, cello; and guest artist Mark Humburg, cello.

- Piano Trio – Rebecca Clarke
Clarke's intricate and evocative trio is a masterwork of early 20th-century chamber music, blending lush harmonies with passionate expression. Performed by Laura Giannini, violin; Lila Ainsworth, cello; and Vered Reznik, piano.

Program and performers are subject to change.

The Hoff-Barthelson faculty comprises some of the nation's most distinguished performers and educators. Many hold chairs in prominent New York orchestras, are members of world-class chamber ensembles, perform in major Broadway productions, and are in international demand as solo artists. Others teach at leading conservatories includ-

ing The Manhattan School of Music, Mannes College of Music, and Juilliard Pre-College. These superb musicians contribute to the School's national recognition for unsurpassed excellence in music education. Hoff-Barthelson prides itself on providing access to these outstanding artist-educators in the heart of Westchester. These concerts guarantee riveting music making of the highest caliber, in an intimate setting, at prices far below those in New York's major concert halls.

Tickets are available for \$20 and can be purchased via Eventbrite. Hoff-Barthelson Music School students can attend for free but must reserve their tickets in advance.

Hoff-Barthelson Music School, based in Scarsdale, has earned national recognition as a premier community music school, known for its outstanding leadership in education, performance, and community service. With a faculty drawn from the region's most talented teachers and performers, the School has long been one of Westchester County's most cherished cultural resources. At Hoff-Barthelson, students find a warm, friendly music school dedicated to the highest standards of education, performance, and community service. Students of all ages, aptitudes, and levels of interest enjoy a supportive, joyful learning environment; a focus on the whole person; exceptional teaching; and a multifaceted curriculum.

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Scarsdale's Women Suffragists Immortalized in New Exhibit at Scarsdale Public Library

In partnership with the Scarsdale Public Library, the Scarsdale Historical Society has opened a new women's suffrage exhibit in the library's local history center. The exhibit presents new artifacts, findings, photographs that were uncovered during the production of the Historical Society's new documentary, "Women Rising: The Scarsdale Suffragists."

The exhibit explores the little-known stories of the courageous women behind the suffrage movement in Scarsdale and how their work shaped the community. It features trailblazers like Florence Bethell (of 2 Bethel Road) who lectured, wrote, marched and lobbied for women's right to vote - at a village, state and national level. In the face of apathetic and sometimes hostile attitudes toward woman suffrage, the women used creative approaches to educate Scarsdale women on suffrage - from porch parties to suffrage dances.

There's a display case featuring women's suffrage artifacts, including many museum-quality items on loan from Historical Society trustee and collection-builder, Seth Kaller. The true showpiece is the original minutes book of the Scarsdale Equal Suffrage Club from 1914-1918. Most of the book contains handwritten minutes by Scarsdale suffragist Josephine Winslow (of 3 Winslow Place). The notes speak of fundraising campaigns,



The team behind the exhibit and the documentary, photographed at the suffrage film's premiere at the library on December 16, 2024. Left to right: Jordan Copeland (Scarsdale Historical Society VP and Village Historian), Dan Glauber (Local History Librarian, Scarsdale Library), the Filmmaker Lesley Topping, Leslie Chang (Scarsdale Historical Society Trustee and Associate Village Historian) and Randy Guggenheimer (Scarsdale Historical Society President).

local views toward suffrage, and correspondence with renowned suffrage

leader Carrie Chapman Catt. Scarsdale Library has scanned and transcribed the entire notebook so that anyone can view it online.

"Our new film and the accompanying exhibit both capture the spirit, bravery and resilience of the Scarsdale Suffragists," stated Randy Guggenheimer, President of the Scarsdale Historical Society. "Their crusade was a pivotal step in the continued battle for equal women's rights and suffrage."

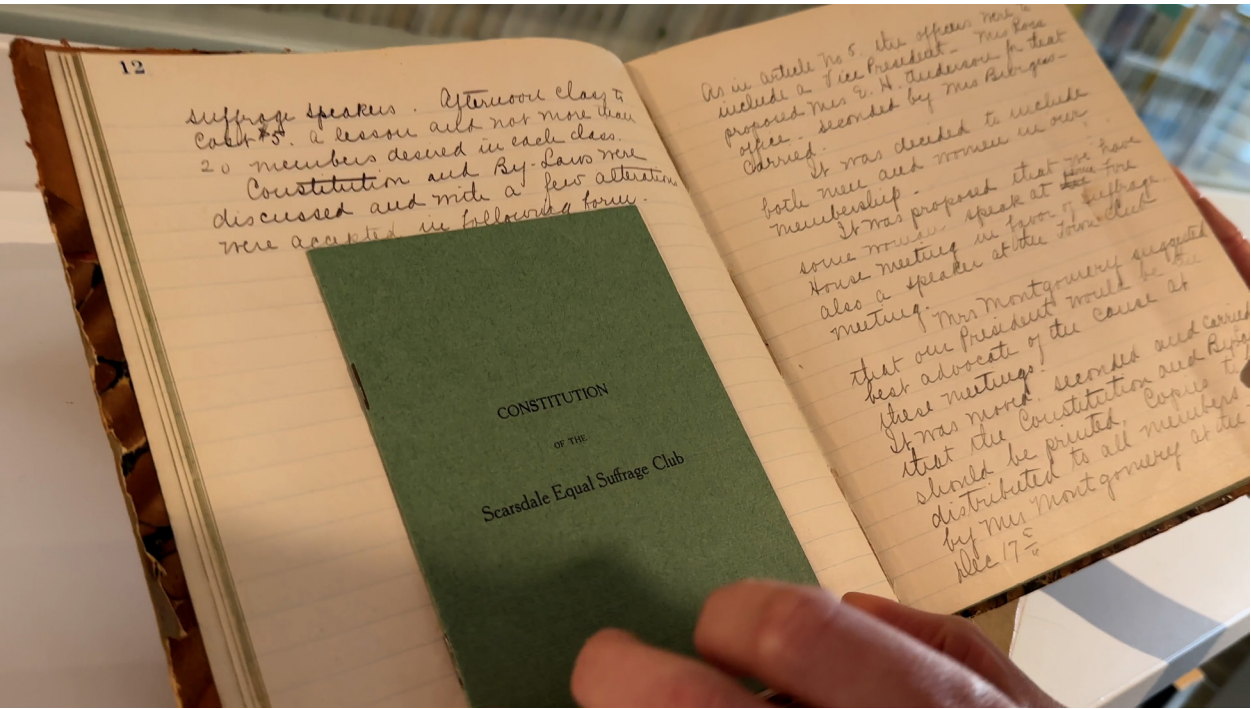
The women's suffrage exhibit will be on display through the month of January. Links to the documentary film and scanned Scarsdale Equal Suffrage Club minutes book can be found at: bit.ly/scarsdale-suffs.

About the Scarsdale Historical Society -- The Scarsdale Historical Society exists to discover, preserve and disseminate historical information, as well as inspire others to learn about and contribute to the history of Scarsdale and the Central Mid-Westchester Region. The Scarsdale Historical Society accepts grant applications for projects that meet its mission, particularly those that will inspire others to learn about the history of Scarsdale and the surrounding communities. Learn more at www.scarsdalehistoricalsociety.org.

About the Library -- The mission of the Scarsdale Public Library is to encourage the joy of reading, the exploration of ideas, and the pursuit of lifelong learning for the children and adults of our community. To learn more about the Library and the latest program and services available, visit scarsdalelibrary.org.



The Scarsdale Suffragists exhibit, located in the local history center of the Scarsdale Public Library.



Minutes Book of the Scarsdale Equal Suffrage Club (1914-1918), on display in the exhibit.

CPR Class Very Informative Given by the Scarsdale Volunteer Ambulance Corps



On January 27, Cynthia Samwick and others had the opportunity to participate in a CPR class at the Scarsdale Volunteer Ambulance Corps (SVAC). It was an incredibly informative and empowering experience—we learned so much and felt great knowing we’re better prepared to handle emergencies.

We highly recommend this class to our neighbors! It’s a fantastic resource, and we are so appreciative of all the vital work SVAC does for our community every day.

9/11 Memorial & Museum Expands Free Admission Program for New Yorkers

Made possible by a philanthropic grant of \$500,000 from Carnegie Corporation of New York, the 9/11 Memorial & Museum is expanding free hours for New Yorkers to visit the Museum on the first Sunday of each month in 2025. Initially offered on a limited basis in 2024 to mark a decade since the Museum’s dedication, this program provides New Yorkers a special opportunity to see the Museum with one another and reconnect with the feeling of community and cohesion that blanketed our city and nation in the wake of 9/11. The modification of this offering to now take place on Sundays for a full year with widened hours will create the opportunity to welcome thousands more — many for the first time — who work, live, and study in the city of New York.

“We are grateful for Carnegie Corporation of New York’s sustained support of our outreach to New Yorkers and the over 100 million Americans too young to remember 9/11. This program allows New Yorkers to get free admission and offers our neighbors across the city a chance to remember and experience the history of the day together in community with each other”, said Beth Hillman, President & CEO of the 9/11 Memorial & Museum.

“The 9/11 Memorial & Museum bears powerful witness to a day that Americans will always remember. The attack struck at the heart of this country, and this city, so it is really unfortunate that only about six percent of visitors to the Museum are New Yorkers,” said Dame Louise Richardson, president of Carnegie. “We invite New Yorkers to avail of the free admission, encourage their children in the interactive activities, and remember the tragedy of those who died and the heroism of those who tried to save them.”

All interested visitors who work, live, or study in New York City and the surrounding area should be prepared to show a valid ID upon entry. Tickets become available on a rolling basis each month. Museum admission is always free for 9/11 family members and individuals eligible for the WTC (World Trade Center) Health program. For more information or to reserve New York First Sunday tickets, visit 911memorial.org/firstsundays.

February Children’s Events at Scarsdale Public Library



For more events, visit <https://www.scarsdalelibrary.org/>

Holiday Hours: Closed Monday, February 17 for Presidents’ Day.

Upcoming Events

For a complete list of programs, visit our library calendar here: www.scarsdalelibrary.org/events

Please Note:

- Registration is required for all programs unless otherwise noted. All registration is online only through the library calendar. Registration via email cannot be accommodated.
- Unless otherwise noted, each program must be registered for separately.
- If you arrive 5 or more minutes after program start time your spot will be given to a child on the waitlist and you will not be able to attend the program.
- Securing a spot on the waitlist does not guarantee admittance to the program.
- We reserve the right to refuse access to any programs for individuals who do not meet the specified age requirement for the program.
- A valid Westchester Library Card is required for program registration. We are gathering information to meet the needs of our patrons.

Super Bowl Craft Kickoff
Friday, February 7, 4:30 PM
Get young fans ready for the big game! Kids will color their own mini football, mini foam finger, design their own pennant, and more. Visit website to register.

Imagination Playground
Wednesday, February 19, 2:30 PM
Explore, imagine and create vehicles, forts and so much more with our Imagination Playground® blocks. Adults are required to remain in the room for the duration of this program and are encouraged to participate with their child.

Wag Your Tale Saturday, 15 at 2:00 & 2:30 PM For grades K & up. Visit website to register.

Baby Social Hour Tuesday, February 10 at 2:00 PM For ages birth-12M. Visit website to register.

Baby Bookworms Wednesdays, February 12 & 26 at 10:30 AM & 2:00 PM and Saturday, February 22 at 10:30 AM. For ages 2 & up. Visit website to register.

Toddler Time Thursdays, February 6 & 27 at 10:30 AM For ages 18-36M. Visit website to register.

Yoga Adventures Saturday, February 8 at 10:30 AM For grades K-5. Visit website to register.

Play-Doh Party Saturday, February 8 at 2:30 PM For ages 2 & up. Visit website to register.

Little Harmoninas Monday, February 10 at 10:30 AM For ages Birth-5. Visit website to register.

Preschool Pals Tuesdays, February 11 & 25 at 4:30 PM For ages 3-5 (Not yet in K). Visit website to register.

Sensory Playtime Friday, February 14 & 28 at 10:00 AM & 11:15 AM For ages 2-5. Visit website to register.

Valentine’s Tea Time for Kids Friday, February 14 at 4:30 PM For ages 4 & up. Visit website to register.

Valen-Slime Saturday, February 15 at 11:00 AM For grades 2-5. Visit website to register.

The Art of Ekua Holmes Wednesday, February 19 at 6:30 PM For grades K-5. Visit website to register.

Petite Concerts Tuesday, February 25 at 10:30 AM For ages Birth-5. Visit website to register.

Advanced Chess Wednesday, February 26 at 6:30 PM For grades K and up. Visit website to register..

Westchester County Executive Ken Jenkins Hosts Lunar New Year Celebration



Westchester County Executive Ken Jenkins was joined by community members, cultural organizations and local officials to celebrate the Lunar New Year at a reception at the Michaelian Office Building in White Plains. The event commemorated the rich traditions of the holiday and the significant contributions of the Asian American community to the County's cultural and economic success. The event featured traditional décor, music and light refreshments, providing a glimpse into the cultural importance of this holiday.

Lunar New Year, observed by many cultures across Asia, marks the start of the lunar calendar and is steeped in centuries-old traditions symbolizing renewal, prosperity and unity. The holiday, which varies annually based on the lunar cycle, is celebrated with family reunions, festive meals and cultural performances. For 2025, the year of the Wood Fire Snake, the holiday embodies resourcefulness, transformation and progress.

Jenkins said: "Lunar New Year is not only a time for joy and reflection, but it also reminds us of the incredible diversity that makes Westchester County so special. The Asian American community has played a key role in shaping our County's identity, contributing to its economy, culture and civic life. It is a privilege to honor their heritage and celebrate the

shared values that unite us as neighbors."

Asian American Advisory Board Chair Marjorie Hsu said: "The Lunar New Year holds immense significance for millions of people worldwide, symbolizing new beginnings, unity and optimism for the year ahead. We are deeply thankful to County Executive Ken Jenkins and all who joined us in celebrating this special occasion. It is heartening to see Westchester County acknowledge and embrace the Asian American community's contributions to its success."

Director of Minority and Women-Owned Business Development Martha Lopez said: "Recognizing cultural celebrations like Lunar New Year is essential to building an inclusive community. The Asian American community's accomplishments and contributions are a vital part of Westchester's success story, and it is an honor to stand alongside them in celebration."

The evening concluded with words of gratitude from County officials and community leaders, who expressed their appreciation for the ongoing efforts to honor and celebrate the diverse cultures that make up Westchester County. Through events like this, the County continues to set an example of inclusion and cultural celebration, ensuring that all voices and traditions are valued.

Westchester County Earns Over \$212k In Energy Conservation Incentives Through Demand Response Program

Westchester County received \$212,715.54 in total earnings for its participation in the NYISO and ConEdison Demand Response program(s), an initiative designed to reduce energy consumption, strengthen grid reliability during peak usage periods and prevention of blackouts. As part of the recognition for last year's performance, the County's Demand Response provider, NuEnergen, presented the County with a ceremonial check, reflecting payments earned for remaining on standby to reduce energy usage when the New York State energy grid is at risk of overload.

The Demand Response program is a vital tool in managing the stability of the energy grid, preventing blackouts and mitigating the need for new carbon intensive power plant construction(s). Westchester County earned \$31,196.62 during the winter season and \$181,518.95 over the summer, demonstrating the year-round importance of the initiative. By reducing power consumption during critical periods, the County not only generates significant revenue but also contributes to environmental preservation by curbing greenhouse gas emissions, lowering the overall strain on the grid, and minimizing brown-outs and blackouts.

Westchester County Executive Ken Jenkins said: "Our participation in the Demand Response program is a prime example of how Westchester County is leading the way in energy conservation and environmental stewardship. This initiative provides direct financial benefits that can be reinvested into the community and reinforces our commitment to reducing emissions and promoting grid stability. We are proud to partner with NuEnergen as our demand response provider and to continue taking steps that benefit both the environment and our constituents."

Director of Energy Conservation and Sustainability Peter L. McCartt said: "The Demand Response program allows our County to take meaningful action in addressing energy challenges faced by the energy transition. By strategically reducing energy consumption during periods of high demand, we are helping stabilize the grid, contributing to dirty emissions reductions, and improving air quality. This program exemplifies how local governments can drive impactful change, proving that sustainability efforts can generate environmental and economic rewards for our community."

NuEnergen's Representative Scott



Westchester County Executive Ken Jenkins

Besada said: "Westchester County continues to demonstrate exceptional leadership in energy conservation and sustainability. Their active participation in the Demand Response programs reflects a forward-looking energy management approach that benefits the County and the broader region. We are thrilled to present this ceremonial check to recognize Westchester's commitment to responsible energy usage and environmental stewardship."

President at Environmental Energy Solutions (EES) Dr. Kasi Rengasamy said: "Demand Response programs greatly facilitate environmental compliance by providing substantial support and supplemental energy to the high energy producing power plants, thus easing Utility grids' stress, thereby reducing greenhouse gas emissions. Environmental Energy Solutions (EES), a subsidiary of NuEnergen, is proud to be a part of the county's effort in energy savings and maintaining energy and environmental sustainability by meeting the federal, state and all applicable local governments air pollution regulations."

Westchester County's active involvement in the Demand Response program is part of a broader effort to keep the grid balanced from a supply and demand perspective while enhancing environmental sustainability. The County remains committed to pursuing energy-saving opportunities that benefit the community, contribute to New York State's clean energy goals and reinforce the County's position as a leader in environmental responsibility.

NewYork-Presbyterian's Health Matters: How to Reduce Risk of Heart Failure



David T. Majure, M.D., M.P.H.

Heart failure — when your heart fails to pump blood as it should — is a serious condition that is on the rise in the United States, with 6.2 million Americans currently living with heart failure, according to the Centers for Disease Control and Prevention.

The death rate from heart failure rose nearly 21% between 2011 and 2017, according to a study in *JAMA Cardiology*, and is likely to keep rising.

Heart failure is a diagnosis that needs to be taken seriously and requires aggressive treatment, but there are steps you can take to reduce your risk, and more treatment options available than ever before, says Dr. David Majure, medical director of the Heart Transplant Service at NewYork-Presbyterian/Weill Cornell Medical Center.

“The goals of care should not be to simply manage the condition, but to improve as much as possible,” says Dr. Majure, who is also an assistant professor of medicine at Weill Cornell Medicine. “By treating heart failure aggressively and taking preventative measures, we can help patients get better.”

Recently, a study of women over the age of 60 found that walking 3,600 steps a day is associated with a 26 percent lower risk of developing heart failure.

“This demonstrates the benefits of even modest activity and the detriment of sedentary activity to cardiovascular risk,” Dr. Majure says.

Health Matters spoke with Dr. Majure to understand the signs of heart failure, ways to reduce the risk, and how best to treat it.

What is heart failure?

Heart failure means your heart is not pumping blood effectively enough

to meet your body's needs. The heart delivers blood and oxygen throughout our bodies so that our organs, muscles, and cells can perform their essential functions. We need a functioning heart that can move blood through our bodies efficiently in order to live.

The heart can fail either by not relaxing well enough — what is known as diastolic heart failure, which prevents blood from entering the heart properly due to stiffness in the heart wall; or by not squeezing enough to pump the blood out and into the rest of the body, which is called systolic heart failure. People can suffer from relaxation and squeezing problems at the same time.

What are the symptoms of heart failure?

The most common symptoms of heart failure are shortness of breath with exertion or when lying down, fatigue, abdominal swelling, and swelling of the lower legs. Some people might find themselves having to sleep on extra pillows to help them breathe better, because fluid may be backed up in their lungs. As heart failure gets more advanced, these symptoms tend to worsen.

How do you know if you are in heart failure, and when should you reach out to your doctor?

Heart failure is a spectrum, and symptoms can range from mild to severe. Sometimes people might ignore symptoms that are crucial warning signs, like shortness of breath. The important thing is that we identify symptoms of heart failure early on, take it seriously, and treat it aggressively to prevent the illness from progressing.

You should always let your doctor know if you have new symptoms, or if symptoms grow worse. A diagnosis of heart failure will typically include a physical exam, bloodwork, and sometimes a chest X-ray and echocardiogram. Once heart failure is diagnosed, the treatment needs to be aggressive, thorough, and consistent.

What causes heart failure?

Common causes of heart failure are high blood pressure (hypertension) and coronary artery disease. These often coexist.

Coronary artery disease develops when arteries that supply blood to the heart become diseased, leading to blockages that can cause a heart attack, which scars the heart muscle. If the heart muscle is scarred, it can't squeeze appropriately, and that can lead to heart

failure.

Blood pressure is the force of blood pushing against the walls of your arteries, and high blood pressure can damage the arteries and increase the workload of the heart and blood vessels. As time goes on, the heart may start to fail and not pump as effectively as it did in the past.

Who is most at risk of heart failure?

Some people are more susceptible to high blood pressure at a very young age. For instance, we see a large proportion of young men of African descent who have very high blood pressure, and that can lead to heart failure at a very young age. Obesity and diabetes are also risk factors because of their association with high blood pressure.

Genetic factors play a role as well. If there is a family history of hypertension, heart attack, or diabetes, a person can be at risk for developing heart failure.

What are treatment options for heart failure?

Treatment depends on the type of heart failure a person has. Whether a person has systolic or diastolic heart failure, there are medications and therapies that can be used to treat each person's individual case. However, most of the therapies we have that can make people live longer are for the treatment of systolic heart failure. These medicines work by decreasing the impact of hormonal stimuli that can hurt or damage the heart.

We take heart failure very seriously and treat it aggressively. We not only want to improve a patient's symptoms, we want to improve their heart function and reduce their risk of dying. But despite our best efforts, there are times when people need additional therapies like a heart transplant or left ventricular assist device (LVAD), which is a mechanical pump that assists the heart in pumping blood to the body.

What can people do to prevent heart failure?

“Controlling risk factors that are associated with the development of heart failure is very important and proven to prevent the onset of heart failure,” says Dr. Majure. “There are simple things we can all do to help keep our hearts healthy.”

Steps to Reduce Risk of Heart Failure

Take control of your blood pressure. One way to do this is salt reduction. “There is so much salt in many of the foods that we eat in the U.S., far more

than we should be consuming,” says Dr. Majure. “Over a lifetime, high salt consumption leads to high blood pressure.” The American Heart Association recommends no more than a teaspoon of salt a day and, ideally, less than two-thirds of a teaspoon a day for most adults, especially those with high blood pressure.

Get regular health checkups. See your doctor annually for a blood pressure evaluation, cholesterol assessment, and diabetes assessment. This is important not just for your heart but for your overall health.

Know your family history. If heart failure or heart disease runs in your family, tell your doctor. They may want to monitor your heart more frequently, or they may refer you to a cardiologist.

Don't smoke. And if you do smoke, quit. Smoking cigarettes can permanently damage your heart and blood vessels and lead to heart disease.

Maintain a healthy weight. This involves eating a balanced diet rich in green vegetables, fruits, legumes, and nuts, and minimizing meat consumption, especially red meats. “The closer you are to a plant-based diet, the better off you are in the long run, not just for your heart but for your entire body,” says Dr. Majure.

Exercise regularly. Aim for about 30 to 40 minutes of moderate aerobic exercise each day. “Consistent exercise can produce enormous benefits, not only in terms of reduction of cardiovascular risk, but also for overall mental and physical well-being,” Dr. Majure says. “Even taking modest attempts to sit less and move more can reduce risk of heart failure.”

Take steps to reduce stress. Chronic stress can lead to unhealthy habits like overeating and smoking, which, over time, can damage the heart. Getting enough sleep, exercising, and having a support system to lean on can help minimize stress.

Heart failure is a fatal condition and requires an individualized approach. As soon as someone begins experiencing symptoms, they need to be evaluated immediately so that they can begin treatment.

David T. Majure, M.D., M.P.H., is the director of the Heart Transplant Service at NewYork-Presbyterian/Weill Cornell Medical Center and an assistant professor of medicine at Weill Cornell Medicine. He specializes in the care of patients with advanced heart failure, patients who have a heart transplant or require a ventricular assist device (LVAD), and patients with pulmonary hypertension.

New Year's Resolutions



BY BERNARD A. KROOKS, CERTIFIED ELDER LAW ATTORNEY, AND JOEL KROOKS, ESQ., SPECIAL GUEST CONTRIBUTOR

Now that we are well into the new year, I'm hoping that one of your New Year's resolutions is to create an estate plan if you don't already have one. If you do have one, then perhaps it is time to dust it off and see if it needs any updating.

While the holiday gifting season may have just ended and you may be all "gifted out," now may be a good time to consider making additional gifts to your family and loved ones. Here are a couple of reasons why:

The federal estate and gift tax exemption for 2025 is \$13.99 million for each individual, up from \$13.61 million in 2024. Thus, in 2025, a married couple can give away during their lifetime or on death (or a combination thereof) \$27.98 million without incurring federal estate or gift tax. New York, of course, has its own estate tax which kicks in for taxable estates over \$7.16 million, up from

\$6.94 million in 2024. However, New York does not have a gift tax, although any lifetime gifts made within 3 years of death are "clawed back" into the decedent's New York taxable estate for purposes of calculating their New York state estate tax. So, why is it important to consider making gifts now? Can't I just wait until I pass away? Several years ago, the federal estate tax exemption was increased significantly; however, these provisions are due to sunset (expire) at the end of 2025, unless Congress makes the change permanent (crystal ball, anyone?). The good news is that the IRS has clarified that those who make gifts now to take advantage of the increased gift tax exemption will not be adversely impacted if the exemption goes back down to its previously lower levels. You will be able to keep the tax-free benefits of the gifts made prior to the sunset of the law. Before making any gift, it is always a good idea to talk to your attorney and CPA to consider any applicable tax or other ramifications.

If you are not such a high roller and are not in a position to make multi-million-dollar gifts, you may still wish to take advantage of annual exclusion gifts. Each individual is permitted to give \$19,000 in 2025, up from \$18,000 in 2024, to as many people as they wish in any calendar year. Thus, a married couple who has 3 children and 7 grandchildren, can give \$38,000 (\$19,000 each) to each of them in 2025, an aggregate of \$380,000, with-

out paying gift taxes or even having to file a gift tax return. Moreover, gifts made for educational or medical purposes are not subject to the \$19,000 limit so long as the gifts are made directly to the educational or medical provider.

As we get older, we need to be increasingly concerned about the cost of long-term care. In fact, two out of three Americans will need some form of long-term care during their lifetime and the care is very expensive, costing approximately \$200,000 or more per year in our area. Medicare does not cover these costs and, unless you have long-term care insurance, you will have to pay out-of-pocket for this expense or try to qualify for Medicaid. Medicaid is a jointly funded federal-state program that does cover certain long-term care expenses, however, there are strict income and asset requirements that must be met before you are eligible for benefits. If you want to make gifts to others in order to reduce your assets down to Medicaid allowable amounts, there generally is a five-year Medicaid look-back period and gifts made during that period will cause you to be ineligible for Medicaid for a certain period of time, depending upon the size of the gift and other factors. So, the sooner you start making gifts, the sooner the five-year clock starts ticking. Keep in mind when making gifts, however, that even though you might not have to pay a gift tax when transferring assets or property to others, you still should consid-

er the income tax ramifications of such gifts. A few years ago, a client mentioned to me that they had gifted their house to their children several years ago and it was done outside the Medicaid five-year look-back period. The house was purchased by my client many years ago for \$200,000. At the time of the gift, the house was worth \$1.2 million. I was saddened to inform them that the income tax basis on gifts is a carryover basis so that when their kids sold the house, they would have to pay capital gains taxes on \$1,000,000, the difference between what they sold it for and the tax basis (\$1.2 million minus \$200,000). These taxes could have been avoided with proper planning. Needless to say, a very hard lesson for the client to learn.

As you can see, gifting can be an excellent idea for some, but you must proceed carefully.

Bernard A. Krooks, Esq., is a founding partner of Littman Krooks LLP. He was named 2021 "Lawyer of the Year" by Best Lawyers in America® for excellence in Elder Law and has been honored as one of the "Best Lawyers" in America since 2008. He was elected to the Estate Planning Hall of Fame by the National Association of Estate Planners & Councils (NAEPC). Krooks is a past Chair of the Elder Law Committee of the American College of Trust and Estate Counsel (ACTEC). Mr. Krooks may be reached at (914-684-2100) or by visiting the firm's website at www.littmankrooks.com.

Table Hopping with Morris Gut: Romance Over Food & Wine on Valentine's Day

The coupling of good food and wine with the sensual is the aphrodisiac of literature and verse through the ages. Pucker up! Valentine's Day is Friday, Feb. 14. Warm things up a bit, make a whole weekend out of it! Restaurants and nightspots throughout Westchester are gearing up with some of their most titillating specialties. Here is an eclectic round-up of delectable dishes and dining venues for you and your loved one and don't forget to reserve early...

A VALENTINE'S SOUFFLE AT BIA – One of the most exciting restaurant openings this past year, Simi and Miranda Polozani and their team have been showing off their skills at flashy Bia American Kitchen & Bar at Chappaqua Crossing. Chef William Deluca's global menu has been surprising all comers including us. Our recent indulgences here included their signature Burrata Burger with baby arugula, roasted peppers, crispy burrata, and balsamic, a big bowl of Southwest Chicken Salad with Cajun chicken, mixed greens, corn, red onions, avocado, black beans, roasted peppers, tortilla chips, cheddar and boom boom dressing, and Harissa Steamed Mussels. Delicious and satisfying. I admit I was especially smitten with

their classic Grand Marnier Souffle for dessert. Every spoonful is fluffy, decadent, and delightful. The artsy dramatically designed 220-seat space has two dining rooms, a party/catering area, and a sweeping contemporary bar and lounge. Bia, 480 North Bedford Road, at Chappaqua Crossing, Chappaqua. Open daily from noon to 10 p.m. 914-855-0123 www.biaamericankitchen.com

TECHNICOLOR LOVE AT JILL'S – Partners Ro Flanagan, Shane Clifford, and Chef Brendan Donohue, proprietors of popular Jack's Bar & Kitchen, a popular Irish American tavern in Eastchester, have premiered Jill's Bar & Restaurant in Mamaroneck, across from Harbor Island Park. Jill's, a colorful ode to modern Ireland, serves a winning combination of gastropub favorites and modern American and European specialties along with a good dose of hospitality. The Fried Chicken Sandwich is a winner. There's also Truffle Parm Fries, Chili Roasted Cauliflower, Lobster Cobb Salad, Braised Beef Short Ribs, Ahi Tuna Bowl, and Surf & Turf Tacos. Jill's, 100 W. Boston Post Road, Mamaroneck, off the corner of Mamaroneck Ave. Happy Hours. Weekend brunch. Closed Mondays. 914-341-1776 www.jillsbarandrestaurant.com

www.jillsbarandrestaurant.com

LOVE AT THE DINER AT TRATTORIA VIVOLO – Chef/owner Dean Vivolo's new winter menu includes a wonderful Paglia e Fieno con Funghi. The Linguine Vongole is not to be missed. Chef Vivolo's robust regional Italian cuisine is served out of a restored vintage diner just across from Harrison's Metro-North station and the new Avalon complex. Sit at the counter, tuck into a booth, or take a table in the rear greenhouse and enjoy the surprising contemporary and traditional flavors emanating from his kitchen: tasty thin-crust pizza; fresh old-fashioned Meatballs and Sausage; Crostino di Polenta with shrimp or mushrooms; Lasagna Bolognese al Forno; Osso Buco, tender braised veal shank; or traditional Baccala. Great staff. Good wine list. Sparkling lights. Closed Mondays. Free parking. Trattoria Vivolo, 301 Halstead Ave., Harrison. 914-835-6199 www.trattoriavivolo.com

SHARE A BURRATA PIZZA AT JACK'S – Owner Shane Clifford and his staff serve an enhanced Irish/American tavern menu on steroids. The best way to describe it. Generous specialties coming out of Chef Brendan Donohue's kitchen include a refreshing Lob-

ster Cobb Salad, tasty Chargrilled Octopus, decadent 6-hour braised Short Ribs, Lobster Mac N' Cheese, a notable Burrata pizza out of their woodfired oven, Non-Traditional Cod & Chips, and Wagyu Sliders. Weekend brunch. Open daily. TVs. Municipal parking; free evenings. Jack's Bar, 219 Main St., Eastchester. 914-652-7650 www.jackseastchester.com

A SOUTHERN VALENTINE AT FREEBIRD KITCHEN – Seasoned proprietor Nick Fusco serves tasty versions of Fried Calamari, meaty Baby Back Ribs, Cobb Salad, spicy Chicken Wings, and crispy Brussels Sprouts. Shrimp & Grits, Braised Short Ribs, Chicken & Waffles, too. The cooking here is very satisfying, and all done with a friendly Southern theme. Portions are ample and shareable. The lighting and those artsy birds hanging from the ceiling in the dining room give it a magical atmosphere. There is a seasonal rooftop lounge for drinks and dining. Sprawling bar. Craft beers. Great happy hours: Tues.-Thurs. 4-6 p.m.; Fri. 2-6 p.m. Weekend Brunch. Live music schedule. Freebird Kitchen, 161 Mamaroneck Ave., White Plains. 914-607-2476 www.freebirdkitchenandbar.com

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Project Community in Pelham, is searching for a Pediatric nurse to manage Project CHILDD (projectcommunity.us) - a monthly program of art, music, and yoga for children and teens with developmental disabilities. Meetings take place on Sunday 2 - 4 pm, September through May and are staffed by community volunteers and teen mentors. Contact administrator@projectcommunity.us for complete job description.

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Winter School Break MINDS IN MOTION PROGRAM

The Scarsdale PRC, in conjunction with Minds in Motion, is offering two exciting programs during the Winter Recess:

14 in 1 Robot Adventure
DATES: February 18 - 21
(Tuesday - Friday)
TIME: 9:00 AM - 12:00 PM
LOCATION: Girl Scout House,
37 Wayside Lane, Scarsdale,
AGES: 6-12
FEE: \$220

Come and take home your very own 14 in 1 educational solar robot kit! Every hour more solar energy reaches the Earth than humans use in an entire year! Learn how solar energy works and witness firsthand how this technology can harness the sun's energy source. This kit contains unique components and parts that operate on land and water. Construct 14 different solar powered robots from functional to comical designs which include



a tortoise bot, bug bot, paddle bot, tumbler bot, monster bot, big wheeler bot, car bot, surfer bot, and rowing bot! Working with its motor, gears,

and solar panel, watch your solar bot come to life without any batteries as it uses the power of the sun. Take part in one of the alternative energies that is used most widely across the globe. Use your own creativity, put your mind in motion, and create your own designs!

Hydropower Explorers
DATES: February 18 - 21
(Tuesday - Friday)
TIME: 12:30 - 3:30 PM
LOCATION: Girl Scout House,
37 Wayside Lane, Scarsdale
AGES: 6-12
FEE: \$220

Come explore the power of water by building models and conducting experiments with your very own Hydropower kit! Embark on thrilling hands-on activities as you assemble up to 12 working experiments. Learn how different devices are used to extract useful energy, from a waterwheel in a small stream to a giant turbine in a tidal power station! The full-color, 32-page manual offers illustrated instructions and scientific information. Build a sawmill, and a hammer mill to harness the energy of moving water to do different types of physical work! With your classmates, you will witness and investigate the intriguing properties of water. You can even construct a hydroelectric power station to generate electricity and light an LED! Learn where the energy in oceans and rivers comes from and discover how we can generate electricity from them. Come join in this educational and hands-on hydro-powered adventure!

Register for the Full Day (both programs, 9AM-3:30 PM, with supervised lunch) for \$350! Register at Scarsdale.gov/recreation

**** Breaks will be given. Have your child bring a snack and plenty to drink. ****

Registration deadline: February 14, 2025 Please register in advance. NO "WALK-IN" registrations will be accepted.

NO REFUNDS will be issued after the program begins.

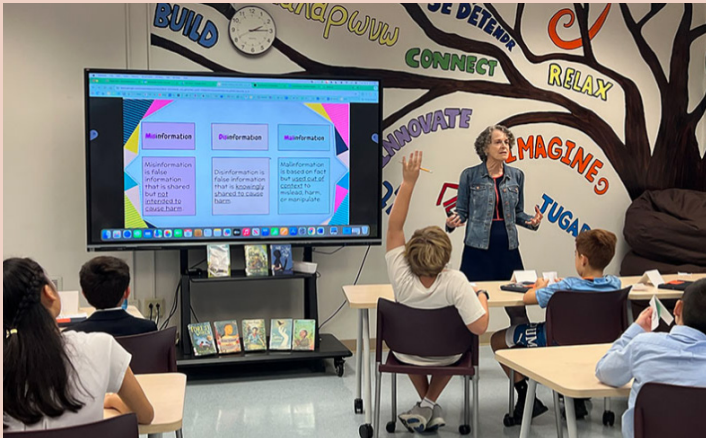
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Village of Scarsdale
Village Hall - 1001 Post Road, Scarsdale, NY 10583 / Recreation Department - 244 Heathcote Road, Scarsdale

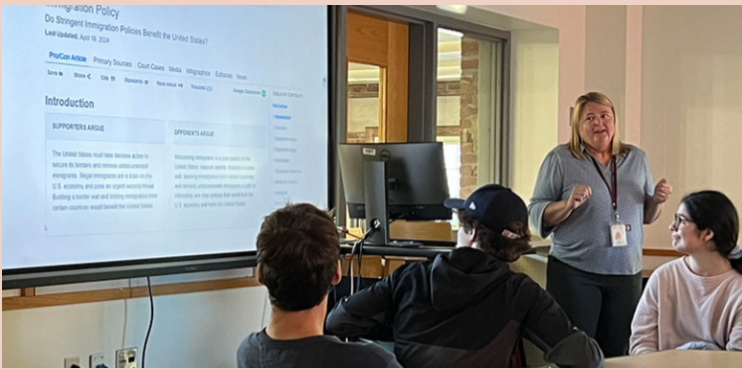
Media Literacy at Scarsdale Public Schools



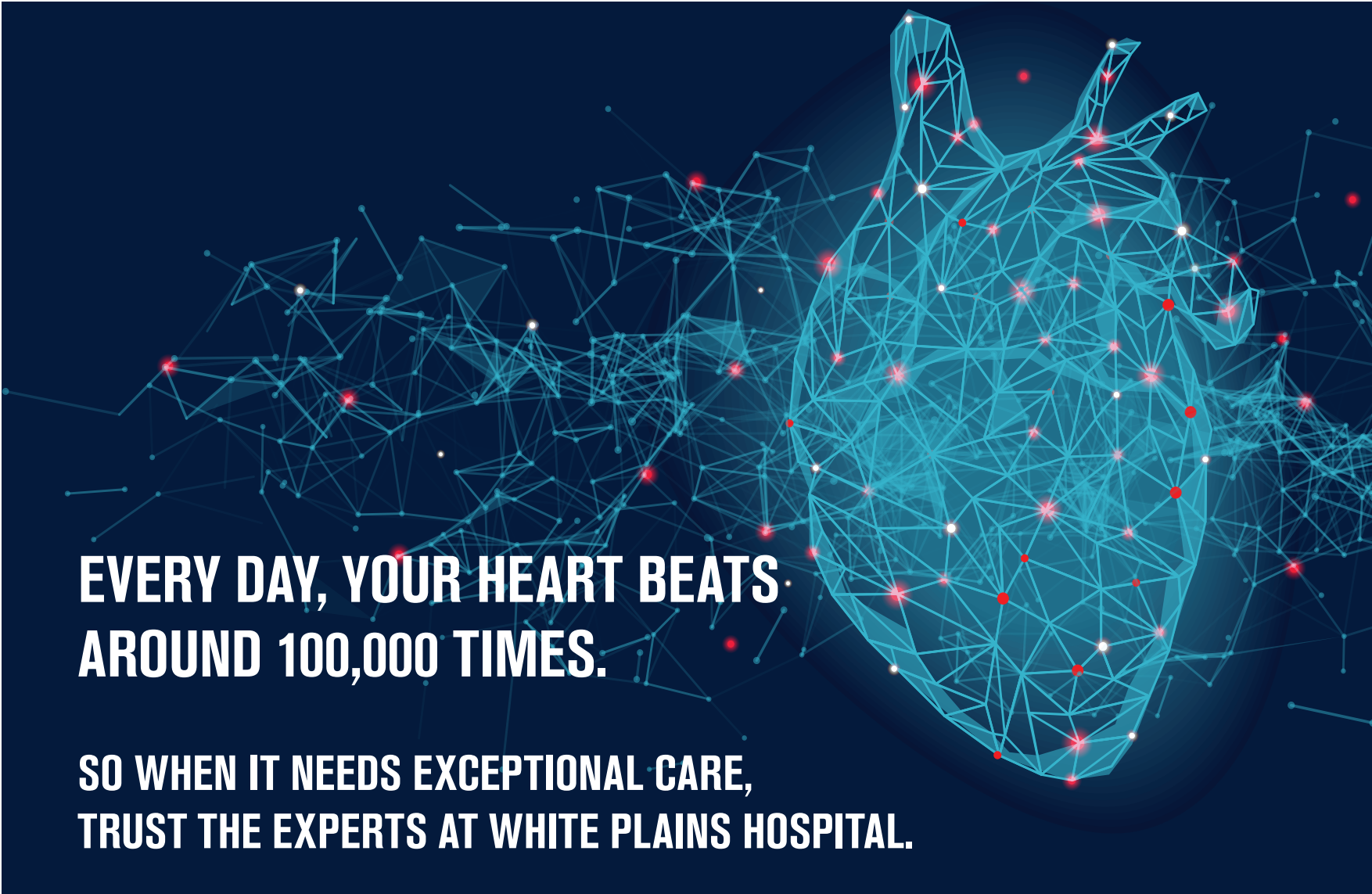
Elementary students are learning the difference between Fact vs. Fiction and how to check for reliable information and are becoming aware of "media monsters" on the internet, learning how to avoid becoming one themselves while consuming media.



Students at the Middle School, in the CHOICE program are piloting a unit on media literacy in the library program to learn more about their digital footprint, purposes of message, and the intended and unintended messages of media through analyzing content with algorithms in media messages.



High school students discuss how to recognize differing opinions and perspectives, and to identify bias in the resources they use to study topics like immigration.



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