



Presentation by Sustainable Westchester at Bronxville Board Meeting

BY STEPHEN E. LIPKEN

Mayor Mary C. Marvin opened the February 12 Board of Trustees meeting by introducing Noam Bramson, Executive Director, Sustainable Westchester and Nick Tedrow, Senior Manager, SW Westchester Power Program.

"There is an enormous challenge in front of us, with climate change, particularly in New York with flooding a big issue," Tedrow began. "We have to act fast getting these solutions in place.

"Westchester Power is a program that helps communities and municipalities across Westchester leverage their collective buying power as consumers of electricity in bulk, purchasing it at competitive rates. We launched this program back in 2016, starting with 20 municipalities; we are up to 29, Yonkers being the most recent in 2022. There are 145,000 accounts between residents and small businesses; ConEd manages the power delivery.

"We solicit bids and hold an RFP bidding process where we invite Energy Service Companies in New York State to bid against each other in reverse auctions for the right to be suppliers for our communities, ranging from a 50% to 100% renewable supply at this point. Con Ed offers a variable rate; we offer a fixed rate which protects against spikes in utility bills, particularly in winter. We had a big impact in 2023 with 270,000 metric tons of CO2 mitigated, equivalent of taking 60,000 cars off the road for a year."



Tedrow stressed that people are free to opt out of Westchester Power and return to Con Edison at any time.

Moving to New Business, Administrator Jim Palmer noted that a Public Hearing is scheduled for March 11th, regarding Local #1-2024, Sanitary Sewer Laterals, Inspections, Repairs and Ongoing Maintenance, requiring homeowners to inspect their Sewer Laterals from their homes to the public main, providing proof of inspection, a Discharge Certificate to prevent backups in their basements.

Another Resolution authorized a \$1,000 Permit Fee for Stormwater Applications, covering home improvements that could involve impervious surfaces.

Other Resolutions encompassed a Tax Lien Sale on March 14th; Public Hearing for Proposed Local Law #2-2024, Tax Cap Override and permitting Village Treasurer to execute agreement with Fiscal Advisors and Marketing.

Eighth Graders Separate Mystery Substance During 'Sludge' Test

Equipped with a variety of laboratory equipment, Bronxville Middle School eighth graders conducted science experiments that challenged them to separate different substances during the annual "sludge" test, a tradition at the Bronxville School for the last 50 years.

Under the leadership of science teachers Jean Windels and Jennifer Zopp, the test served as an assessment of everything the students have learned in the first semester and provided them with free reign to come up with the procedures to accomplish the task. At the beginning of the weeklong experiment, the eighth graders received a sample of "sludge," which contained a mixture of liquid and solid components and were tasked with separating the substances into their unique component parts.

"Some of the techniques the students used were fractional distillation, straining, dissolving and filtering solids, and evaporation," Windels said. "The students had to determine the physical properties of each of the substances in order to prove to themselves and their teacher that they have been successful."

Throughout the week, the students completed a daily journal to record their thoughts and ideas about the project and come up with a plan for the following day. In their report, they included the procedures for accomplishing their task, as well as graphs and data tables. They also made claims about the contents of their "sludge" and supported it with evidence and reasoning.

Eighth grader Greta Warren, who used a coffee filter, burner and evaporating dishes to separate the substances, said she found the laboratory experiment rewarding. She enjoyed collaborating with her peers, as well as the creative liberty over applying her knowledge to accomplish the task.

At the end of the experiment, the students reflected on the process, as well as their challenges and successes. The project fostered the students' critical thinking skills and allowed them to engage in self-directed learning.



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Source: OKMLS, 11/1/23-12/31/23, single family, condos and co-ops sold by agent, Bronxville school district. Source: OKMLS, 1/1/23-12/31/23, total dollar volume of single family homes sold by company, Bronxville school district

From the Office of the Mayor



BY MAYOR MARY C. MARVIN

FEBRUARY 27, 2024

Last week Trustee Behrens and I met with Iona University President Seamus Carey to be updated on the programs, current projects and aspirations at the Iona Bronxville campus.

We were so energized and inspired by the activities undertaken at Iona – our new anchor and partner for the Village.

Our relationship continues to be seamless and symbiotic as we embrace our hometown University.

Sharing what we as Trustees have learned about Iona with you, its neighbors, seemed particularly instructive.

We hope you will be as inspired and reassured as village government as we embark on a new chapter with Iona University.

As background, Iona acquired the 28-acre Bronxville campus in May 2021 from Concordia College due to quite simply the

need for more space to carry out the Iona mission as the New Rochelle campus is essentially land locked with no room for growth.

Bronxville's acreage provided the perfect opportunity, but as we all know, the infrastructure was in great need of repair so the projects are ongoing.

As a result of great collaboration, shortly after acquiring the Bronxville campus, Iona secured a partnership with the New York-Presbyterian Hospital and in 2021 established the New York-Presbyterian-Iona School of Health Sciences, providing a model for the future of healthcare education.

Not only is the school developing innovative new programs that are in high demand in the medical field, students also gain hands-on experience alongside some of the nation's top doctors and nurses during clinics.

Offering degrees at both the Bachelor's and Master's levels, the standards are rigorous, the curriculum challenging and state of the art. Most importantly, the school takes a holistic approach focusing on high quality, compassionate care.

Thanks to the generosity of alumni Al and Peggy Kelly, the flagship building – the Kelly Center for Health Sciences – was opened in January 2023. The attractive new building houses the latest training equipment, modern classrooms and simulations labs.

Recognizing the need for facility upgrades, numerous spaces were renovated during the summer of 2023 transforming both indoor and outdoor spaces transforming Iona Bronxville into much more than the School of Health Sciences. It is also home to an expanding arts program as well as growing club sports and even Division I athletic teams.

The campus now houses a modernized dance studio, a brand new weight room, two renovated gymnasiums, a health conscious new cafe, renovated field, new welcome center and Dean's suites.

Because of the bonus of extra space, non-classroom programs have been added including Division I women's acrobatic and tumbling teams.

The baseball team has a new Bronxville field and the venerable Sommer Center is home to spaces to grow ensembles, dance teams, host performances and offer performing arts practice spaces.

If you take a walk by, you can see that the campus has truly come to life again.

Questions posed by Bronxville residents and answered by Iona President Carey

- How would Iona like to further engage with the residents of Bronxville to enhance both institutions?

We've had a great relationship with Bronxville so far and as we develop more programs there, many will be accessible to the Bronxville community including a Speak-

ers' Series. As more organizations continue to use Iona spaces, we look forward to building out those relationships even more. Local groups that currently utilize various fields or spaces on campus include Bronxville Youth Lacrosse, the Chapel School, Tuckahoe High School Athletics, Eastchester Youth Soccer, Crush Baseball, Siwanoy Country Club, and the Conservatory.

- Are there any plans on the docket for construction/expansion?

As I've stated since inception, there are no plans to expand the buildings with any renovations at this time. The major building renovations completed are to the Kelly Center for Health Sciences and Feth Hall, which included making the entrance ADA accessible. We've also completed renovations to the cafe, which is open to the public, as well as some office spaces and two gyms – one that's used for basketball and volleyball and the other that's used for acrobatics and tumbling. We've also completed renovations on the all-purpose turf field.

- What about the baseball field?

We have exciting plans to fix the baseball field but the expense of the project is significant. The right field area currently has slope on it, and that would need to be eliminated before Iona's Division I team would be able to play there. We are in a fundraising process to make sure we have the funds to do it properly. Once the field is renovated, that would present an opportunity to partner with the Bronxville community to provide baseball facilities for their teams. But we need to get the funds in place before we can do that project.

- What's going to happen to the dormitories – are they being used? The dormitory buildings are not being used as student residences and there are no plans to use them as student residences in the near future. They are only currently being used as they were with Concordia – as office spaces on the ground floor.

- How about the houses on Concordia Place?

Two houses are occupied with tenants and a couple more were configured by Concordia as office spaces. Others would need to be renovated before they could be used.

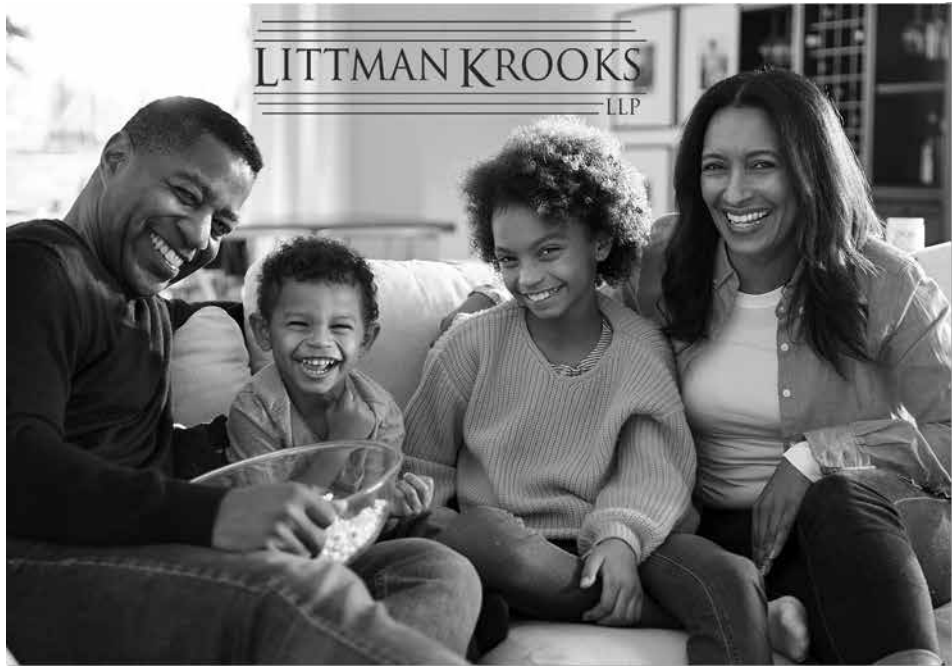
- What is the relationship of the Music Conservatory to Iona?

The Conservatory continues to be a tenant of the university and they continue to use the space as they traditionally have. They are in the first year of a five-year lease.

- Can recreational space be used by local groups when Iona is not in session? We are open to talking to organizations about using our spaces when we are not using them.

- Is Sommer Center open for rental? Yes, so long as it fits the school's schedule.

For space rentals, please contact Kimberly Winston at kwinston@iona.edu or (914) 637-7790.



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CALENDAR OF EVENTS

Westchester Italian Cultural Center
One Generoso Pope Place, Tuckahoe
Anthology of Italian Cinema Spring 2024
March 7, 21; April 4, 18
Il cinema italiano del dopoguerra - Italian Cinema in the Aftermath of World War II
Presented by: Prof. Joe Spedaliere
March 7 - In nome della legge - Pietro Germi, 1949
March 21 - Catene - Raffaello Matarazzo, 1949
April 4 - Bellissima - Luchino Visconti, 1951
April 18 - Lo sceicco bianco - Federico Fellini, 1952
Visit www.wiccn.org to register.

First Robotics Hudson Valley Regional
March 7 through 9, from 9am to 4pm
Rockland Community College, Eugene Levy Fieldhouse, 145 College Road, Suffern
Admission is free
Forty-eight high school teams from New York, the UK and Turkey - featuring eleven teams from the lower Hudson Valley - will compete in the FIRST® Robotics Competition Hudson Valley Regional event. This high-tech sporting event will produce excitement and energy for participants and spectators alike, as teams compete for honors and recognition that reward design excellence, sportsmanship, teamwork, and more. More information: <https://www.nysfirst.org/hudson-valley>

Muscoot Farm's Young Farmers Camp
July 1 through August 16, from 9am to 3pm; one-week sessions
July 8 through August 16, from 9am to 3pm; two-week sessions
Youngsters entering grades Pre-k through nine will have the opportunity to explore and discover the natural environment of Westchester County with fun, hands-on experiences at our nature centers and Muscoot Farm.
Nature Center locations:
• Cranberry Lake Preserve, North White Plains (914) 428-1005
• Edith G. Read Wildlife Sanctuary, Rye (914) 967-8720
• Lenoir Nature Preserve, Yonkers (914) 968-5851
• Marshlands Conservancy, Rye (914) 835-4466
• Trailside Nature Museum at Ward Pound Ridge Reservation, Cross River (914) 864-7322

Yonkers Philharmonic "9th Beethoven Festival"
March 10 at 3pm
Saunders Trades and Technical High School
183 Palmer Road, Yonkers
Concert is free. For more information, visit www.yonkersphilharmonic.com or call (571) 310-7060

Uplifting Courageous Voices: from the Frontline of Poverty in Westchester
Westchester Children's Association
March 7 from 9:30 to 11am (Virtual panel discussion)
Victoria Esposito, Esq., a renowned advocate for low-income families and a visiting profes-

sor at Albany Law School, will be the featured guest. WCA invites the media, elected officials, school representatives, healthcare providers, mental health providers, and attorneys to join this critical conversation. Registration can be made using this link <https://bit.ly/3UEhepu>.

Veolia and the National Association of Water Companies (NAWC) - New York Chapter are offering eight \$3,000 scholarships to New York high school seniors who plan to pursue a degree in fields that support the water industry. This scholarships are being offered to high school seniors living within Veolia's New York service area who meet the following criteria: Pursuing a degree at a college or university (two- or four-year) as an undergraduate student (part- or full-time) or trade school working toward a certification in a plumbing or electrical program. Maintaining at least a 3.0 GPA on a 4.0 GPA grading scale. Enrolling in a curriculum related to the water utility industry or related fields, such as natural resource management, environmental sciences, biology, chemistry, engineering, computer science, environmental law, etc. Completed applications must be submitted by April 30 via this Google form <https://docs.google.com/forms/d/e/1FAIpQLSdRpHxoe-ma0M7-BBX60cJlfrnrgc-dOO8VFQ8WexoDhAdtKqg/viewform>. The winners will be recognized at a dinner at The Hotel Thayer at West Point in May.

Westchester Parks Foundation, the only organization dedicated exclusively to promoting and supporting Westchester County Parks, is seeking applicants to work this summer in residential positions at Camp Morty, a traditional sleepaway camp for underserved children in Westchester County.
Job openings include work as:
CAMP NURSE
CAMP RECRUITMENT MANAGER
KITCHEN STAFF
CAMP COUNSELORS
LIFEGUARDS
Applicants must be 18 years old as of June 30, 2024, and if appointed and under the age of 18, they must provide the age-appropriate working papers to comply with NYS Labor Laws. Those who wish to apply, should email admin@campmorty.com or register to fill out an application here by April 30, 2024. Applications are also being accepted for general counselor positions. For more information about Camp Morty, visit Camp Morty

Panel Discussion: Women and the Power of the Written Word
The Bronxville Womens Club
March 7 from 6:30 to 8:30pm
Featuring panelist Loren Stephens
Visit thebronxvillewomensclubinc.org for more information.

Historic Homes of New Rochelle: A Bus Tour of Mediterranean Revival Homes
March 17 at 1pm
Mid-century Modern Homes on the Hudson: A Bus Tour in Hastings and Dobbs Ferry
March 24 at 1pm



Historic homes in New Rochelle include an impressive array of styles that were popular during the heyday of its growth in the Roaring Twenties, including Mediterranean Revival. The style was inspired by the villas of Spain, Italy, and Portugal. By blending their characteristic stucco walls, archways, tile roofs, and patios and balconies, Americans sought to capture the warmth, relaxation, and leisurely feel of a European resort.

The quiet Westchester villages of Hastings-on-Hudson, Dobbs Ferry, and Ardsley proved to be an enclave for early modernist and midcentury architecture. Their close proximity to Manhattan attracted dozens of modern-thinking homeowners to commission prominent architects such as George Nemeny, William Switzer, and Martin Lowenfish to design their homes.

For more details, visit <https://histoury.org/historical-tour-calendar-and-tickets/>

Westchester County Parks in partnership with Westchester Parks Foundation is offering 10 scholarships to local students to fund Lifeguard Certification courses for those who want to work as a Westchester County Parks Lifeguard this summer. In order to be considered for the scholarship, students ages 15+ are encouraged to write in explaining why they want to become a Westchester County Parks Lifeguard and why they will benefit from the experience. Submissions should be at least 250 words and emailed to: PRC-Aquatics@westchestercountyny.gov. Deadline is Friday, March 15. Those awarded will be notified via email by Monday, March. 25.

Events at the Bronxville Public Library

SAVE THE DATE
Friends of the Bronxville Public Library present "The 60s"
Toasting an era of expression from true crime to satire to raw poetry: Ginsberg Heller, Kerouac, Angelou, Capote.
April 19 from 7 to 10pm
The Bronxville Library
201 Pondfield Road
Visit https://secure.lglforms.com/form_engine/s/lnq5bwypWWqgPzA3SStN-nw?t=1708984783 for more information.

Matinee Movies
Yeager Community Room at 1:30pm
March 13 -- Hidden Figures
March 14 -- The Miracle Club

Adult Book Discussion Group
March 19 at 7pm
Book: The Return -- Fathers, Sons and the Land in Between by Hisham Matar

DeNogla Academy Irish Dance Demo
March 16 at 10:30am
Yeager Community Room
All ages welcome.

For all the library events visit bronxvillelibrary.org

Email your upcoming events to:
shorelineproduction@gmail.com

2024 SPRING HOME IMPROVEMENT

Benjamin Moore Reinvents Regal® Select Interior Paint Enhanced Formula Designed to Withstand the Mess of Modern Life

Benjamin Moore, North America's favorite paint, color and coatings brand, has reinforced its Regal® Select Interior paint to stand up to the demands of everyday life like never before. The enhanced formulation features proprietary stain-release technology, increased scuff-resistance and washes clean without compromising color or sheen integrity.

Regal® Select is the paint that generations of painting professionals and homeowners have relied on for years to deliver the premium-quality results that Benjamin Moore is known for. Its smooth application and unbeatable flow and leveling allow painters to achieve professional results every time. The durable, washable finish enables easier clean-up of common household stains such as pencil, crayon, coffee and more, across all Benjamin Moore colors.

"For more than 60 years, Regal® Select has been the brand of time-tested premium interior paint that quality-minded professionals and homeowners trust," said Alyssa Scagnelli Figiel, Senior Product Manager at Benjamin Moore. "Our R&D and product development teams sought to make this tried-and-true interior paint even better by ensuring it delivers a flawless finish that is both beautiful and functional, resisting stains, scuffs and daily wear and tear."

To commemorate the launch, the brand has also developed a new creative campaign, entitled "Lovestruck Objects", that showcases a fresh take on what consumers think of when they think of Benjamin Moore. In two new creative spots, the brand features how much objects in the home love the durable qualities of Regal® Select; maybe even, a little more than

the homeowners themselves! The campaign was developed by independent creative agency, FIG.

Available in Flat, Matte, Eggshell, Satin/Pearl and Semi-Gloss finishes, Regal® Select Interior can be tinted in 3,500+ Benjamin Moore colors and is available exclusively at locally owned retailers throughout the US, Canada and international distributors. To learn more or to locate a retailer near you, visit benjaminmoore.com.




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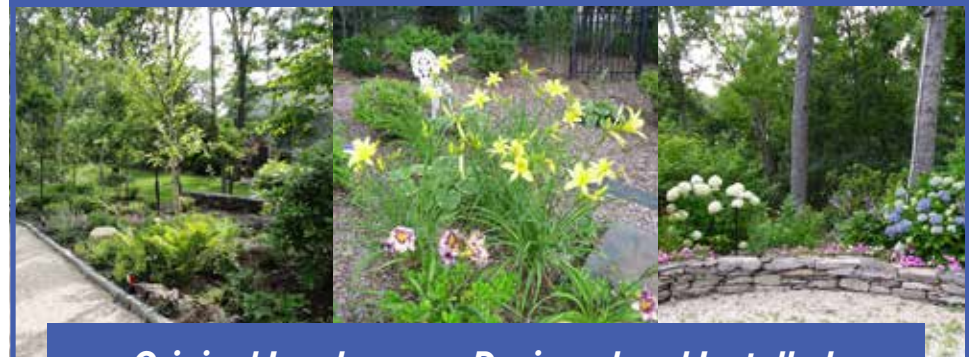
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2024 SPRING HOME IMPROVEMENT

3 Tricks to Find the Right Home



For those beginning the process of home buying, there are many factors to consider. Keep these ideas in mind as you conduct your search - whether it's online or at a series of open houses.

Consider Future Needs

Because life is always evolving, it's important to move into a home that has enough space for your family's anticipated changes. While features and space are always prime considerations, don't forget to, look into the area schools, day care options, parks and other kid-friendly amenities if you plan to grow your family in your next home.

Look for Flexible Spaces

Seek homes that offer rooms with multiple functions. For example, an office area may be suitable for a small child's room, or a sunroom may be converted to a laundry area down the road. Unfinished basements are also blank canvases that can be customized to meet your family's wants and needs.

Get to Know the Area

The purchase of a home goes well beyond the property line. Be sure to examine the neighborhood in which the house is situated. From the condition of the neighbors' houses to highway access and the proximity of necessities like grocery stores and gas stations, be sure to take every factor into account to help ensure you're selecting the right location.

Find more tips to aid you in your home search at eLiving-today.com.



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Questions to Ask When Considering Carpet on Your Stairs

Are your stairs in good shape or do they need repair?

of your staircase may be, custom carpeting is available and affordable.

If you already have an existing runner on your stairs, is there a defined area between the wood and the covering? This will determine the width of your new runner.

Precise dimensions of the staircase, width of the steps, length of the risers and amount of steps is very important when ordering the correct amount of carpet.

What is the appearance of the area along the stairs? Wallpaper, paint, etc.? Would the carpet pattern clash? Consider the style of your existing flooring and the color of your walls and furniture.

Will your choice of floor covering need to be determined by the traffic flow?

Do you want the runner carpet to continue in the hall?

Consider the style and aesthetic of your home when picking out the right floor covering. The floor covering should complement and enhance the existing decor.

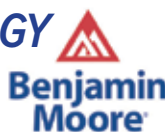
Do your existing stairs have any curves, landings, etc.? No matter how unique the shape

Also consider how often the choice of flooring will need to be maintained. Some materials may require more frequent cleaning and care than others.

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How Cozy Cardio Can Fit Into Your Fitness Routine

BY CAMILLE BAUTISTA-FRYER

When you think of cardio exercise for your heart health, watching your favorite show in your pajamas may not be the first scenario that comes to mind. Enter cozy cardio.

While more intense aerobic activities like running or cycling are still important for helping strengthen the cardiovascular system, the trend of “cozy cardio” workouts has gained popularity on social media, highlighting how people are combining exercise with a relaxed environment.

“In a nutshell, these are low-impact exercises that raise your heart rate in a comfortable setting like your home,” says Dr. Jessica Hennessey, a cardiologist at NewYork-Presbyterian/Columbia University Irving Medical Center. “Whether that’s using a walking pad while watching a movie or doing vinyasa yoga in your living room, you don’t need to set anything up or even change your clothes. It opens exercise to everyone, incorporating an important mental component of a relaxing, intentional, self-love practice. Think of it as something in your toolbox of exercise: it can be your warm-up, cool down, or your workout for the day.”

So what exactly is cozy cardio and how can it fit into your daily routine? Dr. Hennessey shares more with Health Matters on its benefits and how to make workouts a little cozier.

Cozy cardio allows you to ease into a new regimen on your terms.

Cozy cardio took off on TikTok and Instagram, with audiences relating to the idea of

making exercise less intimidating and more accessible.

If you’re new to fitness or making a return, a gentle routine can be helpful.

“Some patients may have issues with their joints, wrists, or knees, in which case hardcore, endurance exercises aren’t going to be the way they get that cardiovascular benefit,” says Dr. Hennessey, who is also the Esther Aboodi Assistant Professor of Cardiology (in Medicine) at Columbia University Vagelos College of Physicians and Surgeons.

Cozy cardio can also be an option to build fitness into a busy schedule.

“If you get out of work late at night, you could still exercise at a time that works for you, as long as it’s not negatively impacting your sleep or eating habits,” she says.

Exercise doubles as self-care time. “We exercise for a lot of reasons, but the mental health aspect should be a big part of it,” says Dr. Hennessey. “If you can create an environment where you look forward to exercise, the benefits aren’t just physical.”

Carving out dedicated time to combine physical activity with something you already associate with self-care — like listening to music, enjoying nature, or a new TV series — can provide additional motivation.

For some people, home is a better environment for exercise. “People can have gym anxiety — they might be worried about judgment around their form, how much weight they’re lifting, or being exposed to viruses. Cozy cardio eliminates those barriers.”

Democrats Unite Behind Latimer for U.S. Congress

Less than two months after launching his campaign for United States Congress, Democrat George Latimer continues to win overwhelming support from local Democrats and Democratic Committees across the 16th Congressional District.

Latimer had earlier released his fundraising total, showing nearly \$1.4 million raised in less than a month after starting his campaign. To date, Latimer’s opponent has not been endorsed by any local Democratic committees.

Latimer thanked his endorsers for giving his campaign critical momentum in its early stages. “This election is about who can best deliver actual progressive results, not just more rhetoric,” said Latimer. “I’m proud to have worked with my supporters and proud of what we’ve accomplished together, protecting abortion rights, standing up to the NRA to get guns off our streets, and protecting our democracy from Republican extremism. I’m a proud progressive Democrat, and I’m honored to have earned this support from so many Democratic leaders I respect.”

“There is only one candidate in this race who has ever flipped a seat from red to blue – Democrat George Latimer. There’s only one candidate with an unmatched record of campaigning for and electing Democrats up and down the ballot – George Latimer. And there is only one candidate in this race who has actu-

ally passed laws protecting a woman’s right to an abortion, legalizing same sex marriage, and getting guns off our streets – Democrat George Latimer,” said Westchester County Legislator Ben Boykin in endorsing Latimer. “I’m proud to endorse George for Congress.”

“I’m honored to lend my strong support to George Latimer for Congress. George has been a tireless fighter when it counted most, taking tough positions and working to deliver real results for the people I represent. George has been there on the issues we all care about, protecting our environment and addressing persistent flooding, fighting for our schools, including through the toughest days of the pandemic, standing up to hate, strongly supporting the right to abortion, making our criminal justice system fairer and stronger, getting guns off our streets and more. George does the hard work, shows up everywhere and then gets things done,” said New York State Senator Shelley Mayer. “With Republicans working to threaten our very democracy, our district needs a Congressman who can be a unifying force, and who stands up for the values we share. That is George.”

“I’m supporting George because he has a proven track record of delivering on the issues that matter to our community. George and I have successfully worked together to protect abortion rights, fight domestic violence, ex-

Intense, high-endurance workouts or group exercise classes may not appeal to everyone, so being mindful of an ideal space to get yourself moving is key.

‘Exercise snacks’ and low-impact exercises can help you meet your weekly activity goals.

The American Heart Association (AHA) recommends at least 150 minutes per week of moderate-intensity aerobic activity, or 75 minutes of vigorous aerobic activity. For moderate-intensity aerobic activity, aim to reach 60 to 70 percent of your maximum heart rate for your age (calculate your maximum heart rate by subtracting your age from 220).

“Cozy cardio can be seen as a Zone 2 type of exercise based on the heart rate zone, with Zone 1 being a place where you can easily hold a conversation and Zone 5 where you can’t talk at all,” Dr. Hennessey says.

One way to reach your weekly goals is by during more short bursts, also called exercise snacks. A recent study from Columbia University found that taking a five-minute walking break every half hour can help lower blood sugar and blood pressure.

“If you got up and walked around for five minutes after every 30-minute episode, you can get a cardiovascular benefit. During each commercial break, do some wall sits,” she says. “There are little ways to work it into your day.”

Another way to do exercise snacks are through isometric exercises, which involve contracting muscles while holding one position. “When you’re holding one position for a period of time – think wall sits, planks or yoga

poses – you can help lower your blood pressure,” Dr. Hennessey says.

Cozy cardio helps incorporate variety into your exercise routine. The AHA recommendations include four categories of exercise in a weekly routine: endurance, strength, balance, and flexibility. Integrating cozy cardio with some stretches or yoga can help establish a healthy variety of physical activity.

“Each day doesn’t have to have the hardest workout of your life,” Dr. Hennessey says. “If you know your day will be long at work, you can incorporate cozy cardio in the early morning and focus on balance or flexibility.”

If the gym is part of your daily routine, a relaxed workout on your rest day can be beneficial, helping to avoid injury and stretch your muscles.

Cozy cardio can also be a workout option during vacation, Dr. Hennessey says.

“My version of cozy cardio is bringing my mat to the beach and doing yoga for 20 minutes in the morning before my kids wake up,” she says. “I’m on vacation, but I’m in this beautiful place and I get to enjoy it while getting a little bit of exercise. The beauty of it is you can do it anywhere.”

4 Cozy Cardio Exercises To Try

1. Indoor or Outdoor Walk

Grab a glass of your favorite healthy drink, turn on a movie, and log some miles on a walking pad indoors. Or go for a walk around your neighborhood for 10 to 15 minutes at a brisk pace.

2. Cardio Dance

Turning on a fun, online dance class at home can get you moving — and help you reach 60 to 70 percent of your maximum heart rate while being low impact on your joints.

3. Vinyasa Yoga

Moving in sync with your breath during vinyasa yoga provides an opportunity to center yourself. With each movement creating a flow preceded by a breath in or out, you are constantly in motion and increasing your heart rate. Starting with sun salutations is a great beginner example, Dr. Hennessey says.

4. Mat Pilates

It may be harder to cozy up with a cup of coffee during mat Pilates, but you’ll be sure to work on your flexibility and self-awareness. While holding movements, you’re teaching your heart to be more efficient with each beat, according to Dr. Hennessey. The Hundred, a classic Pilates exercise, can be a more vigorous option. Variations of planks, such as elbow planks, side planks, or shoulder taps are helpful to strengthen your core.

Jessica A. Hennessey, M.D., Ph.D., is an electrophysiologist who specializes in arrhythmia management with a special focus on catheter ablation, pacemakers/defibrillators, and atrial fibrillation at NewYork-Presbyterian/Columbia University Irving Medical Center. Dr. Hennessey is also the Esther Aboodi Assistant Professor of Cardiology (in medicine) at Columbia University Vagelos College of Physicians and Surgeons. She is board-certified in cardiovascular disease and cardiac electrophysiology.

Students Write Heartfelt Valentine's Day Cards for Veterans

Bronxville Elementary School students are spreading kindness and love by creating handmade Valentine's Day cards for veterans. Spearheaded by the Student Council, kindergarten through fifth graders decorated their cards with thoughtful and heartfelt messages.

"The cards made by our students were beautiful and thoughtful," said Susan Engelhardt, Student Council adviser and fifth grade teacher. "Their messages ranged from expressing simple thoughts of thanks to messages of gratitude for their service and for protecting our freedoms, as well as sending good wishes to them on this day of compassion and friendship."

The students simultaneously collected personal hygiene items for the veterans and packaged approximately 60 bags filled with an assortment of items that were generously donated by community members. Engelhardt delivered the gift bags and Valentine's Day cards, which students helped to package, to the New York State Veterans Home at Montrose on Valentine's Day.

"As for all drives, my hope is that the members of the Student Council and the school community expand their understanding of others' needs and their sense of empathy," Engelhardt said. "The Student Council members have been enthusiastic and dedicated in spreading the word and getting the community to come together to make a difference. It's wonderful."

This was the Student Council's third drive this year following a holiday food drive in November and a Toys for Tots drive in December. The project has sparked kindness and encouraged students to contribute to their greater community and positively impact people around them.



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High School Students Advance to Regional Level of National History Day



Having conducted extensive historical research on a topic of their choice, a group of Bronxville High School freshmen and sophomores were named winners in one of several categories at the Bronxville History Day Competition on Feb. 7. Their authentic work focused on this year's theme of "Turning Points in History."

"I am so proud of all of the students," said teacher Dana Landesman, who oversees the program, adding that it was a difficult task to decide who will move forward because of the students' incredible work. "They put forth amazing projects as a culmination for five months of dedicated research."

Landesman said she was grateful to the history department, including Chris Doyle, Eva Gambino, Steve Klurfeld, Martin Patmos and Christina Reidel, for working tirelessly to support and motivate students to produce outstanding work, as well as the high school faculty and administration for judging the projects and providing feedback to the students during the competition.

As a result of their outstanding work, the students have advanced to the 2024 Lower Hudson Valley History Day Competition, which will be held at St. Thomas Aquinas College on March 16. At the regional competition, they will be interviewed by professors and scholars and articulate what they've discovered through their historical research, which is displayed in either paper, website, documentary, performance or exhibit. Winners in that competition will advance to the state competition and ultimately to the national finals.

Congratulations to the following students who have advanced to the regional competition in these categories:

Paper

Maya Mincak – first place (tie).
Sebastian Jew – first place (tie).
Andrew Gay – third place.
Xavier Reilly – honorable mention.

Documentary (Individual)

Charlie Greenfield – first place.
Emma Yeon – second place.
Peyton Gallo – third place.
Mustafa Khizar – honorable mention.

Documentary (Group)

Matteo Del Prete, Lucas Gonzalez, Cooper Keating, Leo Poggi and Kai Schubert – first place.
Thomas Freeman, Nicholas Gonda, Simon Leka, John Shah and Fletcher van Tienhoven – second place.
Anette Dani, Annie Marshall and Charlotte Murray – third place.
Brian Formato, Quinn Hershberg and Patrick Kenny – honorable mention.

Website (Individual)

Elizabeth Barnes – first place.
Faith Belke – second place.
Charlotte O'Friel – third place.
Charlotte Davis – honorable mention.

Website (Group)

Katelyn Brogan, Molly Clark and Katie Fezza – first place.
Rishaan Brainch and Andre Kahraman – second place.
Dimitri Kedas and Thomas Ruhanen – third place.
Diana McEnroe and Ellie Fahy – honorable mention.

Individual Exhibit (Individual)

Travis Hamerling – first place.
Eva Mihova – second place.
Emerson Dennis – third place.
Virginia Hail – honorable mention.

Exhibit (Group)

Caroline Hardart, Louise Jacobs and Virginia Shah – first place.
Kara Kochansky and Finlay Rowan – second place.
Peyton Levine and Isabel Yeon – third place.
Jacintha Onslow and Jack Colangelo – honorable mention.

Bluemercury Reopens in Style

Bluemercury, 48 Pondfield Road in Bronxville recently reopened featuring a new design concept and evolved retail experience.

The store features hyper-personalized services and offerings, including:

- A reimagined customer experience dedicated to premium service and anchored by the "Center Bar" where clients can enjoy consultations, tutorials, and brand discovery with Bluemercury's trained Beauty Experts.

- highly curated brand assortment including:

- 4 new-to-Bronxville coveted brands, including D.S. & Durga, Dyson, SkinMedica, and Aesop.

- A revamped fragrance wardrobe with exclusive new arrivals and brands such as BDK Parfums and Jo Malone, outfitted with unique fixtures focused on testers to help clients find the best fragrance for them.

- An enhanced selection of dermatological skincare solutions, from brands like EltaMD and Dr. Barbara Sturm.

- Exciting body care brand expansions including Cerulean 6°.

- A hair tools playground including items from GHD and T3, where clients can try first to determine the best styling tools and accessories for their hair.

Visit: <https://stores.bluemercury.com/ny/bronxville/34836/>



MJHS Health Systems Names Local Resident Chief Medical Officer of Hospice and Palliative Care

MJHS Health System (MJHS), a premier not-for-profit provider of quality care across the greater New York area, announced that veteran physician and health care executive, Kerrienne P. Page, MD, HMDC, has been promoted to chief medical officer of MJHS Hospice and Palliative Care. A lifelong educator, she will also head the organization's fellowship program.

"Dr. Page is a multi-dimensional leader whose focus on delivering quality care, patient experience, and staff development will enhance the way we care for, support, and guide patients, as well as their loved ones,"

said Terese Acampora, chief operating officer of hospice, palliative care and home care at MJHS Health System. "Insights drawn from her successful medical career and legacy as a one of the first physicians to earn hospice medical director certification will also help us deepen and expand ties with physicians, hospitals and other medical providers whose patients can benefit from end-of-life care," Acampora added.

Dr. Page has been an assistant clinical professor of medicine on the New York Presbyterian/Columbia Vagelos College of Physicians and Surgeons faculty since 1997. She is also board certified in internal medicine and hospice and palliative medicine.



Kerrienne P. Page, MD, HMDC

"Since joining MJHS in March 2023, it has been an honor to be part of an amazing clinical team that cares for patients and families of all backgrounds," said Dr. Kerrienne Page. "As the new chief medical officer," she added, "I look forward to collaborating more with colleagues outside the organization, in addition to having an expanded role as an educator and mentor in the MJHS Fellowship program."

Prior to joining MJHS, Dr. Page held increasingly senior positions at both Catholic Health and Good Shepherd Hospice. Earlier in her career, she practiced

primary care internal medicine and palliative care in both ambulatory and long-term care settings.

Dr. Page earned her medical degree from New York University School of Medicine, after graduating with academic honors in biology from Rutgers College at Rutgers University. She is also a member of numerous professional organizations, including the American Medical Association and American Academy of Hospice and Palliative Care Medicine. Dr. Page's promotion follows the retirement of Dr. Russell Portenoy.

For more information on how MJHS is leading the way to great care, visit mjhs.org.

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