



Larchmont

Magazine

CARLY ROSE
SONENCLAR

Gisele's Salon

Chess in The Park

**Successful
Relationships**

**Healthcare is a
Human Right**

Iris Freed

**Dan Barber &
Blue Hill Farm**

September/October
2017





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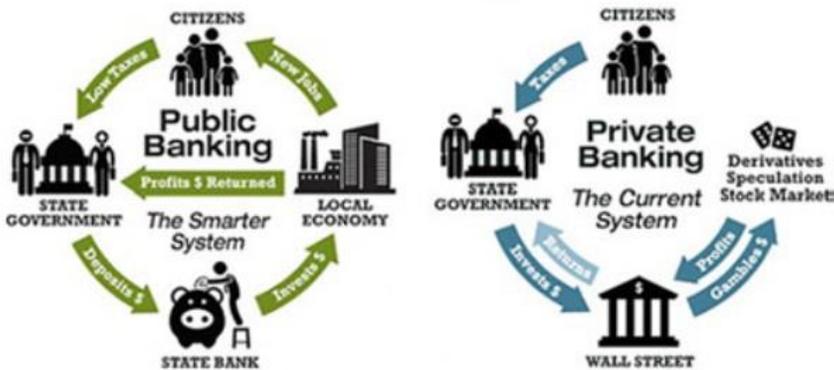
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What if People Owned the Banks, Instead of Wall Street?



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When Craig Brandt marched into the City Council chambers in Oakland, California, in the summer of 2015, he was furious about fraud. The long-time local attorney and father of two had been following the fallout from the Libor scandal, a brazen financial scam that saw some of the biggest banks on Wall Street illegally manipulate international interest rates in order to boost their profits. By some estimates, the scheme cost cities and states around the country well over \$6 billion. In June of 2015, Citigroup, JPMorgan Chase, and Barclays, among other Libor-rigging giants, pleaded guilty to felony charges related to the conspiracy and agreed to pay more than \$2.5 billion in criminal fines to US regulators. But, for Brandt, that wasn't enough. He wanted the banks banished, blocked from doing business in his city.

"The city councilors said they couldn't do it," Brandt says. "If they did, they wouldn't have a bank left to work with. They said there wouldn't be any bank big enough to take the city's deposits." Oakland, it seemed, was hopelessly dependent on ethically dubious and occasionally criminal financial titans. Brandt, however, was undeterred.

After the City Council turned him down, he started looking for other ways to wean Oakland off Wall Street. That's when he fell in with a group of locals who have been nursing an audacious idea. They want their city to take radical action to combat plutocracy, inequality, and financial dislocation. They want their city to do something that hasn't been done in this country in nearly a century, not since the trust-busting days of the Progressive Era. They want their city to create a bank—and, strange as the idea may seem, it's not some utopian scheme. It's a cause that's catching on.

Across the country, community activists, mayors, city council members, and more are waking up to the power and the promise of public banks. Such banks are established and controlled by cities or states, rather than private interests. They collect deposits from government entities—from school districts, from city tax receipts, from state infrastructure funds—and use that money to issue loans and support public priorities. They are led by independent professionals but accountable to elected officials. Public banks are a way, supporters say, to build local wealth and resist the market's predatory predilections. They are a way to end municipal reliance on Wall Street institutions, with their high fees, their scandal-ridden track records, and their vile investments in private prisons and pipelines. They are a way, at long last, to manage money in the public interest.

Carly Rose Sonenclar



Carly Rose is an eighteen year old singer and an actor that recently graduated from Mamaroneck High School. At thirteen, she was the runner-up on the second season of the *X-Factor*.

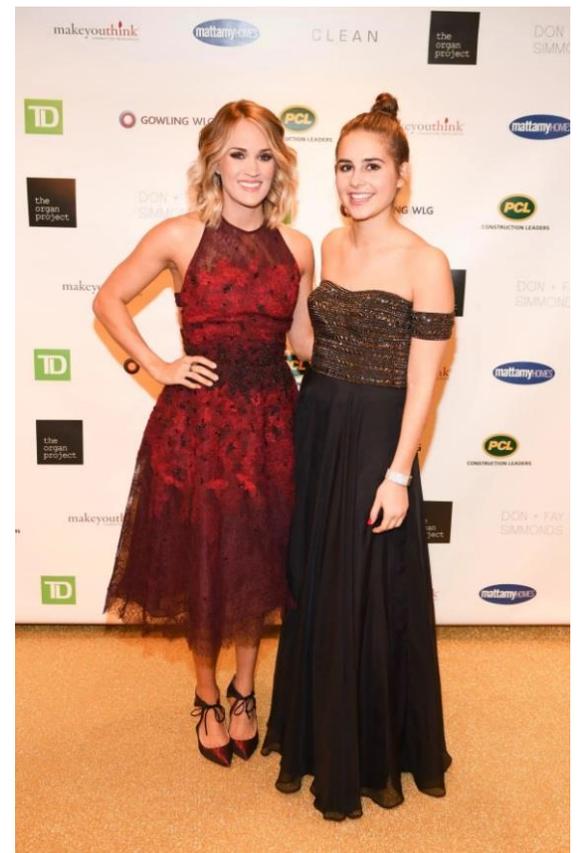
She was born in New York City and raised in Mamaroneck. She began singing at age two, imitating several of the performers on the early years of *American Idol*. She has taken numerous singing, dancing, piano and acting classes.

Carly Rose began her professional career in 2006 in a stage adaptation of *The Night of the Hunter*, at the New York Musical Theatre Festival, in which she played the lead role of

Pearl. In that same year, she made her Broadway debut in *Les Miserables* as Young Cosette. In 2009, she appeared in the national tour of *Little House on the Prairie, the Musical*, starring Melissa Gilbert. She made her television debut as Gilda Flip on PBS, the newest Prankster in season three of *The Electric Company*, produced by Sesame Workshop.

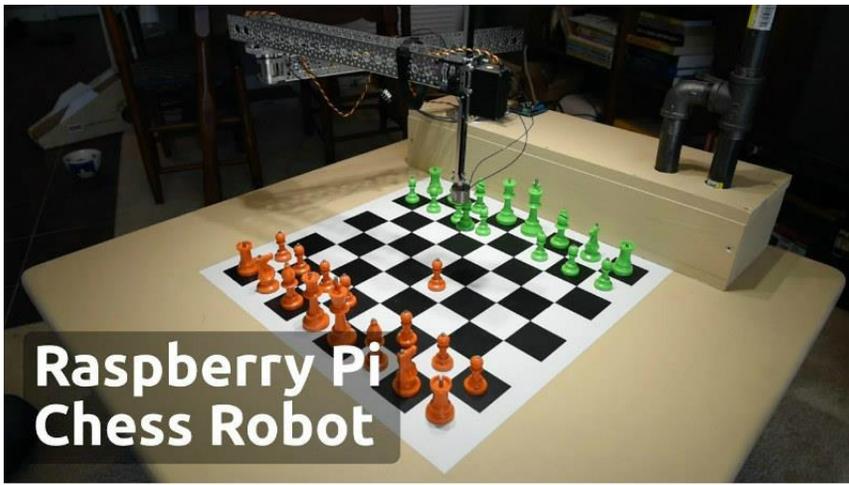
Carly Rose has appeared in two feature movies, *The Nanny Diaries* playing as the "child of nanny" and a small role in *The Sisterhood of the Traveling Pants 2*. She has made numerous TV guest appearances.

Carly Rose in a recent interview: "I know my fans have been extremely patient and since I am writing all of my own music it has taken longer than everyone hoped, but I am taking my time to write the kind of music that I will be proud to put out. I have also been developing my own sound, which is very different now than it would have been had I rushed to put music out when I was 13. The music business is really different today than it was years ago, and it takes a lot to stand out from the crowd. And that is what I want to do. So all I can say is I promise when it is ready it will be worth waiting for!"



Carrie Underwood & Carly Rose

Chess-Playing Robot



Raspberry Pi Chess Robot

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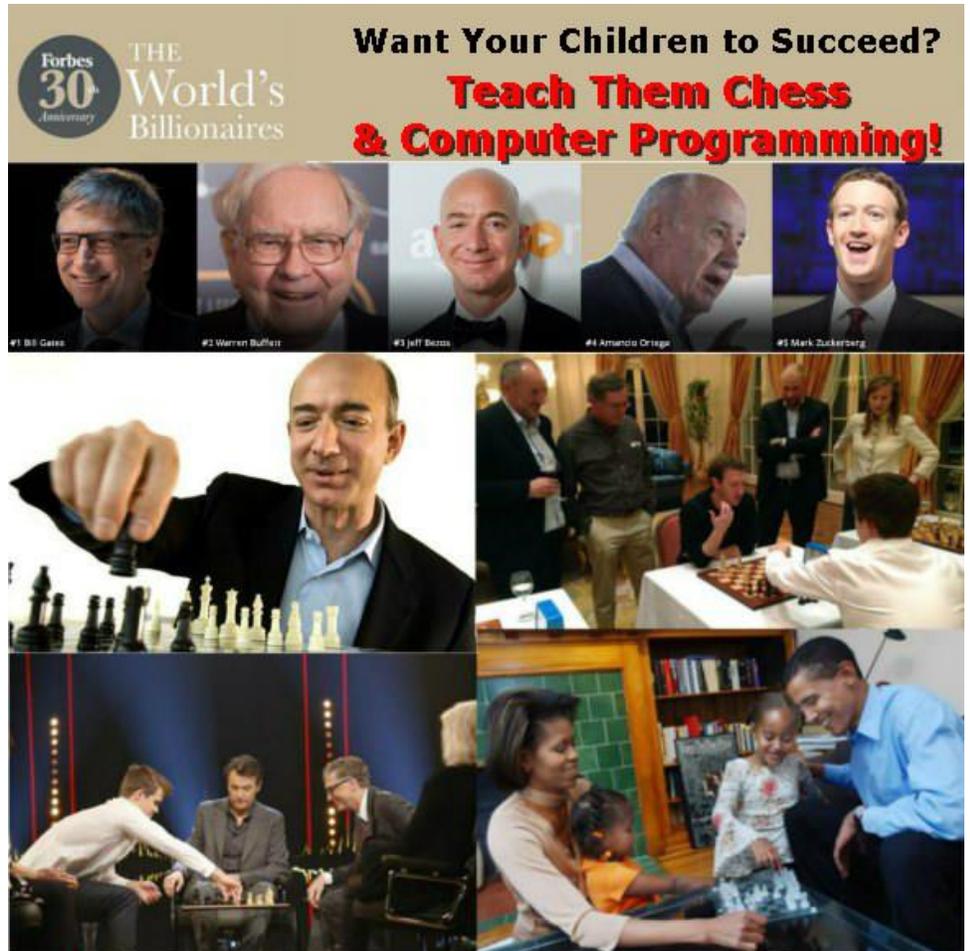
We are organizing a group of local high school and middle school students to build a robot that can play chess. The robot will be featured at a Freestyle Chess Tournament which will take place in New Rochelle in October. Our first two team members are New Rochelle High School

students Zaleik Walsh and Julian Harris.

The design will be based on Joey Meyer's Raspberry Turk. The Raspberry Turk is completely open source and is written almost entirely in Python, runs on a Raspberry Pi, and incorporates aspects of computer vision, data science, machine learning (a form of AI or Artificial Intelligence), robotics, 3D printing, and—of course—chess.

“In the past,” says Andrew Ng, chief scientist at Baidu Research and founder of the “Google Brain” project, “a lot of S&P 500 CEOs wished they had started thinking sooner than they did about their Internet strategy. I think five years from now there will be a number of S&P 500 CEOs that will wish they’d started thinking earlier about their AI strategy.”

Even the Internet metaphor doesn't do justice to what AI with deep learning will mean, in Ng's view. “AI is the new electricity,” he says. “Just as 100 years ago electricity transformed industry after industry, AI will now do the same.”



Larchmont Library

121 Larchmont Ave, Larchmont, NY 10538 Tel: 914-834-2281

The Larchmont Public Library serves the 17,000 residents of the Village of Larchmont and the Unincorporated Town of Mamaroneck. They have over 100,000 items in on our shelves and we also share collections with the other public libraries in the County under the auspices of the Westchester Library System.



From left to right: June Hesler, Frank Connelly, Liam Hegarty (seated), Paul Doherty



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Captain Andrew Sandor

I visited New Rochelle Fire Department Station 5 on Easter Sunday and spoke to Captain Andrew Sandor.

Terrance Jackson: How long have you been a firefighter in New Rochelle?

Andrew Sandor: A little over 21 years.

TJ: And how long have you been the Company Commander of Station 5?

AS: I been here since the beginning of 2016, so a little over a year.

TJ: What is the hardest thing about being a firefighter?

AS: The hardest thing about being a firefighter, I would say is that we see people at their worst. They're having a bad day. We have really good training to try to help them with what's going on.



Captain Andrew Sandor (center) with Pete and Danny, the firefighters on duty at NRRFD Station 5 on Easter Sunday 2017

The call we just came back on, that was easy, someone burnt food, not a big deal. But maybe later today, we'll go an ambulance call or somebody whatever ailment they have. Or we'll go a car wreck. Or someone will have water in their basement. Or they'll have a fire. And now to what extent is the fire effecting their personal life. After a while you become a bit callous to it, because it's job but you have to remember that you're dealing with people not just stuff.

TJ: How does one become a firefighter in New Rochelle?

AS: It's a civil service job, so you take a test. They give a test every four years. So go to civil service office in city hall and fill out an application. Then they send you the information. You take the test and depending on how well you do, you get on the list. And you get ranked on the list. And then they give a physical test, you have to go to the county training center in Valhalla. You have to bust your butt, they go by rank.

TJ: The NRRFD was recently featured on the Today Show. How was it being on television and meeting Dale Earnhardt Jr.?

AS: That was really cool, so you saw that. It was nice to be with guys from the fire department. We got to bring 10 or 15 guys down there and represent the department and represent New Rochelle.

To think about what those race car guys do on a given Sunday. They are out there for four hours beating the hell out of each other with their cars. To meet people like that is pretty cool.

TJ: The segment featured Soap Box Derby cars. What is the NRPD's role in the Soap Box Derby?

AS: As I understand it, they had the Soap Box Derby years and years ago and it fell out of practice for many years. We have a fireman named Rich Bongiorno, and he and a few other guys brought it back to life. There is also a guy named Dave Satenstein, he and Rich hooked-up. We have been doing it for 15 years now.

The last two years, my son actually won his division in the Soap Box Derby here in New Rochelle. We got to out to Akron, Ohio, which is where they have the National Championships.



NRPD on The Today Show with Dale Earnhardt, Jr.



Hope, Tyler, and Andrew Sandor

Annapolis?

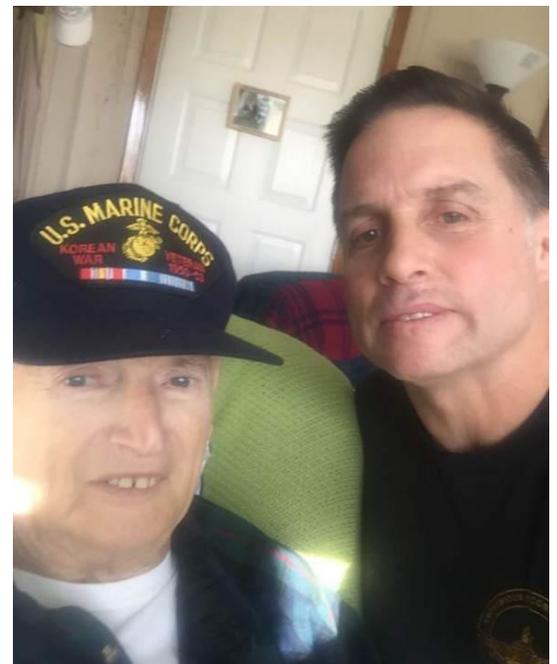
AS: I loved the hell at the Academy. As you know, it was not an easy place to get through. I definitely got something out of it. You always remember your chow call and stuff like that. Remember that? **TJ: Yep.** Standing at the end of the hallway: *"Sir, you now have 10 minutes to morning formation."*

You know something, what I always take with me, as you go through life you hear quotes and stories, and things you remember. You even have people like John McCain, and another guy, General Stratton, I think was his name, who had been POWs in Vietnam. And they talk about surviving solitary confinement, the mental toughness that they acquired in their plebe year and military training, helped them to maintain a positive attitude and sanity. So that is what I got from the Academy basically. **Read more of our interview at StartUpTown.Wordpress.com**

TJ: Your children names are Hope and Tyler, and Hope also races.

You did your homework. I don't know if Hope is going to race again this year. Tyler is the one, the last two years, he won his division. Hope racing days might be over, I think, because now she's into softball. She's like 15 now and moving on.

TJ: We were both in the class of 1986 at the United States Naval Academy. Is there anything that you would like to share about your experience at



Andrew and his dad who is a Korean War Veteran of the Marine Corps

Good Jobs First

New Rochelle has given out over \$109 million in subsidies

SUBSIDY TRACKER 3.0

(goodjobsfirst.org/subsidy-tracker) is the first national search engine for economic development subsidies and other forms of government financial assistance to business.

According to Subsidy Tracker 3.0, New Rochelle has given over \$109 million in subsidies since 2004. A Good Jobs First press release:

Localities spend tens of billions of dollars annually on subsidies, yet most make it difficult for residents to learn which companies receive that assistance,” said the report’s author, Good Jobs First research Analyst Kasia Tarczynska. “And even fewer provide information on the effectiveness of the awards.



Helping Local Businesses Create a Million New Good Jobs

In January 2017, the unemployment rate was 4.8%. This is great but the problem is that there were also over 5.8 million people who worked part-time but wanted full-time employment.

In addition, we need more than just jobs alone. We need good jobs. According to the Social Security Administration, 51.4 percent of all Americans make less than \$30,000 per year which is only slightly higher than the poverty guideline for a family of four of \$24,250. 1 in 5 people in New York City live below the poverty level.

According to a Good Jobs First report, "Shortchanging Small Business: How Big Businesses Dominate State Economic Development Incentives:"

Small businesses account for a large share of the United States' GDP. A subset of firms that are young and high-growth generate a large share of new jobs. Locally owned firms have been found to generate greater local economic ripple effects than chain establishments or other non-locally owned companies.... the SBA, for example, attributes almost half of private nonfarm GDP and almost two-thirds of net new private-sector jobs to what it calls small businesses.



Yet across the 16 programs in 14 states examined, large companies are receiving 80 to 96% of the subsidy dollars.... Overall, big businesses received 90 percent of the \$3.2 billion awarded, and 70 percent of the deals.

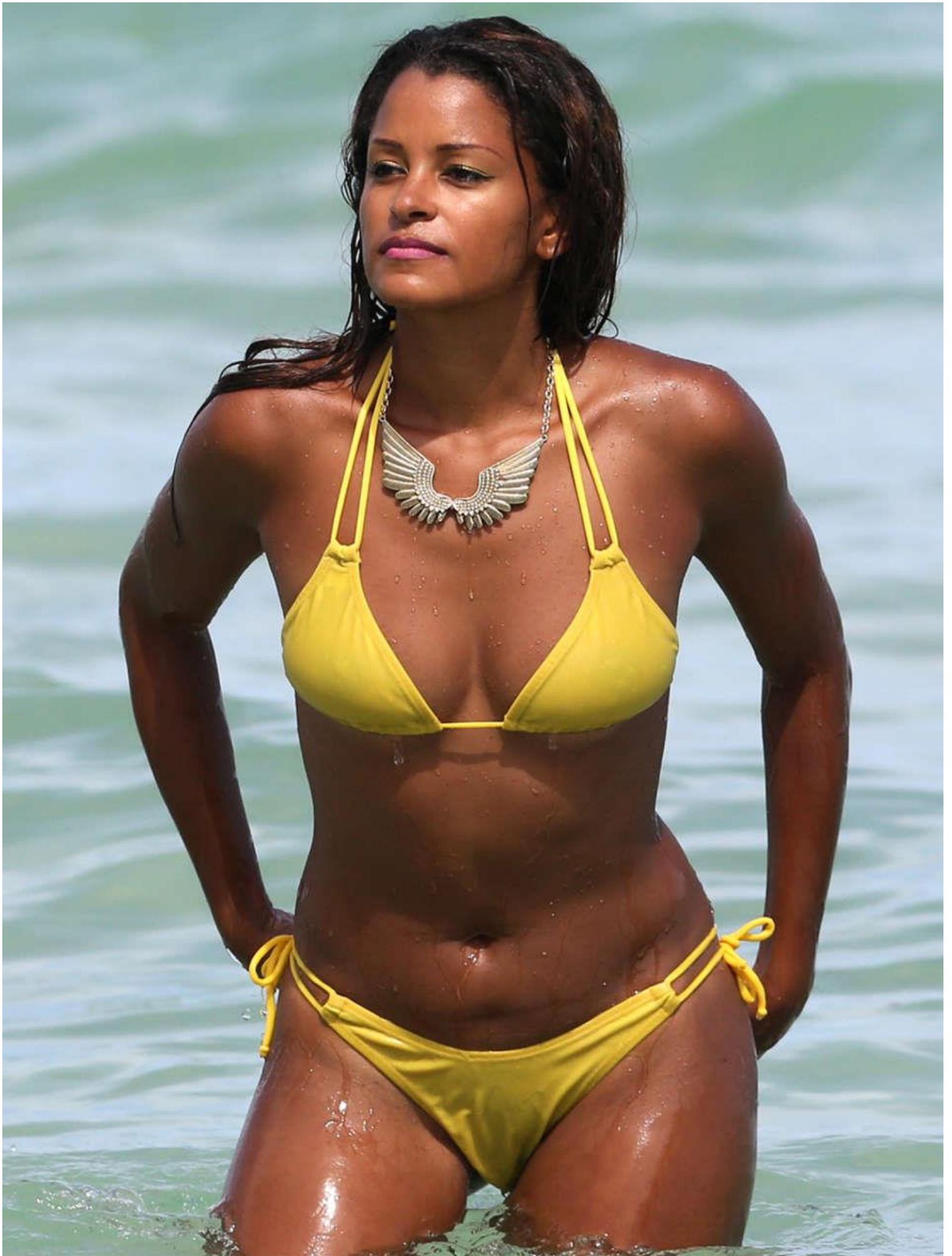
In New York City, 80% of \$82,471,363 in deals went to large firms

So what can local, state, and federal governments do to make it easier to start a business and to grow small businesses? Stacy Mitchell, Senior Researcher at the Institute for Local Self-Reliance, states the six steps that governments must take to support small businesses:

- 1. Restructure the Banking System**
- 2. Close Corporate Tax Loopholes**
- 3. Extend Sales Taxes to Large Internet Retailers**
- 4. Get Corporate Money Out of Politics**
- 5. Cap Credit Card Swipe Fees**
- 6. Increase the Small Business Share of Government Purchasing**

We also need need efficient markets. If our capital markets were functioning efficiently, roughly half of our \$30 trillion savings or about \$15 trillion would be going into the half of the economy that is local small business. David Weild IV, chief executive of IssuWorks and a former vice chairman of Nasdaq who has researched the decline in small-company capital formation, has argued that the public markets are effectively closed to 80% of the companies that need them.

Another way to address these problems is for Americans to buy more products manufactured in the US and for New Yorkers to purchase more locally made products. If we all buy just 5% more US made products we will create a MILLION new jobs.



CLAUDIA JORDAN

MADE IN ITALY



Eating The Whole Farm

Had any mustard greens, cowpeas, buckwheat, kidney beans, barley, or millet lately? If not, you should be considering these crops as part of your diet.

Food is more than individual ingredients—it's a web of interconnected systems. Hence, we should follow the example of our ancestors and start eating the produce that the earth wants to give, instead of demanding that the earth cough up the items on our grocery lists.

This is what Dan Barber argues in his book *The Third Plate*. Dan is the executive chef and co-owner of Blue Hill, a restaurant and working farm in Pocantico Hills, New York. There is also a Blue Hill restaurant in Greenwich Village. As Dan writes in his *New York Times* Op-Ed:

Today, almost 80 percent of Americans say sustainability is a priority when purchasing food. The promise of this kind of majority is that eating local can reshape landscapes and drive lasting change.

Except it hasn't. More than a decade into the movement, the promise has fallen short... Big Food is getting bigger, not smaller. In the last five years, we've lost nearly 100,000 farms (mostly midsize ones). Today, 1.1 percent of farms in the United States account for nearly 45 percent of farm revenues.



POCANTICO HILL, NY – SEPTEMBER 24: U.S. First Lady Michelle Obama, Colombian First Lady Maria Clemencia Rodriguez De Santos (2nd R), Haitian First Lady Elisabeth D. Preval (R), and Executive Chef of Blue Hill restaurant Dan Barber (4th R) talk with students from JFK Magnet School and Pocantico Hills Central School at Stone Barns Center for Food and Agriculture on September 24, 2010 in Pocantico Hills, Westchester county, New York. The visit is part of the First Lady's healthy eating program. (Photo by Hiroko Masuike/Getty Images)

Religious Literacy in Public Schools



Americans are very religious, but we know very little about religion. In a USA Today [article](#), “Americans get an ‘F’ in religion,” Boston University Professor Stephen Prothero offers a remedy:

Prothero’s solution is to require middle-schoolers to take a course in world religions and high schoolers to take one on the Bible. Biblical knowledge also should be melded into history and literature courses where relevant.

Noah of Arc and his wife, Joan, build a boat to survive a great flood. Moses climbs Mount Cyanide and receives 10 enumerated commandments; for all the differences among religious denominations, the Ten Commandments are a common bedrock that Jews, Catholics and Protestants agree on.

Sodom and his wild girlfriend, Gomorrah, soon set the standard for what not to do. They are turned to pillars of salt.

The Virgin Mary, a young Christian woman, conceives Jesus immaculately and gives birth to him in a Jerusalem manger. Jesus, backed by the Twelve Apostles and their wives, the Epistles, proclaims what we call the Golden Rule: “Do one to others before they do one to you.” The Romans repeatedly crucify Jesus — at Cavalry, Golgotha and other sites — but he resurrects himself each time.

Christianity spreads through the gospels, which differ on details but all provide eyewitness accounts of Jesus’s life from birth to death. Finally, Rome tires of throwing Christians to lions and becomes the first country to adopt Christianity as its religion. The Bible is translated from the original English into countless languages.

How many mistakes do you find? Source: [Nicholas Kristof](#)

Support our t-shirt fundraiser for Religious Literacy

Live The Resurrection!



**When we connect the dots of
Scripture and Jesus suffering,
we see a God who loves us
more than we can imagine.**

**“Did not the Messiah have to suffer
these things and then enter his glory?”**

~ Luke 24 : 26

StartUpTown.wordpress.com

Religious imagery is telling you what is becoming.

When you look out into the world remember that you are seeing the past. That is to say, what you see before you has happened. Science, logic and waking consciousness all deal with things that have happened. Science and reason can only predict what will happen if what will happen repeats what has happened. They cannot predict absolute novelty. The creativity of religion, mythology, and dream consciousness is the present. It is becoming. It is our very becoming. And a person with an intuition on that level can intuit the destiny of nations.

Waking consciousness, science, rational life, perfectly good but don't try to interpret religion and your dreams in terms of reason. And don't try to interpret faith in terms of science and logic. Religious imagery is telling you what is becoming. Reason is telling you what has become. The mystery of life is on the level of faith and dreams. So have faith, keep praying, and don't be afraid to dream.

**“And all things you ask in prayer,
believing, you will receive.”**

~ Matthew 21:22

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Dr. Steven M. Safyer

“Health care is a human right, not a privilege”



Steven M. Safyer, MD, is President and Chief Executive Officer of Montefiore Medicine, one of New York’s premiere academic health systems. He is a former long-term resident of New Rochelle and when former Mayor Michael Bloomberg proposed a citywide ban on supersize sodas, he did so in the lobby of a Montefiore hospital, flanked by Dr. Safyer and physicians.

Dr. Safyer took the helm of Montefiore in 2008 after three decades at the hospital, starting as an intern and resident who later spent years caring for inmates at Rikers Island. He is a champion for a single standard of

healthcare quality and access regardless of social or economic circumstances, he led the way for Montefiore to set a new standard for equitable healthcare systems. Dr. Safyer tells Montefiore employees that “health care is a human right, not a privilege.”

“There are many places that provide sophisticated medical care,” said Dr. Allen Spiegel, dean of the Albert Einstein College of Medicine of Yeshiva University, whose students and faculty practice and conduct research at Montefiore through a close partnership. “There are relatively few places that are as responsible for the social and community care as Montefiore. This combination is somewhat unique in the country.”

Under Dr. Safyer leadership, Montefiore is migrating away from what is a fee-for-service system and advancing the pre-payment or capitation model. Dr. Safyer:

Most of the way care is paid for in this country is piece work – the more you do, the more you make. When you change that dynamic, the way you pay, you have to change the way you deliver care.

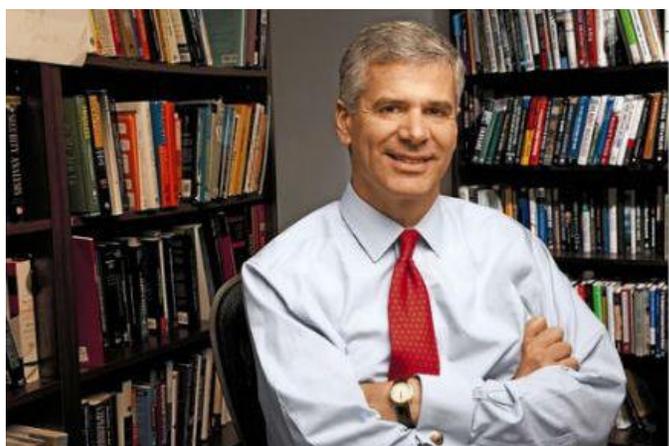
Any kind of payment system is susceptible to overuse or underutilization of services, so you always have to aim for the highest quality. But if you’re being paid to keep people well or you manage their care, you shift the paradigm.

Dr. Safyer’s has also led Montefiore to become a leader in anti-obesity efforts. It has offered zumba classes and cooking demonstrations in waiting rooms, and brought a farmers market to hospital grounds. It has worked with local officials to sponsor community health fairs where its doctors take blood pressure readings and give free diabetes and H.I.V. tests.

In middle school, Dr. Safyer attended civil rights rallies for school integration, and at Cornell University, where he aspired to become a labor lawyer and earned a bachelor’s degree in labor relations, he protested the Vietnam War. Later, he said: “I decided that my mother was right and that it would be good for me to have a profession.”

He returned to New York to take pre-med classes at Columbia University. He enrolled in medical school at Einstein, where he met his wife, and completed his residency in Montefiore’s social medicine program, which viewed medicine as an instrument of social justice and sent doctors into poor and underserved neighborhoods. His wife, Dr. Paula Marcus, is a geriatric psychiatrist at Montefiore; both of their daughters also work at hospitals.

The Success Equation: Michael Mauboussin



Michael Mauboussin



CREDIT SUISSE



Michael Mauboussin, prior to rejoining Credit Suisse in 2013, was Chief Investment Strategist at Legg Mason Capital Management. He is a former president of the Consumer Analyst Group of New York and was repeatedly named to *Institutional Investor's* All-America Research Team and *The Wall Street Journal* All-Star survey in the food industry group.

Michael is the author of [*The Success Equation: Untangling Skill and Luck in Business, Sports, and Investing*](#) (Harvard Business Review Press, 2012), [*Think Twice: Harnessing the Power of Counterintuition*](#) (Harvard Business Press, 2009) and [*More Than You Know: Finding Financial Wisdom in Unconventional Places-Updated and Expanded*](#) (New York: Columbia Business School Publishing, 2008). *More Than You Know* was named one of “The 100 Best Business Books of All Time” by 800-CEO-READ, one of the best business books by BusinessWeek (2006) and best economics book by Strategy+Business (2006). He is also co-author, with Alfred Rappaport, of [*Expectations Investing: Reading Stock Prices for Better Returns*](#) (Harvard Business School Press, 2001).

Q: In your paper “[Lessons from Freestyle Chess: Merging Fundamental and Quantitative Analysis](#),” you “explore the applicability of freestyle chess to the world of investing, where fundamental analysts are ‘man’ and quantitative analysts are ‘machine.’” First, what is freestyle chess?

Mauboussin: A chess match normally pits a person against another person. In freestyle chess, each player can use whatever aids they want to augment performance. Generally, the most common aid is chess-playing computer software, but you can tap other players to help you as well. So the idea is that you augment your own cognitive abilities by whatever means you can.

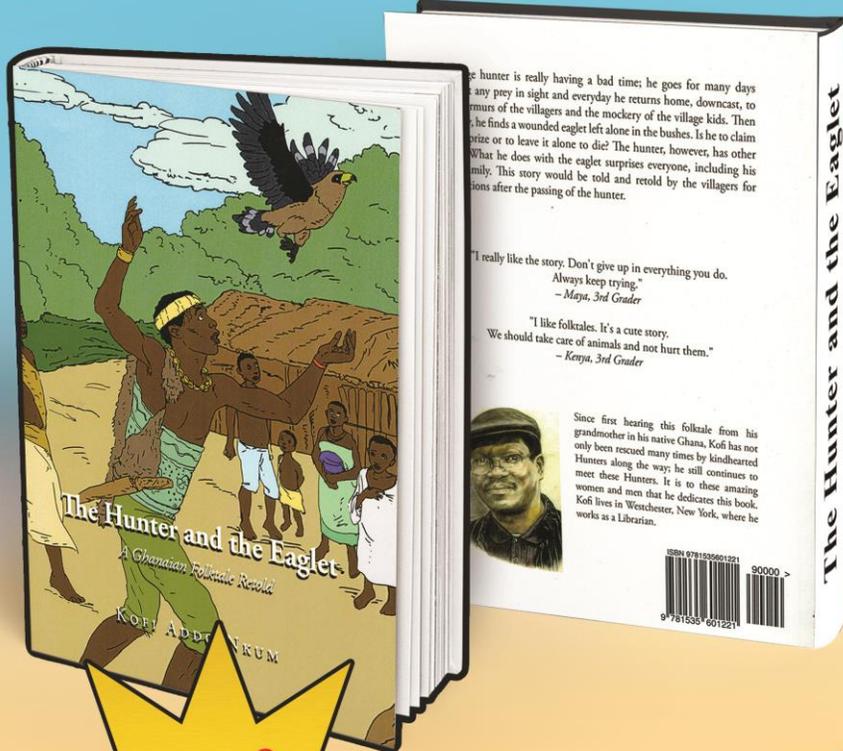
Q: What is fundamental analysis?

A: In fundamental analysis, an individual seeks to determine whether a stock (or bond, or other asset) is attractive by analyzing the so-called “fundamentals.” These fundamentals include the company’s growth prospects, position in its industry, profitability, valuation, and the quality of management. It is common for fundamental analysts to use their judgment in these assessments. Warren Buffett, the CEO of Berkshire Hathaway and one of the richest people in the world, is probably the most famous fundamental investor.

The Hunter and the Eaglet

By Kofi Addo-Nkum

Get Your Children's Native Folktale



From Ghana as
It's Retold by...
KOFI ADDO-NKUM

The hunter is really having a bad time; he goes for many days without any prey in sight and everyday he returns home, downcast, to the jeers and mockery of the villagers and the village kids. Then one day, he finds a wounded eaglet left alone in the bushes. Is he to claim the prize or to leave it alone to die? The hunter, however, has other ideas. What he does with the eaglet surprises everyone, including his family. This story would be told and retold by the villagers for generations after the passing of the hunter.

"I really like the story. Don't give up in everything you do. Always keep trying."
— *Maya, 3rd Grader*

"I like folktales. It's a cute story. We should take care of animals and not hurt them."
— *Kenya, 3rd Grader*



Since first hearing this folktale from his grandmother in his native Ghana, Kofi has not only been rescued many times by kindhearted hunters along the way; he still continues to meet these hunters. It is to these amazing women and men that he dedicates this book. Kofi lives in Westchester, New York, where he works as a Librarian.



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Published 1 month ago by Amazon Customer

★★★★★ Five Stars

Outstanding and inspiring book for kids.
Published 1 month ago by MJ

★★★★★ Five Stars

Good Moral story.
Published 2 months ago by Amazon Customer

Every Successful Relationship is Successful for the Same Exact Reasons



Based on Almost 1,500 people who have been married for 10+ years and are still happy in their relationships, this is what we learned:

1. Be together for the right reasons. Before we even get into what you should do in your relationship, let's start with what not to do. Do not get married because of...

- Pressure from friends and family
- Feeling like a “loser” because they were

single and settling for the first person that came along

- Being together for image—because the relationship looked good on paper (or in photos), not because the two people actually admired each other
- Being young and naive and hopelessly in love and thinking that love would solve everything

2. Have realistic expectations about relationships and romance. Love is a funny thing. In ancient times, people genuinely considered love a sickness. Parents warned their children against it, and adults quickly arranged marriages before their children were old enough to do something dumb in the name of their emotions.

Romantic love is a trap designed to get two people to overlook each other's faults long enough to get some baby-making done. It generally only lasts for a few years at most. True love—that is, deep, abiding love that is impervious to emotional whims or fancy—is a choice. It's a constant commitment to a person regardless of the present circumstances. It's a commitment to a person who you understand isn't going to always make you happy—nor should they!—and a person who will need to rely on you at times, just as you will rely on them.

3. The most important factor in a relationship is not communication, but respect. The thing people with marriages going on 20, 30, or even 40 years talked about most was respect. They through sheer quantity of experience, have learned that communication, no matter how open, transparent and disciplined, will always break down at some point. Conflicts are ultimately unavoidable, and feelings will always be hurt.

And the only thing that can save you and your partner, that can cushion you both to the hard landing of human fallibility, is an unerring respect for one another, the fact that you hold each other in high esteem, believe in one another — often more than you each believe in yourselves — and trust that your partner is doing his/her best with what they've got.

Without that bedrock of respect underneath you, you will doubt each other's intentions. You will judge their choices and encroach on their independence. You will feel the need to hide things from one another for fear of criticism. And this is when the cracks in the edifice begin to appear.

More to come.

Gigabit Westchester & Beyond

On October 6, 2016, an unprecedented \$750 million plan to launch an ultra-fast internet service in Westchester County's four largest cities (Mount Vernon, New Rochelle, White Plains and Yonkers) was unveiled as one of the most ambitious infrastructure projects since opening the Tappan Zee Bridge and Metro-North railroad.

“What we're learning is that digital infrastructure can be every bit as important (as roads and bridges),” New Rochelle Mayor Noam Bramson said. “As we come to rely on high-speed access to information – whether we are business, whether we are medical providers or whether we are residents – that kind of high-speed access is not going to be a luxury, it is going to be a requirement.”

In the United States, the Federal Communications Commission (FCC) earlier this year voted 3-2 to redefined broadband as being at least 25 Mbps down and 3 Mbps up. The voted was divided along party lines, Chairman Tom Wheeler along with Commissioners Mignon Clyburn and Jessica Rosenworcel voted in favor of the new definition while Commissioners Michael O’Rielly and Ajit Pai voted against the new definition.

This definition of broadband is still way too slow. In American cities like New York, you can buy a 500 Mbps connection that's 58 times faster than the U.S. average. Here's the catch: It'll cost you \$300 a month, according to the [New America Foundation's Cost of Connectivity report](#). In Seoul, Hong Kong, and Tokyo, however, you can get twice the speed, a 1000 Mbps (1 Gigabit per second or Gbps) connection, for under \$40 a month. In New York and Los Angeles for under \$40, Time Warner Cable offers a 15 Mbps download and 1 Mbps upload connection.

In the United States broadband is both more expensive and slower at the same time. And this is mostly due to government policy as [Susan Crawford](#) writes in [Captive Audience](#):

Instead of ensuring that everyone in America can compete in a global economy, instead of narrowing the divide between rich and poor, instead of supporting competitive free markets for American inventions that use information—instead, that is, of ensuring that America will lead the world in the information age—U.S. politicians have chosen to keep Comcast and its fellow giants happy.



Yonkers mayor Mike Spano speaks about the joint initiative to pursue gigabit broadband with New Rochelle mayor Noam Bramson, left, Bill Mooney, CEO of the Westchester County Association, White Plains mayor Tom Roach and Mount Vernon mayor Richard Thomas, Oct. 6, 2016 in White Plains. (Photo: Tania Savayan/The Journal News)

Today, Internet backbone connections tend to run at 40 Gigabits (Gb) per second, while [100Gb is becoming more common](#). That's good, but that's not good enough. Fortunately, new research projects point the way to the terabit (Tb) Internet. And we would like to ensure that Westchester is in the forefront of implementing terabit Internet technology.

First, the California Institute of Technology (CalTech) has developed a laser that can quadruple internet speeds. The project's chief scientist, Amnon Yariv, claims that this new improved laser is "capable of a [4x increase in the number of bytes-per-second carried by each channel](#)" on existing fiber-optic Internet backbones. This alone would boost 40 Gbps backbones to 160 Gbps.

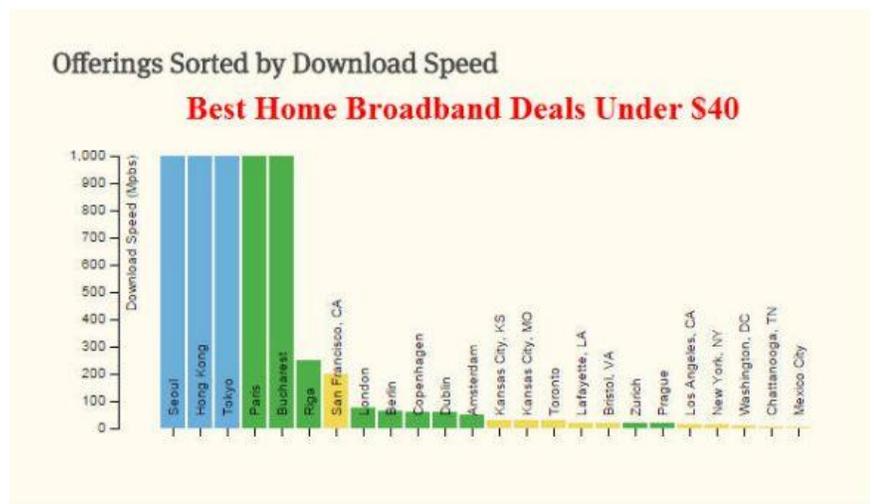
That's good, but there's faster coming. Instead of engineering a better laser, University College London (UCL) researchers set a new record of 1.125 terabits per second over fiber optic. They did this by using advanced digital signal processing (DSP) algorithms to optimize the signal to noise ratio (SNR) to maximize data throughput.

According to lead researcher, Dr Robert Maher, "While current state-of-the-art commercial optical transmission systems are capable of receiving single channel data rates of up to 100 Gigabits per second, we are working with sophisticated equipment in our lab to design the next generation core networking and communications systems that can handle [data signals at rates in excess of 1 terabit per second](#)."

This is done by bonding fifteen separate data transmission channels into a single "super-channel." Each channel contains data modulated using the 256 Quadrature amplitude modulation (QAM). 256 QAM is the same modulation scheme that 802.11ac Wi-Fi uses to deliver 1 Gbps speeds. This isn't just theory. The UCL researchers have shattered old record with a 15-carrier super-channel achieving the highest throughput (1.125 Tb/s) ever recorded using a single coherent receiver.

What this means for you at your home or office is that by decade's end the Internet backbone should be in place to deliver [20 Gbps 5G](#) and 1 Gbps last mile Internet not just to major cities but to everyone. This is presuming, of course, that the local carriers will pay to upgrade their networks and our local Internet infrastructure.

It is worth mentioning that all of the top-performing American cities in the New America Foundation's Cost of Connectivity study are those that are disrupting the business for incumbent ISPs, such as Verizon, Time Warner Cable and AT&T. Remember Verizon's \$300 for 500 Mbps plan? In Kansas City, Google Fiber offers 1000 Mbps for \$70 a month. Chattanooga, Tennessee also offers 1000 Mbps for \$70 a month. If the incumbent ISPs are unwilling to upgrade their networks and our local Internet infrastructure, then local governments need to seriously consider facilitating disrupting their business.





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SCIENCE + TECHNOLOGY + ENGINEERING + MATH = STEM

Imstemalliance.org

The STEM Alliance is a grass-roots, non-profit organization dedicated to enhancing K-12 STEM education and enrichment initiatives to benefit students, parents and educators in our schools and community. We are a dynamic group of parents, educators, students, alumni, business leaders and community members working to:

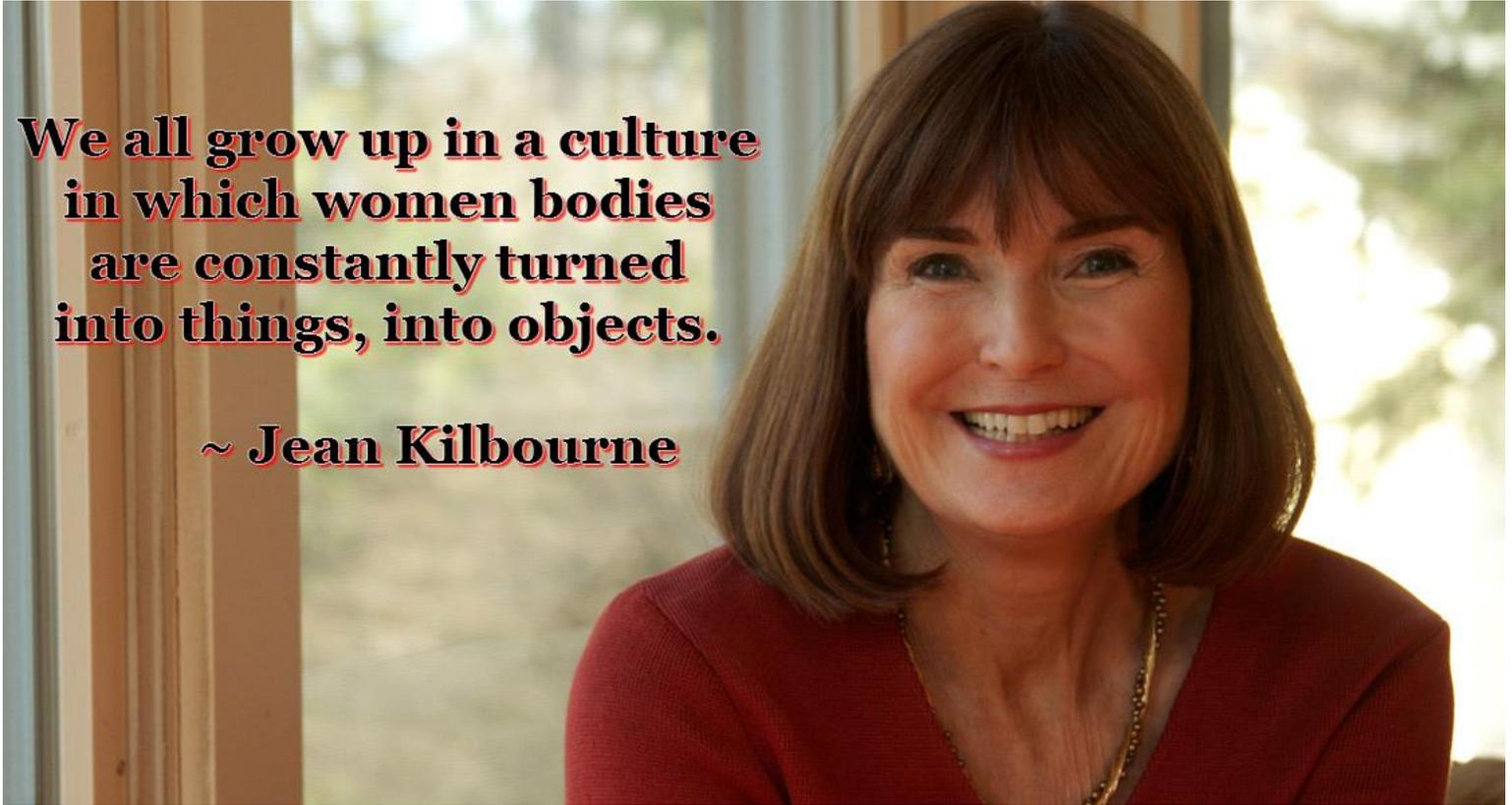
- ◆ *Enhance and expand STEM awareness, educational offerings and extra-curricular opportunities.*
- ◆ *Obtain grants to support STEM education, enrichment and professional development.*
- ◆ *Promote connections between STEM education and career opportunities.*
- ◆ *Create a strong network of STEM educators, professionals and community members to foster partnerships and increase our impact.*



Advertising Creates a Climate of Violence Against Women

We all grow up in a culture in which women bodies are constantly turned into things, into objects.

~ Jean Kilbourne



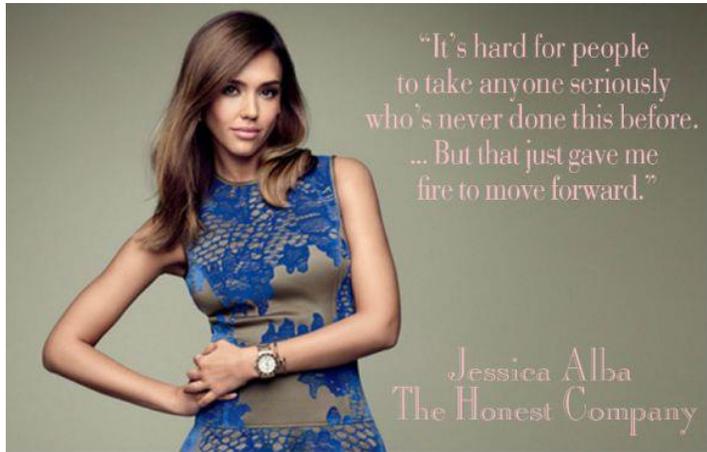
Advertising is an over \$200 billion a year industry. We are each exposed to over 3000 ads a day. Yet, remarkably, most of us believe we are not influenced by advertising. Ads sell a great deal more than products. They sell values, images, and concepts of success and worth, love and sexuality, popularity and normalcy. They tell us who we are and who we should be. Sometimes they sell addictions. ~ Jean Kilbourne



About 80% of all 10-year-old girls have dieted at least once in their lives.

The more hours of TV a girl watches, the fewer options she thinks she has in life.

Jessica Alba: Becoming a Billionaire

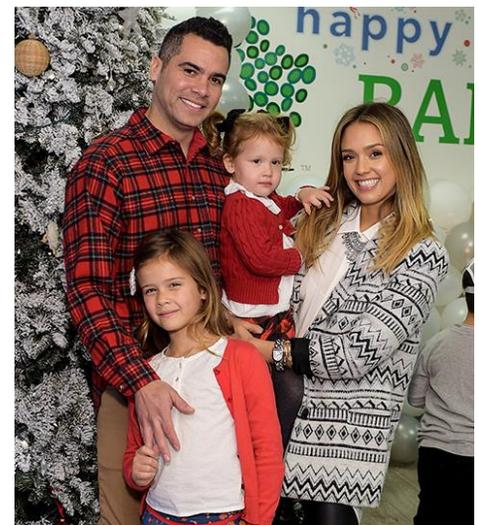


In 2008, Jessica Alba was newly engaged to Cash Warren and pregnant with their first child Honor. During her pregnancy, Alba broke out in hives from an allergic reaction to a laundry detergent. This combined with a history of childhood illnesses inspired Alba to research household products. What she found terrified her: petrochemicals, formaldehydes and flame retardants in everyday household products from floor cleaners to mattresses. Some were listed on the ingredients label plain as day, with others disguised under the

catchall of “fragrance,” which is entirely legal.

Based on need to bring non-toxic household products to the marketplace, The Honest Company was launched in 2011. In November 2014, the company had 275 employees and had \$170 million in 2014 sales. It was valued at \$1.7 billion as of August 2015. Alba, who owns between 15% and 20% of the company, according to a source with knowledge of her investment, is sitting on a fortune of over \$300 million.

This brings us to an important point made by Justine Musk, the first wife of Elon Musk, the CEO of Tesla Motors and SpaceX. Justine was married to the billionaire CEO for eight years and she recently posted a response to a Quora thread asking: “Will I become a billionaire if I am determined to be one and put in all the necessary work required?”



Cash Warren, Jessica Alba, and daughters Honor and Haven Warren

Her answer is “no,” though she says the Quora reader is asking the wrong question:

Shift your focus away from what you want (a billion dollars) and get deeply, intensely curious about what the world wants and needs.... The world doesn't throw a billion dollars at a person because the person wants it or works so hard they feel they deserve it. (The world does not care what you want or deserve.) The world gives you money in exchange for something it perceives to be of equal or greater value: something that transforms an aspect of the culture reworks a familiar story or introduces a new one, alters the way people think about the category and make use of it in daily life.





Zhou Qunfei is the most successful self-made female billionaire in the world. She started as a factory worker.

Sara Blakely is the founder and owner of Spanx and a minority owner of the Atlanta Hawks. She is listed #17 on Forbes America's Richest Self-Made Women with an estimated net worth of \$1.07 Billion.

After her short stint at Disney, Sara Blakely accepted a job with office supply company Danka, where she sold fax machines door-to-door. She was quite successful in sales and was promoted to national sales trainer at the age of 25. Forced to wear pantyhose in the hot Floridian climate for her sales role, Blakeley disliked the appearance of the seamed foot while wearing open-toed shoes, but liked the way that the control-top model eliminated panty lines and made her body appear firmer. She experimented by cutting off the feet of her pantyhose while wearing them under a new pair of slacks and found that the pantyhose continuously rolled up her legs, but she also achieved the desired result.

At age 27, Blakely relocated to Atlanta, Georgia, and while still working at Danka, spent the next two years and \$5,000 savings researching and developing her hosiery idea. During this research and development, she found that there were no female patent lawyers operating in the entire state of Georgia. Unwilling to spend the \$3,000-\$5,000 quoted in legal fees, she instead wrote her own patent after purchasing a textbook from Barnes & Noble.

Blakely then drove to the state of North Carolina, the location of most of America's hosiery mills to present her idea but was turned away by every representative. Used to dealing with established companies, they did not see the value of her idea. Two weeks after arriving home from her North Carolina trip, Blakely received a call from a male mill operator based in Asheboro, North Carolina who offered to support Blakely's concept, as he had received strong encouragement from his two daughters. Blakely further explained in 2011 that the experience of developing her idea also revealed to her that the hosiery manufacturing industry was overseen solely by males who were not using the products they were producing.

Zhou Qunfei, school dropout (by economic necessity), former factory worker — and founder and CEO of Lens Technologies, the world's leading manufacturer of touch screens for companies like Apple and Samsung.

Zhou, 45, who grew up in a tiny village in China, lost her mother at age 5. Her father was nearly blind after an industrial accident. She dropped out of school at age 16, rose through the ranks at work, and ultimately launched her own glass-refining company, which went public in March 2015.

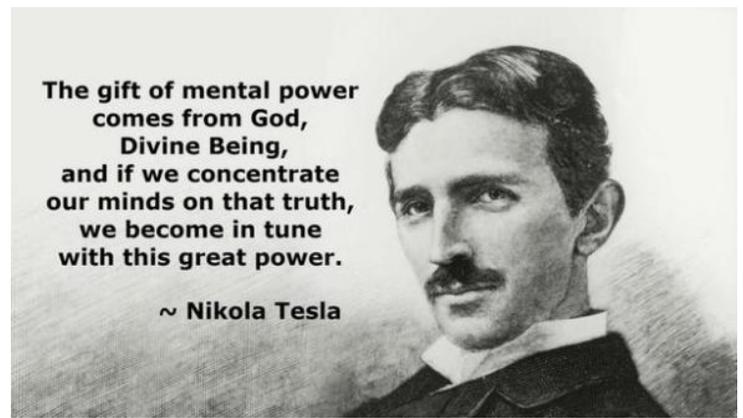


No Conflict Between Science and the Bible

The medieval philosopher Moses Maimonides insisted that conflicts between science and the Bible arise from either a lack of scientific knowledge or a defective understanding of the Bible. Many great scientists such as Sir Isaac Newton, Nikola Tesla, George Washington Carver, Robert Boyle, Michael Faraday and Louis Pasteur were deeply religious men.

In the 16th Century, mathematician and astronomer Nicolaus Copernicus formulated a heliocentric model, which is a model that placed the Sun rather than the Earth at the center, of the universe. In 1616, the Inquisition declared heliocentrism to be formally heretical.

MIT-trained physicist and former member of United States Atomic Energy Commission Gerald Schroeder:



What does the position of the Earth have to do with belief in a creator of the universe or the validity of the Bible? Nowhere does the Bible claim that Earth is central to anything. In fact, the very first sentence of the Bible we read – “... God created the heavens and the earth” (Gen. 1:1). The heavens precede the Earth. As scientific data demonstrating the Sun’s centrality accumulated, the Church was forced into an embarrassed retreat. So today, the popular perception is that science had proven the Bible wrong. In reality, the claim of Earth’s centrality had nothing to do with the Bible.

In 1959, a survey was taken of leading American scientists. Among the many questions asked was, “What is your estimate of the age of the universe?” The response to that survey was recently republished in Scientific American – the most widely read science journal in the world. Two-thirds of the scientists gave the same answer. The answer that two-thirds – an overwhelming majority – of the scientists gave was, “Beginning? There was no beginning. Aristotle and Plato taught us 2400 years ago that the universe is eternal. Oh, we know the Bible says ‘In the beginning.’ That’s a nice story; it helps kids go to bed at night. But we sophisticates know better. There was no beginning.”

That was 1959. In 1965, Arno Penzias and Robert Wilson discovered the echo of the Big Bang in the black of the sky at night, and the world paradigm changed from a universe that was eternal to a universe that had a beginning. Science had made an enormous paradigm change in its understanding of the world. Understand the impact. Science said that our universe had a beginning. I can’t overestimate the import of that scientific “discovery.” Evolution, cave men, these are all trivial problems compared to the fact that we now understand that we had a beginning. Exactly as the Bible had claimed for three millennia.

In a NPR interview The Very Rev. Gary Hall, former dean of the National Cathedral in Washington, D.C., points out that to counter the decline of Christianity it is time to talk about God in a grown-up way:

I’ve always felt that it’s important for religious people to have the same kind of philosophical stance they use in their religious life as they do in the rest of their life. And a lot of times I think religion – religions – ask people to sort of turn off the scientific part of their lives and just go and kind of think about God kind of prescientifically.

I don’t think we can do that. We’ve got to have a faith that is, in some sense, consonant with the way we think about the world scientifically. And again, I think one of the things the Pew study suggests to us is that if the church can get over its anxiety about talking about God in a grown-up way, we would actually reach out to and speak to more people than we do right now.

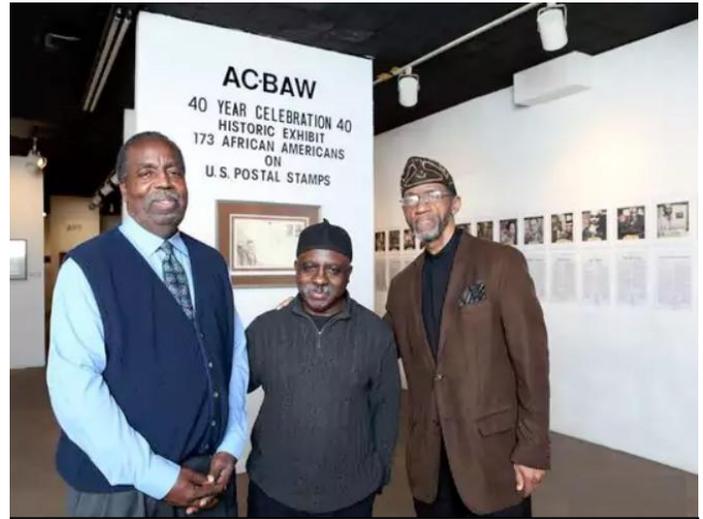
ACBAW Exhibit Heralds the Achievements of 173 African Americans

Jimi Hendrix. Richard Wright. Harriet Tubman. Maya Angelou. Frederick Douglass.

All hold a significant place in history and each has been honored for their accomplishments by being featured on a U.S. postage stamp.

The Association of Community-Based Artists of Westchester (ACBAW) marks its 40th year with an exhibit of gallery-sized commemorative U.S. Postal Service stamps featuring groundbreaking African Americans from every walk of life.

Saleem Sullivan, president of ACBAW, said this is the first time this particular layout of stamps has been presented in the U.S. The association purchased the black heritage stamps from national groups including The Ebony Society of Philatelic Events and Reflections (ESPER) and The Black



From left, Saleem Sullivan, president of the board, curator Billy Thomas and treasurer Ennis Bennett at the center in Mount Vernon Jan. 3, 2017. (Photo: Tania Savayan/The Journal News)



Heritage Commemorative Society. “It’s the first time it’s been transferred from book to gallery-size,” said Sullivan.

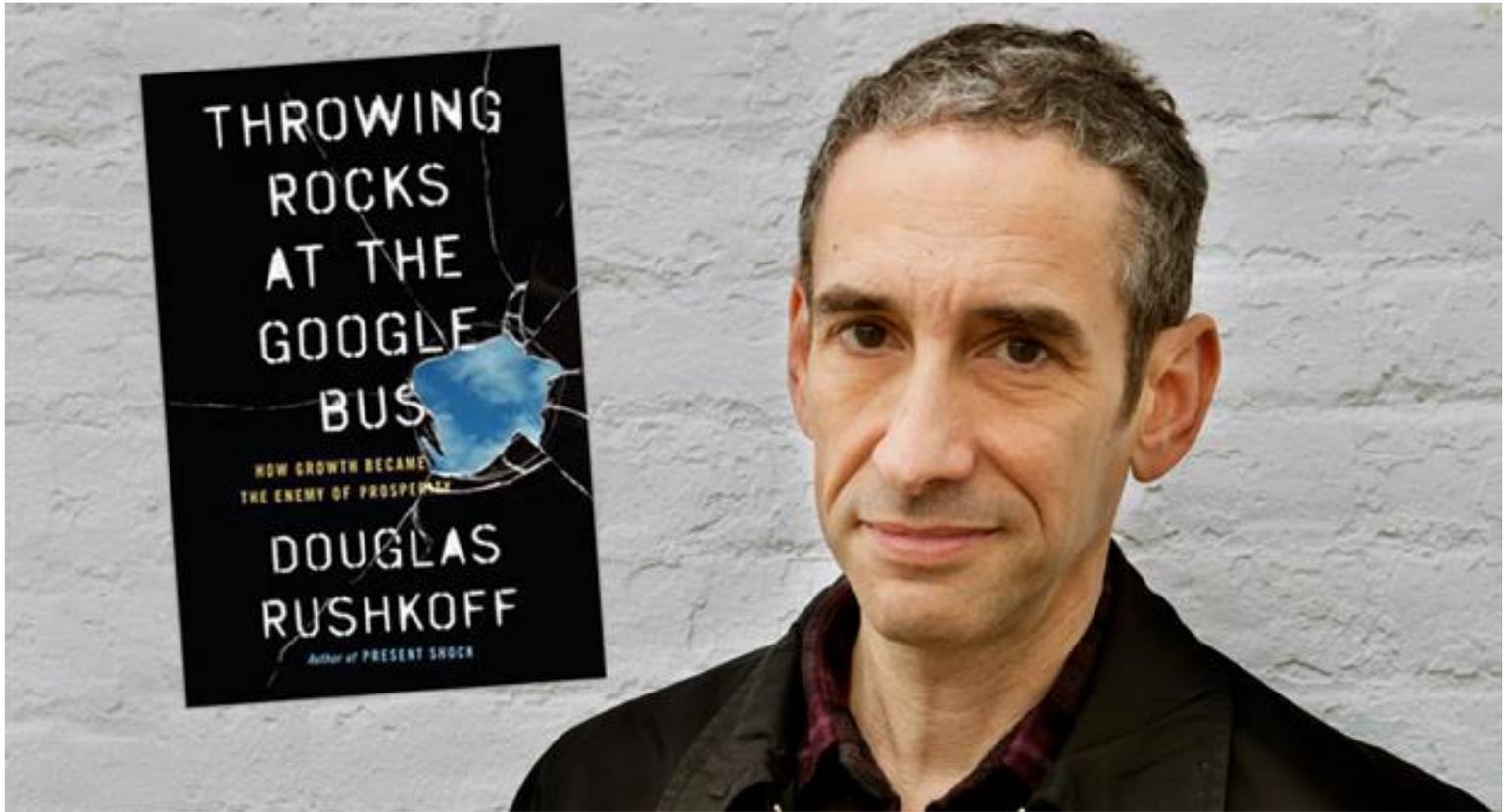
Billy Thomas came up with the idea of the stamp retrospective for the Mount Vernon audience. “This is a taste of (local residents) understanding the broader picture,” said Thomas, ACBAW vice president and curator.

William “Billy” Thomas began working at the Mount Vernon Boys’ Club (MVBC) in 1955. Over the next 22 years he rose from athletic to program to camp and finally to Executive Director. In 1968, he was drafted into the United States Army and serve in Vietnam. Mr. Thomas also worked for over 20 years in the New Rochelle School District as a special education teacher.

**Through the end of 2017; 1-5 p.m. Saturdays only
Call for additional times and group reservations
ACBAW, 128 South Fourth Avenue, Mount Vernon**

914-473-5788 ACBAW.com

Douglas Rushkoff



Dr. Douglas Rushkoff is an author, teacher, and documentarian who focuses on the ways people, cultures, and institutions create, share, and influence each other's values. He is Professor of Media Theory and Digital Economics at CUNY/Queens, technology and media commentator for CNN, digital literacy advocate for Codecademy.com and a lecturer on media, technology, culture and economics around the world.

His new book, *Throwing Rocks at the Google Bus: How Growth Became the Enemy of Prosperity*, argues that we have failed to build the distributed economy that digital networks are capable of fostering, and instead doubled down on the industrial age mandate of growth above all. His previous best-selling books on media and popular culture have been translated to over thirty languages. They include *Present Shock: When Everything Happens Now*, *Program or Be Programmed: Ten Commands for a Digital Age*, a followup to his Frontline documentary, *Digital Nation*, and *Life Inc*, an analysis of the corporate spectacle, which was also made into a short, award-winning film.

As you approach whatever it is you're doing, you have to think "do I want to be like a traditional corporation, a shareholder owned corporation, where the object of the game is to earn and extract enough money from this business, so my grandchildren can inherit enough cash to live their lives? Or do I want to create a business that's healthy and sustainable enough that it can generate revenue and opportunities for my grandchildren who hopefully will want to join that business?" The latter is the sort of approach that creates a business that wants to befriend communities. It's your name on the thing. You don't want people to hate you the way they hate Uber because that's you, that's your kids, that's your family name, that's your legacy. You have such a different relationship to it that you start to think of your neighborhood as a legacy and the planet as a legacy and your grandchildren as a legacy and your workers as a legacy.



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crcny.org



Community Resource Center (formerly Hispanic Resource Center) was founded in 1998 to promote the cultural, economic, educational and professional integration of immigrants to the already established larger community and advocates for those in need. We aim to provide the tools to prepare new immigrant families to become self-sufficient and active members of the community. Over our 17 years in existence, we have grown from a community initiative designed and acting as a clearinghouse of information and referral services, to an organization that provides comprehensive direct client services and programs. We provide a host of educational programs, case management and referral services and advocate for immigrants and low-income families in need. In the past year, we served an estimated of 3,500 adults and children in three primary areas: Case management / social services; Educational programs and workshops; and Worker Center -job placement for men and women seeking employment. Our vision is that through our own work and effective networking, the Mamaroneck community and Westchester County celebrates and benefits from its cultural and economic diversity.

Sal's Pizza II

Quaker Ridge Shopping Center
43 Quaker Ridge Rd
New Rochelle, NY 10804

(914) 632-1248

Sals2pizza.com



Looking for great pizza, then look no further than Sal's Pizza II in the Quaker Ridge Shopping Center. I have enjoyed the Buffalo Chicken, Salad, and BBQ Chicken Pizzas. All excellent but the real secret to Sal's is the restaurant quality food that he serves. Sal served me baccala one day and a fettuccine dish another day, simply amazing. ~ *Terrance Jackson*



Iris Freed



This 97-year-old retiree has been volunteering with New Rochelle's HOPE Community Services for over 30 years. "She is adamant about making sure everyone has adequate food here," said Carole Troum, executive director of HOPE. "She has a relationship with the clients ... she really cares about them."

"I have gotten very involved with all the people there and they become my friends and I become their friend and when they have problems they talk to me," Freed said. "It is sort of a sharing. What I

love about HOPE is being able to give and get," Freed said. "I get a lot from giving."

Freed's caring for others is not just felt by those receiving services at HOPE. She makes sure to engage with the high school students who volunteer there and speaks about volunteering at churches and schools, like Fordham Prep.

Freed lives in Larchmont and has two daughters, Louise

and Debra. Her husband, Selwyn Freed was the Chief of Urology



Selwyn Freed

at Montefiore-Einstein from 1966 until 1988. He died on September 6, 2016 at the age of 99.

HOPE Community Services is an organization, which states that its mission is to "help low income residents maintain adequate nutrition." It operates a soup kitchen, food pantry and offers services to help the homeless get back on their feet.



Former Volunteer Coordinator Sue Gedney, former New York State High Chess Champion Joshua Colas, Iris Freed, and Terrance Jackson.



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All The Way and Then Some

At Army Airborne Training there is a call and response:

Sergeant: What do you want to be?

Trainee: AIRBORNE!

Sergeant: How far are you willing to go?

Trainee: All the way and then some Sergeant Airborne!

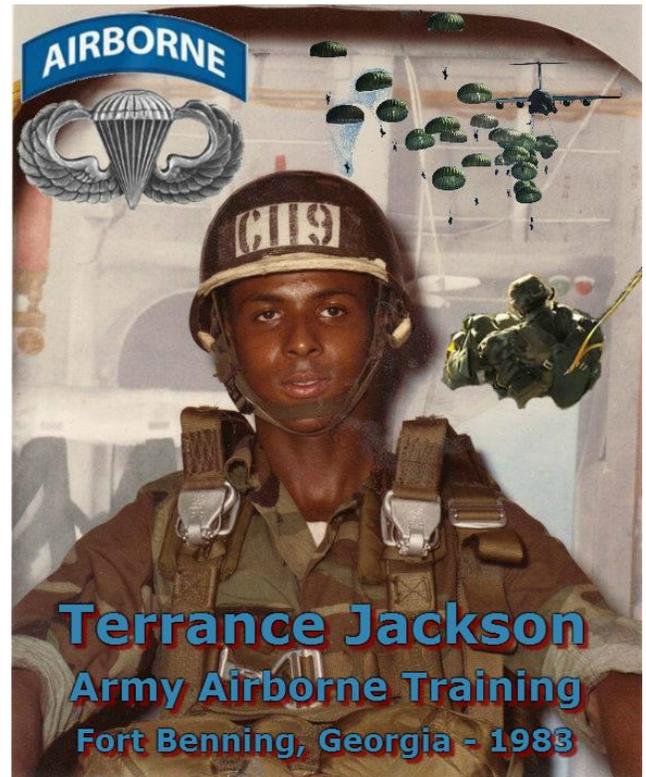
Sergeant: And far is that?

Trainee: Sick lame and lazy, and Airborne crazy Sergeant Airborne!

At Larchmont Ro Magazine, we understand that the new model of advertising and branding demands that companies improve public life and satisfy the needs of our higher sacred selves.

Larchmont Magazine creates real innovation and real value for local families and businesses by understanding people as human beings, not consumers. The basic idea is to build a close personal relationship based on quality, service, friendship, loyalty, and communications. And, not based on deceptions.

Google and Facebook are advertising companies, nearly all of their revenue comes from advertising. Yet, they are not very good advertising companies in the sense that the best advertising is based on emotional connections. This is not well understood in Silicon Valley.



The Oct/Nov issue will be:

Circulation: 1000

Size: 8.5" x 11"

Page Count: 36 or 40

Material: 80lbs Gloss

Binding: Saddle Stitching

Advertising rates :

Full page: \$390

1/2 page: \$215

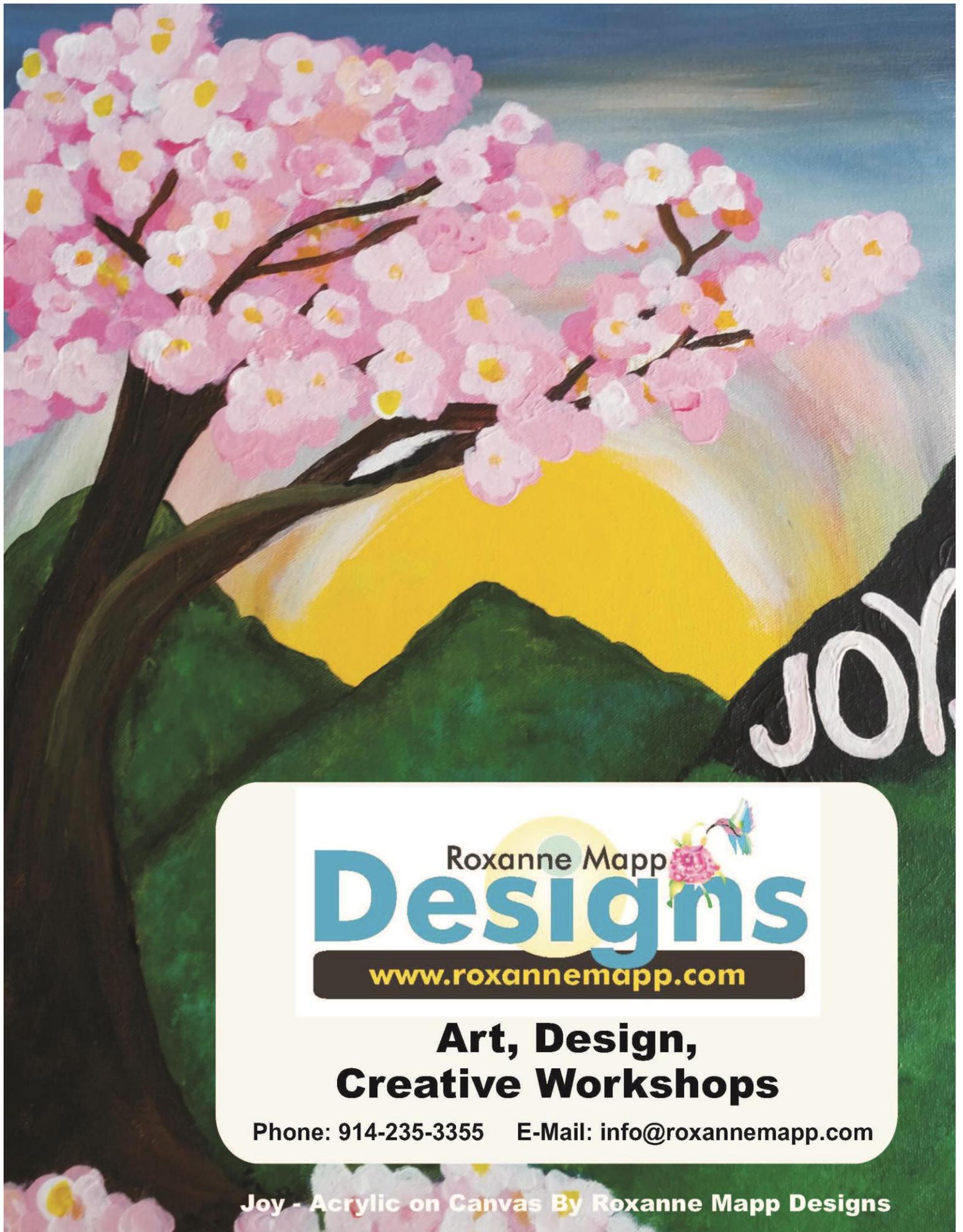
1/4 page: \$140

Business card: \$60

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terrance.jackson17@gmail.com

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