

MILEPOSTS

A Newsletter for MTA Metro-North Railroad Customers

April 2021

- [New Schedule](#) ■ [Take a Hike](#) ■ [Hike Safely](#) ■ [Play Ball!](#) ■ [RailStories](#)
- [Dog Rescue](#) ■ [Safety Rule](#) ■ [Courtesy Corner](#) ■ [Getaways](#) ■

Metro-North Schedule Change, April 12

Spring is here!

And, what comes at the same time as daffodils, crocuses, and hyacinths? A Metro-North schedule change of course!

On Monday, April 12, 2021,

Metro-North made schedule adjustments to the weekday schedules on the Harlem and New Haven Lines.



On the Hudson Line,

with the new schedule, **service to the Manitou Station resumes on April 17.**

On the Harlem Line,

- **Weekend/holiday service, is restored on Saturday, April 17** between Southeast and Wassaic stations, with nine trains operating in each direction. Customers will need to change trains at Southeast for express trains to and from Grand Central Terminal.
- **Appalachian Trail station is also restored on April 17.**
- The replacement of track switches north of Hartsdale station will require a single-track operation between Scarsdale and North White Plains stations for approximately 4 months.
 - To accommodate work, a total of five AM and PM roundtrip trains between Grand Central Terminal (GCT) and North White Plains will end at Crestwood station and there will be minor schedule adjustments to 22 other trains.

On the New Haven Line,

an early morning inbound train from New Haven was added, and a stop at Greenwich, CT was added to two New Haven express trains. Additional service was also added to New Rochelle, Larchmont, Mamaroneck, Harrison and Stamford stations.

For [full details](#) about the schedule changes, please see our service page.



As more people in our region get vaccinated, we will continue to make service adjustments where needed.

Please continue to **wear a mask that covers your mouth & nose** on our trains and property as recommended by the

[Centers for Disease Control.](#)

#SocialDistance

#StopTheSpread

#StaySafe

[Back to Top](#)

Just in Time for Hiking Season: Manitou & Appalachian Trail Stops Open April 17

On April 17, Metro-North resumed service on weekends and holidays to two popular stops for hikers, Manitou and Appalachian Trail.

On the Hudson line

there will be six trains in each direction on Saturdays, Sundays and holidays to the Manitou stop. Service at the Breakneck Ridge stop remains suspended pending the completion of safety improvements.

On the Harlem Line,



weekend and holiday service resumes on 4/17 to the Appalachian Trail stop with two morning northbound trains and three afternoon southbound trains.

Enjoy! But of course, please enjoy safely...

[Back to Top](#)

Hiking Safety



**Please stay off
and away from the tracks!**

#HikingSafety #RailSafety #MNRTRACKS

Metro-North Railroad
TRACKS
Together Railroads And Communities Keeping Safe
mta.info/mnr/tracks



[Back to Top](#)

Play Ball! Service to Yankee Stadium Resumes

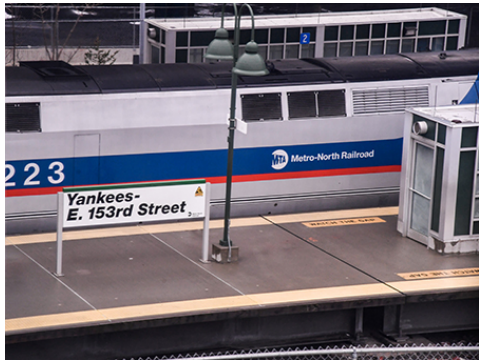
On April 1, **President Catherine Rinaldi** was at Yankees-E. 153rd Street station to welcome customers and fans back to Yankee Stadium.

With our Train to the Game® service back in play, we brought hundreds of customers to the Stadium for the Bronx Bombers' matinee matchup against the Toronto Blue Jays.

"The best way to get to Yankee Stadium from the Hudson Valley or Connecticut is to take Metro-North – this year just like any other," said Rinaldi. "We welcome back baseball fans with trains that are cleaner than ever, providing a safe and convenient ride to the stadium."

– Catherine Rinaldi Metro-North Railroad President

Want to see a game this season? [Visit our Train to the Game webpage for info.](#)



[Back to Top](#)

RAILSTORIES

Celebrating Women's History Month at Metro-North

Metro-North recognized Women's History Month in March by profiling six women who work at the railroad, and they became part of our new [RailStories series](#).

Phyllis Mials

The series started with our "poster girl" for an exceptionally clean Metro-North, **Phyllis Mials**, Coach Cleaner, whose image has graced our electronic billboards and social media since the pandemic began. She poses decked out in a white suit, cleaning the interior of one of our train cars with a spray cleaner in her hand.



"I was in New Haven, and I didn't know [my photo] was posted everywhere.

Customers were getting off the train, and calling out to me — they said, 'Hey, you're that lady, you're that poster girl!' They also said 'Thank-you,' because "they appreciate that we are cleaning the cars."

– Phyllis Mials

[Read More](#)

Lyn Hannah



Among the other five women we profiled was **Lyn Hannah**, who over her career, rose from working as a brakeman on freight trains in the mid-west, to Director of Rules at Metro-North: Her work has won accolades from the National Transportation Safety Board (NTSB) for its exceptional attention to safety details.

[Read More](#)

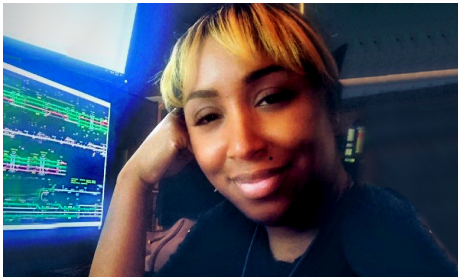
Arinda Vasquez

We also profiled **Arinda Vasquez**, who for the past 15-plus years, has worked her way up our Mechanical ranks to Asst. Facilities Director on our Upper Harlem Line — much like she did in the U.S. Marine Corps as a member of its Marine Aviation Logistics Squadron (MALS-14).

[Read More](#)



Ebony Smith



After serving our country bravely for nearly two decades in the United States Army, where she served in tours in Iraq, Afghanistan and Korea, **Ebony Smith**, Rail Traffic Controller, Operations Control Center (OCC), needed a new challenge, and Metro-North was a good place to start.

[Read More](#)

Jackie Martinez

Jackie Martinez grew up in the Bronx and equipped with an engineering degree, is a manager of track maintenance on the New Haven Line where she goes out on inspections and manages track crew assignments for about 300 people.



[Read More](#)

Michelle Morris



And **Michelle Morris**, Signal Maintainer, has only been at Metro-North for three years, but it hasn't taken her long to make her mark on the railroad and its complex signal system.

[Read More](#)

[Back to Top](#)

Not a 'Doggone' Day on the Danbury Branch

On the evening of February 18 at around 5 PM, a Metro-North train was operating south on the Danbury Branch through Redding, CT, when the locomotive engineer spotted something awry.

"We were coming around a curve and went into a straightaway when I saw some movement," he said. "I put a little brake on — and blew the horn repeatedly."

Apparently, it was a dog running at full speed right in the middle of the tracks ahead of them.

"As we were approaching, the dog was still running away from us," said the conductor, who continued to blow the horn and apply the brakes.

Under normal circumstances,

it takes about a mile for a train to stop, and there just wasn't enough time. Before the train could come to a complete stop, the dog disappeared underneath the head car. The train crew prepared for bad news.

"We got off the train and looked under the head car to see," said the conductor. After a few minutes, relief flooded in. "It was safe, on its belly crawling underneath the train, just sitting there. It must've been able to duck as we went over it."

As the incident unfolded, the train's Conductor radioed Metro-North's Rail Traffic Controllers to relay the situation at hand. The Assistant Conductor was also on board to provide immediate support.

Upon closer inspection,

the crew saw that the dog, a black and white Husky named Lolli, wore a collar with I.D. tags. With a little coaxing — no thanks to some trail mix, the only food they had on board — the Assistant Conductor was able to reach the dog and place it inside one of the coaches.

Lolli's owners, who lived nearby, were notified and pickup was arranged as the train continued its northbound travel.

"We set up an area in the car for the dog and we gave it water," said the Engineer. "It calmed down after we got moving and it settled into its spot. She was really comfortable and calm."

Apart from Lolli's appreciative owners, the customers aboard the train were notified about why they were experiencing a delay. And they were equally impressed with the crew's efforts in rescuing the Husky.

"To see the dog unharmed and to get her back to her owners, it was a good day," added the Engineer. "We were all able to work together. It was definitely a great outcome."



[Back to Top](#)

Safety Rule of the Issue

Evacuation Instructions

Listen for directions from authorized personnel.	Remain inside train if possible. If not...	Go to next car through end doors. If unable...	Open side door and go out. If unable...	Go out emergency windows.

Even if you think you are familiar with **what to do in the event of an emergency** on your train, we urge you to take a moment to review the emergency procedures.

- **Be sure to familiarize yourself with safety signage** (above) in cars so you will know how to locate and operate emergency exits.
- Remember that your best protection is to **remain calm** and think clearly.
- The safest place to be is on the train. However, if you are directed to evacuate to the track level, **follow the train crew's directions carefully**, watch your step and stay away from the third rail or any downed wires.

We bring you this information because your safety is always our first priority.

[Back to Top](#)

Courtesy Corner

Been vaccinated? Great! We are happy to hear that! We are looking forward to a time when most of us have received the coronavirus vaccine.

But we ask that you continue to exercise the patience of a saint — or even a spring cherub — by continuing to wear a face mask, even if you have had your complete vaccine.



New York and Connecticut state laws require that face masks be worn on all Metro-North trains, stations and at Grand Central Terminal, regardless of vaccination status.

We also ask that you continue to keep a social distance from others.

Let's all stay safe and come out of this together.

Thank you!

[Back to Top](#)

Bring Mom Dinner, Take Her to Flowers

Most years on Mother's Day you "Bring Mom Flowers" and "Take Her to Dinner," but since the days of mask wearing and social distancing are not yet behind us, maybe try to show your appreciation in another way this year. What better way to show Mom how much you care?

Hudson Valley Restaurant Week

May 10 – 23

Have a wonderful "al fresco" experience whether you're eating on the patio or a more sophisticated picnic in the park thanks to that takeout dish sourced from the culinary and artisanal products that are making the Hudson Valley a delicious food destination.



KUSAMA: COSMIC NATURE

at New York Botanical Garden

April 10 – October 31, 2021, 10 AM – 6 PM

Save 20% on Garden Pass Tickets* when you use code **MNR20** at nybg.org

Spectacular installations feature Kusama's multifaceted art, including monumental floral sculptures that transform NYBG's 250-acre landmark landscape.

Walkway Over the Hudson – Mayfest Essential Farmers and Makers Market

Saturday & Sunday, May 8 – 9, 12 – 5 PM

Hosting a selection of the Hudson Valley's finest producers at the Hudson Valley Rail Trail and the west approach to Walkway Over the Hudson State Historic Park. [See more information](#) on tickets, and a list of participants.



In celebration of Mother's Day, all moms attending Mayfest will receive a complimentary flower.

Tasting tickets available for \$25. Discounts available members, veterans, active-duty military, and senior citizens (65+)

For more details on these and other getaways visit us online.

[Back to Top](#)