

Residential Hauntings

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ENTITLED:

GHOSTS
AND
LEGENDS
OF
YONKERS

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Ghosts and Legends of Yonkers

Nepperhan Avenue Haunted House

There is a two-story house located on Nepperhan Avenue that was built in 1957. Decades earlier, the area was once occupied by a pickle factory belonging to Wells, Miller and Provost. Sometime after the house was built, the original owner had a concrete deck built at the rear of the backyard to support an Olympic-sized in-ground swimming pool. The house would pass through only two other owners before it became the property of the current owners during the late fall/early winter of 2000. A few years later, a beautiful small fountain was built on the front lawn, which is elevated by a small hill with a built-in rock garden. At a glance, the exterior is not too different from its neighboring houses.

The interior of the house consists of two separate apartments, a walk-in attic, a half-finished basement and a one-car garage. The house is owned by a family, which occupies both apartments. However, the members of this family are not the only occupants of the house.

According to the current owners, whispers have been heard mainly in the second-floor bedroom. Voices have also been heard coming from the hallway where the staircase is located. Mysterious footsteps have been heard on the second floor, and people have been touched when no one else is around. The feeling of someone else being on the bed has been felt in both the second-floor bedroom and the first-floor bedroom, which is directly below it. Numerous photos of orbs have been taken in the second-floor living room, although I do not put much stock into photos of orbs.

Those experiences mostly took place during the early 2000s, within the first five years of living there. However, the paranormal activity did not end there.

During a party in the summer of 2008, an elderly female houseguest saw the apparition of a lovely young blonde girl of about eighteen years of age. She was walking out of the house from the first-floor kitchen out to the backyard. She then walked up toward the pool area, which is elevated by a concrete deck area. Curious to see whom the young blonde girl was, the guest walked up to the pool area. By the time she got there, the young girl had vanished. There is nowhere she could have gone from that location, except over the tall fence into a neighbor's yard, which is highly unlikely.

Coincidentally, one resident reported having strange dreams that involved a similar young woman with long, light brown hair named Megan. Before that dream, he had never seen the girl in his life. Could it possibly have been the same girl from the swimming pool, who was now appearing in a dream?

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There are people who claim to have been visited by dead relatives or friends in their dreams. As strange as it may sound, it is a common phenomenon.

There have been times when an Ouija board was used within the house on the second floor, mainly in the kitchen. During one Ouija board session conducted in December 2010, which was recorded on video, a bubble-like orb appeared upon request. A strange metallic sound was also heard, as if someone tapped a fork or a spoon.

It is said the use of Ouija boards can lead to spiritual doorways being opened. These doorways can invite unwanted spiritual entities to an otherwise peaceful residence and wreak havoc on a home.

As a warning, it is advised to leave Ouija boards alone. It is not just a game, as some would have you believe, but a communications tool for the paranormal and the occult. In the wrong hands, it could be extremely dangerous. There really is no safe way to use it, and it should *never* be used while alone.

Over the past few years, shadowy figures have been seen moving quickly in front of the second-floor bathroom, which are usually only visible from the corner of your eyes when you are not focusing on them. One resident believes it could be the spirit of her dead black cat, Oscar, mainly because the shadows are often small. The main entrance door of the second-floor apartment leading to the stairs was found open on more than one occasion, during the summer of 2012.

A resident of the first-floor apartment claims she felt as if someone were holding her down while she was waking up from a sound sleep. Of course, it might have been a case of sleep paralysis.

Sleep paralysis is something that usually occurs when a person is either falling asleep or just waking up. The person finds himself or herself temporarily unable to move. It basically feels as if an unseen force is literally holding you down. According to scientific studies, this can be caused by a disruption of REM (rapid eye movement) sleep, which is a time when the body is usually in a dream state. It's a transitional state between wakefulness and rest that is characterized by total weakness in the muscles, or muscle atonia.

Sleep paralysis is often associated with terrifying visions, such as waking to find an intruder in your bedroom. It has also been linked to common disorders such as migraines, narcolepsy, anxiety disorders, obstructive sleep apnea, and it has also occurred while in isolation.

The same first-floor resident spoke of another time a few years earlier when she was lying in her bed and thought her husband was in the room with

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Henry Fuseli's *The Nightmare*, created in 1781, depicts a demon holding someone down, thus causing sleep paralysis. Image provided courtesy of Wikipedia.

her. She felt him sitting on the bed and noticed when he stood up afterwards. However, at that exact moment, she heard someone else enter the room and it sounded like her husband. She immediately opened her eyes, realizing someone else was in the room with her while she was in bed. She confirmed that it was indeed her husband who had entered the room, but there wasn't anyone else there with them.

She does not like sleeping in her bedroom anymore because she almost always has nightmares there. Her husband also often has nightmares in which he is in mortal danger. Both residents are retired and should rightfully be sleeping more peacefully.

It is unknown if anyone has ever died in their bedroom, but I know the former owner's father died not long before the house was sold.

During several paranormal investigations the electromagnetic field (EMF) meter has detected a high-energy reading near the wall by the front windows in the living room of the second floor apartment. EMF

meters are scientific devices, which are used to detect energy levels, but it is widely believed they can also detect the presence of spiritual energy. Incidentally, a strong spiritual presence can be felt in more than one room of the second-floor apartment. One has also been felt in an office, which faces the back.

Lately, there is only a minimum amount of paranormal activity that occurs. There have been no negative energies felt within this house.

**“GHOSTS AND LEGENDS OF YONKERS” by Jason Medina
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