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Friday November 12, 2021

Bail Reform Blamed for Yonkers Double Murder: Victims Mourned



Luis Ramos

Suspect Luis Ramos Arrested, Released for Arson One Week Prior to Double Murder

By Dan Murphy

The issue of bail reform in New York State is back in the news and in the public debate after a double murder in Yonkers on Nov. 1. Two women were found dead in the Wakefield Park section of Yonkers, after concerned neighbors called the police.

On Monday, November 1st, 2021, at approximately 4:30 PM, members of the Yonkers Police Department responded to 68 Shipman Avenue to conduct a welfare check of the residents at the request of a concerned third party: a mother and daughter who live at location were not heard from in

several days. Responding officers were unable to make contact with anyone inside the home and forced entry. Within the home officers discovered the lifeless bodies of two females, both having died from

apparent multiple stab wounds.

Officers cordoned off the scene and initiated a criminal investigation. Detectives from the Major Case Squad and Crime Scene Unit responded to the scene and canvassed for subjects and witnesses, recovered surveillance video, and processed forensic evidence. Within hours Detectives identified a person of interest, and in collaboration with local, state, and Federal authorities, tracked him to the area of the Arizona, Mexico international border. Working together with prosecutors from the Westchester County District Attorney's Office, investigators developed information and probable cause to charge that person of interest with felony crimes.

probable cause to charge that person of interest with felony crimes.

Murder charges and an arrest warrant were filed against Luis Gabriel RAMOS, a 27-year-old resident of Saw Mill River Road this City. Investigation yielded that RAMOS was known to the victims and allegedly stabbed them to death the weekend prior, sometime between Friday evening and Saturday morning. RAMOS then fled the area to the southwest United States to allegedly escape capture; he was apprehended by the FBI Phoenix Fugitive Task Force in the unincorporated community of Salome, Arizona Tuesday evening without incident.

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Yonkers Girl Scouts Help Raise POW-MIA Flags



Mayor Mike Spano, with Girl Scouts Natalie Naughton and Alana Kindelan, with Councilmembers Tasha Diaz, John Rubbo and Assemblyman Nader Sayegh

Mayor Mike Spano recently congratulated Yonkers Girl Scouts Natalie Naughton and Alana Kindelan for their work to raise money for POW-MIA flags, which have been placed under the American Flag at City Hall and other locations across the city. Mayor Spano, Veterans, and other elected officials, welcomed the two to a City Hall ceremony on Oct. 27.

"As one of my first acts as Mayor, I signed a bill into local law ordering that the POW & MIA flag be flown alongside the American flag on all city flagpoles. Today, I joined the Girl Scouts of Troop 1730, Natalie Naughton and Alana Kindelan, to remember those who are prisoners of war and missing in action," said Mayor Spano. "I am proud to recognize the many young women of our community who have distinguished themselves as self-motivated leaders, among these exemplary individuals is Alana Kindelan, who we acknowledge this day, for her amazing work on her Girl Scout Silver Award project, the highest award given to a Girl Scout Cadette.

Born in Yonkers, Alana Kindelan is the proud daughter of Maura and Sean; she began her tenure with the Girl Scouts of America while in Second Grade at Paideia School 15; she moved up in the ranks of the Girl Scouts, as a member of Girl Scout Troop 1730. Alana Kindelan is currently a Freshman at the Ursuline School.

Yonkers Congressmember Bowman Explains No Vote on Infrastructure Bill



Congressmember Jamaal Bowman, kneeling, campaigning in Eastchester

By Dan Murphy

In an exclusive interview with Yonkers Rising-Yonkers Times.com, Westchester congressman Jamaal Bowman defended and explained his no vote on the \$1.2 Trillion Infrastructure bill which narrowly passed the House and will now be signed by President Joe Biden.

"I supported both the Hard infrastructure bill and the Human Infra-

"I supported both the Hard infrastructure bill and the Human Infrastructure bill," Rep. Bowman said about the first infrastructure bill that he and five other progressive democrats voted no on. "But we had been negotiating for five months and agreed to move both bills together. The President and the Speaker were both on board with this strategy."

The second bill that Bowman and progressive members of congress including Rep. Alexandra Ocasio-Cortez, and Senator Bernie Sanders support is known as the human infrastructure bill. That bill would spend \$1.75 Trillion on universal pre-k, free community college education, public bousing subsidizing prescription drugs, and more

housing, subsidizing prescription drugs, and more.

But Bowman explained that at the last minute, on Friday November 5, six moderate Democratic house members refused to go along with the deal and vote on both bills together. The result was the first Hard Infrastructure bill, which did have bi-partisan support in the House and the Senate, passed narrowly, while the Human infrastructure bill sits awaiting a vote in the House, with an unclear future in the Senate.

"It wasn't the right thing to do, to pivot at the last minute away from what we had all agreed on. Both bills were ready for a vote on Friday. I couldn't support that and that is why I voted no," said Bowman, who realizes the benefits of the Hard Infrastructure bill, and that "I would never hurt my district," but he explained that he voted no both as a protest to the last-minute change and to support the importance of passing the Human Infrastructure bill. The Hard Infrastructure bill did pass, 226-208, with the help of 13 republican house members.

"The Human Infrastructure bill focuses on woman and people of color. 90% of the jobs in the first infrastructure bill go to white men. This

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St. John's Riverside Hospital Stroke Team Says Act F.A.S.T. If You See Signs of a Stroke



Dr. Raffaele Milizia and Linda Sugrue, BSN, St. John's Riverside Hospital Stroke Program Team

By Dan Murphy

At St. John's Riverside Hospital, members of the Stroke Program Team share with the public easy ways to identify if a friend or family member is having a stroke. The guidance from Dr. Raffaele Milizia and Linda Sugrue, RN, is based on the American Stroke Association's guidelines, with the acronym F.A.S.T. used as a mnemonic to help detect and enhance responsiveness to the needs of a person having a stroke.

The F.A.S.T. acronym stands for Facial drooping, Arm weakness,
Speech difficulties, and Time to call emergency services. The hope is that
more people in Yonkers and Westchester can easily remember F.A.S.T. to

detect if a loved one, friend, or co-worker has symptoms of a stroke.

"The take-home message is for people to have an awareness of what stroke symptoms could be, and the next step is to activate the healthcare system by calling 911," said Dr. Milizia, Medical Director of St. John's

Riverside Hospital Stroke Program.

"The F.A.S.T. mnemonic helps people recognize what the stroke symptoms are: loss of function - if you can't speak, and have a loss of feeling and use of your arm; these are all reasons to call 911 immediately and have emergency medical staff start to intervene. You don't have to be the person who says this is a stroke; just call 911," said Linda Sugrue, RN.

"Other signs to look for are sudden changes to your normal vision, bal-

Westchester State Senator Shelley Mayer Announces Run for NY Attorney General



Westchester State Senator Shelley Mayer

By Dan Murphy

Westchester State Senator Shelley Mayer announced this week that she is a candidate for NY Attorney General. Sen. Mayer's announcement comes one week after the current NY AG Letitia James, announced her candidacy for Governor next year, in 2022.

James' decision to run for Governor means that she will not seek re-election as Attorney General. And while Mayer got out early with her announcement, she is expected to have a lot of company in the democratic primary for AG. Democrats interested in running for NYAG include State Senator Mike Gianaris, Law professor Zephyr Teachout, Brooklyn District Attorney Eric Gonzalez, Queens Assemblyman Clyde Vanel, with more coming.

"I'm running for NY State Attorney General to make lives better for New Yorkers using the authority and power of the state's top law enforcement office. I have the experience, judgment, and legal skills to use this position for the common good and actually get things done. For twelve years, I served as an Assistant Attorney General, fighting for older women laid off from their jobs - even though they were good at them - because the Holiday Inns Corp. changed the vision of women they wanted to work at their restaurants; as the first head of the Westchester Regional Office, fighting for car buyers being ripped off for their initial deposits when they changed their minds; as an Assistant Attorney General in the Civil Rights Bureau, working on major reproductive rights cases all the way up to the Supreme Court; and as a legislative staffer and top counsel in the office, advising the Attorney General on the best ways to improve the lives of New Yorkers," said Sen. Mayer.

One Westchester Democrat insider said, "I love the job that Shelley has done for Westchester in the State Senate but making a run for Attorney General will be tough. It will raise her profile but, Gianaris wants to be AG badly. The only question is can a white male get elected statewide as a democrat anymore?"

Another Westchester democrat said that "Shelley can expect a challenge from Long Island for Attorney General. Congressmember Kathleen Rice and Congressmember Tom Suozzi are two names that come to mind quickly who want to be AG. And if you give me a day, I can give you a dozen more."

Mayer also highlighted her accomplishments in the State Senate in her announcement. "Now, as a Senator representing the diverse communities of the 37th Senate District, which covers a large part of Westchester County, from Yonkers to Bedford, I have brought my intense commitment to public service to help all the people of my district. As Chair of the NYS Senate Education Committee, I fought with Majority Leader Andrea Stewart-Cousins to finally ensure New York State's public schools received the funds they deserved under the law. During the height of COVID and to this day, I push to get thousands of unemployment claims addressed and resolved. And most recently I worked with the current Attorney General, Leticia James, to secure the \$2.7 million owed under the law to over 250 Doral Arrowwood workers who were terminated on Christmas Eve, 2019 without the notice to which they were entitled. From 2012 to 2018, as an Assembly Member representing Yonkers, I made sure the issues facing New York's third largest City were addressed including obtaining funds to restore Yonkers Public Housing, help fix and repave Central Avenue, and support our kids through quality afterschool programming," stated Mayer.

If Sen. Mayer were able to secure the democratic nomination for AG, it would set up another round of political musical chairs in Westchester for her Senate seat in the 37th District, which includes Yonkers, Eastchester and the Sound Shore up to North Caste. "There are at least a dozen democrats who would love to have the democratic line for Shelley's senate seat. It starts with Mayor Spano in Yonkers and continues north to include Assemblymembers Steve Otis, Amy Paulin, Noam Bramson and more."

Many Yonkers democrats had hoped that Sen. Mayer would return to Yonkers and run for Mayor in 2023, with the slogan already set-Mayer for Mayor. Some believe that dream may still happen. "Maybe Shelley is tossing her hat in the ring for AG as a way to build her gravitas and intimidate any democrats from challenging her for State Senate next year, but also to put her name on top of the list for Yonkers Mayor in two years."

But what if Sen. Mayer dreams the impossible dream and it comes true. She is the next AG. Her senate seats opens up, and sound shore democrats and Yonkers democrats duke it out. But who becomes the next Mayor of Yonkers? Without Mayer on the list for Yonkers Mayor, the two primary names are City Councilmembers Corazon Pineda-Isaac and John Rubbo. Both are also rumored to be running for City Council Majority leader next year; Pineda-Isaac currently holds the post.

The only other name for Yonkers Mayor out there is yes a Fourth Term for Mayor Mike Spano. Deputy County Executive Ken Jenkins wants to stay where he is and run for County Executive in four years. Mayor Spano is also eyeing a run for County Executive but would be out of office for two years in between.

One thing we heard again and again from Westchester democrats was their love for Shelley Mayer, and not an unkind word. Whether that Westchester democratic love translates into a run for statewide office is another matter.

State Senator Gianaris, who serves as Deputy Majority Leader under Mayer's Westchester colleague in the State Senate, Senate Majority Leader Andrea Stewart-Cousins, said "I love Shelley Mayer. She's a great colleague."



Aerosmith Founding Member to Hold Benefit for Disabled Veterans





An early photo of

Aerosmith from the 1970's

with Ray Tabano far right,

above, and Ray Tabano,

left, today

Some of our readers may not know that two members of perhaps the greatest American Rock band EVER, Aerosmith, came from Yonkers.

Fifty-one years ago last week, Aerosmith played their first ever show in Massachusetts. Raymond Tabano was the band's rhythm guitarist. Ray and his childhood friend Aerosmith front man Steven Tyler grew up in northeast Yonkers and attended Roosevelt High School. Later both moved to Boston and formed Aerosmith with Ray as the bands's original rhythm guitarist. Ray Tabano has been featured internationally in books, documentary films, tv and radio shows

This weekend Tabano, is hosting a fundraiser for his favorite charity, Disabled American Veterans Chapter #23. This event will be held over a two-day span, Friday & Saturday November 12 & 13 at Barney Mcnabbs, 600 Tuckahoe Rd. Yonkers NY. Admission is \$ 10.

Tabano and his Third Step Band will perform originals and covers of top British hits songs of the 60's. Ray's special guests on Friday night will be Sue & The Fun Ghouls and on Saturday it will be Lenny & The Biscuits. This will be a great show for a worthy cause.

The show also features a sparkling multi-media presentation of the period along with beginnings of Aerosmith who were influence by the music of that time. Some surprise celebrity guest maybe dropping in over the weekend. Don't miss this rockin fun filled opportunity to be part of this wonderful and charitable event and help us help our Veterans.

The concert starts at 830 pm both nights.

Letter to the Editor:

I am writing to express my appreciation to all the voters of Westchester who gave me a vote of confidence in electing me to a second term as Westchester County Executive. I am committed to continue achieving positive results for our neighbors over the next four years and I look forward to working closely with the people and the local governments of our area every single day.

George Latimer, Westchester County Executive





Yonkers Force Win Last Game of the Year, 28-14 Over Ramapo



Congratulations to the Yonkers Force Football team, photo by Doc-Wszolek

By Phil Foley

Last Saturday was a beautiful day, in fact a perfect day for football at Roosevelt HS Field. Coach Anthony Fava's Yonkers Force won their third game of the season and though it was the last game of the year the Force are starting to put it all together for future games next year.

When the final whistle was blown the Force won 28-14 over a quality opponent Ramapo HS. The stars of the game were Atticus Oelkers, Brandon Sweat, Ryan Joseph and Quadir Holmes; who were the heart and soul of the team all year long!

In the game QB Atticus Oelkers threw 2 TD passes to Brandon Sweat. Brandon had over 100 yards receiving for the third time this season! Atticus also scored on a rushing TD too!

Ryan Joseph had over 100 yards rushing for first time this season. He had 34 yard run for a TD in the 4th Quarter sealing the victory.

Quadir Holmes anchored a strong performance on both the offensive and defensive line of scrimmage!

The Yonkers Rising would like to congratulate both the Yonkers Force and the Yonkers Brave for playing their hearts out for their schools and representing Yonkers so well when they were the visiting teams on the road.

We will be announcing the Yonkers Rising Player of the Year Award from each team in a few weeks. Please look for it!

Matten Thanks the Voters of Yonkers



Free and fair elections are the cornerstone of our democracy. We have completed an historic election in Yonkers, and I would like to congratulate Lakisha Collins-Bellamy for becoming Yonkers City Council President-elect. I look forward to supporting Council President Collins-Bellamy, where our visions intersect. I want to thank a few members of my team who went above and beyond the call of duty. Justin Tubiolo, Bob Moffitt, Terry Lucadamo, Alexandra Valen-

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NOTICE: NEW YORK RESIDENTS Homeowner Funding enables families to make necessary energy efficient home repairs who: ARE UNABLE TO PAY CASH FOR NECESSARY HOME REPAIRS. CANNOT AFFORD HIGH OR ADDITIONAL MONTHLY PAYMENTS. HAVE BEEN TURNED DOWN FOR FREE STATE OR GOVERNMENT PROGRAMS. REPAIRS INCLUDE: ROOFING · SIDING · WINDOWS DOORS & MORE... NO MONEY DOWN / NO Equity Required QUALIFY TODAY: or visit NYImprovementfund.com

Flat Tire? Call Congressman Bowman 1-718-530-7710



By Eric W. Schoen

The infrastructure in this country is crumbling. Look at our streets. Look at the tunnels we pass under or over. Look at what happened with Hurricane IDA in September. 18 people died. Lately you cannot drive down a street where construction is not taking place.

Roads, bridges, people getting asthma because they have to breathe in the air from the Cross Bronx Expressway traffic. Flat tires. You pull out of the gas station and the alignment just done on your car hits the road and is out of wack. Money down no pun intended the drain.

Does our Congressman who represents Yonkers and a good part of Westchester, Jamaal Bowman, my neighbor, a resident of Park Hill in Yonkers care? Nope. He voted against the Infrastructure Bill to fix not only our regions infrastructure but crumbling infrastructure throughout the country.

He and the members of this so called 'Squad' voted against the American people who would not only have had their roads repaired but would have the opportunity for good paying construction jobs. We are talking about white, black and brown people. He put out a video saying the infrastructure bill would only benefit White People.

You see, he is ignorant of the fact that so many rules have been put in place at all levels of government to insure that Minority and Woman owned businesses receive a fair share of jobs on government contracts. He doesn't recognize the hard work of good Democrats like M. Paul Redd, may he Rest In Peace who was President and Chief Operating Officer of the Westchester/Putnam Affirmative Action Program. During his tenure, the agency successfully placed more than 4000 women and minorities in training programs leading to good paying careers as union tradespeople.

In one week our beloved M. Paul did more for women and minorities to get them good paying construction jobs than Jamaal Bowman will do in his lifetime. Every resident of New York's 16th Congressional District should be furious at Bowman's no vote. Every member of the construction and trades Unions in Westchester County should be furious. Every union member in Westchester County should be furious. Every Black, brown, white person and woman who lives in the 16th Congressional District should be furious.

That's why I say for all you drivers out there who get a flat tire, call Congressman Bowman's offices. In the Bronx the number is 1-718-530-7710. In Mount Vernon the number is 914-371-9220. In Washington the number is 202-225-2464. Ask him to send a tow truck to fix your tire or pay for a new one if it can't be fixed. Ask him to pay for new alignment on your car.

You realize when it comes to doling out the money allocated in the bill, the President and Governors are going to fund projects in districts whose representatives voted for the bill. Not so much so for those who voted against it. So Jamaal Bowman screwed those of us who live in his district big time!

Let's look at some of the many infrastructure projects that Jamaal Bowman voted against. The total bill that Congress passed is \$1.2 Trillion. New

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YONKERS TIMES

News in Yonkers and around Westchester

Sarah Lawrence College's Beczak Center Discovers Rare Fish in Hudson River Basin



You can call the lyre goby (Evorthodus lyricus) a fish out of water... at least the waters of New York State.

On October 25, Jason Muller, Outreach Coordinator at Sarah Lawrence College's Center for the Urban River at Beczak (CURB), was seining in CURB's restored tidal marsh on the banks of the Hudson River with a team of student scientists from the College and Yonkers Public Schools. That's when, thanks to keen observation skills, Muller, SLC sophomore Gabriella Marchesani '24, and Yonkers Middle High School seniors Michael Castro and Sukaina Rashid noticed a fish in their 30-foot net that looked "different."

"When we first saw the fish in the net we assumed that it was a naked goby (Gobiosoma bosci), which is a fairly common catch in our tidal marsh," said Muller. "It had many of the characteristics of a naked goby based on its size and external anatomy. But upon closer examination we noticed that its colors didn't quite match up to what we are used to seeing."

Without the team's attention to minute detail, this rare discovery might have gone unnoticed. The lyre goby measured a mere 33 millimeters, and just two black spots on the fish's caudal peduncle distinguished it from the more familiar naked goby.

Using top-notch field procedures, Muller and the students saved the fish, quickly brought it into one of CURB's aerated tanks, and alerted Tom Lake, Consulting Naturalist at the New York State Department of Environmental Conservation (DEC). After consulting with colleagues, Lake's initial suspicions that the fish was a lyre goby were confirmed. The lyre goby is now officially the 236th species of fish known to inhabit the Hudson River.

Finding a lyre goby in the waters of the Hudson River is intriguing since its native range is in the western Atlantic from the Chesapeake Bay (previously thought to be its northern limit) south along the U.S. coast, throughout the Gulf of Mexico and Caribbean Sea, and along the Central and South American coast. While the DEC team is still studying research and literature on the lyre goby, it appears that the CURB team's finding is the first record of a lyre goby in the Mid-Atlantic Bight, which falls between Cape Hatteras, North Carolina, and Martha's Vineyard, Massachusetts

Why Should Our Community Buy Bitcoin? Op-Ed by Scott Dennis

There will come a time in the near future that those of us in our community with an alternative reserve of wealth will be able to weather the storm of inflation better than others. Alternative to what you may ask? I am speaking of the US dollar, even now you must be noticing how much less your dollar is buying at the gas pump, the grocery store and most importantly with your utility bills. Alternative wealth can come in the form of stocks, land and precious metals however the most important version today is Bitcoin and other cryptocurrencies. No doubt you have heard of Bitcoin and perhaps you are dubious, it can be complicated and scary just the way fire, electricity, computers and every ground breaking invention were before this one. I encourage you to learn as much as you can about it because the more of us in our community that hold crypto the more solid and less susceptible to foolish money policy we will be. Bitcoin is the first of many cryptocurrencies and as of this writing is the most valuable in the market. In many ways it is the same as any commodity, at some point when it was first created by a particularly clever bit of software someone said to another person "how much will you give me for one bitcoin?" In the last decade the answer to that question has gone from almost nothing to close to \$62,000.00 per bitcoin at this writing, so why is it so valuable? There are many reasons including ease of use, transparency and security but I think the vital reason is that is decentralized, that is to say no governments can manipulate it, over print it or even outlaw it as this point. There is one interesting effect that researching crypto currency can have on a person however, it is not what one learns about the amazing uses of bitcoin, rather how little we actually know about the money we use now; the dollar also known as fiat currency and how money policy is making it worthless. It is true that Bitcoin is simply information on something called the blockchain, but what is a dollar if not a piece of paper back up by nothing but a promise from our govern ment, one that they cannot keep.

Send your letters and opinions to dmurphy@risingmediagroup.com

Notice of formation of <code>youRmore LLC LLC</code>. Arts. of Org. filed with the SSNY on 07/09/2020. Office: Westchester County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 10 Dassern Drive Apt I Dobbsferry NY 10522 . Purpose: Any lawful activity.





Yonkers Drunk Driver Pleads Guilty to Crash that Pinned Mother, Infant Daughter Under Car



David Poncurak
faces 3-5 years in
prison.
photo from Facebook

On Nov. 9, Westchester County District Attorney Miriam E. Rocah announced that Yonkers resident David Poncurak pled guilty after hitting a mother and her infant child with his car as he crashed through a Yonkers storefront while intoxicated.

Poncurak, 43, pled guilty on November 9, 2021, to Aggravated Vehicular Assault, a felony. He also pled guilty to Driving While Intoxicated, Driving While Ability Impaired by the Combined Influence of Drugs or of Alcohol, and Aggravated Unlicensed Operation of a Motor Vehicle in the Third Degree, all misdemeanors.

Poncurak faces a sentence range of 5 to 15 years in a state prison.

On July 23, 2021, at approximately 8:30 a.m., Poncurak hit a mother and her infant daughter with his car as he crashed through the storefront of a barbershop on Lake Avenue in Yonkers. The crash trapped both victims under the vehicle. Yonkers Police, with the help of bystanders, immediately lifted the car off the victims. Poncurak had a blood alcohol content above the legal limit and illegal narcotics in his system at the time of the collision.

Both victims were transported to Jacobi Medical Center in the Bronx, where the mother underwent surgery for a fractured femur. The infant sustained a fractured skull and severe burns.

"David Poncurak's decision to drive under the influence of alcohol and drugs put a mother and her infant child at severe risk," DA Rocah said. "I applaud the extraordinary work of the Yonkers Police Department, the bystanders, and the ambulance crew who sprang into action to assist during this harrowing event. These victims are alive today because of the heroic efforts of these brave individuals."

The case is before Judge Barry Warhit in Westchester County Court, and is being prosecuted by Vehicular Crimes Bureau Chief Nadine Nagler. Poncurak is scheduled to be sentenced on January 13, 2022.

A GoFundMe page was set up to help pay for the medical expenses of the mother and daughter. Both are said to be recovering well.

Third Precinct Police Community Council

Third Precinct Police Community Council will hold its next regular monthly meeting on Wednesday, November 17, 2021 at 7:30 PM at the Chema Community Center, 435 Riverdale Avenue. Residents and merchants of the southwest Yonkers area are encouraged to attend this important community meeting. Usual quality of life concerns will be discussed with Third Precinct Captain, Mike Mulvey. For further information contact Bob Stauf, President at (914) 476-2284.

Letter to the Editor:

Mr. Murphy, I like reading your stories and coverage of Yonkers online at Yonkers Times.com where I can also read your coverage of Westchester

My question to you is, having read about all of the towns and villages in Westchester that have decided to "Opt-Out" of permitting marijuana dispensiaries and cafes in their community, I wonder what decision will be made in Yonkers?

If I understand your stories about Marijuana legalization, a community has to Opt-Out before Dec. 31 or else they have Opted-In by default.

Have you heard anything about what the Mayor and the City Council plan on doing on this subject?

thanks Colleen Duffy, Yonkers

Letter:

I have been reading about what happened in Yorktown with the GOP and some bozo shouting out that democratic councilman Vishnu Patal was a "Sand N-word." What a disgrace! I wonder what would happen in Yonkers if something like that was said, or even worse if someone had a photo taken holding a confederate flag. Any thoughts? Janet Antonucci, Yonkers

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tino, Al Villate and John Larkin. This core group volunteered their time and moved mountains.

I grew to respect Devin O'Rourke's intellectual capacity as he delivered a win to Legislator-elect James Nolan.

Anthony Merante was a fantastic running partner and I congratulate him on his decisive victory.

Bob Stauf used his vast relationships within the community and delivered the Democratic vote. His success is evinced in the numbers. I would not have attained 47% of the vote without significant Democratic support. He also provided the mora compass of the campaign.

My wife, partner, and most ardent supporter, Khanittha Matten has been with me at every step. She was my photographer, sign builder, and soul builder.

I apologize if I left anyone out. There were many supporters across Yonkers. The election is over, but I will remain active in the Yonkers political scene. I welcome sharing ideas in an effort to make Yonkers the best place to live, best place to raise a family, and the best community to succeed, writes Matten.



The Harder They Fall, Number 1 on Netflix



Top right, Bass Reeves, bottom right Nat "Deadwood Dick" Love, bottom left James "Bloody Arm" Beckwourth

By: Dennis Richmond, Jr.

The Harder They Fall is currently the number one movie on Netflix. The film is about Black cowboys, Black outlaws, and Black lawmakers during the 19th century. The soundtrack for the film features a song called "King Kong Riddim." The song has multiple rappers on it, including JAYZ and Jadakiss. In the song, Jadakiss raps, "Black outlaws, opposite of the Proud Boys." The legendary rapper from Yonkers delivered beautifully on his verse. Jadakiss never disappoints in his music.

his verse. Jadakiss never disappoints in his music.

The film was co-produced by Shawn Carter. Shawn is better off known by his stage name, JAY-Z. The film has principal cast members that are all Black. Some stars in this film include Regina King, Idris Elba, Jonathan Majors, and LaKeith Stanfield. Many critics compare the movie to the movie Django Unchained. There are distinct differences between the two. Django Unchained did not have an entire Black principal cast and used the n-word excessively. The Harder They Fall didn't show slavery. There were no conversations about plantations. Not to mention, Black women and Black men stood up for themselves in various ways.

Yonkers City Councilwoman Shanae Williams talked to me for almost half an hour about the film. "I love the action, the horseback riding, and how they work with the police," she said. In the movie, we meet prominent figures in Black history. Figures who time attempted to erase and public schools failed to acknowledge. Bass Reeves was the first Black Deputy U.S. Marshal to the west of the Mississippi River. Stagecoach Mary was the first Black woman to become a star-route mail carrier in the United States. Nat Love was one of the most famous cowboys ever.

The movie showed Black people authentically. There was no subservientness. The women not only stood up to each other, but they stood up to men. Perhaps one of my favorite scenes in the movie was seeing an all-white town. You'll have to see the film to understand what that means. There's a reason that the movie hit number one on Netflix. That reason is that Black audiences will watch something if it shows authenticity.

"It was good," said Tulleesha Burbage, 27, in Upper Darby, Pennsylvania. She watched the film with a special friend a few days ago. The ancestors must be rejoicing to know that their names are being researched and celebrated. With Black people finally having their stories told the right way, thousands of people are tuning in to see what all the fuss is about, and you should too. "I would recommend it," said Kayvon Philip-Reid, 26, in Mount Vernon, New York. Even though some of the stories in the movie might be fictional, all the characters were real. I say the film deserves a ten out of ten.

Dennis Richmond, Jr., is an author and journalist focused on the Black, Latinx, and LGBTQIA+ Community. He has covered HBCUs periodically for six years at Yonkers Rising. Richmond lives in Yonkers. Follow him on Twitter @NewYorkStakz.

Girl Scouts, continued from pg 1-

For her Silver Award Project, ALANA KINDELAN identified the municipal buildings throughout our City, which either were missing a POW Flag or the POW Flag was tattered; she and friends and family members, through fundraisers, obtained the necessary funds to purchase the POW Flags, and

In addition to replacing the POW Flags, ALANA KINDELAN acquired a wealth of knowledge pertaining to Flag History, Flag Etiquette, as well as meeting Veterans, Elected Officials and participating in city-wide events.

The Silver Award is the second highest recognition offered in Scouting, ALA-NA KINDELAN with her involvement and dedication to the community, serves as a role model for many and has made both a difference and an impact in the lives of others, and

The City of Yonkers raises its voice in tribute to ALANA KINDELAN, an individual who proudly represents the mission and goals of the Girl Scouts in making the world a better place and through her leadership and confidence is destined to become one of our City's future leaders.

NOW, THEREFORE I, MIKE SPANO, Mayor of the City of Yonkers, do hereby proclaim this day, the 27th day of October 2021to be: ALANA KINDELAN DAY

City Councilman John Rubbo said, "You both made it your business to ensure that we never forget those who never made it home. Well done girls. You have made the City of Yonkers proud. CONGRATULATIONS ON RECEIVING YOUR SILVER BADGE!"





On This Day in Yonkers History...



William Boyce Thompson, left Yonkers Great Horticulturalist

By Mary Hoar, President Emerita, Yonkers Historical Society, recipient of the 2004 Key to History, and President Untermyer Performing Arts Council

Monday, November 15th:

November 15, 1930: Yonkers Police detectives led by Chief Edward Quirk and Detective Lieutenant George Ford staged a Saturday raid on an office at 466 South Broadway; the office was alleged to be headquarters of a million dollar liquor ring. Five men and one woman were arrested; ledgers, bankbooks, and documents were confiscated and turned over to the US Secret Service. The ring, said to be the largest and best organized in the Eastern US, did not peddle liquor in Yonkers or Westchester, but rather sold to their associates in Bridgeport, Brooklyn, Hoboken and Newark. Their garage at 196 Riverdale Avenue also was raided the same day; cars, trucks, bags of ale and bottles of whiskey were seized. While at the garage, Quirk answered the two phones and took several orders before he disconnected them. Henry Lange, leader of the operation, was from McLean Heights.

Tuesday, November 16th:

November 16, 1945: First Lieutenant and Army flight nurse Helen Logan was awarded the Army Air Medal for her work in air-evacuating wounded servicemen during World War II. She was the first Yonkers woman to receive this recognition!

November 16, 1958: Yonkers Junior Red Cross Chairman Mrs. Earle Griffen announced the "Christmas on the High Seas" program. With the help of a few adult volunteers, Yonkers school children would collect gifts for servicemen on ships who had to spend Christmas away from home. Gifts would be sent to the ships with the understanding the presents would be distributed to crewmembers Christmas morning.

Wednesday, November 17th:

November 17, 1943: The Algiers edition of Stars and Stripes, the newspaper for American servicemen, named Private Ray Hall, Jr., of Yonkers as the "Most Distinguished Looking Private in North Africa". The twenty-five year old had been in the motion picture industry before entering the service; at the time of the "honor," he was serving with an Army photographic unit in North Africa.

November 17, 1945: The first new Piper Cub airplane delivered to anywhere in the Eastern US since Pearl Harbor was on its way to Somers Airport. Its new owner? Yonkers' Andrew Coppola, member of the Westchester Civil Air Patrol! Coppola's new plane was bright yellow and sported the three-blade propeller insignia of the Civil Air Patrol. Similar planes had been used for reconnaissance during the war.

Thursday, November 18th:

November 18, 1929: William Boyce Thompson was awarded the George Robert White Medal of Honor by the Trustees of the Massachusetts Horticultural Society, considered to be one of the top horticultural awards in the country.

November 18, 1930: National Guard officials granted permission to Major John Gourley, head of Yonkers Salvation Army, to use the State Armory on North Broadway as a shelter for homeless men. The officials converted the mess hall for sleeping and dining quarters for 150 men.

Friday, November 19th:

November 19, 1925: New York Central Railroad sought permission to suspend service on the Putnam Division between the Park Hill and Getty Square stations while electrification was in progress. The Railroad felt there would be no inconvenience as people could take trolleys to reach the Park Hill Station.

November 19, 1937: After receiving many complaints from parents, YPD moved to end the habit of Roosevelt High Schools students taking cabs to school instead of

November 19, 1947: Yonkers Health Commissioner Berwyn Mattison, working with the Yonkers Liquor Dealers Association and the Yonkers Tuberculosis and Health Association, announced Yonkers would run the first municipal campaign to x-ray all food handlers.

Saturday, November 20th:

November 20, 1915: Yonkers police immediately responded to an emergency call to a Warburton Avenue home. A concerned citizen had phoned the owner was about to kill his wife with an axe. After barging into the house to save the woman's life, they found the man—and his wife—quietly chopping their week's supply of firewood in their backyard!

November 20, 1942: Although Yonkers schools did not allow collecting funds, the students in the Yonkers Schools of Aeronautical Manufacturing lobbied Assistant Principal George Schmeltz to allow them to do so "on their own time." Why was it so important? The students wanted to donate money to the Community and War Chest!

continued on pg 6-



Classifieds:

Attorney: DIVORCE \$389 - Uncontested divorce papers prepared. Only one signature required. Poor person Application included if applicable. Separation agreements. Custody and support petitions. 518-274-0380

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THE CITY OF YONKERS/YONKERS PUBLIC SCHOOLS, BUREAU OF PUR-CHASING, One Larkin Center, 3RD Floor, Yonkers, New York 10701 (Located in the Yonkers Riverfront Library Building across from the Metro-North train station) will receive sealed Bids for the following projects until 2:00 PM, on the dates

However, due to the COVID-19 Pandemic and in line with the directives issued by the Mayor of Yonkers regarding public safety, there is limited access to One Larkin Center. The building is open from 8:30 AM to 4:00 PM for receiving packages via courier services and in person. If delivering bids in person, individuals must wear face coverings and see the Public Safety Officer in the library atrium, who will clock in the bid and then contact Purchasing to pick up the bid. Sealed Bids will continue to be opened and read on the dates below, however, there will not be a public opening of bids. Those interested in listening to the bid opening and the reading of bids can dial Conference Call number 1-701-802-5221 and enter Access Code 1354203 when prompted.

Solicitation documents are available for downloading from the Empire State Purchasing Group website at http://www.empirestatebidsystem.com/. The City welcomes and encourages participation by local and minority and women owned business enterprises.

- 1. Bid 6710 Opening date: 11/19/2021: Twelve-month contract, with option to renew for 12-months, to purchase Megalug Mechanical Joint Restraint Systems as needed. (AC)
- 2. Bid 6696A Opening date 11/19/2021: Purchase of up to 13,500 bulk gallons of Geo-Melt 55, or equal, sugar beet-based anti-icing and de-icing fluid as needed.
- 3. Bid 6591A Opening date 11/19/2021: Twelve-month contract, with option to renew for 12-months, to provide Freightliner repair parts and repair services as needed. (FB)
- 4. Bid 6708 Opening date 11/19/2021: Twelve-month contract, with option to renew for up to four 12-month periods, to purchase Sigma brand, or equal, valve boxes as needed. (AS)
- 5. Bid 6709 Opening date 12/03/2021: School 8 (373 Bronxville Road, Yonkers, NY 10708) roof and interior plaster repairs. (SR)

6. Bid 6711 - opening date 12/10/2021: The City of Yonkers, on behalf of the Yonkers Joint School Construction Board ("YJSCB"), is issuing this bid for the construction of Community School 35 at the former St Denis school site at 121 McLean Avenue, Yonkers, NY 10705. A non-mandatory site inspection will be held Tuesday, November 16 at 11 AM. (TC)

NOTICE OF SALE SUPREME COURT COUNTY OF WESTCHESTER JPMorgan Chase Bank, National Association, Plaintiff AGAINST Rosetta Silvestro as heir at law and next of kin of Luigia Silvestro a/k/a Luisa Silvestro; et al., Defendant(s) Pursuant to a Judgment of Foreclosure and Sale duly dated July 8, 2021 I, the undersigned Referee, will sell at public auction at Courtroom 200 of the Westchester County Courthouse, 111 Dr. Martin Luther King Jr. Boulevard, White Plains, NY 10601 on December 10, 2021 at 10:30 AM, premises known as 147 Florence Street, Yonkers, NY 10704. All that certain plot, piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the City of Yonkers, County of Westchester, State of NY, Section 5 Block 5235 Lot 34 & 35. Approximate amount of judgment \$101,787.83 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index# 69552/2016. The auction will be conducted pursuant to the COVID-19 Policies Concerning Public Auctions of Foreclosed Property established by the Ninth Judicial District. John Gifford Molloy, Esq., Referee LOGS Legal Group LLP f/k/a Shapiro, DiCaro & Barak, LLC Attorney(s) for the Plaintiff 175 Mile Crossing Boulevard Rochester, New York 14624 (877) 430-4792 Dated: October 5, 2021 For sale information, please visit www.Auction.com or call (800) 280-2832 70078

Hudson River Audubon Upcoming Events

FeederWatch, sponsored by the Hudson River Audubon Society. Help count birds for a Citizen Science project sponsored by the Cornell Lab of Ornithology. No experience necessary. Saturday, November 20, 10:00-12:00 a.m. Lenoir Nature Center, 19 Dudley Rd., Yonkers. Vaccination card or Excelsior Pass and masking required. Non-members, please request reservation by emailing info@hras.org.

FeederWatch, sponsored by the Hudson River Audubon Society. Help count birds for a Citizen Science project sponsored by the Cornell Lab of Ornithology. No experience necessary. Sunday, November 21, 1:00-3:00 p.m. Lenoir Nature Center, 19 Dudley Rd., Yonkers. Vaccination card or Excelsior Pass and masking required. Non-members, please request reservation by emailing info@hras.org.

Backyard Birding. Hudson River Audubon Society presents Gabriel Willow, environmental educator, ecologist, and urban naturalist, discussing what birds you can see in Westchester backyards and how to attract them. December 1, 7:30-8:30 p.m.. Free. Lenoir Nature Center, 19 Dudley Road, Yonkers. Vaccination card or Excelsior Pass and masking required.

Eric Schoen, continued from pg 3-

York State is scheduled to receive \$170 Billion. \$11.5 Billion for our crumbling roads and highways. \$1.9 Billion for bridge repairs. See those bridges in Westchester that are scary to go under as concrete is falling. Bowman voted against their

\$14.7 Billion for the Environmental Protection Agencies Drinking Water Fund. \$14.7 billion for Water Quality Improvements. You can't thank Mr. Bowman for

Do you use JFK or LaGuardia airports? \$294 million is allocated for JFK and \$150 million for LaGuardia. Don't thank Mr. Bowman for making your air travel more comfortable and safe.

In the realm of Mass Transit, \$9.8 Billion is allocated for clean buses, \$22 Billion for Amtrak. Money for Improvements to the Gateway Tunnel and Projects under the Hudson River. \$24 Billion for the Northeast Corridor modernization. \$12 Billion for New York for Intercity Passenger Rail including high speed rail. Have you ever taken the Eurostar high speed rail between London, Paris, Brussels or Amsterdam. If it was up to Mr. Bowman we would have nothing like that intercity in New York and Beyond.

As we go to press New York Leaders including Senator Chuck Schumer are calling on Infrastructure funds to be used for capping portions of the Cross Bronx Expressway. Who doesn't hate that roadway! The highly-congested 6.5-mile freeway kdisplaced Black and Latino residents and destroyed developing businesses since its conception, as well as left communities with serious health impacts from toxic fumes. Schumer and Democratic Rep. Ritchie Torres who voted YES on the infrastructure bill are among those who want to transform the sunken portion of the highway into parks and green space.

"The Cross Bronx Expressway, built by Robert Moses, is both literally and metaphorically a structure of racism, with diesel truck traffic polluting the air black and brown kids breathe everyday," Torres said. You see all that black 'schmutz' (Yiddish word for dirt, filth or grime) when you travel along the Cross Bronx Expressway on the sides of the roadway. People including motorists breathe that in.

Moses designed the highway in the 20s and bulldozed Black, Jewish and Puerto Rico homes, building the highway right in the middle and creating the South Bronx -- which has the highest asthma rate anywhere in the country. I guess the amelioration of asthma is not high on Congressman Bowman's agenda.

The Chairperson of the Westchester Democratic Party in an article in the Journal News said she has never received as much communication as she has on Congressman Bowman's vote. She is fairly new so that has to tell you something!

This was a bad vote compounded by statements the Congressman has made via email, press release and in my Facebook feed. He had an almost blank slate of community involvement when he was elected (save for a school he ran whose problems were made public) and this vote only goes to show how out of touch the Congressman is with his constituency.

So next time you get a flat, call the numbers in this article and ask Congress-

man Bowman and his staff what you should do!

Briefs: Kudos to reader Joe Cianciulli, Yonkers long time Zoning Board Chairman for moving Zoning Board meetings to Saunders High School. My guess is this was done to allow for plenty of social distancing and to allow the public to participate. We are all kinda over Zoom meetings. There are plenty of large size venues in Yonkers where Public Meetings can be safely held and members of the public can attend in person.

Those involved with the production of the Travis Scott Astroworld Concert which ended in such tragedy including Scott who encouraged the outrageous behavior that occurred should be thrown in jail for a good long time. And all concert venues should re-evaluate how they operate in light of the long standing problems that have occurred at concerts by this so called 'artist.'

Reach Eric Schoen at thistooisyonkers@aol.com. Follow him on Twitter @ ericyonkers. Listen to Eric Schoen and Dan Murphy on the Westchester Rising Radio Show Thursday's from 10-11 a.m. On WVOX 1460 AM, go to WVOX.com and click the arrow to listen to the live stream or download the WVOX app from the App Store free of charge.

Yonkers History, continued from pg 5-

November 20, 1955: Frustrated by the Recreation Department's decision to cancel Yonkers annual citywide Golf Tournament, the new Sprain Valley Golf Club in Yonkers announced it would sponsor its own tournament in 1956.

Sunday, November 21st:

November 21, 1945: Actor, author, editor and humorist Robert Benchley passed away at the age of fifty-six. Benchley, who lived at 22 Pennsylvania Avenue in the Crestwood section of Yonkers, was the author of more than 600 essays and screenplays. With Dorothy Parker and Alexander Woollcott, he was an original member of the famed Algonquin Round Table, a group of actors and writers whose sharply honed wit and professional accomplishment gained national media attention. He appeared in many full-length movies and raised the humorous "short" to a new

November 21, 1946: City Clerk Francis Heafy received a letter from Brigadier-General Francis Hopkins, stationed in Manilla. Hopkins had been invited back to Yonkers for our Tercentennial celebrations; the city particularly wanted him to witness the unveiling of the Yonkers Tercentennial Scroll of prominent Yonkers citizens. He wrote his duties in the Pacific made it impossible to attend, but promised to come to Yonkers as soon as he returned to the US and visit both the City Clerk and the Common Council. Hopkins, whose parents lived on Riverdale Avenue, had attended School Three, Yonkers High School and Columbia University.

Questions or comments? Email YonkersHistory1646@gmail.com. For information on the Yonkers Historical Society, Sherwood House and upcoming events, please visit our website www.yonkershistoricalsociety.org, call 914-961-8940 or email yhsociety@aol.com.

Yonkers Rising

PO Box 705, Yonkers NY 10702-914-815-1388.

Proudly serving the City of Yonkers as the official weekly newspaper with hy-

perlocal news. Member NY Press Association. Legal notice inquiries to: risinglegalnotice@gmail.com.

Daniel Murphy, Publisher & Editor in Chief, dmurphy@risingmediagroup.com. Bayan Baker, Assistant to the Editor in Chief risingmediagroup@gmail.com. Advertising requests to the Editor: dmurphy@risingmediagroup.com

Rep. Bowman, continued from pg 1-

time around we can't leave the most vulnerable behind. We could have waited another day or week, to vote on both bills together, but my moderate democratic colleagues reneged on the deal."

Bowman added, "There are lobbying efforts fighting to stop the Human Infrastructure bill from passing. The pharmaceutical lobbyist doesn't want it because we are trying to lower prescription costs and to expand Obamacare to cover 5 million more Americans. The fossil fuel lobbyists don't want it because we want to hold the fossil fuel industry accountable.

"We know that these same lobbyists wanted the hard infrastructure, but we wanted to tie both together to make sure that this time around we don't leave women, seniors, children, immigrants and climate behind."

Bowman underscored an important point for those concerned about our national debt and deficit spending. "The Human bill is paid for, while the Hard infrastructure bill borrows more to pay for it. Why isn't anyone talking about that, and why was the Human bill delayed when it was paid for? That bill has the wealthy and corporations in this country pay their fair share so that we don't leave the most vulnerable people behind." And both the Hard and Human Infrastructure bills are total costs spread out over 10 years.

Bowman says that now, "the pressure is on the moderate democratic house members" to pass the Human Infrastructure bill. We also need to pass Voting Rights and Common- Sense Gun Reform. I'm tired of people being killed in the district, and the poverty of people of color. I will always push for investment in vulnerable people. So, I won't compromise for the 18-year-old that has no investment in their future and the single mom who has no lobbyist."

If Bowman and Democratic Progressive House members are successful, and pass the Human Infrastructure bill, it moves onto the Senate, where passage is still uncertain. The senate has a 50-50 tie between Democrats and Republicans, with Vice-President Kamala Harris the tie breaking vote.

But if one senate democrat votes no, nothing passes. And right now, that one democrat is Senator Joe Manchin from West Virginia. "Our leadership in the house has been negotiating with Manchin every step of the way, and then last week he comes out and says he can't support the human infrastructure bill. So, it's confusing," said Bowman, who can only control what the House passes, and then he plans to work on the Senate in the arena of public opinion.

"Progressive democrats see the world differently from our moderate colleagues. When you invest in people you will reap the results on the back end. With universal childcare and pre-k, with workforce development with lower prescription costs, when you invest in these things, it empowers people to do great things, and become inspired and start their own business. That is what we need to do now more than ever."

Bowman said "there is widespread support from democrats in my district to pass both bills. I also represent the Bronx and Yonkers, where the passage of the Human Infrastructure will be a game changer.

"The Human Infrastructure bill will stop our system from maintaining inequality, and right the wrongs of history in an equitable way. In the end it will be a stronger economy for everyone. We are constantly asking poor people to compromise, and in the end, its people like Trump who rise and who win. And he may win again, because of his wealth and a system that benefits him."

Bowman blamed the media for the narrative that came out that he and AOC and the progressive democratic members of "The Squad" are to blame for everything. "The country jumped out of a window to blame progressives for the recent election and for me and the squad voting no on the bill, without the media talking to us. But that's what sells papers and gets clicks."

"The Democratic party is the big tent party. I have broad support in my district, across wealth, white people, black people, Jews and Christians. And I reach out to them and listen because I represent everyone."

Bail Reform, continued from pg 1-

The victims were a mother and daughter, Isabella Triano, 70, and Trisha Miller, 38, both from Yonkers.

One week prior to allegedly stabbing both victims, on Oct. 26, Ramos was arrested in Wappingers Falls, for Felony Arson. He was released and 8 days later he was arrested by the YPD for murder. "We have made a case about the difficulties of bail reform. The suspect was arrested for a serious charge a C Felony and released, and a week later two women were murdered. We are working with our state legislators to try and make modifications to bail reform," said Mueller.

Mueller praised the work of the Detectives of the YPD who worked the case, and the cooperation from the Westchester DA's office, the US Attorney's office in the SDNY and the FBI. "This is such an amazing job by our Yonkers detectives, and our partners in the DA's office, the FBI, and the SDNY to all do this and come together in 24 hours.

Ramos' ex-girlfriend had contacted police the day after Ramos had borrowed a car from a friend and failed to return it. Ramos spoke to the ex-girlfriend and confessed to the murders, explaining that he confronted Tirano and Miller about money they owed him and after, stabbed them both to death.

Why Ramos set fire to a 1999 Toyota Camry on the Taconic State Parkway at 4:10 AM is a mystery. New York State Police responded to a call of a vehicle on fire in a wooded area just off the Taconic in the Town of LaGrange. Ramos was located a few miles away from the fire and charged with third-degree

arson. He was immediately released and was scheduled to appear in court on Dec.

The response to Ramos' release, and the problems with bail reform, have been loud. "Two people are dead now because of these laws, and they need to be severely, severely changed," says Keith Olson, president of the Yonkers Police Benevolent Association. "Luis Ramos was arrested for felony Arson less than a week

nevolent Association. "Luis Ramos was arrested for felony Arson less than a week before he allegedly stabbed a mother and her daughter to death in Yonkers. As a result of the new bail reform laws, he was released on his own recognizance when he committed a brutal double homicide. Luis Ramos may have killed these women but bail reform allowed him to do it."

Vonkers Mayor Mike Spane Tweeted, "No bail for arson, you've got to be

Yonkers Mayor Mike Spano Tweeted, "No bail for arson – you've got to be kidding me! "

One family member of the two dead women posted, "My cousins are both murdered now. Unfortunately, because he was let go for the first crime. There dead now. This law killed my two cousins... Letting him go. To do something worse... So that's real safe for everyone.. No..."

Triano was also an employee of the Yonkers Public Schools system and worked at Saunders High School.

Mayor Mike Spano stated, "In just over 24 hours, our men and women in the Yonkers Police Department identified and apprehended the individual responsible for committing a heinous act of violence. The swift action taken by the Yonkers Police sends a powerful message that those who seek to commit a crime in our city will be caught and will be held accountable to the fullest extent of the law. My thoughts continue to be with the family and

loved ones of those involved in this isolated incident."

Commissioner John J. Mueller stated, "Phenomenal work by everyone involved to get Ramos into custody in short order. I want to thank our police officers, detectives, and supervisors; and our law enforcement partners in the Westchester County DA's Office, FBI Westchester Safe Streets Task Force

and Phoenix Fugitive Task Force."



Hudson Valley Restaurant Week is Back

It's time for local diners to make their reservations for the Fall 2021 Hudson Valley Restaurant Week. From new eateries to familiar favorites, more than 60 Westchester restaurants are participating in this annual celebration of the local culinary scene.

County Executive George Latimer said: "Hudson Valley Restaurant Week is one of the recurring events that makes Westchester County a great place to live – and visit. Residents and visitors look forward to this opportunity to sample the best cuisine our region has to offer. I urge you to support our local restaurateurs and their staffs by trying a new restaurant or revisiting an old favorite."

Director of Westchester County's Office of Tourism and Film Office Natasha Caputo said: "There is nothing like fall in the Hudson Valley. I encourage both visitors and residents to get out and enjoy a delicious meal and explore Westchester's many unique attractions, farms, parks and more."

Group Publisher, Today Media Hudson Valley Mike Martinelli said: "We are excited to celebrate restaurant week this fall and help our local restaurants that are still suffering as a result of the COVID-19 health crisis. Restaurant Week was designed to support and promote the restaurant industry, which needs us now more than ever. So please join me and let's get out and dine."

From November 1-14 chefs throughout the Hudson Valley will be celebrating restaurant dining with delicious, creative dishes featuring locally sourced ingredients. With safety protocols in place and special prix-fixe menus for dining indoors or taking out, these restaurants are ready to serve you their very best. Throughout the two-week event, restaurants will be offering 3 course, prix-fixe lunches at \$25.95 and dinners at \$35.95.

New restaurants participating in 2021 include La Botte in White Plains. Among the other standouts are Tramonto and Harvest on Hudson.

Visit https://valleytable.com/hvrw for more information.

St. John's Riverside Hospital, continued from pg 1-

ance, or behavior. The priority should not be thinking about what may be causing it but to seek medical attention. Don't wait. These signs should be a trigger for an emergency and to call 911. Trained in stroke care, E.M.S. staff will notify the Emergency Room before they arrive with the patient. The idea is to reduce time delay when symptoms are found," said Sugrue.

When it comes to a stroke, how fast you are treated is critical. As one of the only hospitals in the area that is a Gold Plus Certified and Joint Commission Accredited Stroke Center, St. John's Riverside Hospital has made substantial investments to be ready for you or your family members, with an award-winning stroke team. Access to multi-board-certified doctors, brain scans, and Tissue Plasminogen Activator are critical and available.

"Stroke care has evolved over the past few years, and different hospitals have different capabilities. Calling an ambulance ensures that you are brought to the hospital that can best treat a stroke," said Dr. Milizia, who explained that there are two types of stroke.

Both types of strokes are medical emergencies, and you should call 911 immediately. "The most common is a blockage in an artery that brings blood flow to a part of the brain, which results in that part of the brain not functioning correctly. When that part of the brain that controls your functions goes away, you have facial muscle drooping, or your arm or leg might weaken. These types of strokes don't hurt, but you can lose function and see a change in your behavior."

"The other type of stroke is a bleeding stroke, where a piece of an artery breaks and blood goes into the brain. That does cause pain and headaches and can also affect your consciousness and behavior," said Dr. Milizia.

Is there anything you can do to prevent a stroke?

"High blood pressure, diabetes, smoking, high cholesterol, and lack of exercise are all risk factors for stroke. Most of these habits are modifiable, and you can work to change them. You can't change things like your age, your family history, or genetics, but you can take your medicine as prescribed and make smart life choices to improve the health of your brain. Exercise is important, stop smoking, follow up with your medical provider and keep track of your blood sugar and blood pressure numbers," said Sugrue.

How did COVID, and the pandemic of 2020, affect stroke patients?

Dr. Milizia said, "During the height of COVID in 2020, there were a lot of patients who were afraid to come to the hospital, and they ignored their signs of a stroke. Patients should not delay seeking medical help for fear of COVID."

Nurse Sugrue said, "There are safety protocols and infection prevention procedures that we utilize here at St. John's Riverside Hospital. Patients can be confident about coming to the emergency room with a stroke or signs of a stroke. A stroke can leave devastating disabilities behind. That is the main reason to seek emergency medical attention quickly."

"St. John's Riverside Hospital is certified by the Joint Commission and New York State as an Advanced Primary Stroke Center. We collaborate with multiple departments in the hospital utilizing best practices in stroke care for our community," said Dr. Milizia, who is the Director of the Emergency Department at St. John's and is also Stroke Program Director.

"The American Heart Association has recognized St. John's with the highest award for stroke care. We have received Gold Plus Certification for stroke care and additional recognition for our care of stroke patients with diabetes."

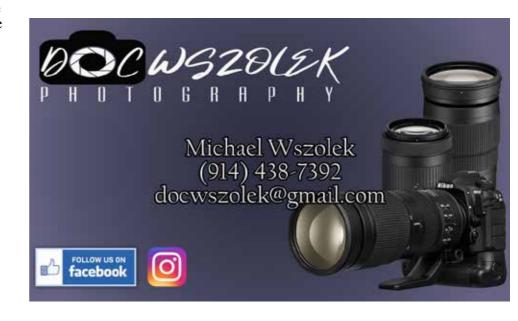
Linda Sugrue began as an Emergency Room Nurse and is now Stroke Program Coordinator at St. John's Riverside Hospital. "We are all passionate about stroke care and reducing the disabilities caused by stroke. Educating the public can be challenging -COVID impacted our in-person efforts to reach out to the

community, so we have turned to social media to help get the message out."

You can find the St. John's Riverside Hospital Stroke team spotlight playlist at:
https://www.youtube.com/watch?v=Rd65-TPwNRA&list=PL340sSOsuR5zwKEyt
WFHmA4PFTN25BDiR

And at Stroke: What You Need to Know video here: https://www.youtube.com/watch?v=bnXscq9uB0g

"We take our responsibility as a stroke center very seriously and are committed to serving the City of Yonkers and our surrounding communities. The F.A.S.T. acronym is an easy way to remember what to watch for. Sometimes simpler is better," said Sugrue.





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