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WESTCHESTER'S OLDEST AND MOST RESPECTED NEWSPAPERS

Yonkers Rising

Yonkerstimes.com

www.RisingMediaGroup.com

Friday February 19, 2021

Shanae Williams "I'm Bringing My Message to Democratic Voters" for County Clerk



Councilwoman and County Clerk candidate Shanae Williams

Idoni Wins County Democratic Convention Without Opposition But Williams Still Running in June Primary

By Dan Murphy

The Westchester Democratic convention on Feb. 10 did not have the intrigue anticipated, as incumbent Tim Idoni was nominated for re-election without any competition. Yonkers City Councilperson Shanae Williams did not have her name submitted for consideration for County Clerk but told Yonkers Times and all of her followers in a Facebook video that, "I'm still running for County Clerk and I'm taking my campaign directly to the voters. We are going to win the Democratic primary in June."

Williams had anticipated challenging Idoni at the convention, which was held online, but decided against it because she didn't want to put district

leaders "in an uncomfortable position." "I have support from democratic district leaders across Westchester, but some of them didn't want to support me publicly at the convention, because they have government jobs or other connections to elected officials. I also knew that I was not going to win a majority of the Democratic district leaders, but my campaign continues."

Yonkers Assemblyman Nader Sayegh was ready to nominate Williams, and Yonkers democrat Nicole Benjamin was ready to 2nd her nomination. Williams did want to briefly address the district leaders on the Zoom call but was not allowed because her name was not placed in nomination. The Williams campaign, and her campaign manager Christine Peters, said that they were originally told that she would be allowed to speak.

"Shanae wanted to come and make her speech and wish Tim (Idoni) the best. But this points to the difficulty that party politics is for some of us and the mixed messages that we receive," said Peters. Williams gave her speech on Facebook, and she did acknowledge the work that Idoni has done for the people of Westchester in the County Clerks

Office, but also offered the new ideas and initiatives that she has for the of-

Yonkers Gets A Vaccination Site! National Guard Armory to Open March 3



National Guardsmen and women will help deliver COVID vaccines in Yonkers

On Feb. 17, Governor Andrew Cuomo announced that the City of Yonkers will receive its own vaccination site which will administer 1,000 COVID-19 vaccines per day. The vaccination site will be located at the National Guard Armory at 2 Quincy Place and will open on March 3.

The new vaccination site will be supplied by additional vaccines from the Federal Government. Gov. Cuomo thanked President Biden. This is a big and aggressive effort to address vaccine hesitancy in the Black community,"said Cuomo.

National Guard personnel will assist in staffing the operation. Governor Cuomo, in making the announcement, said the goal is to combat COVID-19 in socially vulnerable communities like Yonkers.

Mayor Mike Spano said, "We've long needed a vaccination hub in Yon-kers to better service the portions of our community that have been dispro-portionately impacted by COVID-19. Equitable access to the vaccine and proper health care is essential to curbing the virus and creating a stronger, more resilient Yonkers."

Yonkers Assemblyman Nader Sayegh reacted to the news saying "The residents of Yonkers, especially those living and working in socially vulner-able neighborhoods, have suffered greatly during this pandemic. The an-nouncement of 1,000 COVID-19 vaccinations per day at the National Guard Armoury Building on Quincy Plane is the news we have been hoping and praying for. I urge all my fellow Yonkersites to get vaccinated. I thank our Governor and President Joe Biden for coming to the aid of our city." The federal government is supplying additional vaccine doses to the

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'Upstanding' Yonkers 13 Year Old

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How I Got Both COVID Shots by Valentine's Day



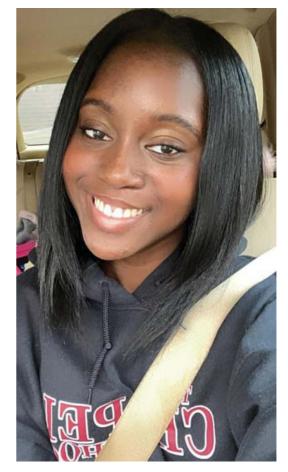
By Robert Kalfus and photo (c) Robert Kalfus

I received a message from Montefiore Medical Center on Monday, January 18th, containing a link to register for a Covid-19 vaccination, offering a selection of dates and times. I had not been anxiously looking for a Covid vaccination, and so was at first suspicious that this link was valid to verify.

Clicking onto the link, I was offered a choice of dates and appointment times as early as two days later! "Too easy," I thought, but selected an ap-pointment for my first shot, only three days later, at their vaccination center at Eastchester Road in The Bronx. I did not ask nor was told why I was offered a Covid-19 vaccination. I believe that my age, 68, and previous comor-bidities, including a pulmonary embolism (blood clot which embedded in my lung), and having survived three previous cancers, caused me to appear on their higher risk lists.

I arrived at the large Montefiore medical building which has easy access and free parking. My ID was first checked in the building lobby entrance, and then again entering the second floor, where a line of about 20 people also waited, slowly moving down the hall to be screened by a Registered Nurse for any possible allergies or previous adverse reactions to vaccinations.

Stands Up to Racism and Bullies



Sydnei McKnight

By Dan Murphy

One of Michael Jordan's famous quotes is "Always turn a negative situation into a positive situation." For most of us, this is easier said then done, but Yonkers resident Sydnei McKnight has done it.

McKnight, an 8th grade student at The Chapel School in Bronxville, was the victim of online bullying last year. The reason for the bullying? Sydnei expressed her support and interest in the Black Lives Movement, BLM, which was the major topic of news and discussion across the coun-

"About 7 months ago, I was racially harassed. The person used some of the ugliness that has been used to degrade black people for generations. It was a hard time for me to cope with it," said McKnight.

Adding to the hurt was the fact that the person who had bullied her online was someone that she knew from summer camp. McKnight told her mother Meisha about what had happened and The Chapel School was notified.

But what made her feel better during a time of need in her life was

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Stress and Your Heart Health During COVID



Dr. Alon Gitig

By Dan Murphy

February is American Heart Month and cardiologists from the Mount Sinai Health System are sharing tips on heart disease prevention to lower the risk of heart attack and stroke during COVID-19.

According to the American Heart Association, nearly half of adults in the United States—more than 121 million people—have some type of car-diovascular disease, yet it is preventable 80 percent of the time. This week, Alon Gitig, MD, Director of Cardiology at Mount Sinai

Doctors-Scarsdale and Mount Sinai Doctors-Yonkers, focuses on stress in our lives, and the impact it has on our heart health.

'One of the common sayings in popular culture is 'you are going to give me a hear attack.'Stress can impact our heart and our health, and during COVID, our stress has reached unprecedented levels, and can materialize in the phychologiical symptoms of depression, anxiety, or in anger and hostil-ity. All of these will increase the risk of cardiovascular disease," said Dr.

Gitig. "Studies have found that depression can increase the risk of a heart attack by two fold, while anxiety or an increase in anger and hostility can increase the risk of a heart attack six fold. Studies by the Mayo clinic have found that mental stress is the most powerful risk factor in heart disease; even greater than cigarette smoking."

"In stressful situations, our bodies shift to fight the responses and over time a lot of things can happen that pose a danger to our heart health, including increasing heart rate while resting and higher blood pressure. During extremely stressful situations, blood pressure rates can go through the roof.

"We also know that stress increases inflammation in our body and affects our immune system. Increases in weight gain and changes in our cholesterol lead to plaque formation in our arteries, lead to atherosclerosis."

We asked Dr. Gitig, what happens to us when our stress levels increase?

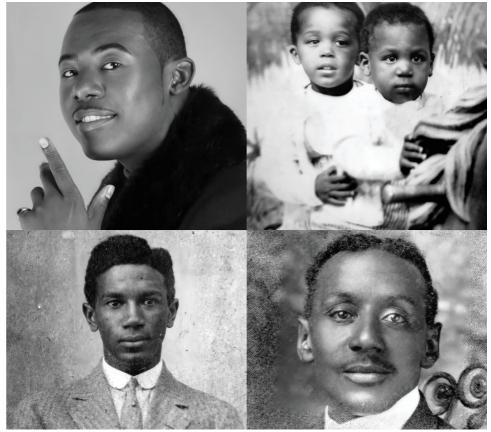
"We know that impaired sleep is common and people can't stop their minds from racing at night. Insomnia and the quality of our sleep is a powerful risk factor for heart disease over time.

"Especially during COVID, there is a lack of social and interpersonal connectiveness. If you don't have that in your life there is a higher risk of cardio vascular disease. Over the past year, people have tended to retreat in their lives, and we all need to make a greater effort to connect with one another, even if its on Zoom."

What Can We Do About Reducing Our Stress?

"While there is no Home Run theory or study, we do know about some very simple things you can do in your everyday life that can help your heart health.

2021 Black History Month Series: Tracing My Family Back Over 400 Years



Clockwise: Dennis Richmond Jr, Michael Richmond & Dennis Richmond, Sr., John Sherman Merritt, and Joseph S. Glover.

By: Dennis Richmond, Jr. (@NewYorkStakz)

After close to thirteen years of researching my family history, I have made remarkable discoveries. I know for a fact that on my father's side of the family, my ancestors have been in New York and Connecticut for well over 400 years. I'm proud to say that I can place my ancestors in every pe-riod in American history. I'm excited to share some of what I learned. My name is Dennis Richmond, Jr., and I was born in Yonkers, New

York. My parents are both baby boomers. My grandmother, Joyce Watkins, was a Depression Era baby who came of age during the Eisenhower administration. She was a teenager when the movie Singin' in The Rain was released. My great grandmother, Adele Matilda Merritt, was a child of the Progressive Era. She married the love of her life, Thomas Sinclair Watkins, Sr. in New Rochelle, NY, in 1934.

The year 2021 is significant in my family because it marks the 100th anniversary of my 2nd great grandfather, John Sherman Merritt's death.

Grandpa John worked four jobs and died of exhaustion at just 31-years-old in 1921. He's buried in Putnam Cemetery in Greenwich. The year 2021 is significant because it also marks the 200th anniversary of my 4th great grandfather, Abraham Merritt's birth. He was born c.1821 and baptized at Second Congregational Church in Greenwich in 1831. Grandpa Abraham became a prominent landowner in the town. He owned 40 acres of land in 1880 when Greenwich had a population of fewer than 8,000 people.

Grandpa Abraham's wife, my 3rd great grandmother, Huldah Peck Merritt (1833-1914), is buried in the African American Cemetery on North Street in Rye, NY. Grandpa Edward is buried there too. My family tree goes from my great grandmother Adele (1913-1977) to her father John (1889-1921), his father Edward (1871-1901), his father Abraham (1821-1880), his father Charles (1791-c.1860), and his mother Margaret "Peg" (c.1770c.1829).

Grandma Margaret, born c.1770, is my 6th great grandmother. Margaret was born in Colonial Connecticut, and DNA links me to the Lyon family. It blows my mind to know that I can name colonial ancestors. Through my ancestor Margaret "Peg," it's likely that I'm descended from Thomas Lyon (c.1621-1690), one of the earliest settlers of Fairfield County, Connecticut.

Margaret "Peg" was a toddler during the American Revolution. She was around three years old during the Boston Tea Party and six years old when the Declaration of Independence was signed. When America received her freedom in 1776, Margaret and thousands of other Africans and Indigenous People were still enslaved. On July 7th, 1790, Margaret was sold from Daniel Lyon, her "owner," to Nathan Merritt, Jr. She was sold, "in consideration of the sum of fifty pounds New York money." When Margaret was sold, she was around 19 or 20-years-old, and George Washington was president of the United States. As a young enslaved Black woman to Nathan, Grandma Margaret gave birth to two sons, Grandpa Charles and Uncle Jack. Uncle Jack was born on Valentine's Day in 1793. Grandpa Charles took the surname Merritt, and DNA links me to the Merritt family. I have bi-racial and tri-racial ancestors. Sometime around c.1794, Margaret was sold from Nathan Merritt back to the Lyon family. Her new "owner" was Benjamin Woolsey Lyon. Margaret "Peg" had at least three slave owners by the time she was around twentyfour years old. Benjamin freed Grandma Margaret on April 12th, 1800. She spent the rest of her years with a former slave named Anthony "Tone" and the rest of her family. History isn't some magical thing that happened years ago. We carry history with us every day, and I'm happy to know some of mine.

I-Simple Breathing techniques, which have shown to help with feelings of stress can lower blood pressure by double digits. Breathe through your abdomen instead of with your chest. Use your belly to expand and take a deep breath, 5-6 times per minute. Breathe in through your nose, hold your breath, and then exhale through your mouth. If you can do this for 10-15 minutes per day, it will reduce your nervous activation and its very easy to

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Opportunity – Marketing

The Wall Street Journal called WVOX and WVIP "America's Great Community Stations!" And now as the last remaining, true community stations in Westchester ... we're adding to our Marketing and Advertising Departments with Immediate **Openings** for highly-motivated and dynamic Advertising Account Executives ... perfect opportunities for personable, confident and articulate individuals who know and love Westchester as we do ... where <u>you</u> make your own hours ... as a full or part time Advertising and Marketing Executive. **<u>Call</u>** our station President David O'Shaughnessy and come in for a tour of our modern studios in New Rochelle, Hudson Westchester Radio Inc. is an equal opportunity employer.



David O'Shaughnessy 914-636-1460 David@WVOX.com





Westchester Speaks Out on Nursing Home Scandal

"Crucial information should never be withheld from entities that are empowered to pursue oversight...Politics should not be part of this tragic pandemic and our responses to it must be led by policy, not politics. As always, we will be discussing next steps as a conference."

State Senate Majority Leader Andrea Stewart-Cousins

"We should not have a one or two- party state. Andrew should resign."

SAM-NY Chair Michael Volpe

"You (Cuomo) did not tell the *entire* Senate or Assembly that there was a DOJ investigation, as the reason why you didn't share the nursing home numbers. I found out about a DOJ investigation with the rest of NY'ers in the @ny post story,"

State Senator Alessandra Biaggi "The opportunity should exist for the majority of the people to say we want something different,"

Former Governor George Pataki

By Dan Murphy

The revelations last week that New York State did not release the number of Nursing Home patient deaths because they "froze" and were worried about a Federal investigation, according to Governor Andrew Cuomo's top aide Melissa De Rosa, has resulted in a wait and see attitude from some democrats, with others calling for the Governor to be investigated, impeached, forced to resign, or at the least, have his COVID powers taken away.

De Rosa, who has been at Cuomo's side for more than a decade as his top advisor, said, "And basically, we froze, because then we were in a position where we weren't sure if what we were going to give to the Department of Justice or what we give to you guys, what we start saying was going to be used against us while we weren't sure if there was going to be an investigation."

Cuomo and his office went silent for three days until Feb. 15, when Cuomo said, "In retrospect, should we have given more priority to fulfilling information requests? In my opinion, yes, and I think that's what cre

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Nice Work if You Can Get It! \$48,000-\$75,000 Starting Pay



By Eric Schoen

There are job openings in Yonkers and Westchester. Let's start with the Yonkers jobs. The 2 in Yonkers are part time and pay \$48,000 a year and are for 4 years guaranteed. Maximum 12 years. Fully paid health insurance. With 12 years you get a pension and health insurance benefits for the rest of your life.

A car comes with the job filled with city paid for gas. You are supposed to use the car for city business, but no one really stops you from piling the family in the car and heading up to Ridge Hill in Yonkers to do shopping. Hey, at least you are supporting the local economy!

Depending on how many years you have on the job, seniority and the support of your colleagues, you can be selected for a leadership position. That comes with additional monetary support. Comes in handy during the holidays!

You control a budget of over a billion dollars. In actuality \$1.2 billion dollars spread out between the city and its' school system. Plenty of jobs are under your control. They are supposed to be open to everyone in Yonkers but nothing stops you from recommending someone for one of the jobs. Many people don't even live in Yonkers and get the jobs.

Yes, many of the jobs require one to take an examination and score high enough among fellow job seekers for appointment. But who knows how long it will take for an examination to be called for. Make up a new title and the examination is not called until it is scheduled by the State of New York. Chances are the questions on the exam will have little or nothing to do with the job you will actually be doing. So if you are a good test taker, you can score high and move up the ladder.

The jobs that don't require an examination, well they fall into a slippery slope. Some have specific jobs requirements that you must have. Many others have 'suggested' job requirements you should have for the job. And many of the jobs serve at the pleasure of the man in charge of the whole entity. Perish the thought that you would recommend someone for one of these jobs but it is not unheard of. Could even be a friend or relative. Chances are that person has a better shot at getting the job than the average 'joe schmo' on the street who might have far better qualifications.

Now there are certain requirements for the two job openings. Some are drawcontinued on pg 7-

Celebrate Our Party's Founder Abraham Lincoln



"America will never be destroyed from the outside . If we falter and lose our freedoms, it will be because we destroyed ourselves"

As the author of the **Emancipation Proclamation**, Lincoln's *integrity and belief in core principles* held this nation together during its most divisive time. And, it's what we, the Yonkers Republican Party still stands for today!

- * Respect for Individuals and Law Enforcement Alike
- Efficient & Responsible Government
- Safe Communities
- Strong Support for the US Constitution and All its Amendments
- * Strong Support for Our Nation's Military

To learn more about the Yonkers Republican Party-please email us at: **yonkersgop@gmail.com**

FBI Child Porn Sextortion Investigation in Port Chester

Make Sure Your Kids Didn't Interact with Jose Zafra



Jose Zafra, photo from FBI

The FBI Westchester County Safe Streets Task Force and Port Chester Police Department are asking for help in identifying possible victims in a sextortion investigation involving a man from Port Chester, New York. Investigators arrested Jose Zafra on January 9, 2021, and charged him with production of child sexual abuse material (CSAM), or what is commonly known as child pornography.

Based on the criminal complaint filed in the Southern District of New York, investigators allege Zafra asked for and received sexually explicit photos and videos from a 9-year-old girl in the Panama City, Florida, area. They also allege Zafra extorted his victims by using flattery, lies and other methods to get them to produce CSAM. Other victims have been identified across the United States to include Columbus, Georgia, and Austin, Texas. Agents believe there may be many other possible victims.

Zafra used the social media application Snapchat to communicate with most of his victims. His usernames include, but are not limited to, the following: Definitely jose, Bigdickdaddy Jose.zafra, Openshit,

If anyone has information about Jose Zafra, or believe they may have been a victim or know a victim, they are asked to call the FBI at 1-800-CALL-FBI (225-5324), or submit a tip online at https://www.fbi.gov/ tips., or call the Port Chester Police Department at 914-939-1000.

Port Chester residents are rembering Zafra as a recent student at Port Chester High School. It is important that all of us who are parents and who want our children safe to spread the word and make sure that this pervert did not abuse anyone else in Westchester, and if he did, to make sure that he is put away for many years.

The FBI believes that Zafra has victims across the country, but also in Westchester and Rockland Counties.

Williams for County Clerk, continued from pg 1-

fice.

"Over the past several weeks, I have had the opportunity to meet with the local democratic committee to share my message. Thanks to all of those folks for their support. My opponent should be commended for his 16 years in the County Clerks' office, but we can do so much more.

"I believe that we can build a clerks office that is focused on equity, accessibility, and transparency. It's time to bring the clerk's office and ensure that resources are equity distributed countywide and bringing resources to marginalized communities. We should make sure that ID cards are available to anyone, regardless of their immigration status." 'This is a time for a change in Westchester county. My goal was never to declare victory by winning a vote of party leaders who have known my opponent for years. I am certainly not looking to put anyone in a difficult position. We will win the primary by bringing a progressive message to democrats in June. I am still running for Westchester County Clerk," said Williams. Idoni said after the convention, "I am humbled, grateful, and proud to have such strong support from my fellow Democrats. My entire career has been based around government, from being a city manager to my serving as mayor and now as County Clerk, I have always done my best to help the people I am tasked to represent. 'I am a true believer that good and effective government is an absolute necessity for people, particularly those forgotten or even held down by society. The government must always be a vehicle to raise everyone up." False reports online declared that Williams had withdrawn her name at the County Convention. That is fake news that we see too often, beware of what you read online. Williams is likely to secure enough signatures to get on the ballot, even more so now that Governor Cuomo has lowered the number of signatures required during COVID. Democrats had mixed thoughts about the outcome of this race. One longtime democrat said, "County Clerk Idoni has the support of Democrats across Westchester and he will win easily in June." Another, progressive democrat in northern Westchester said, "the last three democrats elected in a major race in the county were, Mimi Rocah, Jamaal Bowman and Mondaire Jones. Anything is possible and don't count out Shanae Williams."

Heavy Snow Brings Back Winter Sports to Westchester County Parks

Dig out your skis and dust off your sleds, recent snowstorms and low temperatures have created conditions for winter sports at Westchester County Parks.

County Executive George Latimer said: "It's been a few years since we've seen so much snow in Westchester. This year you won't have to travel far for winter sports, there's plenty to enjoy right in your own backyard."

Cross-country skiing, sledding and ice skating are available across the park system. However, all activities are subject to the conditions at the individual parks and visitors must bring their own equipment. Admission and parking are free unless otherwise noted.

Commissioner of the Department of Parks, Recreation and Conservation Kathy O'Connor said: "Covered in snow, our parks continue to provide Westchester County residents with outlets for recreation. We encourage you to bundle up and explore another side of our nationally accredited park system."

Cross-country skiing is allowed at the following parks:

Blue Mountain Reservation, Peekskill Croton Gorge, Cortlandt Croton Point Park, Croton-on-Hudson Kitchawan Preserve, Yorktown Lasdon Park, Somers (8 a.m.- 4 p.m. only) Mohansic Golf Course, Yorktown Heights Ward Pound Ridge Reservation, Cross River* Cranberry Lake Preserve, North White Plains Maple Moor Golf Course, White Plains Marshlands Conservancy, Rye The Trails at Merestead, Mount Kisco Saxon Woods Park, White Plains Saxon Woods Golf Course, Scarsdale Dunwoodie Golf Course, Yonkers Lenoir Preserve, Yonkers Sprain Lake Golf Course, Yonkers Tibbetts Brook Park, Yonkers The North and South County Trailways, Yonkers to Baldwin Place

Sledding is allowed at the following parks:

Croton Gorge, Cortlandt Lasdon Park, Somers (8 a.m.- 4 p.m. only) Tibbetts Brook Park, Yonkers Ward Pound Ridge Reservation, Cross River* Dunwoodie Golf Course, Yonkers Sprain Lake Golf Course, Yonkers Saxon Woods Golf Course, Scarsdale Mohansic Golf Course, Yorktown Heights Maple Moor Golf Course, White Plains

Ice Skating is allowed at the following parks, visitors are encouraged to call ahead for ice conditions:

Blue Mountain Reservation, Peekskill Mountain Lakes Park, North Salem Tibbetts Brook Park, Yonkers Twin Lakes Park, New Rochelle

Winter sports are permitted seven days a week during daylight hours. Covid-19 protocols remain in effect at all County parks. Visitors should continue to maintain social distance and wear masks when in the parks.

sites beyond its regular distribution to New York state. Information will be forthcoming on how to make an appointment for the new Yonkers vaccination site. The location of the National Guard Armory in Yonkers is off North Broadway and next to the Yonkers Police Athletic League building.

Visit CityofYonkers.gov, or YonkersTimes.com for more information.





"To quality, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

Notice of formation of ROTTINGPUMPKINLLC. filed with the SSNY on 11/30/2020. 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, PO Box 186 Armonk, NY 10504. Purpose: Any lawful purpose.

Notice of formation of HAPPINESSJONESLLC. filed with the SSNY on 11/30/2020. 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, PO Box 186 Armonk, NY 10504. Purpose: Any lawful purpose.

JAMES HARDEE ENTERPRISES LLC. Art. of Org. filed with the SSNY on 02/01/2021. 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, 20 Bonnefoy Place Apt.3 New Rochelle, NY 10805. Purpose: Any lawful purpose.

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Palisades Prep Boys HS **Basketball Ready For Play!**



By Phil Foley

This week I was very happy to hear from the coach of the Palisades Prep Boys Basketball team Sean Stahn. The team is getting ready for the 2021 season which will start shortly. He was kind to send us a team report and roster. Thank you Coach Stahn for the information that you have sent to the Yonkers Rising. Here is the info from Coach Stahn.

The Palisade Prep Boys Basketball team is eagerly awaiting the start of the 2021 season. It has been almost a year since the team last played a game.

The team is led by senior guard Isaiah Bray, who averaged 20 points and 9 rebounds and was voted as an all-league and all-conference player during the 2019-2020 season. The team also returns senior forward Jalen Higgins who started every game last season. The other returning seniors are guard Curtis Terry and forward Marvin Alexandre. Joining this veteran group of seniors is senior guard Yave Cruz, a transfer from Stepinac in White Plains, NY.

This senior group has a lot of playing experience, winning the 2019 Yonkers City Title. Beyond experience this group has good size and athleti-cism for a school with a small student body. The combination of Isaiah Bray and Yave Cruz as impact players on both the offensive and defensive ends of the floor should set the tone for the Phoenix. Bolstering the group of seniors are returning players from the junior class, Deneli McIntosh and Chris Baez and from the sophomore class Jalen Brown, Xavier Merrill and Louis Martinez.

The team also welcomes two freshman Miguel Gonzalez and Darnell Frazier.

2021 Palisade Preparatory School, Boys Varsity Basketball Team

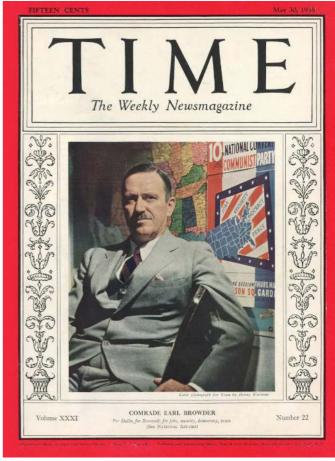
#1 Miguel Gonzalez 5'7 Freshman PG #2 Yave Cruz 6'3 Senior PG #3 Chris Baez 5'9 Junior G #4 Curtis Terry Jr. 6'2 Senior G/F

- #5 Deneli McIntosh 5'11 Junior G
- #10 Isaiah Bray 6'1 Senior G/F #11 Darnell Frazier 5'7 Freshman PG
- #12 Marvin Alexandre 6'5 Senior F
- #13 Jalen Higgins 6'3 Senior F #14 Jalen Brown 6'3 Sophomore F #15 Xavier Merrill 6'2 Sophomore F

Head Coach: Sean Stahn Assistant Coach: Zack Stelzner Assistant Coach: Devonn Jordan

Yonkers Rising would like to wish Coach Stahn and the team the best of luck this season! We are truly happy that you are able to play the sport you love during the pandemic. We hope that during the course of the season your fans will be allowed to attend your games because as of right now no spectators are allowed to attend!

On This Day in Yonkers History...



Yonkers resident Earl Browder, Communist Party Presidential candidate, 1940, on the cover of Time magazine

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

Monday, February 22nd

February 22, 1933: Women of the Yonkers Chapter of the Mooseheart Legion held a George Washington Pajama Party.

February 22, 1933: More than 4,000 people toured the new Genung's Store in Yonkers during their 3 hour "Pre-opening" evening open house. Although no sales were to be made, the enthusiasm shown by the visitors, the sales staff was asked many questions about the merchandise. The storm also held a private reception from three to five pm that many of Yonkers better known citizens attended.

February 22, 1940: Chairman Louis Haas announced the local branch of the Communist Party endorsed the candidacy of Yonkers resident Earl Browder for President of the United States. He stated Browder should be the nominee because he represented workers, farmers and oppressed peoples of our country.

Tuesday, February 23rd

February 23, 1908: Alderman Adams advocated for mapping out of a general park system in Yonkers. He argued our city, "with a population of 75,000, is very deficient in the number of parks. They not only beautify the city but also serve as breathing places and healthful retreats for the poor."

February 23, 1934: An electrical explosion in front of Proctor's Theatre killed 3 people. Motorcycle Officer Patrick Whalen and passerby Michael Gruber leaped into the cellar to save a young girl they saw thrown into the pit of flames. The men managed to push 10-year old Gloria D'Addio to safety before they died. James Frazier, who had been working on a transformer in the basement, later passed away from severe burns.

February 23, 1944: Distinguishing scientist and inventor Dr. Leo Hendrik Baekeland passed away. He invented both Velox photographic paper and Bakelite, the first synthetic plastic, in his laboratory in Yonkers.

Section 3 Work Opportunity

MDG Design + Construction is currently seeking construction Section 3 eligible applicants for a moderate rehabilitation project, Kingsley House Located in White Plains, NY.

Section 3 eligible applicants are invited to submit a resume for the work in the following trades:

- Electrician
- Carpenter
- Construction Laborer

Work is to be performed in White Plains under Davis Bacon Act (prevailing wage) requirements.

- Section 3 residents are:
- Public housing residents or
- Persons who live in the area where a HUD-assisted project is located and who have a household income that falls below HUD's income limits.

For more Section 3 information: https://www.hud.gov/section3 Eligible applicants must have an active Osha 30 card. If interested in applying, please send a resume with the position desired to: Jennifer Monaghan at JMonaghan@mdgny.com



Wednesday, February 24th

February 24, 1927: G. R. Crecraft of the New York Telephone Company gave a fascinating presentation to the members of the Fellowcraft Club of Rising Star Lodge, F. and A. M. He spoke on the process to flash a picture simultaneously to all the important cities in the United States in on seven minutes! A beam of light was passed through a film positive and the varying intensities of light and shade were registered on a transmitter. The process, developed by the Bell Telephone System, was used mostly to transmit photographs of all recent events of national importance to the press.

February 24, 1930: Health Commissioner Clarence Buckmaster announced the Yonkers Academy of Medicine would purchase and donate books for a medical library in the Health Center to be built in City Hall Park.

Thursday, February 25th

February 25, 1906: Eleven boys were arraigned in City Court on charges of malicious mischief. Detectives for the NY Central Railroad accused them of planting small torpedoes under trains on the Hudson Line so they could steal rides. The boys, who confessed, said they put firecrackers on the tracks. When the engineer heard the noise of the explosions when the train hit them, he slowed the trains down and the boys jumped on. They said that some days they traveled as far as Poughkeepsie.

February 25, 1929: Ground for the new \$925,000 Longfellow Junior High School on North Broadway was broken and excavation started immediately. Richard Edie, Jr., President of the Board of Education, dug the first shovelful of earth. This school later became Commerce High School.

Friday, February 26th

February 26, 1910: Vassar graduate Elsie LeGrand Cole told a Woman's Day rally in Teutonia Hall that her part in the shirtwaist makers' strike in New York City opened her eyes for the need for social and economic reforms. She continued that if women were allowed to elect lawmakers, many social and industrial hardships would be eliminated.

February 26, 1935: Governor Ruby Laffoon of Kentucky named former Morningside Avenue resident Herman P. Roos a Kentucky Colonel! Roos had been Secretary to the Prohibition Department Administrator until the repeal of the Eighteenth Amendment, had been assigned to the staff of the US Internal Revenue Department in Louisville. Roos graduated from School 9 and Yonkers High School.

February 26, 1945: A midnight curfew went into effect in Yonkers.

Saturday, February 27th

February 27, 1935: Alderman Sylvester Barker introduced a local law in the Common Council requiring a two-year residence for all Civil Service employees hereafter appointed by the city service.

continued on pg 6-

WESTCHESTER'S MOST INFLUENTIAL NEWSPAPERS FRIDAY, FEBRUARY 19,2021- PAGE 6

Stress and Heart Health, continued from pg 2-

incorporate in your life, while at your desk or in the morning while having coffee. There are lots of videos on YouTube about it. Also try to identify when you will have high levels of stress, perhaps a meeting with your boss. Take two minutes before that meeting and use these breathing techniques and check in with your body and reduce your internal thermostat," said Dr. Gitig.

II-Meditation-This is harder to include in your daily life but also accessible to learn on YouTube. Two of the most common types of meditation are Transcendental Meditation, TM, and mindfulness based mediation. Both reduce your stress levels and studies have shown they also lower your blood pressure. There is also a lower symptom of shortness of breath and your heart rate is also lowered.

"TM clears your mind, and Mindfulness focuses on a part of your body. Breathing techniques are the first step in mediation, and adding the thought process to your breathing is important. The power of the brain can help you in your heart health, and resetting your minds to more peaceful thoughts will reduce your stress levels."

III-Yoga-This is also easy to learn online and reduces stress levels, including blood pressure and lowers heart rates.

IV-Exercise. This will help your stress levels will go down and exercise during the day will help you sleep at night. While we are all stuck at home we need to find ways to carve out some time for some healthy activity. Exercise will lower your risk for cardio vascular disease.

During COVID there are more reports of higher stress levels. We all need to take stock of COVID and the impact on our lifes. The increased stress from COVID is having a long term impact and it will absolutely increase cardio vascular disease, unless we do something to manager our stress better."

"We can focus on what we can control and respond to the reality of CO-VID by getting out of our comfort zone and try to find a few minutes every day to reduce our stress and improve our heart health. Look at your schedule and plan it out when can I find time to relax. If you can't find the time, take a warm bath and lock the door. Try to focus on what your body needs."

Alon Gitig, MD, is Director of Cardiology at Mount Sinai Doctors-Scarsdale and Mount Sinai Doctors-Yonkers. He is also an Assistant Professor of Cardiology, Icahn School of Medicine at Mount Sinai, and Medical Director of the Heart Failure Management Program for the Mount Sinai Health Network.

For more information, visit mountsinaidoctors.org/westchester.

Yonkers History, continued from pg 5-

February 27, 1940: City Manager Whitney submitted the 1940 budget to the Common Council. It gave salary increases to 11 people, cut 68 jobs, created 62 and maintained 412 employees at the same pay rate.

February 27, 1943: More than fifty Longfellow Junior High School students were inducted into the High School Victory Corp by Captain James Arbuckle, Commander of the 56th Regiment, of Company I, New York Guard. The student uniforms were navy slacks or skirts, white shirts and navy ties.

Sunday, February 28th

February 28, 1908: Commander Robert E. Peary, USN North Pole explorer, addressed the YMCA at the Library Hall on the topic, "Nearest the North Pole." He spoke about the hardships, dangers and conditions existing in the Polar Regions.

February 28, 1931: City Hall announced city employees contributed more than \$27,000 towards unemployment relief; Frank McCarthy, director of the Municipal Employment Bureau, reported Yonkers had 11,310 people out of work.

February 28, 1952: Demolition of the former Eschmann mansion on Warburton Avenue began to make way for an addition to School Twenty-five. Used for many years as a warehouse for Board of Ed supplies, the residence was built for the late f. W. R. Eschmann, onetime president of Arlington Chemical Company and his wife. Built at the beginning of the twentieth century, the Eschmanns lived there for 12 years, and then sold it. The stable and garage of the old estate housed the Engine 8 of the Yonkers Fire Department and the city owned the Eschmann dock at the estate's riverfront.

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Notice of formation of Panza NY LLC filed with the SSNY on 10/13/2020. 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, 640 Van Cortlandt Pk Ave Yonkers, NY 10705. Purpose: Any lawful purpose.

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Notice of Formation of Rella Electric, LLC. Arts. of Org. filed with SSNY on 12/1/2020.Office location: Westchester County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail process to Christian Farella at 186 Stone Ave., Yonkers, NY, 10701Purpose: any lawful act or activity.

Notice of formation of MASSIVE ATM LLC. Arts. of Org. filed with the SSNY on 10/30/2018. 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, 1 Glenwood Ave, apt 6D, Yonkers, NY 10701. Purpose: Any lawful purpose.

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

Upstander to Bullying, continued from pg 1-

a friend and fellow students at The Chapel School who reached out and to lend his support. "This friend of mine was an upstanding ally—he stood up for me when he didn't have to and when I needed it. He didn't have to stick up for me, but he did, and he also stood up to the person who sent me the message," said Sydnei who has known the classmate for the five years that both have been students at the Chapel School.

After the incident, the principal of The Chapel School, Michael Schultz, told Sydnei and her mom about an upcoming BLM march in Bronxville. They participated in the march and after, Sydnei had an idea. "A vision that I had after the march was to create a scholarship for a person who has an ally and has been an upstanding person, and who supports their friend or person when they know they need it."

The Chapel School loved the idea and got behind it. And this June, an essay contest will produce the first \$500 recipient of the Sydnei McKnight Upstander & Ally Scholarship. Participating students will be required to write an essay that best emphasizes the importance of standing up for their classmates.

"I'm so proud of how it came about. And I'm glad that everyone loved the idea, to empower young men and women to stand up for what is right and be an upstander and stand up for what they believe in and what is right."

We asked Sydnei if this type of racism that she experienced happens less with her generation. "I feel like this stuff happens every day, but it's not talked about. As a result of what happened to me, I have heard countless stories from others about similar incidents. At first, I felt I couldn't talk about it but now other people my age are standing up and trying to change things. Yes, it was a horrible experience, but we can make something great out of our bad experiences. It is time to stand up and stand up for good. As a member of my generation, I believe it's important to be an Ally and Upstander."

Meisha McKnight said, "Sometimes you have to stand up for what you believe in. And Sydnei is really a person who stands up for what she believes in." She also thanked The Chapel School and principal Michael Schultz for their support.

"Principal Schultz was amazing and so supportive. When the idea was pitched to him, we didn't know what to expect. But he thought it was a great idea from Day 1. He followed through and helped make it happen. "It's inspiring that a young person like Sydnei understands and recognizes the importance of being an upstander and ally for others," said Schultz.

Sydnei and her mom have not yet visited the BLM Mural in downtown Yonkers but plan to when the weather gets better, and they get their COVID vaccine. Congratulations to Sydnei McKnight, who is wise beyond her 13 years, for turning her negative situation into a positive situation for others for years to come.

Yonkers Rising

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YONKERS RISING FRIDAY, FEBRUARY 19, 2021- PAGE 7

I Got Both Vaccines Shots, continued from pg 1-

Once screened, the actual vaccination process took less than a minute. Multiple vaccination stations were well prepared in a large open room with cubicles which looked like any office space. Each cubicle contained a seat for the patient, and the desk a tray prepared with a bottle of the Covid-19 vaccine, alcohol prep pads, and already opened bandages for each injected arm.

After vaccination, each nurse asked the patient, 'Are you feeling OK?' or "How are you feeling?' and then every patient sat in a nearby Observation Room for the stated waiting period time of 15 to 20 minutes.

We all first heard of Coronavirus, and Covid-19 almost a year ago in February 2019. For the first time since February 2019, I left Montefiore feeling incredibly and profoundly grateful that I had survived the year without acquiring Covid. I know people who had acquired Covid, even a family member, and have read much about the effects, and was determined to do my best to not become infected, and to not infect anyone else.

I recognize how my habits and interactions have vastly changed since a year ago. I limited my excursions out; became very homebound, preferring the safety of home to the possibilities of being near or interacting with people who might have Covid; increased my shopping online and items for which I previously shopped, instead had packages delivered.

I am aghast of people who foolishly do not believe valid news and medical reports of the almost 500,000, almost half a MILLION Ameri-cans who as of this date had died of Covid.

Extensive and well-researched medical studies document that 40 to 50% of people who currently have Covid-19 are unaware they are infected. They exhibit NO symptoms, and are asymptomatic. Some of these people do not wear masks.

Those who deny and those who continue to spread Covid will prevent US from containing this disease. Until at least 70% of US are vaccinated, and protected against all strains of Covid, too many can become infected, infect others, sicken, be damaged by Covid, and die. Wear your mask, properly, and insist that others also do.

I am very grateful for all the work, the incredible intensive effort and expertise, and devotion to saving lives that researchers, epidemiologists, infectious disease control doctors, nurses, and people in all manner of specialties of which I am not even aware devoted to isolating, and controlling Covid-19, and creating, devising, manufacturing, and distributing a vaccine is record time, and now being offered for free to save people's lives.

Well, not exactly for "free". The various pharmaceutical companies, which fronted hundreds of millions of dollars, are being reimbursed and paid for their magnificent and successful work. Pfizer refused to take any of the offered "Operation Warp Speed" money offered by the US government, preferring to work unencumbered by any possible political interference or directives.

Before receiving my second Covid-19 vaccination, I was required to be tested for Covid due to a small, scheduled outpatient surgical procedure. I had always wondered if I had acquired Covid in the past year, and hoped that perhaps I had been exposed and hopefully my body's immune system had developed antibodies! I was glad to be tested, and

I learned that I had not previously been exposed to Covid, and had not developed antibodies.

Now I was really eager to get that second shot!

I received my second shot of Pfizer/BioNTech's Covid-19's vaccine on February 12, and it was a far easier process not just because I knew to where I was going and what to expect. Upon arrival, I was sent right up, and no one was ahead of me....or behind me. I explained to the nurse that I had no adverse reaction to the first shot, other than feeling a little tired, and a slight headache for several hours, and received the second vaccination shot. I have worked as a full time professional photographer since 1973, and perceive and experience the world visually, recording and documenting what I see and feel.

Because no one else was waiting, I had a minute to make the photograph that you see with this article. Returning to my car parked in the nearby free garage, I felt I needed to sit and settle down for a while, to process how incredibly fortunate I've been to survive unscathed. Friday afternoon, I did have a headache and once again felt tired, and after eating, slept very well, more than I usually sleep. Saturday morning, I arose feeling great! but after being awake for an hour, I felt my eyes closing and so returned to sleep, for another four hours. No other side effects other than having slept a lot, which we all need.

Cuomo, Nursing Homes, continued from pg 3-

the void. But do I understand the pressure everyone was under? Yes."

While the Governor admitted that more information about nursing home deaths should have been released, he has not yet admitted that it was a "Fatal" mistake to send COVID seniors back to nursing homes, when they could have been isolated somewhere else.

Democrats in the State legislature are preparing to remove the emergency powers granted to Cuomo at the beginning of the pandemic. A bill has to be introduced in Albany to do so, and is expected to come this week or next week, over Cuomo's objections. "These are public health decisions. They're not local political decisions, and they have to be made on a public health basis.... Look, whether a person died in a hospital or died in a nursing home. It's -- people died. People died," said Cuomo.

Derosa also tried to explain her comments. "I was explaining that when we received the DOJ inquiry, we needed to temporarily set aside the Legislature's request to deal with the federal request first. We informed the houses of this at the time," she said. "We were comprehensive and transparent in our responses to the DOJ, and then had to immediately focus our resources on the second wave and vaccine rollout."

The most powerful democrat concerning Cuomo's fate is Westchester State Senator and Majority Leader Andrea Stewart-Cousins. As always, Stewart-Cousins was calm and did not make any rash decisions or comments, only releasing a statement, "Crucial information should never be withheld from entities that are empowered to pursue oversight. This was always about getting the truth and allowing information to guide our response. That is why we had multiple hearings and another hearing scheduled for this month. And why we requested this information in the first place. Politics should not be part of this tragic pandemic and our responses to it must be led by policy, not politics. As always, we will be discussing next steps as a conference."

Other's took a different view. Former Pelham Mayor Michael Volpe, now the Chairman of the SAM Party of NY, called for Cuomo to resign. "At SAM-NY, the newest political party in New York State, we have had an interesting week. A federal court of appeals declined our request for an injunction preventing the Governor, the legislature and the Board of Elections from limiting the number of political options for New York's residents.

"We asked the court to overturn a law that will limit the voices of minor political parties; thereby giving New Yorkers fewer choices in making political election choices. Bad news for New Yorkers, who deserve transparency, accountability, reform and real problem solving. We should not have a one or two- party state. Why? Well, consider the other news this week.

"The Cuomo Administration "hid" the actual nursing home death toll numbers from federal authorities because of politics. One of the Governor's top aides, Melissa DeRosa, admitted the lack of honesty, transparency and moral decency to the concerned and suffering families. This is simply unbelievable and unacceptable. The Governor and his direct reports - DeRosa and Health Commissioner Dr. Howard Zucker should resign, and a federal Department of Justice investigation should commence immediately.

"The SAM solution is a careful investigation of this scandal; ultimately determining criminality and unveiling and following the connections between Cuomo and our "health care leaders" who we have placed our faith, trust and loved ones lives with.

"The Cuomo Administration was given certain "emergency powers" by the legislative leadership last year because of the pandemic. This allows the Governor board budget powers and authority - in contravention to the State Constitution. We now see what happens when an autocratic leader bullies, threatens and grabs power.

"The result? A bad decision by the legislature, who now, surprise, surprise, wants to take power back. This was a legislative abdication of responsibility from the start. Should those who were afraid to fight for New Yorkers from the start really be given "power" back?

The SAM solution is term limits for the Governor and the state legislature, and open and transparent budget negotiations every year.

"Another scandal in the Cuomo Administration (that was overshadowed by the nursing home coverup) comes from the NYS Thruway Authority (everyone knows all state agencies report to himself and his cronies) which was sued for \$961 Million, over the Mario M. Cuomo-Tappan Zee Bridge. The estimated \$4 billion dollar bridge (no one is sure what it cost) was completed with little transparency or accountability and with no real information of future costs for tolls.

"The SAM solution would dedicate funds to local infrastructure first and would require full disclosure of all costs for larger projects statewide. And contractors who donate to elected officials are barred from bidding on state contracts.

"And one more story about dysfunction in our Empire State: The Cuomo Administration was asked to "fire" the elections commissioners in Oneida County after the debacle concerning the election in New York's 22nd Congressional District. Essentially, a court had to step in to determine who won the November election between candidates Claudia Tenney and Anthony Brindisi.

"Why? Because the D's and R's in Albany have concocted a system where each county has a D and R election commissioner. Stalemates, cronyism, infighting, lack of reform, insufficient funding and resources result, and chaos prevail at Boards of Elections across the state. The SAM solution is independent, transparent and non-

I am excellent at pushing through and accomplishing things when I need to meet deadlines, but always listen to your body. When I woke after four hours, I felt great, except for a slight soreness in my arm at the injection site, which is to be expected.

I urge EVERYONE to be vaccinated at soon as possible. The life you save WILL be your own, and those of your loved ones, friends, neighbors, even the people with whom you argue. Remember that we all are created in the image of G-d, and all are valuable.

Robert Kalfus lives in Yonkers

Eric Schoen Nice Work, continued from pg 3-

partisan BOE Commissioners for every county, "wrote Volpe in an OP ED released across the State.

State Senator Alessandra Biaggi, who represents Pelham, tweeted, "No, @ NYGovCuomo you did not tell the *entire* Senate or Assembly that there was a DOJ investigation, as the reason why you didn't share the nursing home numbers. I found out about a DOJ investigation with the rest of NY'ers in the @nypost story Thursday night." Sen. Biaggi also joined with a dozen other democratic state senators calling for Cuomo's COVID powers to be removed.

Former Governor and Westchester native George Pataki said, 'I think it would be appropriate to take a hard look at that (recalling Cuomo). I only think it should be used in extraordinary cases but when you really have lost confidence in the leadership in your state, I think the opportunity should exist for the majority of the people to say we want something different,'

backs where you could risk your life doing them. You must live in the particular district where the job is located. You are required this year to get only 150 signatures of people who live in the district nominating you for the job. They must be in the same political party as you. But getting those signatures this year might be particularly difficult task.

You would normally go door to door, apartment buildings and private houses and ask people to sign a petition nominating you for the job. It's not such an easy task right now as we are in the middle of a pandemic. You have the federal, state, county and local governments telling you to stay in your house and if you go outside wear a mask, wash your hands and keep your distance, at least 6 feet from others.

How can you get 150 signatures which you or a Notary Public must witness? How can you do this from 6 feet away. That is if the person answering the door, someone you may or may not know actually opens it. But wait, our government leaders tell us not to come in contact with people who do not live in our households or are family members living in the household. You could be risking your life and you, god forbid could get Covid-19, the virus involved in the current pandemic.

So what is this good paying job with excellent benefits with the drawback of getting ill by coming into close contact with those you don't know? You can, if you live in the 2nd or 6th Yonkers City Council District become a Yonkers City Councilperson this year. The current City Councilpersons, Corazon Pineda Isaac and Anthony Merante are up for re-election this year.

This would be the the 3rd four year term for Pineda Isaac. But wait a minute. Didn't she vote against extending term limits from 2 to 3 four year terms as a member of the City Council several years ago when the issue was before the City Council? These issues most of the times are decided upon by the voters. But 3 years ago a majority of the City Council approved extending term limits with Pineda Isaac and Council President Mike Khader voting against it.

Pineda Isaac was pretty clear that she was against the extension of term limits when she voted no. Could the pension and life time health benefits after 12 years have changed her mind. Or is it one of those only in Yonkers kids things, only in Yonkers. Or maybe she thinks the city needs her now more than ever. I have no answers friends.

When we go up to the the County level, all County Legislative seats are up for election this year. Pay is \$75,000 with additional compensation for leadership posts. Term is only 2 years. No car other than a shared car. Health benefits fully paid for.

You are charged with approving a County budget of \$2 Billion. Most of that is mandated by the state. But if you were to walk down the street and ask 100 people what a County Legislator does, I doubt half of them would be able to tell you one or two things the County is responsible for doing.

Friends this is nothing new. It reminds me of the time when the child of a Yonkers resident didn't get into the college of choice he or she wanted. It was a private college somewhere in this great country of ours. They complained not only to college officials but also to then Yonkers Mayor Angelo R. Martinelli. Yes, the good Mayor could send a letter of recommendation to the college on the child's behalf, but in terms of the decision as to whether or not the child would get in he played absolutely no role.

So, if you live in Westchester County or in the 2nd or 6th Yonkers City Council Districts there are good paying jobs with nice fringe benefits available to you. For the most part except for the one Yonkers district represented by Councilman Merante all you need is 150 signatures of Democrats in your district to get elected. You need to make up your mind very soon as you can start collecting those signatures March 2 and they must be filed by March 25.

The drawback, of course is that you and your supporters have to get 150 signatures going up to people you don't know with the possibility god forbid of getting sick. This could have been changed by the people who are telling you not to interact with people you don't know and to stay home, wash your hands, keep a six foot distance and wear a mask. Those in charge did lower the number of signatures you would need (normally it was around 500) but they shortened the time to get those signatures, cutting it in half.

Let me end with a quote from the Gershwin song 'Nice Work If You Can Get it' that was in the Broadway musical of that name and the Broadway musical 'Crazy For You.' Holding hands at midnight

'Neath a starry sky Nice work if you can get it

And you can get it if you try!

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.



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