

Yonkers Rising

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Shootings Last Week in Yonkers are Happening all Over NY State; All Five Victims Recovering



“The Federal government has shown that they are unwilling to address gun violence nationwide, so it is up to us to address it locally,”
-Councilwoman Shanae Williams

By Dan Murphy

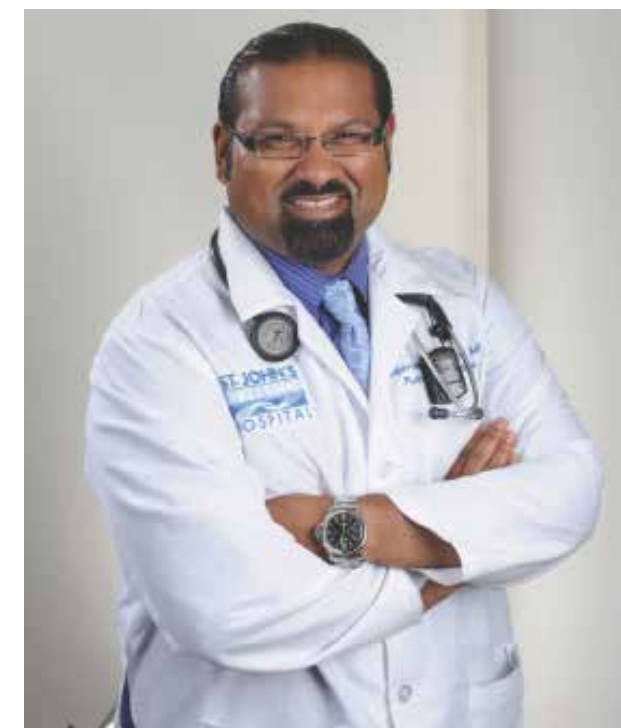
The Yonkers Police Department continues to investigate two shootings that occurred on July 16 at Locust Hill Avenue and another on School Street. The shooting occurred within hours of each other and five people were shot. We are happy to report that all five are now in stable condition and will recover.

At approximately 9:15PM on July 16th, 2022, the Yonkers Police Department responded to the area of Pitkin Park on Locust Hill Avenue on a report of shots fired. Upon arrival, units located two victims of gunshot wounds. These victims were quickly transported to an area hospital. The first victim is an 18-year-old female who was shot in her right elbow. Her condition is stable at this time. The second victim is an 18-year-old male who was shot in the right side of his chest just below the collar bone. Doctors report that he may have a punctured lung. This male is in critical but stable condition at this time.

Later in the evening, just before 11:00PM, the Yonkers Police Department responded to the area of 43 School Street on an additional report of shots fired. Upon arrival, units located three victims of gunshot wounds. The first victim is a 42-year-old male who was shot once in the back. Doctors found that the bullet passed through to his chest. He is in critical but stable condition at this time. The second victim is a 30-year-old female who was shot once in her right arm. Doctors found that the bullet then struck her chest cavity and is now lodged in her left arm. She is also currently in critical but stable condition. The third victim is a 41-year-old male who was shot once in the back. Doctors report that the bullet appeared to

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Trouble Sleeping? St. John's Riverside Hospital Sleep Center is Available to Help



Dr. Rajendra Rampersaud

By Dan Murphy

More than 100 million Americans suffer some form of sleep trouble, and F. Scott Fitzgerald said it best, “The worst thing in the world is to try to sleep and not to.”

Most adults need seven or more hours of quality sleep each night to get up and have a productive day. But how do we get those quality hours of sleep on a consistent basis? And for those of us who do having trouble sleeping most nights, is there a reason, or a medical diagnosis that can help us achieve a good night's sleep?

We recently spoke to Dr. Rajendra Rampersaud, who leads St John's Riverside Hospital's Sleep Diagnostic Center, about sleep disorders. “I got interested in studying about sleep when I started working the night shift, from 7pm-7am. I developed sleep issues based on my rotating schedule, so I started studying it for myself.”

“There are dozens of medical sleep disorders. At the top of the list is insomnia. In the USA 100 million Americans report poor sleep and many are using sleeping aids. It has reached epidemic levels, and it's important to know the difference between a bad night's sleep, which we all may have, or a sleep disorder.”

Dr. Rampersaud explained that Sleep Apnea is a sleep disorder that most of us have heard of and one that can be treated. “Sleep Apnea is a condition that we can test for, diagnose, and treat. Sleep Apnea occurs when there is a cessation or blockage of air flow while you are sleeping.”

“We have evidenced based data that untreated Sleep Apnea can potentially lead to other common medical issues, such as diabetes, high cholesterol, and hypertension. Some common signs and symptoms for Sleep Apnea are snoring, pauses in breathing, excessive daytime sleepiness, or if you have a neck size of 17 inches or more for men, (16 inches for women) then you are at risk.”

Sleep Apnea occurs in about 3 percent of normal weight individuals but affects over 20 percent of obese people. Sleep Apnea affects men more than women; however, Sleep Apnea rates increase sharply in women after menopause. Age and ethnicity can also play a role in tendencies for Sleep Apnea.

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In Yonkers, the Race for Congress is Between Bowman and Gashi



left-Congressman Jamaal Bowman, right-County Legislator Vedat Gashi

By Dan Murphy

Is it hard to defeat an incumbent member of Congress? You bet your boots it is. Just ask the current sitting Congressman in the 16th District, Rep. Jamaal Bowman.

Two years ago, Rep. Bowman did just that, beating longtime incumbent Congressman Eliot Engel in the democratic primary. Now Bowman faces three democratic challengers in the upcoming congressional primary on August 23, but most democrats we spoke to say that this is a two person race, between Bowman and Gashi.

The four democrats held a League of Women Voters debate this week, which can be viewed at <https://www.youtube.com/watch?v=bQfNjrEE94w>. The other two candidates in the debate were County Legislator Catherine Parker and Harrison resident Mark Jaffe.

Many of our readers don't know who Vedat Gashi is, and may not know who there member of Congress is, or most important that there is a democratic primary less than 25 days away.

Who is Vedat Gashi and why is he running for Congress against an incumbent fellow democrat? We asked the candidate just that and more.

“We have been working hard and knocking on doors. And the response has been positive. I want people to know that I wasn't born with a silver spoon in my mouth. I worked for everything that I have. My family came from Kosovo, a broken country and we immigrated when I was a child. And we attained the American Dream through hard work and by working together.”

“I'm worried about some of the direction and division that I'm seeing out there and that's why I'm running. The people that I have been speaking with are looking for common sense. They don't want to defund the police. They are worried about crime and in making ends meet.”

“I'm a proud democrat, but I remember when our party stood for the working man and not trying to tear each other down. I think we have a fantastic opportunity and I don't think its impossible to win if we can get people to pay attention and understand how bad the record of my opponent is,” said Gashi.

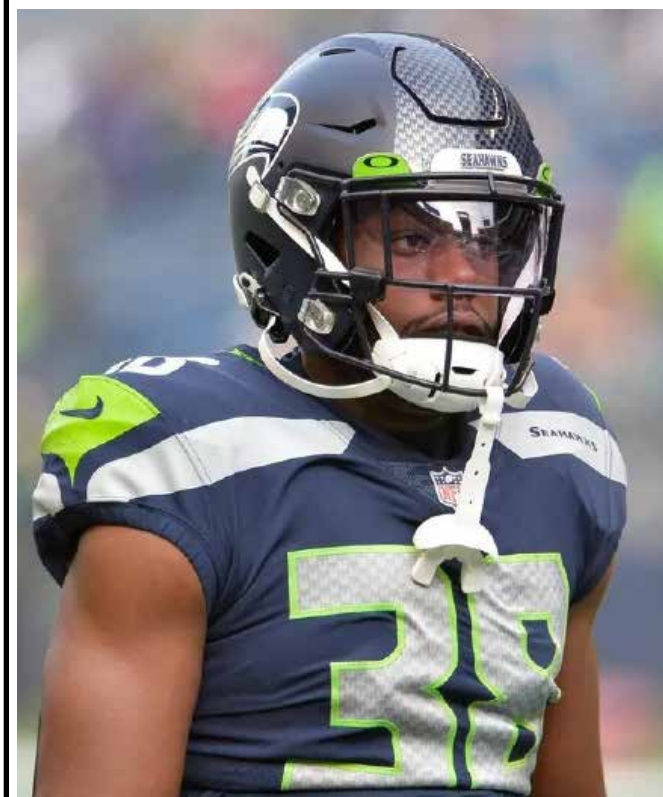
My opponents vote against the infrastructure bill and to defund the police, have made it harder for the democratic party, and for our country. I'm hoping that the people of Yonkers know about his record and what he has done.”

“During this campaign, he will go on Zoom and talk about the infrastructure projects that are happening in the district. But every project he mentions, he voted against. We don't need somebody impeding our progress and making it harder.”

“I actually think that its shameful politics that people are sick of. At a time like this we should be working together and working hard.”

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NY Giants Sign Stepinac Football Star From Yonkers



Gavin Heslop

Congratulations to Yonkers native Gavin Heslop, who is coming home this year to play for the NY Giants football team. Heslop played his high school football at Stepinac High School, and in college for SUNY Stonybrook.

He was not selected in the NFL Draft but was signed to the practice squad of the Seattle Seahawks in Sept. 2020. In 2021, Heslop was elevated to the Seahawks football team and played in three game before getting injured.

On July 22, Heslop got the good news, which was posted online, “The Giants today made what could be their final their final pre-training camp roster move, exchanging an offensive lineman for a cornerback. He will play for the Giants new coach Brian Daboll.”

The Yonkers native received congratulations from –generation Yonkers, who Tweeted, “Congratulations to Yonkers native@G_smoove5 for signing with the giants- The former Stepinac star has made a comeback after suffering a leg injury last season while he played for the Seattle Seahawks. We are excited to see Gavin back on the field! Lets Go Giants”

Stepinac High School Tweeted, “41 Days till Opening Day- Good Luck & Welcome Home to Gavin Heslop. in 2014 Gavin Heslop helped Stepinac win the CHSFL AAA Championship. After a great career at StonyBrook, Gavin suffered a terrible injury last year to end his season & two years career with Seahawks.-stepinac tweeted-@G_smoove5.”

The Family and Friends of Diana Casado in Yonkers Gets Justice



Too Many Kids are Shooting People Across New York

By Dennis Richmond Jr.

I'm a 27-year-old Black New Yorker and I see the rise in crime across New York. I believe in allowing young adults Freedom of Expression. When those same young adults start shooting each other and endangering the lives of others, that's not freedom of expression anymore. That's lawlessness. I believe in Law and Order. New York State has seen teenagers shooting guns from Yonkers to Brooklyn and Mount Vernon to the Bronx.

During this month alone, Yonkers saw two shooting incidents on Saturday, July 16th, 2022. According to NBC NY, "the first victims were shot around 9 p.m. on Locust Hill Avenue, where a pair of 18-year-olds were injured, police said. Five shooting incidents and two stabbing incidents occurred in Mount Vernon in 24 hours. A 19-year-old in the Bronx and a 16-year-old in Brooklyn, two different boroughs, were shot in the head.

"It's too much shooting going on for little petty reasons that could be talked about," said Alajah Whitehead, 26, of Elmsford. "It's become so normal now... It's literally just another day," she went on to say. "It shouldn't be this way at all," said Samuel "Secret" Reid, 25, of Mount Vernon. "Even though the violence was always there, it wasn't always kids killing kids," he elaborated.

According to the NYPD's Citywide Crime Statistics, the week of July 11th saw 15 murders, 376 robberies, and 309 burglaries. All those numbers are up from last year. What needs to be understood is that in New York State, teenagers are shooting each other and innocent bystanders. As they say, they get "on hots" and "up it and aim it."

"There's not enough things to keep the kids stimulated," said Hector Santiago, 34, of Yonkers. "It's easier to get to a phone than it is to get a community center," he said.

Dr. Bostic, a pillar in the Yonkers community, said, "it's not a cookie cutter model." There's no one way to fix this issue. He went on to say that "it starts with parents at home. That's number one." Dr. Bostic also brought up a huge issue in New York. "Gang warfare." A lot of young adults are finding safety, solidarity, and popularity in joining sets and street gangs. Samuel "Secret" Reid said, "society today applauds negativity and questions positivity." A lot of music today is filled with gang references and makes the charts. Many teenagers across America and grabbing loaded firearms and recording music videos with gang references.

In my opinion, to stop all the violence in New York, it's going to take a village. Families need to raise their kids. Store owners need to stop turning a blind eye to crime. And most of all, people need to stop praising criminal activity. We have a lot of work to do.

Dennis Richmond Jr. lives in Yonkers and is on Twitter @NewYorkStakz. He is a journalist focused on Black, Latinx, and LGBTQ+ Communities.

LOFT LGBTQ Offers Monkeypox Vaccination with West. Health Dept.

The LOFT LGBTQ+ Community Center in partnership with the Westchester County Department of Health announces that it will be hosting a second, first-dose, on-campus Monkeypox Vaccination Clinic, on Thursday, August 4th, 2022. Appointments can be made from the hours of 9:30 AM-4:30 PM for adults 18 years of age and up. Information on the second dose will be given to each vaccinated person after their first dose. The LOFT strongly encourages any and all members of the community who believe they are at risk to get vaccinated, immediately. The vaccination is free of charge.

The vaccines will be offered at the LOFT LGBTQ+ Community Services Center, 252 Bryant Ave, White Plains, NY 10605. Appointments can be made through the following link.

<https://apps2.health.ny.gov/doh2/applinks/cdmspr/2/counties?DateID=E4B91869FCB20366E0530A6C7C16157D>

The LOFT announced its first monkeypox clinic for Thursday, July 28, and all appointments were filled within hours of the announcement being made.

"The LOFT in partnership with Westchester County clearly sees that there is an urgent demand for monkeypox vaccines which is why we are opening a second clinic for first-dose monkeypox vaccinations. We are proud to partner with the County of Westchester and are truly grateful for their rapid, well-organized response to our community's needs," says, Executive Director, Judy Troilo.

The World Health Organization, The CDC, and the New York Department of Health have all emphasized the importance of having people who are at risk be vaccinated. Monkeypox can be transmitted through simple skin contact when someone's skin rubs/brushes against an infected person's skin. Infection can also occur by touching infected clothing. Please note, that it can also be transmitted via genital contact but is not considered a sexually transmitted infection. Condoms, dental dams, PrEP, birth control, microbicide lubricants, and antibiotics typically used to treat STI's will not protect a person from infection. To learn more about Monkeypox, click here.

If you are unsure whether you need the vaccine or have questions related to your health, please consult with your physician or medical practitioner.

To learn more about how the vaccine works, visit: <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/smallpox-monkeypox.html>.

As of July 27, the New York State Department of Health reported 1,228 confirmed monkeypox cases in the state, with 32 cases in Westchester County.

Westchester County District Attorney Miriam E. Rocah announced that 47-year-old Bronx resident Luis Alturet-Rivera was sentenced on July 22, 2022, to 25 years to life in state prison following his June conviction for the 2017 murder of his ex-girlfriend Diana Casado.

"We hope the family of Diana Casado has some sense of closure today," DA Rocah said. "This sentence reflects the years of extraordinary investigative work by those dedicated to seeking justice for the tragic and violent end to Diana's life."

In a statement made to the court, the victim's mother said: "A person like Luis should not be allowed out in the streets for what he did to my daughter... When he killed her, he killed me."

On January 22, 2017, at approximately 3 a.m., Alturet-Rivera shot Casado, a 27-year-old Yonkers resident, in the head while she was sitting in her parked car on Palisades Avenue in Yonkers. Hours later, the victim's mother found Casado still alive in her car and called the police. The victim was transported to Jacobi Medical Center in the Bronx, where she died.

As detailed during the trial, surveillance video captured the defendant leaving the crime scene and disposing of the victim's purse into a dumpster. Contents of that purse—the victim's wallet, credit cards and license—were later discovered by a good Samaritan who contacted police.

Following an investigation by the Yonkers Police Department's Cold Case Unit, Alturet-Rivera was arrested in Washington state on February 5, 2019, with assistance from the Federal Bureau of Investigation.

After a three-week trial in June 2022, a jury convicted Alturet-Rivera of Murder in the Second Degree and Criminal Possession of a Weapon in the Second Degree, both felonies.

The case was before Judge Robert Neary in Westchester County Court, and was prosecuted by Trials and Investigations Division Co-Chief Christine O'Connor and Counsel to the Trials & Investigations Division John O'Rourke.

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Ridge Hill Adds New Events to Summer Lineup

Enjoy kid-friendly playdates, fitness classes, community gardening, and more

Ridge Hill is delighted to announce an expanded summer events schedule, with Barks & Brews, Fit on the Hill, Garden on the Hill and Ridge Kids joining the mixed-use destination's ongoing lineup. While this season of Music in the Streets and Jazz on the Hill are concluding at the end of July, Ridge Hill guests can continue participating in a variety of activations for all ages, including:

Movie Night at Ridge Hill, Mondays at 7 p.m., August 1-29: Every Monday in August, film fanatics are invited to catch classic movie screenings under the stars. Before the feature airs on the jumbo screen at sunset, participate in various family-friendly activities starting at 7 p.m. on the South Lawn near Whole Foods Market.

Movie schedule:

August 1: Jungle Cruise

August 8: Luca

August 15: Shang-Chi and the Legend of the Ten Rings

August 22: Cruella

August 29: Spiderman No Way Home

Seating is first come, first serve. Attendees are encouraged to bring additional blankets and chairs. Events are subject to cancellation pending weather conditions

Garden on the Hill, Tuesdays from 10 a.m. to noon, August-September: Cultivate community and improve your green thumb under the guidance of Kaleidoscope Garden Design. Every Tuesday morning through the end of September, visit Ridge Hill's garden near Whole Foods Market to learn the skills needed to plant, care for and harvest a variety of local plants and vegetables (all necessary tools provided).

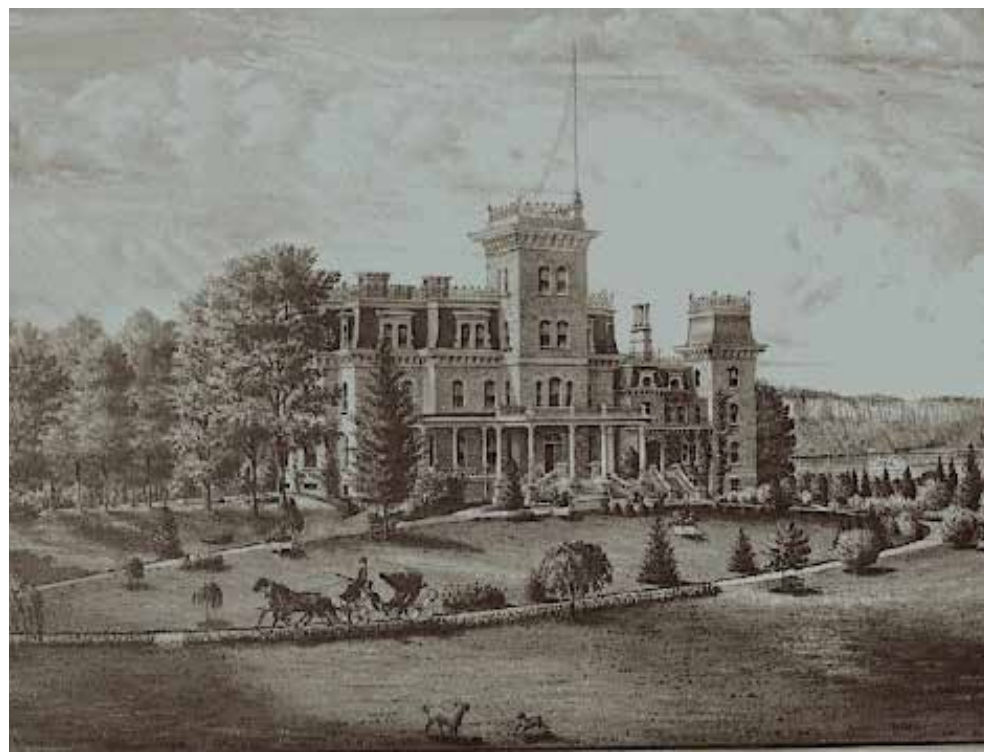
Ridge Kids, last Tuesdays from 10 a.m. to noon, August-October: Parents, mark your calendars for this monthly playdate experience designed to help kids expand their imaginations while engaging in themed crafts, games and more at rotating onsite locations, including Hapik (August), Rockin' Jump (September) and Legoland Discovery Center (October). The cost for participation is \$5 per child and includes a complimentary post-event ice cream from Haagen-Dazs. Tickets will go on sale at the beginning of each month and can be purchased on the Ridge Hill website.

Fit on the Hill, Wednesdays from 6 to 7 p.m., August-October: Get moving and take your exercise routine to the next level during this weekly outdoor workout session led by L.A. Fitness on the Town Square Lawn. Take advantage of the loyalty rewards program and earn exclusive prizes for every five classes attended.

Barks & Brews, first Thursdays from 5 to 7 p.m., August-October: Grab your furry best friends and make your way to Ridge Hill to enjoy the doggone happiest hour of all. This event will be held the first Thursday of the month in the new dog park near Whole Foods Market and feature local brews provided by the Bronx Beer Hall.

For more information on Ridge Hill events, visit <https://www.ridgehill.com/events/>.

On This Day in Yonkers History...



Greystone, the Yonkers home of NY Governor and Presidential

candidate Samuel Tilden

By Mary Hoar President Emerita Yonkers Historical Society and President Untermyer Performing Arts Council

Monday, August 1st

August 1, 1943: Yonkers resident Lieutenant Frank Culley of First Street was appointed to serve on the staff of Yonkers native Lieutenant General Joseph Stilwell! A reserve officer, Culley was called to active service well before the US entered the war. A military school graduate, he served as Assistant Chief of Staff of the Army's Cavalry School at Fort Riley, KS. After attending the Command and General Staff School in 1942, he was picked by General Patton for his staff. He took part in the invasion of Africa, during which he was wounded. He was sent to Hal-loran General Hospital to recuperate, then went on a special mission of maneuvers in Louisiana before heading to China to work with General Stilwell.

August 1, 1946: Yonkers, in its efforts to stamp out polio in Des Moines and the country, offered to send the Iowa city a respirator from the Yonkers City Hospital for Communicable Diseases.

Tuesday, August 2nd

August 2, 1935: The Mayor's Memorial Day Committee asked the public's help. They wanted to decorate the grave of every Yonkers war veteran with an American flag, and asked for information on the location of where 120 of our soldiers were buried.

August 2, 1941: Most of the 500 gas station owners in Yonkers agreed to observe the 7 p.m. curfew on fuel pumping equipment, but... station operators stated no city, state or federal law was on the books requiring they close at that time.

August 2, 1955: The latest Northeast Yonkers zoning crisis centered on Central Avenue. The question? Can someone sell new cars on an open lot?

Wednesday, August 3rd

August 3, 1935: Descendants of once powerful Native American tribes, led by Mohawk Chief James Deer of Midland Avenue, pitched a teepee on the shores of the Hudson by the Hudson River Boat Club, in honor of the 296th anniversary of the transfer of Yonkers land from Indians to the Europeans. Before the celebration began, Chief Deer and Chief Red Eagle smoked a peace pipe with boat club commodore Edward Barker.

The steady beat of their drums was heard across the boat club pier and the Hudson, while more than 150 people watched Chiefs Deer, Lone Pine and Red Eagle of the Iroquois, celebrate with songs, dances and ceremonies. Dr. C. T. Lansing, boat club secretary, welcomed Chief Deer and the assemblage of Indian leaders, saying, "We invite you to mingle the modern with the past, for you are the true first Americans." Musical entertainment was provided by Chief Red Eagle, Princess Chickadee and Princess White Deer; Princess White Fawn told stories and Doris Little Bird and Leah Deer performed dances.

Princess White Deer, daughter of Chief Deer, also happened to have performed in many Ziegfield "Follies" shows as a leading Native American beauty of our country.

Thursday, August 4th

August 4, 1886: Samuel J. Tilden died at Graystone, his estate in Yonkers. Tilden purchased the North Broadway estate in 1879, a few years after his run for the presidency, on the advice of his doctor. He loved living in Yonkers and made it his main home, only returning to his New York City home in winter.

August 4, 1958: The Yonkers Keys won the New York State Junior Championship of the American Legion at historic Cooperstown's Doubleday Field! They defeated Rochester's Memorial 209th Post by a score of 14-2!. Dom DiChiara hit two homerooms and a triple, bringing in a total of 7 runs. Our winning pitcher was Hank Fischer, who got two hits himself.

Their next step? The regional tournament in Kingston, where they would compete against Connecticut, Rhode Island and New Jersey.

Friday, August 5th

August 5, 1946: Thousands of Yonkers residents listened to Councilman Edith Welty's interview on CBS radio about our tercentennial celebrations. Mrs. William Gibbs McAdoo, widow of the former Yonkers resident and 46th US Secretary of the Treasury, interviewed Welty in an informal chat about our "City of Gracious Living." A few city officials-- City Manager Montgomery, Councilman Albert Fiorillo, Comptroller Kennedy and Public Safety Commissioner O'Hara held a "listening party" at City Hall.

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Governor Signs Three of Assemblyman Sayegh's Bills Into Law

Assemblyman Nader Sayegh's Legislative Priorities; DIAPER Act Sales Tax Exemption, Utility Storm Response Improvement and Gendered Language Legislation All Signed Into Law

The New Laws Impact Family Budgets, Utility Customers, and Gender Neutrality Language in State Government

Legislation introduced by Yonkers Assemblyman Nader Sayegh to Exempt Diapers From Sales Taxes, Require Utilities to Improve Storm Outage Communication Systems and to update Gendered Language in State Government have been signed into law by Governor Kathy Hochul.

Assemblyman Sayegh's DIAPER Act (A.8528A/S.8033) exempts all diapers, for both children and adults, from all local sales tax levies.

"Diapers are a necessity for healthy, happy babies and too many families struggle to afford enough dry diapers for their babies and adult loved ones," said Assemblyman Nader Sayegh. "Eliminating the sales tax on diapers will help working families and older adults on fixed incomes and in this economy every dollar saved matters.

Furthermore, the advocates from diaper bank organizations and volunteers across the state and the nation are to be commended for their advocacy." After watching out of state utility crews sit idle in parking lots after a major power outage, Assemblyman Sayegh introduced legislation to require utilities to include in their Emergency Response Plans, communication and coordination plans. Every member of the State Assembly voted in favor of Sayegh's legislation (A.3258A) to correct what is a statewide problem.

Every member of the State Assembly also voted in favor of Assemblyman Sayegh's legislation to correct gendered language in New York State Government. Working across the aisle Sayegh won support for replacing he/him when referring to the Governor in the General Municipal Law, with "the Governor". Sayegh said, "with the ascension of Kathy Hochul making history as the first woman to serve as Governor of New York, it was time to rectify this outdated language."

Extreme Heat Poses Risks for People With Dementia:

Take Steps to Keep Your Loved Ones Safe

As the temperatures rise, extreme heat can have a significant impact on everyone's safety, but they can be especially stressful and confusing for individuals with Alzheimer's and other dementias. Alzheimer's disease causes a number of changes in the brain and body that may affect their safety, including changes in sensitivity to temperatures.

Today, there are more than 6 million Americans living with Alzheimer's disease, including approximately 40,000 people in the Hudson Valley. Taking measures to plan ahead for weather changes, like extreme heat, can prevent injuries and help a person with dementia feel more relaxed and less overwhelmed.

"People living with Alzheimer's and other dementia can be vulnerable during extreme weather because their judgment may be impaired and they may be unable to communicate discomfort," said Meg Boyce, vice president of Programs and Services for the Alzheimer's Association Hudson Valley Chapter. "It's really important to take extra precautions with these individuals when there is extreme heat or other excessive weather conditions."

The Alzheimer's Association is offering important safety tips for caregivers and families facing Alzheimer's and other dementias to prepare for the hot summer months ahead:

- **Make a plan.** Family and friends should prepare accordingly and make plans to regularly check-in on a person living with Alzheimer's disease and other dementias during extreme heat. Arrange alternative plans for cooler spaces, if air conditioning is unavailable, and dress in loose, light clothing.
- **Pay attention at night.** Keep people living with Alzheimer's disease and other dementias cool by using fans and keeping the air conditioning on. At night, low temperatures can still exceed 75 degrees with little fluctuation in humidity levels, making for difficult and exacerbating sleeping conditions, heightened anxiety and increased agitation.
- **Prepare for behavioral challenges.** Research shows that heat can increase agitation and confusion in people. Try to remove behavioral triggers by addressing the person's physical needs related to the heat, then tending to their emotional needs.
- **Stay hydrated.** Increased water intake is essential to maintaining good hydration and health during extreme heat. Know the signs of heat exhaustion to avoid heat stroke. Dehydration may be difficult to notice in a person living with Alzheimer's disease and other dementias, as signs like increased fatigue, dry mouth and headache may be difficult to detect. People taking diuretics, sedatives, or certain heart medication may not sweat as much as others, but this does not mean that they are not hot.
- **Stay indoors and out of the sun.** Heat stroke and heat exhaustion may occur in extreme heat conditions but symptoms may be difficult to detect in people living with Alzheimer's and other dementias. Keep individuals cool by using air conditioning at home or move to a public place, such as a senior center or shopping mall. If you must go outside, be sure to dress appropriately, loose, light clothing, wear a hat, and apply sunscreen with an SPF of at least 30 or higher.
- **Stay informed.** Keep an eye on local weather forecasts. High temperatures are not the only cause for concern. Humidity and air pollution indices can cause breathing difficulties. The person should be monitored regularly and seek medical attention if symptoms arise of dehydration, heat exhaustion, or heat stroke.

For more information, visit alz.org or call the 24/7 Helpline at 800.272.3900. To learn more about the programs and services offered locally, visit alz.org/hudsonvalley.

Latimer Highlights Free Bee Line Bus Fares This Summer



Westchester County Executive George Latimer returned to his hometown of Mount Vernon to speak to Bee-Line bus riders about the County's free fares program this summer. The Bee-Line Bus System offers a greener, more cost-effective way for residents to travel the County. Latimer is encouraging Westchester County residents to ditch the pump, and get free rides all summer long on the Bee-Line.

The promotion began June 1 and is valid through Labor Day on all routes in the fixed route bus system, including the express route into Manhattan, the BxM4C. Free rides are also valid on the Bee-Line ParaTransit system. Ridership is up approximately 20% on weekdays, 50% on Saturdays and 30% on Sundays compared to levels in May 2022 when fares were being collected.

Latimer said: "We are in a tough inflationary time, everyone is feeling the financial pinch. We want to give people a reason to get on the bus and the opportunity to save some money. We take great pride in the fact that our buses are safe, clean and accessible. From Yorktown to Yonkers, we have a robust system that can get you where you need to go.

For more information about the free rides program call (914) 813-7777. An information agent is available Monday through Friday from 8 a.m. to 4 p.m.

Over 65 percent of all Westchester County residents are within walking distance of a Bee-Line bus route, making the bus both close and convenient. The system has over 3,300 bus stops and almost 60 routes. All Bee-Line buses are accessible, and designed with many accessibility features including "kneeling" buses, ramps and lifts.

Yonkers shootings, continued from pg 1-

hit his spleen and colon. This male is in stable condition at this time.

Yonkers Police currently have two detectives squads working on both cases and are asking the public for their help. Anyone with information to call the YPD Detective Division at 914-377-7724. Those with information can also submit an anonymous tip through our website OR by texting "YPD" and your tip to 847411. "The Yonkers Police Department does not tolerate senseless acts of violence in the likes of what we saw last night," said Yonkers Police Commissioner Christopher Sapienza. "Those that wish to do harm to our residents in such heinous acts have no place in this city. Our investigators will be working tirelessly to identify and apprehend the perpetrators for both of these incidents."

At a press briefing the day after the shooting, Commissioner Sapienza said that a memorial service being held at a Yonkers park near the shooting locations, "seems to have started this chain of events," adding "I think it's fair to say that there might have been a gang presence at that memorial service at that location and it was a target of opportunity."

Two persons were shot at Locust Hill Avenue and three others on School Street. Sapienza said that it is believe that the guns used in the shootings were illegal, and the call for help from the Federal government for assistance in getting guns off the street was heard again through Yonkers.

Mayor Mike Spano renewed his call from in April, when a law enforcement gun bust resulted in a Yonkers cop getting shot. Mayor Spano said then, "There have been three shootings so far this year in Yonkers. When you compare our shootings to those in Rochester, who had 400 shootings last year, we have a proactive police department. In this case, our officers were going after bad guys and trying to take guns off the street. There is too much of this happening nationwide, something has to be done. Elm Street is a hot spot and has been one for a long time. It's something we have to address."

Spano has also been vocal in his call for more help from the State and Federal government to help get guns off the streets of Yonkers and out of the hands of younger and younger residents.

Dr. Jim Bostic, from the Nepperhan Community Center, held a town forum after the recent shootings. "We don't want our children to die in the streets of our cities, there has got to be an alternative. That's what today was about," said Mayor Spano.

Dr. Bostic said, "We need to create an asset map that highlights were services are being provided in our city but also red flags where there are gaps and no services"

On the night of the shootings, mutual aid wall called in and included some great police work by the Westchester County Police, who helped one shooting victim and has now now survived.

Councilwoman Shanae Williams, who represents the first district where the shootings took place said, "As the local representative and a resident of the downtown, to say that these ongoing acts of gun violence is a huge concern is an understatement. The Federal government has shown that they are unwilling to address gun violence nationwide, so it is up to us to address it locally.

NEW YORK HOMEOWNERS:

Do you need a New Roof and Help paying for it?

*Any leaking, visible damage, or roof age, may ***qualify you!***

Do you need Energy Efficient Windows & Help paying for it?

*Drafty windows, energy cost too high, you may ***qualify!***

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Buying Comics! Looking for 1960s-1990s. I PAY CASH!

Please call 914-646-1718. Located in Yonkers

YPD Launches Half the Wheels All the Laws Public Safety Campaign

Bowman vs Gashi, continued from pg 1-



The Yonkers Police Department has a duty to our community to enforce laws and address violators of crimes and violations, regardless of the perceived severity of the infraction. We have continued to combat both violent and property crime to enable the City of Yonkers to be labeled the safest city of our size in the country, while also being the 3rd largest city in New York State. We routinely develop investigations that deliver those responsible for violent, heinous acts to the justice system.

The Yonkers Police Department is also committed to the everyday safety of our residents, motorists, and pedestrians. The unlawful and unsafe operation of unregistered and uninsured mopeds, scooters, dirt bikes, and motorcycles is a recurring top complaint from our community groups. Those that operate these unregistered and uninsured vehicles recklessly pose a danger to everyone else on the roadway who take the proper steps to operate their vehicles legally and safely. They routinely create hazards on the roadway and sidewalks, ultimately putting law-abiding citizens and motorists in a dangerous and potentially financially crippling position when involved in an accident with another motorist.

Be aware of the laws regarding the operation of these vehicles on public roads and sidewalks. Our officers will not look the other way when encountering these offenders. If you do not adhere to the laws, you will be apprehended safely, and your vehicle will be impounded.

FAQ's on Moped/Motorcycle Regulations: (Source: DMV.NY.GOV)

What is considered a limited use motorcycle (aka 'moped')?

-New York law defines limited use motorcycles, which are commonly called "mopeds" or "motor scooters", as "limited use vehicles with two or three wheels."

Are there any special requirements to operate a limited use motorcycle (moped) in New York?

-The requirements to operate a moped are like those for motorcycles. You must have a driver license and register your moped to drive it on streets and highways. You can never operate a moped down a sidewalk.

-The DMV classifies a moped as a Class A, Class B or Class C limited use motorcycle according to its top speed. Only a certified model of limited use motorcycle can get a registration in New York State (only the manufacturer can certify a moped).

Limited-use motorcycle requirements based on top speed, as defined by NYS DMV:

CLASS A, OVER 30-40 MPH: Driver License Required?: M/MJ Registration Required?: YES Insurance Required?: YES Inspection Required?: YES Headlight on When Operating?: YES Helmet & Eye Protection Required?: YES May Operate In?: Any traffic lane

CLASS B, OVER 20-30 MPH: Driver License Required?: Any License Class Registration Required?: YES Insurance Required?: YES Inspection Required?: Recommended. Headlight on When Operating?: YES Helmet & Eye Protection Required?: YES May Operate In?: Right-Hand Lane or Shoulder ONLY

CLASS C, 20 MPH OR LESS: Driver License Required?: Any License Class Registration Required?: YES Insurance Required?: Recommended Inspection Required?: Recommended Headlight on When Operating?: YES Helmet & Eye Protection Required?: Recommended May Operate In?: Right-Hand Lane or Shoulder ONLY

AS PER THE NYS DEPARTMENT OF MOTOR VEHICLES, REGISTRATION IS REQUIRED FOR ALL MOPEDS AND MOTORCYCLES ON PUBLIC ROADWAYS REGARDLESS OF TOP SPEED OR SIZE OF ENGINE!!!

IF IT IS POWERED BY ANYTHING ELSE OTHER THAN YOUR OWN BODY'S POWER, REGISTER IT!!!

YOU MAY ONLY HAVE HALF THE NUMBER OF WHEELS THAT A CAR HAS, BUT YOU ARE STILL SUBJECT TO ALL OF THE LAWS!!!

Letter to the Editor:

The January 6th attack on our nation wasn't a random act by a handful of sore losers, but a premeditated and organized insurrection. Now, thanks to the hearings, there's overwhelming evidence that Trump and his allies were at the helm of it.

We heard from former members of the Trump administration and Republican state officials about how Trump illegally pressured the Vice President, the Department of Justice, and state legislatures to overturn the election he knew he lost. And when it didn't work, he summoned an armed mob to march on the Capitol Building in a final, violent attempt to stop the peaceful transfer of power.

These insurrectionists haven't gone anywhere. In fact, more than 100 of them have already won their primaries. It's up to us to do our part and vote to make sure they don't win this fall.

Should these dangerous candidates win their elections, we could have election deniers in key seats of power, like secretary of state and county clerk, ready to overturn whatever election results they don't like.

Our democracy is at stake. If we want to hold onto our freedoms to vote, to have our votes decide elections, and to rely on elections to keep our leaders in check, then we have to cast our ballots during the midterms this year on November 8th. **Regards, Denise Cameron, New Rochelle**

Gashi wants the comparison between what he is campaigning on, and the record of Congressman Bowman, made, and if he can get the people of the 16th district to pay attention and listen, he believe he can win.

Several democrats we spoke to in the district, agreed that Gashi has a chance to make history, just like Bowman did two years ago. "I think most objective Westchester democrats know Bowman and Gashi. And that why you are seeing several Westchester democratic women and local unions supporting Gashi," said one Yonkers Democrat.

Gashi touted the recent endorsements from Westchester democrats like Assemblywoman Amy Paulin and County Legislator Alfreda Williams as "meaningful to me to have their support."

One big union endorsement in Yonkers is from Teamster Local 456, and Gashi has it. "The democratic party used to mean hard working, average people. And I have endorsements from them, and it's inspiring that they trust me to be there voice.

"When I knock on doors and speak to voters, they wonder if things have gotten worse over the past two years. I think we need a new direction for the district and for the country."

"When asked about climate change he says he wants to throw \$3 Trillion dollars at it. That's a dollar amount not a plan. We need a voice in Washington and our campaign is doing the work to talk to voters and make sure everyone knows there is a democratic primary on August 23," said Gashi, who understands that Yonkers is a critical part of the district and the democratic primary.

"I think they are taking for granted and not recognizing how frustrated people are, and how worried they are about their future.


A democrat leader on the sound shore said, "I think Gashi has a chance and I think this race is between Gashi and Bowman. Gashi is an intellectual and a thoughtful deep thinker. He has a lot of support in different communities, including the Jewish community and even some African-American support."

"Many are privately supporting Gashi, not because Bowman is black, but because he is a sitting incumbent Congressman who wields a lot of power. I have also gotten five pieces of mail from Gashi and haven't gotten any from Bowman."

Westchester democrats we spoke to could not understand why County Legislator Catherine Parker got into the race so late. "Catherine wants to move up, that's clear. She has run for Congress before, but if I was advising her I would say you can't win. The common political wisdom says that Parker will hurt Gashi, but I know of several progressive democrats who went from Bowman to Parker. The other thought is that Parker is running to get name recognition out for a future race, perhaps County Executive, or State Senate when Shelley (Senator Mayer) steps down," said a sound shore democrat. "I hear Gashi is doing good even in Rye. He has a great life story and he is getting a good response."

But what will happen in Yonkers? Some believe that endorsements from prominent Yonkers democrats, for both Bowman and Gashi are coming soon.

Republicans have a candidate in NY-16, but most believe that he is a "placeholder," with another candidate to come after the primary. John Ciampoli is the name of the current candidate for the GOP in NY-16. Ciampoli, who has served as a longtime republican election law attorney, listed his address on Long Island on the candidate form. This was first reported by Delfim Heusler on Yonkersinsider.blogspot.com. Look for another Westchester republican to step forward and run in NY-16 next month.


 Untermyer Performing Arts Council
 Mayor Mike Spano
 Yonkers Department of Parks, Recreation and Conservation
 present

6:45 pm

A Celebration of the ADA

Presentation by
Carole Conklin
Mayor's Disability Advisory Board Chairperson

7:00 pm

Peace of Heart Choir

Robert René Galván, Conductor





Saturday, July 30
 Untermyer Park & Gardens
 945 North Broadway, Yonkers

Another free Untermyer Performing Arts Council program!

In case of rain, please call 914-375-3435 or check our website
www.untermyerperformingarts.org
 after 2 pm the day of the performance.
 Our rain site this year is Saunders High School, 183 Palmer Road, Yonkers

Our events are admission free and open to the public.
 Please bring lawn chairs or picnic blankets, as we do not provide seating.

This program is one in cooperation with Mayor Mike Spano, and the Yonkers Department of Parks, Recreation and Conservation. Funding is received from Arts Westchester with support from Westchester County Government, the City of Yonkers, Senator Shelley Mayer, Assemblymember Nader Sayegh, Empire City Casino by MGM and our loyal arts patrons.

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SUPREME COURT OF THE STATE OF NEW YORK. COUNTY OF WESTCHESTER INDEX NO. 53852/2017. Plaintiff designates WESTCHESTER as the place of trial situs of the real property. SUPPLEMENTAL SUMMONS Mortgaged Premises: 531 NORTH HIGH STREET MOUNT VERNON, NY 10552, District: Section: 165.37, Block: 1048, Lot: 19 WELLS FARGO BANK, NATIONAL ASSOCIATION AS TRUSTEE FOR MORGAN STANLEY ABS CAPITAL I INC. TRUST 2004-OP1, MORTGAGE PASS-THROUGH CERTIFICATES, SERIES 2004-OP1, Plaintiff, -against- ALBERT CELLINI A/K/A AL CELLINI AS HEIR AND DISTRIBUTE OF THE ESTATE OF CARMELA CELLINI; JOEPH CELLINI AS HEIR AND DISTRIBUTE OF THE ESTATE OF CARMELA CELLINI if living, and if she/he be dead, any and all persons unknown to plaintiff, claiming, or who may claim to have an interest in, or general or specific lien upon the real property described in this action; such unknown persons being herein generally described and intended to be included in the following designation, namely: the wife, widow, husband, widower, heirs at law, next of kin, descendants, executors, administrators, devisees, legatees, creditors, trustees, committees, lienors, and assignees of such deceased, any and all persons deriving interest in or lien upon, or title to said real property by, through or under them, or either of them, and their respective wives, widows, husbands, widowers, heirs at law, next of kin, descendants, executors, administrators, devisees, legatees, creditors, trustees, committees, lienors and assigns, all of whom and whose names, except at stated, are unknown to plaintiff; UNKNOWN HEIRS AND DISTRIBUTEES OF THE ESTATE OF CARMELA CELLINI any and all persons unknown to plaintiff, claiming, or who may claim to have an interest in, or general or specific lien upon the real property described in this action; such unknown persons being herein generally described and intended to be included in the following designation, namely: the wife, widow, husband, widower, heirs at law, next of kin, descendants, executors, administrators, devisees, legatees, creditors, trustees, committees, lienors, and assignees of such deceased, any and all persons deriving interest in or lien upon, or title to said real property by, through or under them, or either of them, and their respective wives, widows, husbands, widowers, heirs at law, next of kin, descendants, executors, administrators, devisees, legatees, creditors, trustees, committees, lienors and assigns, all of whom and whose names, except as stated, are unknown to plaintiff; PEOPLE OF THE STATE OF NEW YORK; UNITED STATES OF AMERICA, Defendants. To the above named Defendants YOU ARE HEREBY SUMMONED to answer the complaint in this action and to serve a copy of your answer, or if the complaint is not served with this summons, to serve a notice of appearance on the Plaintiff’s Attorney within 20 days after the service of this summons, exclusive of the day of service (or within 30 days after the service is complete if this summons is not personally delivered to you within the State of New York) in the event the United States of America is made party defendant, the time to answer for the said United States of America shall not expire until (60) days after the service of the Summons; and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the complaint.

TO THE ABOVE NAMED DEFENDANTS: The foregoing Summons is served upon you by publication pursuant to an Order of the Hon. Charles D. Wood a Justice of the Supreme Court, Westchester County, entered Feb. 24, 2020 and filed with the complaint and other papers in the Westchester County Clerk’s Office.

NOTICE OF NATURE OF ACTION AND RELIEF SOUGHT THE OBJECT of the above caption action is to foreclose a Mortgage to secure the sum of \$260,000.00 and interest, recorded on November 26, 2004, at Instrument number 442730885, of the Public Records of WESTCHESTER County, New York, covering premises known as 531 NORTH HIGH STREET, MOUNT VERNON, NY 10552 a/k/a Section 165.37, Block 1048, Lot 19.

The relief sought in the within action is a final judgment directing the sale of the premises described above to satisfy the debt secured by the Mortgage described above.

WESTCHESTER County is designated as the place of trial because the real property affected by this action is located in said county.

NOTICE

YOU ARE IN DANGER OF LOSING YOUR HOME

If you do not respond to this summons and complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending a payment to the mortgage company will not stop the foreclosure action. YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT. Dated: October 6, 2021 Hill Wallack, LLP. attorney for Plaintiff , 261 Madison Ave, Ste 940, NY, NY 10016.

Notice of formation of Color It Black, LLC. of Org. filed with the SSNY on 01/28/2022. 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 Color It Black LLC, 33 Cliffside Drive, Yonkers, NY 10710 Purpose: Any lawful activity.

Notice of formation of Sweeney Tech, LLC. Arts. of Org. filed with the SSNY on 06/16/2022. 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, 14 Alta Place, Yonkers, NY 10710. Purpose: Any lawful activity.

Formation of LNE CONSTRUCTION, LLC filed with the Secy. of State of NY (SSNY) on 6/21/2022. Office loc.: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. The address SSNY shall mail process to James Saisa, 25 Harvard Ave., Yonkers, NY 10710. Purpose: Any lawful activity.

Notice of formation of Sutton E.L.S Ent, LLC. Arts. of Org. filed with the SSNY on 08/18/2021. 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, 103 McLean Avenue Apt.# 3b, Yonkers NY 10467. Purpose: Any lawful activity.

NOTICE OF SALE SUPREME COURT COUNTY OF WESTCHESTER DYNASTY, LLC, Plaintiff AGAINST CGSRE ACQUISITION CORP, ET AL., Defendant(s) Pursuant to a Judgment of Foreclosure and Sale duly entered October 22, 2021, I, the undersigned Referee will sell at public auction at the Lobby of the Westchester County Courthouse, 111 Dr. Martin Luther King Jr. Boulevard, White Plains, NY on August 15, 2022 at 9:30AM, premises known as 68 Runyon Avenue, Yonkers, NY 10710. 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 and State of New York, Section 3 Block 3112 Lot 59+60. Approximate amount of judgment \$1,792,943.78 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index #50855/2019. The aforementioned auction will be conducted in accordance with the WESTCHESTER County COVID-19 Protocols located on the Office of Court Administration (OCA) website (<https://ww2.nycourts.gov/Admin/oca.shtm>) and as such all persons must comply with social distancing, wearing masks and screening practices in effect at the time of this foreclosure sale. Anthony J. Centone, Esq., Referee CLAIR GJERTSEN & WEATHERS PLLC 4 New King Street, Suite 140 White Plains, NY 10604 50855-2019 72689

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Yonkers Rising

PO Box 705, Yonkers NY 10702 -914-815-1388. Proudly serving the City of Yonkers as official weekly newspaper with hyperlocal news. Member NY Press Association. Daniel Murphy, Publisher & Editor in Chief, dmurphy@risingmediagroup.com. Bayan Baker, Assistant to the Editor in Chief risingmediagroup@gmail.com.

LEGAL NOTICE- GENERAL ORDINANCE NO.8-2022

A GENERAL ORDINANCE AMENDING CHAPTER 109 OF THE CITY CODE OF THE CITY OF YONKERS ENTITLED “VEHICLES AND TRAFFIC” TO INCLUDE NEW LIMITATIONS ON THE PARKING OF COMMERCIAL VEHICLES AND AMEND FINES

The City of Yonkers, in City Council convened, hereby ordains and enacts: Section 1. Part X of the Code of the City of Yonkers, entitled “Vehicles and Traffic” is amended by amending Section 109-79, entitled “Commercial vehicles, buses, school buses, trailer, semitrailer, house-on wheels,” to read as follows:

§109-79. Commercial vehicles, buses, school buses, tractor, trailer, tractor-trailer semi-trailer, house-on wheels.

A. No person shall park a commercial vehicle, trailer, tractor, tractor-trailer, semitrailer, house-on-wheels, bus or school bus, on any street other than for the expeditious unloading and delivery or pickup and loading of materials or people, or while providing a commercial service.

B. In addition to any applicable sanctions, fees, or remedies provided by law or regulation, any vehicle parked in violation of subdivision (A) of this section may be subject to impoundment by the City of Yonkers. Any vehicle impounded pursuant to this provisional shall not be released until all applicable towing and storage fees have been paid.

Section 2. Part X of the Code of the City of Yonkers, entitled “Vehicles and Traffic” is amended by amending Section 109-160 entitled “Penalties for offenses; towing and storage fees” to read as follows:

§ 109-160. Penalties for offenses; towing and storage fees.

A. Except for violations of this chapter which are within the jurisdiction of the Parking Violations Bureau, and in the event that a penalty is not established for a given violation of this chapter, then such violation shall be punished by a fine not exceeding \$250 or confinement in jail not exceeding 10 days, or both.

B. Parking, standing and stopping violations shall be punished as follows:

Type of Violation	Fee
Expired meter (on street)	\$30
Overtime parking at meter (on street)	\$30
Expired meter (off street)	\$30
Failed to activate meter (on street)	\$30
Overtime parking at meter (off street)	\$30
Failed to activate meter (off street)	\$30
Parking in 2 meter spaces (on street)	\$50
Parking rear to meter (on street)	\$50
Parking in 2 meter spaces (off street)	\$50
Parking rear to meter (off street)	\$50
No parking	\$50
Overtime parking, no meter	\$50
Parking in driveway, public or private	\$50
Parking within 30 feet of stop sign	\$50
Parking within 10 feet of crosswalk at intersection-\$60	
Parking in loading zone	\$50
M/T 12 inches from curb, 2-way street	\$50
M/T 12 inches from curb, 1-way street	\$50
Parking left side to curb, 2-way street	\$50
Parking wrong direction, 2-way street	\$50
Parking wrong direction, 1-way street	\$50
Parking opposite construction site	\$50
Improper parking	\$50
Parked rear to curb	\$50
Improper angle parking	\$50
Angle parking prohibited, 2-way street	\$50
Angle parking prohibited, 1-way street	\$50
Wheels not turned to curb on hill	\$50
Parking a trailer, semitrailer, tractor-trailer, tractor, house-on-wheels, bus or school bus	\$500
Other Commercial vehicle/bus parking	\$50
Parked on bridge	\$50
Unattended vehicle	\$70
Parked at theater entrance	\$50
Parked on private property	\$50
Parked without lights	\$50
Inspection violations	\$50
Parked on entrance or exit ramps, state highway	\$50
Parked on state highway	\$50
Parked alongside curbcut	\$50
Parked for purpose of vehicle sale	\$50
Parked for vehicle repair, except emergency-50	
Parked on highway with speed limit over 35 mph for purpose of selling frozen desserts	\$50
Parked within safety island	\$60
Parked within crosswalk	\$60
Parked within intersection	\$60
Parked on sidewalk	\$80
No standing	\$70
No stopping	\$70
No stopping, bus stop	\$50
Stopped on pavement	\$50
Registration violations	\$70
Unregistered motorcycle	\$70
Tab improperly on plate	\$70
License plate violations	\$90
No current license plate	\$90
Unauthorized license plate	\$90
Parked leaving L/T 10 feet roadway	\$90
Restricted area	\$70
Restricted area, parking lot	\$70
Restricted area, off street	\$70
Restricted, raceway parking	\$70
Obstructing traffic	\$90
Obstructing traffic, L/T 10 feet roadway	\$90
Double-parked	\$90
Double-parked commuting hours (Mon. - Fri. 7:00 a.m. to 10:00 a.m. and 3:00pm to 7:00 p.m., excluding holidays)	\$100
Parked within 15 feet of fire hydrant	\$70
Parked in fire zone	\$90
Parked within 20 feet of fire station entrance-\$90	
Parked in tow-away zone	\$90
Emergency snow removal	\$90
Parked in handicap space, no permit, on street-\$200	
Parked in handicap space, no permit, off street-\$100	
Abandoned vehicle	\$450
Abandoned vehicle in an emergency a designated emergency-\$500	
All other parking violations, including violations of Article 32 of the New York State Vehicle and Traffic Law	\$50

C. In the event that a respondent does not enter a plea or remit the fine due for a parking, standing or stopping violation as and when required by this chapter, then he or she they shall pay a late payment penalty equal and in addition to the scheduled fine for the violation charged.

D. In the event that a vehicle is towed pursuant to this chapter, the owner or person entitled to possession of the vehicle shall pay a towing charge and a storage charge as set by the rules and regulations of the Parking Violations Bureau. These charges shall be in addition to any fines or penalties for illegal stopping, standing, parking, abandonment or any other offense under this chapter. Towing and storage charges shall be paid to the Parking Violations Bureau. No vehicle shall be released unless all towing and storage fees, outstanding parking violations and related penalties are paid in full.

Section 3. This General Ordinance shall take effect upon compliance with §C4-6 of the Charter of the City of Yonkers and the provisions of the Municipal Home Rule Law of the State of New York

This General Ordinance shall take effect upon compliance with §C4-6 of the Charter of the City of Yonkers and the provisions of the Municipal Home Rule Law of the State of New York. A copy of this General Ordinance is available for review with a list of fines at the Yonkers City Clerk’s Office.

Letter To the Editor:

During the January 6th hearings, we've heard from former members of the Trump administration and Republican state officials about how Trump and his allies worked together to try and overthrow our democracy because the 2020 presidential election didn't go their way. Now, they're working to make sure all of our elections go their way in the future, whether we vote for them or not.

Already, Trumpers in office have changed state laws to weaken our freedom to vote and threatened Republican election administrators who won't go along with them. Now, they're running candidates for key election administration offices, from secretary of state to county clerk. Should they win their elections this fall, these officials won't hesitate to overturn future elections if they or their MAGA allies lose.

This completely undermines the tenets of our democracy. The only way we're going to protect our elections is to fight back and make our voices heard.

We have to cast our ballots in the upcoming midterm elections. It's up to us to hold election deniers accountable at the polls and elect democracy defenders up and down the ballot on November 8th.

Sincerely, Mary Enright, Dobbs Ferry

Yonkers History, continued from pg 3-

August 5, 1955: Enlisting in the Air Force under the new "buddy system," five men from Yonkers not only enlisted together, they trained together. Chester Caro, Robert Johnson, James Kilduff, Robert Snyder and Richard Thomas went through basic training at Sampson Air Force Base in Geneva, NY.

August 6th

August 6, 1917: The Military Training Camps' Association made a special appeal to Yonkers men with military experience. All veterans able to give time were asked to volunteer as military instructors in colleges and universities during the coming school year

August 6, 1927: Contractor Thomas Larkin accepted the Democratic Mayoral nomination. He declared himself a "free agent with no promises asked or made."

August 6, 1935: City Judge Boote fined a Brooklyn plumber \$25 for working in Yonkers without a license, in front of an audience of 200 very interested and properly credentialed local plumbers.

Sunday, August 7th

August 7, 1933: Poplar Street's Patsy Flower saved St. Anthony's Church on Willow Street from fire! He noticed a candle had set fire to a stand in the church; he grabbed it, rushed it outside, and then sent a fire alarm.

August 7, 1941: The Yonkers Branch of the Workmen's Sick and Death Benefit Fund of the United States announced their national organization purchased \$30,000 of United States Defense Bonds. Yonkers Branch #3, started in 1885 by German-American workers who emigrated because of Bismarck's anti-labor law, formed one year after the national organization. Although nonpolitical, they were one of the first organizations to voice opposition to Nazism, Fascism and all forms of dictatorship.

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.

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

Dr. Rampersaud said that "Almost 85% of people who have Sleep Apnea stay undiagnosed. We screen patients at the sleep center at St. John's, and we can conduct a sleep study for most individuals, adults or kids."

Circadian cycle disorders, also known as sleep-wake cycle disorders, are problems that occur when your body's internal clock, which tells you when it is time to sleep or wake, is out-of-sync with your environment. This is common in people who work at night or who have varying work or personal schedules which makes their sleep times vary. "Jet lag, or shift work disorder schedules, can lead to circadian rhythm problems. It is a big burden when you cannot get a good night's sleep while the rest of us are sleeping."

Narcolepsy is another sleep disorder that some may have heard of. "This is a chronic sleep disorder characterized by significant daytime sleepiness and sudden attacks of sleep," said Dr. Rampersaud, who added that less than 3% of Americans who have a sleep disorder have Narcolepsy.

But what about most of the 100 million Americans who don't have Sleep Apnea, or Narcolepsy, or a strange work or life schedule that makes them change their sleeping habits? What about the average person who just cannot get to sleep at night?

Dr. Rampersaud gave our readers factors, thoughts, and tips on helping with your sleep disorder. "If you are overweight and over the age of fifty, this leads to a risk of sleep troubles. 20% of men over 50 and 10% of women over 50-are at risk. Our elderly population has a higher rate of a disorder called Advanced Sleep Phase Disorder in which they tend to eat dinner early and go to bed early.

But people of all ages can have trouble with their sleep. A common condition in adolescents and teenagers is Delayed Sleep Phase Disorder in which they go to sleep later and later into the night. These are symptoms that are related to a sleep disorder that people may not easily identify or make a connection to.

The American Academy of Sleep reports 7 hours of good sleep is optimal. Beyond 9 hours is usually excessive. Much less can lead to medical issues, the most obvious being chronic fatigue. Most patients who have a sleep disorder have sleepiness or fatigue in the afternoon."

Most of us have heard of REM (Rapid Eye Movement) Sleep. Dr. Rampersaud explained the vital nature of REM sleep. "It is estimated that 90% of our dreams occur in REM sleep. About every two hours we cycle through stages 1,2 3, and the REM. The second half of the sleep period is when we get most of our REM sleep, which is important for good sleep health. Deficiencies in REM sleep can lead to cognition and memory issues. In addition, common medications can prevent us from getting the proper REM sleep we need."

Dr Rampersaud explains that "Sleep efficiency is the ratio of the time we are asleep divided by the time spent in bed. What is considered normal is about 80%. Sleep can be manipulated by timing and maintaining consistent sleep and rise times, this is part of what is called Sleep Hygiene. Each of us has an inherent circadian cycle that can be optimized by good sleep habits."

Stress, no eating or caffeine before sleep, and lighting, all play a role in getting a good night's sleep, according to Dr. Rampersaud. "The most common Insomnia is related to Psychophysiological issues of stress and not being able to shut down our thoughts at night. We worry and look at the clock. We try to teach people to reduce their sympathetic tone and put away their stressful thoughts. Do not start reading the book you have been waiting to read or overstimulate your mind right before you go to bed.

Try not to eat or have caffeine or nicotine 4-6 hours before you go to bed. This is part of the process of preparing for sleep. Preparing your bedroom to be dark, inviting, and a cool temperature, will also help. Also try breathing exercises to reduce your heart rate. If you are in bed for more than 30 minutes and cannot get to sleep, get out of bed, and do something mundane to bridge your time until you feel sleepy. Do not stay in bed if you cannot sleep. A simple way to build up a sleep drive is to get yourself tired early in the day or in the hours before you go to sleep. "

In general, Dr. Rampersaud is not a fan of sleeping aids (both prescribed or over the counter) as their effectiveness diminishes over time and there is a potential for unwanted effects. "I see patients who have taken any one of these 'Z' drugs for years at a time. Receptors in our brain get desensitized to these medications and over the course of time have a dwindling affect."

If you are unsure about what your sleep trouble may be, the best way to get an answer is to visit Dr. Rampersaud at St John's Riverside Hospital Sleep Center Diagnostic Center. An overnight stay in a comfortable room is all it takes for technicians to monitor your heart, brainwaves, and airflow. Throughout the night a dedicated technician will be present to monitor the study while you sleep comfortably. Tests results will be promptly sent to your physician within 72 hours of the test.

Sleep Diagnostic Services are now available at the Andrus location. For more information or to schedule a consultation with a sleep physician call (914) 964-4337. To schedule a sleep study at the Sleep Diagnostic Center call (914) 559-1010.

Dr. Rampersaud is a Board-Certified Pulmonologist who holds an additional Board Certification in Sleep Medicine. He completed his Sleep Medicine fellowship at the Sleep Disorder Institute in New York. He is a member of the American Academy of Sleep Medicine.

YONKERS IDA A Driving Force Behind the Yonkers Renaissance.

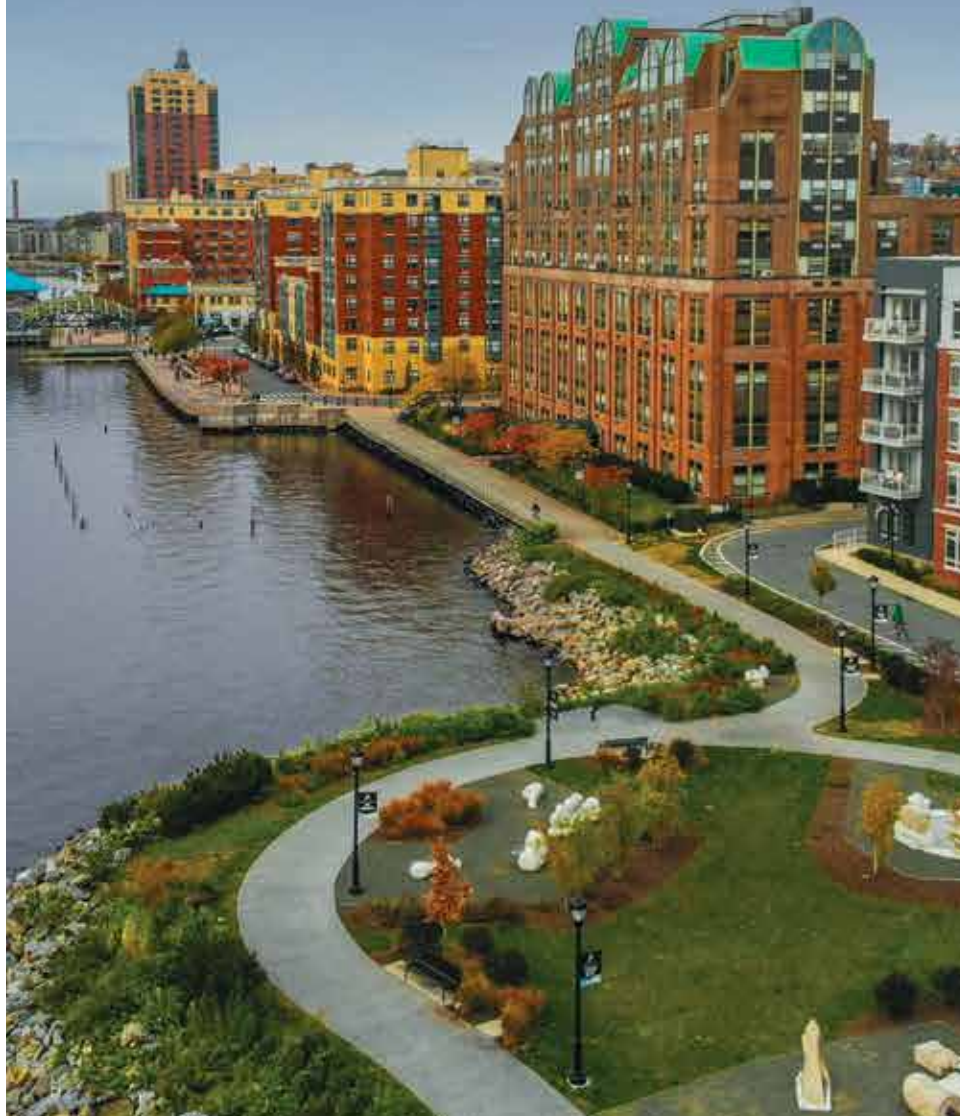
Building on a nearly decade-long economic renaissance, the Yonkers Industrial Development Agency (YIDA) under the leadership of Mayor Mike Spano has been instrumental in providing financial incentives for development projects representing nearly \$5 billion in private investment and more than 9,100 multifamily units planned, completed, under construction and approved for development.

To learn more about the financial incentives provided by the Yonkers IDA, visit yonkersida.com or call (914) 509-8651.



YEDC

Yonkers Economic Development Corporation



Happy Birthday Rabbi Mendy!



(L-R) Westchester County Executive George Latimer with Rabbi Mendy Hurwitz and Assemblyman Nader Sayegh. Photograph Copyright © 2022 Robert Kalfus

By Robert Kalfus

Chabad of Yonkers Rabbi Mendy Hurwitz Celebrates his 39th Birthday Serving the Community By Robert Kalfus Dozens of Chabad of Yonkers members, their families, friends, and many who have various connections with Rabbi Mendy Hurwitz celebrated his 39th birthday party this past Sunday, July 24th.

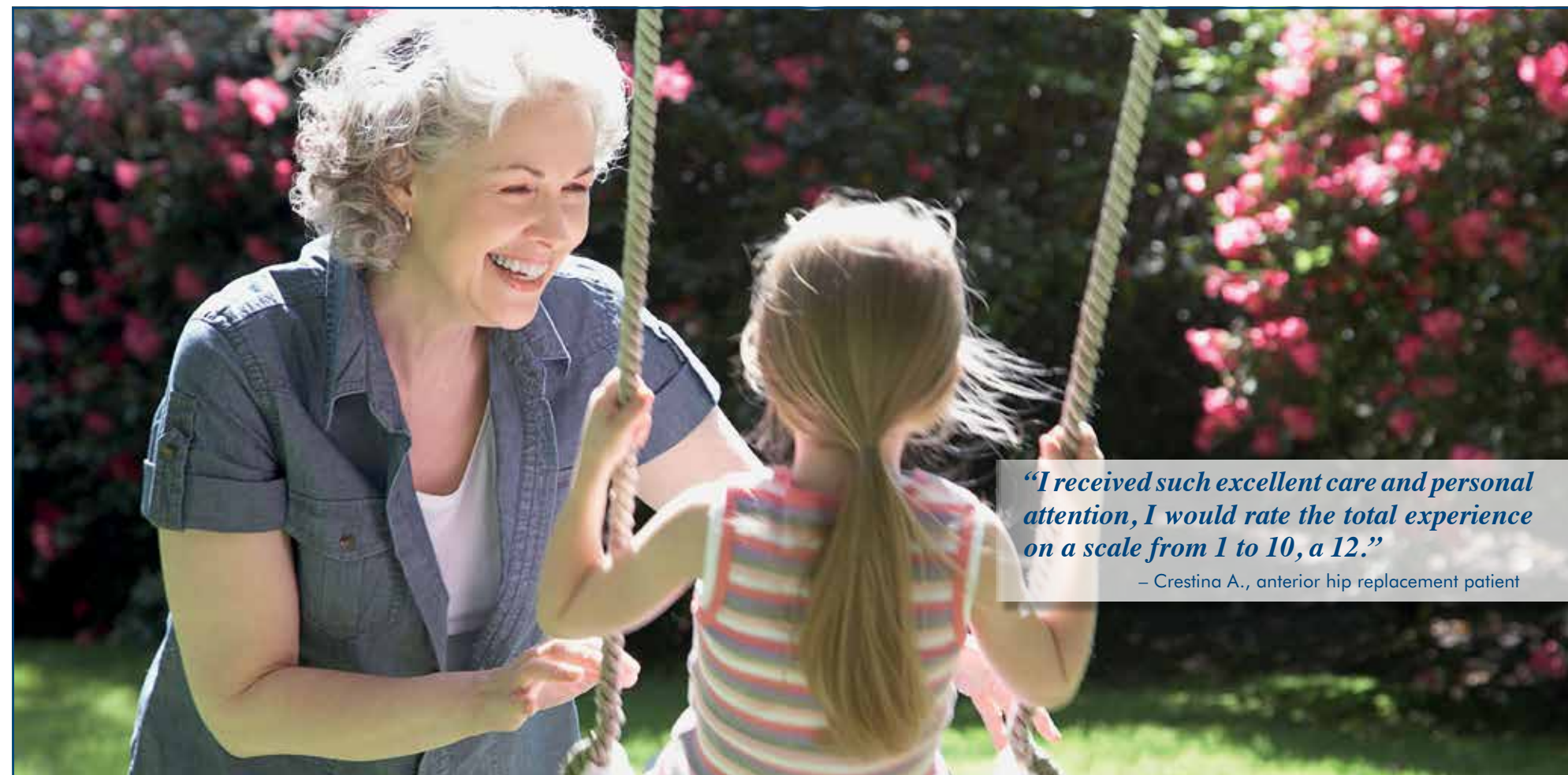
This was the 15th occasion when Rabbi Mendy welcomed the community to his birthday with a free, lavish kosher BBQ, an extensive menu of kosher hot dogs and hamburgers in buns, French fries, watermelon, cotton candy, cold drinks, a bottle of water, and birthday cake for dessert. Rabbi Hurwitz sweated over a hot grill, while wearing a blue apron stating in Hebrew and English "Mensch", meaning a good, caring human being, a birthday present from Robyn Fullerton, while serving up a kosher BBQ.

In the broiling heat, this hard-working Rabbi himself manned the grill for hours, producing well-cooked hotdogs and hamburgers, feeding dozens of people who took refuge in the shade trees outside, or for a few, in the synagogue's air conditioning. Westchester County George Latimer and Assemblyman Nader Sayegh both spoke of their friendships, respect and many interactions and meetings with Rabbi Mendy, noting the many ways that he seeks to deepen people's joy, happiness and connection with each other and building a stable and peaceful community.

In addition to Rabbi Hurwitz' regular Wednesday night Torah discussion and learning class on ZOOM, the synagogue is adding additional activities and classes. Please contact the Chabad of Yonkers/Greystone Jewish Center for info on upcoming activities, religious services and dinners, Hebrew school and Bar Mitzvah preparation, Shabbat morning and the upcoming High Holiday services, at (914) 963-8888, or www.JewishYonkers.com.

Headlines from Westchester Rising read more at Yonkerstimes.com

Guaranteed Income Comes to Mt. Vernon: \$500 Per Month to Low Income Families



"I received such excellent care and personal attention, I would rate the total experience on a scale from 1 to 10, a 12."

– Crestina A., anterior hip replacement patient

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*Source: Based on WOC follow-up survey

NOT SHOWN: Evan Gaines, MD; Vishal A. Mehta, MD; Patrick Murray, MD; Paul S. Ragusa, MD; Daniel Shein, MD; David Shein, MD; Eric Spencer, MD; Mario Voloshin, DPM, FACFAS



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