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# Yonkers Rising

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Friday March 4, 2022

# Breen to Challenge Sayegh for Assembly: The Battle of the Nice Guys





Yonkers City Council Minority Leader Mike Breen, left, is challening Assemblymember Nader Sayegh, right, in the 90th Assembly District in Yonkers this fall

#### By Dan Murphy

It's been a long time since a prominent Yonkers republican challenged a prominent Yonkers democrat. The last time we saw two popular, candidates like Mike Breen and Nader Sayegh would take us back to when Shelley Mayer challenged Mike Spano for Assembly in 2006. Spano won 52%-48%. That was the same year that democrat Andrea Stewart-Cousins, narrowly defeated republican State Senator Nick Spano.

We have that type of contest again, with the petitions about to go our for City Councilman Mike Breen to run for Assembly, in the 90th District, against democratic incumbent Nader Sayegh.

Both Breen and Sayegh are popular elected officials in Yonkers. Sayegh is seeking his third term, after serving for many years in the Yonkers Public Schools and on the Yonkers Board of Education.

Breen is serving his 10th year on the council, representing the 5th District of East Yonkers.

Neither Breen nor Sayegh have formally announced their candidacies; Breen will announce on March 12; Sayegh on March 16.

We spoke to supporters of both candidates to get their takes on this race, which will be the most exciting in Yonkers. Supporters of Breen tell us that he is one of several Westchester republicans running against what they call "the progressive policies of the democrats in Albany, including State Senate Majority Leader Stewart-Cousins, from Yonkers. I think Mike wants to see what the people of Yonkers have to say about Bail Reform and some other issues, and see if this November is a 'Red Wave' of republican wins."

Supporters of Assemblyman Sayegh tell us, "There is no reason to replace Nader, he has done a good job for Yonkers. This Assembly seat is a democrat seat and has been for the last 16 years. In every election, the democrat has won easily and Nader is one of the most popular elected officials in the City. Plus, there is a Governor's race that I don't think will help the republicans, especially in Yonkers,"said a Yonkers democratic leader.

Enrollment numbers for the 90th Assembly district are: Registered democrats-38,400; republicans-15,030, independents-17,311. "One wise Yonkers po-

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# Dr. Gitig, Mount Sinai Doctors-Westchester What You Need to Know About Cholesterol



"If you have high cholesterol, or are at risk, there are two ways to lower it. Make a lifestyle change or with medication."

Dr. Alon Gitig, Director of Cardiology Mount Sinai Doctors-Westchester

By Dan Murphy

All of us have heard about cholesterol, but very few know what it does, and how to control it. Dr. Alon Gitig, Director of Cardiology at Mount Sinai Doctors-Westchester spoke with us to try and inform our readers about cholesterol and how it can impact your heart health.

"Cholesterol is an oily substance made in the body for biological uses. It does have a function, and your body does need cholesterol to build healthy cells. We need cholesterol, but we need it to be controlled, and in the places where it was meant to be There are biological functions of cholesterol which are important for health, for example in cell membranes or in certain hormones such as sex hormones."

When Can Cholesterol Become a Heart Health Risk? "Most of my patients are aware that high levels of cholesterol can increase your risk of heart disease. Cholesterol becomes a problem when we see it in large amounts in the blood steam. This leads to plaque formation along the walls of a patient's arteries. Plaque is what can cause narrowed arteries or, if plaque becomes biologically active and ruptures, it can cause sudden clotting, and lead to heart attack or stroke."

How Can We Change Our Habits to Control Cholesterol? "I advise my patients to eat a diet that has low amounts of saturated fat by cutting back on meat and dairy, and to eat more plant-based foods. Feeding studies performed in humans have shown that eating greater amount of cholesterol (common sources are egg yolks and shrimp) usually does not lead to elevations in blood cholesterol levels. For most people, eating diets high in saturated fat, especially processed fast foods, is what elevates cholesterol levels, especially dairy and red meat. "

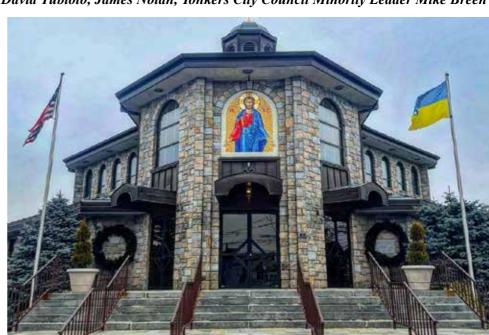
"In societies where people's lifestyles more resemble pre-Industrial Revolution times, they are almost immune from high cholesterol and related artery diseases. This is because their diets are comprised primarily of unprocessed foods, mostly

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#### Yonkers and Westchester Support Ukraine!



Westchester elected officials attending Mass at Ukrainian Catholic Church in Yonkers inlcude: County Executive George Latimer, State Senate Majority Leader Andrea Stewart-Cousins, Mayor Mike Spano, State Senator Shelley Mayer, County BOL Chair Catherine Borgia, County Legislators Vedat Gashi, David Tubiolo, James Nolan, Yonkers City Council Minority Leader Mike Breen



Mass Celebrated at St. Michael the Archangel Ukrainian Catholic Church

The people of Yonkers, and Westchester, are coming together to support the people of Ukraine during the attacks facing them from Russia.

Saint Michaels Ukrainian in Yonkers posted, "We have been following the situation daily, and are saddened to see and read about the violence against the people and military of Ukraine. A war against a country that was unwarranted and unjust. May the people of Ukraine find power and strength to endure this hardship. We have a large Ukrainian population in Yonkers and our prayers go out to all of them here, and abroad."

Yonkers Mayor Mike Spano released a statement about the growing tensions: "Sundays are synonymous with a day of prayer, and today I am thinking of our friends in Ukraine. As tensions rise from the Russia-Ukraine crisis, the City of Yonkers stands firmly with our incredible Ukrainian community here in our city and across the world."

In the wake of the current crisis overseas, Westchester County Executive George Latimer declared Sunday, February 27 a Day of Prayer for Ukraine in Westchester County. He celebrated mass with the Ukrainian community in Yonkers at St. Michael the Archangel Ukrainian Catholic Church.

Latimer said: "We are here in a human capacity. We see the humanity here in the Ukrainian community of Yonkers, in Westchester County, and by extension,

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## Kanijah Jacobs Scores 1,000 Point for Riverside



Kanijah Jacobs, holding basketball after scoring her 1,000 point

#### By Dan Murphy

One of the best achievements a high school basketball player can make is to score 1,000 points in their career. We like to highlight these achievements, the lastest of which came from Riverside High School Senior Kanijah Jacobs, who scored her 1000th career point during the 65-32 win over the Yonkers HS.

Kanijah, who her teammates call KJ, is the point guard for the Rams, and has been a member of the varsity since her freshman year.

The 1,000 point was a lay-up.KJ has been playing basketball since the 2nd grade and is self taught. "I work outside on my own."

grade and is self taught. "I work outside on my own."

When asked where on the court is her favorite shot, she said, "I'm all over the court is her favorite shot, she said, "I'm all over the court is her favorite shot."

When asked where on the court is her favorite shot, she said, "I'm all over the court. Her high scoring game was 40 points against Lincold High School. She hopes to go onto college and play basketball whereever she goes. "I'm not

sure where I'm going to college, but I think it will be outside New York State."

Any advice for young girls who one day want to score their 1,000 point? Keep on going and work on your game. Congratulations.

We hear there may be a few more YHS basketball players who scored their 1,000 point. If you are out there, we would like to hear from you and write it up. Contact us at dmurphy@risingmediagroup.com

# Yonkers Mayor Spano Appoints Attorney Lawrence Sykes to Yonkers Board of Education



Yonkers Mayor Mike Spano and new Yonkers Board of Education Trustee, Lawrence R. Sykes at Yonkers City Hall Photo by Maurice Mercado/City of Yonkers

On Feb. 28, Mayor Mike Spano swore in attorney Lawrence R. Sykes to the Yonkers Board of Education. As the newest trustee of the Yonkers Board of Education, Sykes is part of a nine member Board, which is the official policy making body of the School District.

"As we continue to provide our students with the best education possible, I am proud to appoint Larry to the Board of Education as he brings a unique perspective to the position. Larry joins the Board with in-depth knowledge and expertise in public and private law, complimenting and diversifying our exemplary Board. I am confident he will be a valuable asset to our students and District," said Mayor Spano.

Lawrence R. Sykes is an attorney engaged in the private practice of law for over 30 years in the areas of litigation, real estate and municipal law. He started his career in the public sector, working as a deputy Assistant Attorney General for the State of New York, prosecuting businesses and individuals engaged in fraudulent and deceptive business practices in the Bureau of Consumer Fraud and Protection. He went on to the Westchester County Attorney's office, where he drafted contracts and provided counsel to various county departments and agencies, as well as litigating family court on behalf of Westchester County. He has served in the capacity of General Counsel for the Yonkers Parking Authority and as General Counsel for the Yonkers Community Development Agency. He has acted as Director of Special Projects for the Yonkers Office of Economic Development and as a Director for Economic Development for the Brooklyn Bridge Park Development Corporation. In 2018, he was appointed as an Administrative Law Judge for the Westchester County Taxi & Limousine Commission. Sykes holds a juris doctor from Case Western Reserve University and Bachelor of Arts from Union College.

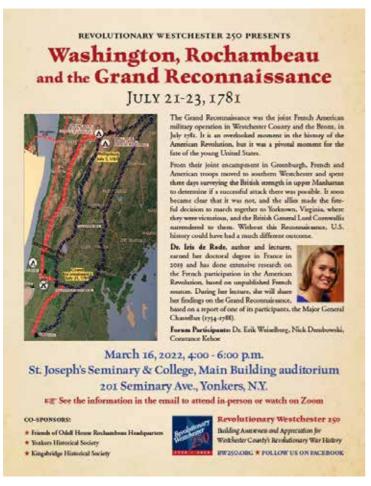
A parent of four former Yonkers Public Schools students, Lawrence Sykes stated, "I want to thank Mayor Spano for giving me this opportunity to serve the City of Yonkers as a Trustee of the Board of Education. He and I agree that for Yonkers to be a community where families want to live, work and play, it is imperative that we have an educational system that equips our children with the ability and skills to compete in a global economy, so that they can go anywhere from here."

Sykes will replace Andrea Brown on the Board and begins a new five-year term through 2026.

Board of Education President Rev. Steve Lopez said, "The Trustees and I welcome Mr. Sykes and we look forward to his contributions on the complex policies that guide our school district's work. In addition, we want to thank Andrea Brown for her conscientious commitment to the children and families in our school district."

"On behalf of the Administrative Team, we are eager to work with Trustee Sykes to continue our relentless efforts to strengthen and build the capacity for excellence in the Yonkers Public Schools" noted Dr. Edwin M. Quezada, Superintendent of Schools. "Thank you to Trustee Andrea Brown for the support and astute insight you have provided to our work over the years."

#### Free Lecture: Washington, Rochambeau and the Grand Reconnaissance, March 16 in Person & Zoom



The Grand Reconnaissance was the joint French American military operation in Westchester County and the Bronx, in July 1781. It is an overlooked moment in the history of the American Revolution, but it was a pivotal moment for the fate of the young United States. From their joint encampment in Greenburgh, the French and Americans troops moved to southern Westchester and spent three days surveying the British strength in upper Manhattan to determine if a successful attack there was possible. It soon became clear that it was not, and the allies made the fateful decision to march together to Yorktown, Virginia, where they were victorious, and the British General Lord Cornwallis surrendered to them. Without this Reconnaissance, U.S. history could have had a much different outcome.

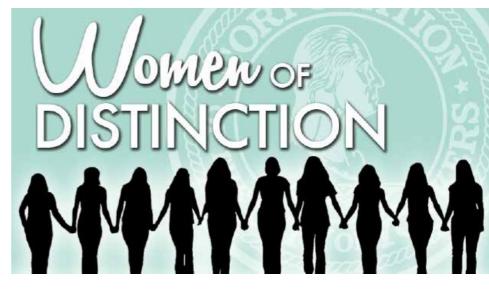
history could have had a much different outcome.

Dr. Iris de Rode, author and lecturer, will share her findings on the Grand Reconnaissance, based on a report of one of its participants, the Major General Chastellux (1734-1788).

Forum Participants: Dr. Erik Weiselberg, Nick Dembowski, Constance Kehoe Co-sponsors: Friends of Odell House Rochambeau Headquarters, Yonkers Historical Society, Kingsbridge Historical Society. March 16, 2022, 4:00 - 6:00 p.m. at St. Joseph's Seminary & College in Yonkers. Seating is limited for this free event, so you must sign up on Eventbrite by clicking https://www.eventbrite.com/e/washington-rochambeau-and-the-grand-reconnaissance-tickets-273616513357

The presentation will take place in the Main Building auditorium at St. Joseph's Seminary & College, 201 Seminary Ave., Yonkers, N.Y. March 16, 2022, 4-p.m.

# City of Yonkers Accepting Nominations for Women of Distinction Awards



On March 1, Yonkers Mayor Mike Spano announced that the City of Yonkers is accepting nominations for the city's annual "Women of Distinction" Award, presented each year during March to celebrate Women's History Month. The annual "Women of Distinction" Award recognizes Yonkers women who have served their local community and positively impacted the lives of Yonkers residents. Nominations for Women of Distinction are to be submitted at www.YonkersNY.gov.

"Many of our women in Yonkers give so much of themselves to ensure our city becomes a better place to live, work and play. They are our community leaders, educators and agents of social change," said Mayor Mike Spano. "I encourage our Yonkers residents to nominate the heroes in their lives for our Women of Distinction Award."

The deadline to submit a nomination is Wednesday, March 16; the award ceremony will be held on Friday, March 25 at 6:00 pm at Yonkers City Hall (Ceremonial Courtroom, 4th Floor).

About Women's History Month

Women's History Month originated in 1981 when Congress passed a resolution requesting President Reagan to commemorate "Women's History Week." The President proclaimed the week beginning on March 7, 1982 as the first Women's History Week and the nation continued to designate a week in March as Women's History Week until 1987 when the month of March was officially declared "Women's History Month." Learn more at www.womenshistorymonth.gov.

#### Yonkers and Westchester with Ukraine from pg 1-

the world. We are praying, all of us, for justice to be done in Ukraine. We will continue to pray for peace in Eastern Europe and across the globe."

Father Kiril Angelov, Pastor of St. Michael the Archangel Ukrainian Catholic Church said: "Being together here at Saint Michael the Archangel shows we are praying together. I am convinced prayer will win. We thank the County Executive and all our elected officials for standing with us during this difficult time. Let us continue to pray for Ukraine."

St. Michael the Archangel Ukrainian Catholic Church has been in the Yonkers community since 1899 and serves more than 400 families in their parish.

According to the latest census data, there are 1,767 Westchester residents were born in Ukraine and 6,393 Westchester residents with Ukrainian ancestry. The municipalities with the largest populations reporting Ukrainian ancestry were Yonkers and Greenburgh, with 1,745 reporting Ukrainian ancestry in Yonkers and 793 in Greenburgh.

State Senate Majority Leader Andrea Stewart-Cousins said,"Yesterday, I celebrated Mass at St. Michael the Archangel Ukrainian Catholic Church in Yonkers with Father Kiril Angelov and many of Westchester's elected officials. During these troubling times, please keep the Ukrainian people in your thoughts and prayers, and please donate to support humanitarian efforts to aid them. You can donate here: https://bit.ly/3hpQZ1w"

Westchester County's Hollywood power couple, Blake Lively and Ryan Reynolds, are matching all donations made to the @UNRefugeeAgency to help the refugee crisis for displaced Ukrainians.

Right now, the crisis in Ukraine is forcing families to flee their homes. Please make a donation today to send lifesaving aid to displaced Ukrainians, and @VancityReynolds & @blakelively will match your gift \$1-for-\$1 up to \$1,000,000.

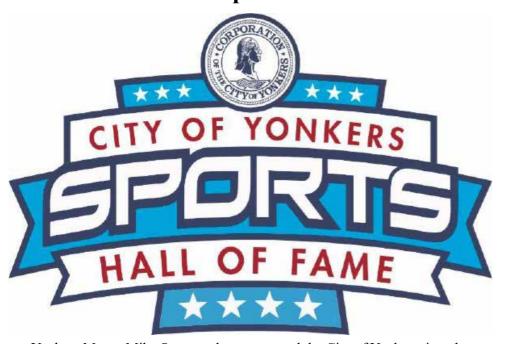
".@VancityReynolds & I are doubling every \$donated to @UNRefugeeAgency up to \$1,000,000 click below if you can join us @UNRefugeeAgency is on the ground providing lifesaving aid, & working with neighboring countries to ensure protection for the 50,000+ who were just forced to flee," Tweeted Blake Lively.

"In 48 hours, countless Ukrainians were forced to flee their homes to neighboring countries. They need protection. When you donate, we'll match it up to \$1,000,000, creating double the support," Tweeted Reynolds.

# Free UPAC Ira Goldman Memorial Irish Concert March 13, at Yonkers Montessori Academy



# **Mayor Mike Spano Calls for Nominations** to 2022 Yonkers Sports Hall of Fame



Yonkers Mayor Mike Spano today announced the City of Yonkers, in collaboration with the Department of Parks, Recreation & Conservation, is calling for nominations to the Yonkers Sports Hall of Fame. The Sports Hall of Fame recognizes outstanding professionals and amateurs in the field of sports, living or deceased, who have gained prominence or made substantial contributions to sports in the City of Yonkers.

Established in 1966, the Yonkers Sports Hall of Fame was formed to honor residents for their playing ability, integrity, character, sportsmanship and advocacy of sports. They must have brought honor, fame and prestige not only to themselves, but also to the City of Yonkers. Their actions must have inspired young people to participate and their example must have encouraged others to promote and initiate community sports and recreation programs. The names of those selected will be honored at an awards ceremony, and forever enshrined upon the plaques that are displayed at the Yonkers Department of Parks, Recreation & Conservation, located at 285 Nepperhan Avenue in Yonkers.

"Our Sports Hall of Fame is a special way of honoring past and present residents who have enhanced Yonkers through their athletic accomplishments," said Mayor Spano. "Throughout the years, many outstanding citizens have gained prominence and fame within the world of sports. The pride and honor they brought to others should live on as symbols of achievement and examples of hard work for future generations.'

Some of the Sports Hall of Fame members include:

- Track & Field Coach Dr. Richard A. Hill
- Olympic Swimmer Lea Loveless
- Football Coaches Anthony and Donald DeMatteo
  - Boxer Luis Hernandez

Residents are encouraged to nominate individuals they feel are worthy of the Hall of Fame at www.YonkersNY.gov/SportsHallofFame. Sufficient information including photos, newspaper clippings, etc. is necessary to be submitted. To be eligible for nomination to the Yonkers Sports Hall of Fame, an individual must meet the following criteria of eligibility:

Attain local, state and national recognition and prominence in either professional or amateur sports as a player, coach, manager, official, owner, writer, broadcaster or any special category as established by the Committee.

Candidate must be a retired participant of the sport for a period of five years or have passed his/her 55th birthday.

Must have resided in Yonkers for a minimum of 15 years. Deadline for submitting nominations is Friday, April 1, 2022.

#### Yonkers City Clerk's Office is Open for Walk-Ins



Due to the current data that shows that coronavirus infection rates have continued to drop, City Clerk Vincent Spano has announced the following policy changes in order to improve access to over-the-counter services:

You no longer need an appointment for most of the services provided by the Yonkers City Clerk's Office.

However, individuals requiring Passport services from 4:00 pm to 7:00 pm on Tuesdays must request an appointment prior to visiting the office by either calling 914-377-8099 or emailing Passports@YonkersNY.gov.

Marriage Licenses are no longer restricted to residents of the City of Yonkers. Any eligible couple may now apply for a New York State Marriage License regardless of where they live and without an appointment.

Please visit our website: City of Yonkers - Marriage Licenses, for more information regarding the documents required, and to access the marriage

license application.

"I am happy to see that the measures undertaken by our residents in the past 2 years are contributing to a promising outlook," said City Clerk Spano. "Throughout this pandemic, our office has done everything possible to protect the public and our employees while minimizing any interruptions to services. We look forward to making it easier for everyone to visit our office.'

Please visit our website Yonkers City Clerk's Office for all of the information you need in order to ensure that your visit is successful, and to learn how you may make requests online or via mail. If you should have any questions or concerns, then please email cityclerk@yonkersny.gov or call (914) 377-6020 during our normal business hours.

Hours of Operation

Monday, Wednesday, Thursday & Friday (except holidays) 9:00 am to 4:00

Tuesday (except holidays) 9:00 am to 7:00 pm

Marriage Licenses: Monday, Wednesday, Thursday & Friday (except holidays) 9:00 am to 3:30 pm

Marriage Licenses: Tuesday (except holidays) 9:00 am to 6:30 pm

Passports: appointments are required for any visit between 4:00 pm and 7:00 pm on Tuesdays. Please email Passports@YonkersNY.gov to make your Tuesday evening appointment.

# **Dear Senators Stewart-Cousins, Mayer** and Assemblymember Sayegh



By Eric W. Schoen

I write to you today because I am concerned with what's going on this state. This letter comes after I exited the TJ Maxx at Cross County Square Mall and saw a man running out of the store with at least 20 garments on hangers into a waiting car. I know he didn't pay for them. This was confirmed to me. Sadly, no one stopped him.

When i inquired why no one stopped him, I was told that sadly this is the cost of doing business. Management doesn't know if the man has a knife or a gun and is not willing to put a member of their staff earning \$15 an hour at risk.

I write to you as I witness people in grocery stores I shop in blatantly putting items in their 'reusable' bags and walking out of the store without paying for them. This is not only happening in Yonkers and Westchester but is so bad in New York City that some Duane Reade stores in popular locations are closing their doors because theft is so rampant.

Years ago when a person entered a merchant with their own shopping bag, it would be left at the entrance to the store, numbered and returned upon exit. New reusable bag laws preclude this, though many stores post signs telling shoppers not to shop in their reusable bags. I warned our readers about problems that would come about with shoppers bringing in and walking around the store with reusable bags. My warnings have come to fruition.

I write to you as man smeared human feces on a woman's face in an unprovoked rush-hour attack inside a Bronx subway station. A homeless man with a lengthy arrest history has been charged with smearing a stranger with human feces as she waited for a subway train in the Bronx, in a revolting caught-on-

To quote the woman, "I got out of work and was waiting for train, sat down for a moment," the victim told ABC 7, speaking in Spanish through a translator. "All of a sudden, a man approaches me. He hits me in the face and throws a bag of feces. He spreads it all over my face, in my hair, without a motive, for no reason." "It happened so quickly, I didn't even realize," she added. "Once he left, it sunk in what occurred." The man who did it, Frank Abrokwa, 37, was arrested.

A friend went into a donut shop, left her pocketbook in her car and within a minute, a thief broke the window in her car and ran away with the pocketbook. The convenience store I shop in has security cameras and mirrors throughout the store employees must monitor to prevent theft. We all witnessed the shocking thefts at the Westchester Mall in the Louis Vuitton and Burberry stores.

Supermarkets in Yonkers have to hire off duty Police Officers to stand at their entrance and exit doors to prevent theft. Many items in the stores are under lock and key otherwise they would disappear. I purchased an inexpensive hair care product at a major drug store chain in Yonkers that was wrapped tightly with an anti-theft device. The manager told me they are waiting for more locked cases to secure merchandise.

Managers also tell me that security is tighter at a mall like Ridge Hill than in open malls like Cross County or Cross County Square or stores along Central Avenue or Getty Square where it's easy to get away and not get noticed.

It use to be you had to ask a fellow consumer in Starbucks or Panera to watch your computer when you stepped away to use the facilities. Thieves don't want a used computer or an iPad that with a couple of clicks you can disengage. They want the \$3000 Louis Vuitton bag or the \$2000 in dresses they can quickly turn into cash.

Andrea, Shelley and Nader you have to be seeing what I am seeing. It is going on in the community, Yonkers you live in and represent and all throughout Westchester and our State. It's affecting the people who got you elected to office when you first ran. It is affecting your neighbors and friends. Basically, thefts make the costs of products higher for all of your constituents as well as for the members of your family.

Bail reform is not working when those that have committed crimes are let out of jail 40, 50 times. I'm not going blame it all on bail reform, but judges letting criminals committing these crimes walk free is not making the situation better. The Judges have told you this. Basically, Criminals know they can come to New York State and do as they wish and walk away scot-free.

You have heard from the Mayor of New York City, Eric Adams, a former member of Law enforcement and the Mayor of Yonkers, Mike Spano that bail reform is not working. These elected officials and their Police Commissioners have their boots on the ground everyday in the city you live in and the neighboring community. Their Police Officers fear that doing their jobs will get them in trouble, not the criminals committing the crime.

Mental health services in this state are hampered by low reimbursement rates and the lack of providers. Try to get an appointment for a member of your family god forbid in need in the State insurance plan. Due to Covid and other factors, it's like fishing without bait. And our children have been hurt by attending school on Zoom one day and masked the next. Our state should be providing incentives for those in medical school to go into Psychiatry and Psychology and Social work.

Andrea (I hope you don't mind me calling you by your first name) I know you since we worked together during the Zaleski Mayoral Administration at Yonkers City Hall in 1992. That's over 30 years. I know you deeply care about public service and the constituents you serve. I remember my staff assisting you

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# Tajian Nelson Named Democratic Commissioner at Westchester Board of Elections



Tajian Nelson, left will become the next Democratic Commissoner at the Westchester County **Board of Elections** 

Will Make History as the First, Black, Female Westchester County Board of Elections Commissioner

On Feb. 16, Tajian Nelson was unanimously selected by the Westchester County Democratic Party's Executive Committee to become the next Democratic Commissioner at the Board of Elections.

Nelson replaces Reginald LaFayette who passed away last month. The Westchester County Board of Legislators is expected to adopt the appointment.

Nelson will become the first, black female Commissioner of the Westchester County Board of Elections.

Nelson has worked at the BOE under LaFayette for many years, and her appointment was not controversial or contested.

On Feb. 16 she posted, "Last night I received the unanimous vote and support from the Westchester County Democratic Committee's Executive Committee to become the next Democratic Board of Elections Commissioner, which will make me the first black female Westchester County Board of Elections Commissioner. I will be completing Commissioner LaFayette's term effective in early March once signed off/approved by the Board of Legislators. I am truly beyond humbled and honored to have received the faith and support from all members in the Executive Committee from Chairwoman Suzanne Berger, First Vice Chair MaryAnn Carr, all Twelve Vice Chairs, my fellow officers, all 25 City and Town Chairs, State Committee members, former Chairs and our affiliate groups: Black Dems, Women Dems, Westchester Young Dems, Hispanic Dems, Hudson Valley Stonewall Dems and Westchester Asian American Dems. I must give special thanks to my Mt. Vernon Dems Chair Mary Graves and Somers/Northern Westchester Coalition Chair Christine Robbins for nominating me and to Yonkers Dems Chair Tom Meier for making the motion for all the Town/City Chairs to be listed as additional seconders to my nomination. Special shout-out and thanks to Westchester Black Women's Political Caucus President Subomi Macaulay and my fellow chapter caucus sisters throughout the County especially my Mt. Vernon Chapter for their letter of support from the beginning and always. I also want to thank my State, County and Local Elected officials for their love and support as well, especially those from the Senate and Assembly who stopped by our meeting last night to address the committee. Last but never least to my family and friends near and far, BOE Family, Mt. Vernon Dems, thank you for always having my back, holding me up, being my biggest cheerleaders, and supporting me through the good times and bad. I know you will always be by my side and my love for all of you knows no bounds. Thank you to my numerous angels in heaven guiding and watching over me always, my beloved Lou, Popi, Nani, Dad, Rochelle, Gladys, Uncle Will, the newest one Reggie, among a host of other family friends, too many to list. I look forward to everyone's continued support as I will be seeking the nomination for the new term beginning January 2023 later this year. THANKS AGAIN TO EVERYONE! I will definitely make you PROUD!"

Jovan Richards, Executive Director at Westchester County Democratic Committee posted, I want to join in the applause for my friend and mentor Tajian Nelson. For the remainder of the year (and god willing the next four years) we will refer to her as the Honorable Board of Elections Commissioner Tajian Nelson. I know how hard Tajian worked for this, because I had a front row seat. I'm proud of my friend. While you were grieving your mentor, you were also hard at work ensuring his legacy would not be forgotten and beginning your legacy as the first woman of color

in this role. Congratulations, friend."

The position of Westchester County Board of Elections Commissioner is one of the most prestigious, and among the highest salaried positions in County government. Doug Colety is the republican commissioner at the BOE.

This story was first reported at https://thewestchesterinsider.blogspot.

Notice of formation of Thomas Family Taste LLC. Arts. Of Org. filed with the SSNY on 07/20/2021. Office: Westchester County. SSNY designated as the agent of the LCC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 268 Van Cortlandt Park Avenue, Yonkers, NY 10705. Purpose: Any lawful activity.

Notice of formation of Gelpdawg Media LLC..Articles of Organization filed with the New York Department of State on 12/01/2021. Office location: Westchester County. The New York Secretary of State is designated as agent of the LLC upon whom process against it may be served upon him or her to the company c/o United States Corporation Agents, Inc., 7014 13th Ave, 202, Brooklyn, NY 11228. Principal business address: 428 Marlborough Rd., Yonkers, NY 10701. Purpose: Any lawful acts.





#### The Castle Royale Lunch Buffett is Back!



By Phil Foley

The Castle Royale is open once again for it's famous Polish themed buffet lunches! The Castle Royale is located at 92 Waverly Street Yonkers, NY 10701. The phone number is 914-965-2559.

Everyone will be happy to hear that Mandy is back taking care of all your dining room needs! Right now the restaurant is open for lunch on Wednesday and Thursday each week. Starting March 8th they will be open on Tuesdays too! The lunch hours of operation are 11AM

Once again you can enjoy their wonderful Polish items, Kielbasa with sauerkraut, pirogues and stuffed cabbage! In addition there were 3 other American dishes available plus the soup of the day and fresh salad. The

fixed price for all of this is \$13.95 plus tax.(all you can eat!) So come on down folks enjoy a nice lunch in a Yonkers historical building, which has been beautifully renovated!

# Yonkers Woman Charged with Child Pornography Acts With Her Four Year Old Son

Damian Williams, the United States Attorney for the Southern District of New York, Miriam E. Rocah, Westchester County District Attorney, Michael J. Driscoll, the Assistant Director-in-Charge of the New York Office of the Federal Bureau of Investigation ("FBI"), and John Mueller, the Commissioner of the Yonkers Police Department ("YPD"), announced today that JONATHAN RI-VERA and DILICIA AGUIRRE-ORELLANA were charged with production and receipt and distribution of child pornography. AGUIRRE-ORELLANA was also charged with possession of child pornography.

RIVERA was arrested on or about February 26 in Manhattan, and will be presented on Feb. 28 in federal court in White Plains. AGUIRRE-ORELLANA was arrested on or about February 22 in Yonkers, presented on local charges on or about February 23, and detained; she will be presented on the federal charges

U.S. Attorney Damian Williams said: "Allegedly at the behest of Jonathan Rivera, Dilicia Aguirre-Orellana is accused of one of the most heinous acts imaginable – the sexual assault of prepubescent children – including the sexual abuse and video recording of her four-year-old son. The harm that child sex abuse can inflict on the most innocent of victims is something no child should bear. We believe there may be more victims of these alleged crimes, and implore anyone who may have information helpful to law enforcement to please call 1-800-CALL-

Westchester County District Attorney Miriam E. Rocah said: "Crimes committed against children, especially ones perpetrated by a parent or caretaker, are deeply disturbing and those who prey upon and sexually exploit children will be aggressively prosecuted. As alleged in this case, Dilicia Aguirre-Orellana sexually violated and exploited her own child in unspeakable ways. This case shows how law enforcement at the federal, state and local levels can work together to protect the most vulnerable victims. My office is proud to have partnered with the Yonkers Police Department, Federal Bureau of Investigation and United States Attorney's Office for the Southern District of New York on this remarkable collaborative effort which put an end to the alleged abuse of a young victim, and will help any other potential victims come forward."

YPD Commissioner John Mueller said: "It is at the core of every law enforcement officer to protect the vulnerable and innocent, most of all children. We must hold these alleged criminals accountable to the maximum extent of the law for the abuse they inflicted on the smallest members of our society; the Yonkers Police will always continue to put victims first. I am grateful for the sustained multi-agency collaboration on the County, State, and Federal levels that ensures safe communities in Westchester and the City of Yonkers, and applaud the efforts of the investigators and attorneys who worked this case.'

According to the Complaint[1] filed on February 28, 2022, in White Plains federal court: In or about December 2021, RIVERA communicated online with AGUIRRE-ORELLANA and persuaded AGUIRRE-ORELLANA to make videos of herself performing sex acts on her four-year-old child ("Victim-1"). At RIVERA's direction, AGUIRRE-ORELLANA made videos of herself touching Victim's genitals and herself performing oral sex on Victim-1, and sent them to RIVERA over a social media messaging application. In conversations with law enforcement, RIVERA stated that he engaged in similar conversations with other

continued on pg 6-





# **NYAG James Orders Westchester Broadway Theater to Refund \$1.1 Millon to Customers**



On March 1, New York Attorney General Letitia James announced that her office has recovered more than \$1 million for thousands of customers who bought tickets to Westchester Broadway Theater (WBT), but were denied refunds when performances were canceled due to pandemic-related closures. The WBT, a live theater company formerly located in Elmsford, has agreed to refund tickets and gift certificates purchased prior to the start of the pandemic in March 2020. Customers have already begun receiving their refund checks.

"After the Westchester Broadway Theater took its final bow, thousands of theatergoers were unable to get refunds for tickets they had already purchased," said Attorney General James. "For months, theatergoers were stuck in the wings, but today, my office helped put more than \$1 million back into New Yorkers' pockets. While the curtains are finally closed on this saga, we will continue to go after companies that refuse to reimburse consumers."

The WBT provides dinner and live theater performances of popular musicals and concerts on an open stage. As of March 2020, the theater had sold more than 30,000 tickets to upcoming performances which were canceled when WBT was forced to close because of the COVID-19 pandemic. Following the shutdown, the Office of the Attorney General (OAG) received numerous complaints from ticketholders that WBT refused to issue refunds for canceled shows. In October 2020, OAG opened an investigation into WBT after it was reported that the theater was permanently closing and would not reimburse patrons. Instead, WBT created a ticket exchange policy with the White Plains Performing Arts Center (WPPAC), whereby WPPAC would honor tickets and gift cards bought for WBT shows. However, no refund option was offered to WBT ticketholders, and the ticket exchange did not honor the value of the dinner portion of WBT tickets. Only 930 WBT ticket holders participated in the ticket exchange.

WBT has agreed to refund a total of \$1,127,258.84 to thousands of customers, even the ones who participated in the ticket exchange with WPPAC. Gift certificate holders who show a receipt may also be eligible for a refund or may use the

gift card at WBT's new location in Chappaqua.

Today's agreement is the latest in Attorney General James' ongoing efforts to refund New York consumers for events canceled in the wake of the pandemic. Last year, OAG returned \$427,000 to New Yorkers who paid deposits for events at Greentree Country Club in New Rochelle, but had their events canceled. To date, Attorney General James has recovered millions of dollars for New Yorkers in refunds for pandemic-related shutdowns.

"Once again, Attorney General James has helped consumers get the refunds they deserve," said Senate Majority Leader Andrea Stewart-Cousins. "Many Westchester residents and others bought tickets to the Westchester Broadway Theater and because of COVID restrictions the performances were canceled, but the tickets were not refunded. I thank the Attorney General for her continued successful efforts on behalf of New York's consumers."

The COVID-19 pandemic resulted in an ultimate shutdown of all entertainment facilities and activities, including a cancellation of all programming at the Westchester Broadway Theater," said State Senator Alessandra Biaggi. "However, it is unfair and dishonest for the Westchester Broadway Theater to refuse customers refunds for canceled programming due to circumstances beyond the customers' control. I am incredibly grateful to Attorney General James for fighting for patrons of the theater who were denied refunds, and ensuring that New Yorkers receive the reimbursements they are owed."

"The closure of the Westchester Broadway Theater was an incredible loss for our community, but that does not mean we should sacrifice consumer protections," said State Senator Shelley Mayer. "I thank Attorney General Letitia James for her work to secure reimbursements that patrons deserve for canceled performances and meals."

"I applaud the Attorney General's persistence on behalf of our residents. The Attorney General has demonstrated that consumer protection is an important part of what we do as elected officials," said Assemblymember Tom Abinanti. "The pandemic is no excuse for businesses to take advantage of their customers

"Westchester residents supported the Westchester Broadway Theater for years, only to see the organization shut down and then ticket refunds to thousands of our residents," said Assemblymember Nader Sayegh. "I applaud Attorney General Letitia James for steadfastly pursuing this case and securing more than \$1 million in ticket refunds for patrons who deserved not only their money back, but better treatment for their support of Westchester Broadway Theater for many years. It is good to see justice prevail."

If consumers are having issues receiving a refund on a deposit for an event cancelled due to COVID-19 statewide regulations, they are encouraged to fill out an OAG complaint form or call the office's hotline at (800) 771-7755.

Notice of formation of Aiyana's Creations LLC. Arts. of Org. filed with the SSNY on 12/20/2021. Office: Westchester County. United States Corporation Agents Inc., 7014 13th Avenue, Suite 202, Brooklyn, NY, 11228 designated as agent of the LLC upon whom process against it may be served. US Corporation Agents Inc shall mail copy of process to the LLC, 127 Ramsey Avenue, Yonkers, NY 10701. Purpose: Any lawful activity.

NOTICE IS HEREBY GIVEN that a license, Number 1339572, for Beer, Liquor, Wine & Cider has been applied for by the undersigned to sell Beer, Liquor, Wine & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 188 Waverly Street, Yonkers, NY 10701, NY, Westchester County, for on-premises consumption. JESMYR CORP. d/b/a EL CALVARIO COCINA MEXICANA

Notice of Formation of Jovanna Realty LLC. Arts. of Org. filed with SSNY on 5/14/2021. Office location: Westchester County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail process to Jovanna Realty LLC, 100 Riverdale Ave., Apt. 8C., Yonkers, NY 10701 Purpose: any lawful act or activity.

Notice of formation of JGS Notary Services LLC Articles of Organization filed with the SSNY Office on 10/28/21 Office Location: Westchester County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to : C/O JGS Notary Services LLC , 588 Warburton Apt 2 Yonkers, NY 10701 Purpose: Any lawful purpose.

Notice of formation of LOREDANA VICARI PHOTOGRAPHY LLC Articles of Organization filed with the SSNY Office on 10/6/21 Office Location: Westchester County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to: C/O LOREDANA VICARI PHOTOGRAPHY LLC , 125 Dunwoodie Street Yonkers, NY 10704 Purpose: Any lawful purpose.

Notice of Formation of HSKickz Company LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 12/09/2021. Office location: Westchester County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 3 Bainton Street, Yonkers, New York 10704. Purpose: any lawful act

Notice of Formation of BARK BARK BROTHAS LLC. Articles of Organization filed with the Secretary of State (SSNY) on 02/09/2022. Office location: Westchester County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 50 Riverdale Avenue, 2H, Yonkers, NY 10701. Purpose: Any lawful activity.

# On This Day in Yonkers History...



NYS Justice Elbert Gallagher at the Annual Westchester County Bar Association dinner at Westchester County Club honoring him. Pictured 1-r are Frank Connolly, Justice Elert T. Gallagher and Henry Smith, President Westchester Bar Association. Photo Courtesy of the Westchester County Historical Society

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

Monday, March 7th

March 7, 1945: Under orders from DA Elbert Gallagher, Yonkers detectives led by Det. Lieut. William Comey staged a major gambling raid on the AC Garden Center, 365 Tuckahoe Road. Gallagher called Comey at 1:30 in the morning to instruct him to head there with three or four trusted men to break up a "large crap game." Comey, with Sgt. Kennedy, Det. Sgt. Christopher and Det. Will, arrived about 2 am, and approached from Grassy Sprain Road. Kennedy stopped several men who tried to use an escape hatch leading to the back of the building. Police Chief William Kruppenbacher had not been notified of the raid until after it happened.

Two men were arrested—the president of the nursery and the game doorman. The seventy-nine men questioned were released; by the time police actually entered the game, no gambling was in progress. All the men questioned were from New York City and brought to Yonkers to gamble. Judge Charles Boote held the

two arrested men on \$1,000 bail.

Tuesday, March 8th

March 8, 1930: Fairlawn was auctioned. The North Broadway property just north of Colonel Stilwell's Ardenwold, owned by the Max Nathan family, featured a twenty-five-room home with a baronial hall, open staircase, large open fireplaces, a picture gallery, music room, library, servants' quarters and completely equipped kitchen. The outbuildings on the estate were greenhouses, gardener's cottage and a large garage with chauffeur's quarters. Bluestone drives, broad lawns, mature trees and shrubbery completed the package. The Nathan family considered the high bid wasn't high enough, so they bought it for \$138,000. The Stilwells bought the property a few months later and demolished the mansion.

March 8, 1946: Samuel Hayward, leading Rotarians in a rousing chorus of "Meet Me Tonight in Dreamland," revealed to the club the very song they were singing was written by a Yonkers resident! Songwriter John Hayes of Glenwood had been paid \$25 to write the beautiful tune.

Wednesday, March 9th

March 9, 1925: Helen Frances Thompson, the Warburton Avenue resident with a national reputation as a writer for the Kay-Jean service, ran her first column in the Yonkers Statesman. Her "Femitorials," a daily family page feature, were bright, witty, and quickly became a Yonkers favorite. Thompson began her literary career while working as a librarian in the Yonkers Public Library; shortly after penning the book "Do's and Don'ts for Women, she began contributing articles to women's

March 9, 1955: Yonkers suddenly found the Saw Mill River, usually one of the main sources of our water, was green! Fortunately, river water was not being used for our drinking at the time. On investigation, they found dye in trash dumped in Hastings; it seeped into small streams on the property. The streams ran into the river and the dye floated down to our city.

Thursday, March 10th

March 10, 1945: City Manager Robert Montgomery met with DA Elbert Gallagher and Sheriff Edward Ganter for two hours discussing law enforcement problems in Yonkers, especially the recent gambling raid. Montgomery wanted the DA's help prosecuting the two men arrested a few days earlier, a suggestion made by Lieutenant Comey.

March 10, 1955: Yonkers Water Bureau Chemist James Neary referred the green dye in the water problem to the Corporation Counsel's Office for investigation. After speaking to Hastings Police, Neary learned they stopped a man dumping the trash the night of March 8th.

Friday, March 11th

March 11, 1936: After learning Alfred Grayson, a Westchester African American sentenced for disorderly conduct after picketing the film "Riff-Raff," the Yonkers Branch of the American League Against War and Fascism passed a resolution to give him financial aid and moral support.

continued on pg 7-





REQUEST FOR PROPOSAL (RFP) # 2022 – 01A REQUEST FOR PROPOSALS FOR FULL-SERVICE HEATING SYSTEM AND MAINTENANCE AT VARIOUS PROPERTIES OWNED OR MANAGED BY THE MUNICIPAL HOUSING AUTHORITY FOR THE CITY OF YONKERS

The Municipal Housing Authority for the City of Yonkers ("MHACY") is soliciting proposals from qualified firms for a Full-Service Heating System Service and Maintenance for MHACY at various sites as specified in this Request for Proposals ("RFP").

This RFP package contains submission requirements and terms and conditions and other pertinent information for submitting a proper and responsive proposal. This RFP is the only information provided to prospective bidders (hereinafter "Responders" or "Respondents") and is available online starting March 11, 2022 at www.mhacy.org/about/procurement/.

There will be a site tour for interested parties on March 17, 2022, time to be determined, starting at 1157 Central Park Avenue, Yonkers, NY. The RFP questions deadline is March 22, 2022, at 11:00AM Eastern Standard Time (EST). Any and all questions must be emailed to procurement@mhacy.org by the deadline. No telephone calls and/or written communication sent via mail will be accepted. Proposals must reach MHACY no later than 3:00 PM (EST) on March 25, 2022.

Late submissions will be handled in accordance with the provisions in Form HUD-5369B. Proposals will be evaluated on the criteria stated in the RFP. Negotiations may be conducted with contractors who have a reasonable chance of being selected for the award. After evaluation of the proposal revision, if any, the contract will be awarded to the responsible firm(s) whose qualifications, price and other factors are considered to be the most advantageous to MHACY.

MHACY reserves the right to reject any and all proposals and waive any irregularities or informalities if it is in MHACY's best interest to do so. MHACY reserves the right to cancel this RFP or to reject, in whole or in part, any and all proposals received in response to this RFP, upon its determination that such cancellation or rejection is in the best interest of MHACY.

MHACY is an Equal Opportunity Employer and does not discriminate on the basis of race, sexual orientation, color, national origin, sex, religion, age, disability, or family status. MHACY solicits and encourages the participation of minorities and small businesses in procurement.

Contact, related to this procurement, with members of MHACY's Board of Commissioners, or MHACY's officers and/or employees other than the contact person show above, during the procurement process could result in disqualification of a proposal.

Wilson Kimball, President & CEO, Municipal Housing Authority for the City of Yonkers 1511 Central Park Avenue, Yonkers, New York 10710 Project No. 2022-01A

REQUEST FOR PROPOSAL (RFP) # 2022 – 02A
REQUEST FOR PROPOSALS FOR FULL-SERVICE GROUND
SOURCE HEAT PUMP SYSTEM SERVICE AND MAINTENANCE AT
VARIOUS PROPERTIES OWNED OR MANAGED BY THE
MUNICIPAL HOUSING AUTHORITY FOR THE CITY OF YONKERS

The Municipal Housing Authority for the City of Yonkers ("MHACY") is soliciting proposals from qualified firms for a Full-Service Ground Source Heat Pump System Service and Maintenance for MHACY at various sites as specified in this Request for Proposals ("RFP").

This RFP package contains submission requirements and terms and conditions and other pertinent information for submitting a proper and responsive proposal.

This RFP is the only information provided to prospective bidders (hereinafter "Responders" or "Respondents") and is available online starting March 11, 2022 at www.mhacy.org/about/procurement/.

There will be a site tour for interested parties on March 18, 2022, time to be determined, starting at 1157 Central Park Avenue, Yonkers, NY. The RFP questions deadline is March 22, 2022 at 11:00AM Eastern Standard Time (EST). Any and all questions must be emailed to procurement@mhacy.org by the deadline. No telephone calls and/or written communication sent via mail will be accepted.

Proposals must reach MHACY no later than 3:00 PM (EST) on March 25, 2022. Late submissions will be handled in accordance with the provisions in Form HUD-5369B. Proposals will be evaluated on the criteria stated in the RFP. Negotiations may be conducted with contractors who have a reasonable chance of being selected for the award. After evaluation of the proposal revision, if any, the contract will be awarded to the responsible firm(s) whose qualifications, price and other factors are considered to be the most advantageous to MHACY.

MHACY reserves the right to reject any and all proposals and waive any irregularities or informalities if it is in MHACY's best interest to do so. MHACY reserves the right to cancel this RFP or to reject, in whole or in part, any and all proposals received in response to this RFP, upon its determination that such cancellation or rejection is in the best interest of MHACY.

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Wilson Kimball, President & CEO Municipal Housing Authority for the City of Yonkers 1511 Central Park Avenue, Yonkers, New York 10710 Project No. 2022-02A

# **BUYING OLD COMICS!**

Looking for 1960s-1990s. I PAY CASH! Please call 914-646-1718 Located in Yonkers

#### Third Precient Police Council

The Third Precinct Police Community Council will hold its next regular monthly meeting on Wednesday, March 16 at 7:30 PM at the Chema Community Center, 435 Riverdale Avenue. Usual quality of life concerns will be discussed with third precinct captain, Mike Mulvey. Residents and merchants of the southwest Yonkers area are strongly urged to attend this important community meeting. For further information please contact Bob Stauf, President at (914) 476-2284 or Captain Mulvey at (914) 377-7427.

#### Classifieds

Attorney

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

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LIBERTY CENTRAL SCHOOL 2022-2023 Openings: Earth Science Teacher, ENL Teacher, Spanish Teacher.

NYS Certification required. Please apply online by April 1st at Libertyk12.tedk12.com/hire. EOE

DISTRICT OPENINGS - Monticello Central School Living Environment/General Science Teacher Floating Per Diem Substitute Certified Teacher Leave Positions through June 2022 Math Teacher (MS) NYS Certification Required Please apply online by March 4th! https://monticelloschools.tedk12.com/hire

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Arborvitae privacy hedge, Spring Sale! 6-foot Arborvitae, regularly \$199; order early, \$95 each! Beautiful & bushy with free delivery, free installation. Larger sizes available! 518-536-1367 Lowcosttreefarm.com

Arborvitae privacy hedge, Spring Sale! 6-foot Arborvitae, regularly \$199; order early, \$95 each! Beautiful & bushy with free delivery, free installation. Larger sizes available! 518-536-1367 Lowcosttreefarm.com

The Generac PWRcell, a solar plus battery storage system. SAVE money, reduce your reliance on the grid, prepare for power outages and power your home. Full installation services available. \$0 Down Financing Option. Request a FREE, no obligation, quote today. Call 1-888-871-0194

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Child pornography charges continued from pg 4-

women online. RIVERA may have used various social media platforms to communicate with victims, including WhatsApp, Badoo, Telegram, and Facebook. The usernames of some of RIVERA's various accounts include:

Jriv3ra718 Jriv3ra11

Jaid3nrivera718

Thebrimbrothers Jano59fifty

Nathan

On or about February 23, 2022, AGUIRRE-ORELLANA was charged in West-chester County with sexual abuse in the first degree and criminal sexual act in the first degree. The Westchester County District Attorney's Office will be prosecuting these charges

Anyone who may have encountered JONATHAN RIVERA (or someone who may have been using the social media usernames identified above), is asked to contact the FBI at 1-800-CALL-FBI (1-800-225-5324).

RIVERA, 33, of Brooklyn, New York, is charged with one count of production of child pornography, which carries a mandatory minimum sentence of 15 years in prison and a maximum sentence of life in prison, and one count of receipt and distribution of child pornography, which carries a mandatory minimum sentence of 5 years in prison and a maximum sentence of 40 years in prison.

AGUIRRE-ORELLANA, 22, of Yonkers, New York, is charged with one count of production of child pornography, which carries a mandatory minimum sentence of 15 years in prison and a maximum sentence of life in prison, one count of receipt and distribution of child pornography, which carries a mandatory minimum sentence of 5 years in prison and a maximum sentence of 40 years in prison, and one count of possession of child pornography involving images of a minor who had not yet attained the age of 12, which carries a maximum sentence of 20 years in prison.

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

#### YONKERS RISING FRIDAY, MARCH 4, 2022- PAGE 7

March 11, 1947: The Central Committee of War Veterans Organization protested an order by Public Safety Commissioner Patrick O'Hara to stop selling raffle tickets on

Saturday, March 12th

March 12, 1936: Health Commissioner Louis Waldron declared a citywide emergency because of the potential rabies epidemic. He urged all animal owners to muzzle their pets and get them vaccinated against the disease. On this day in Yonkers history...

March 12, 1946: Lieutenant Andrew Hicks MD, US Army, son of the former rector of St. Andrew's Episcopal Church, was awarded the Czechoslovak Military Cross for his "military merit earned in the battle for the liberation of the Republic of Czechoslovakia." Dr. Hicks was married to the Barbara Buttenheim from North Broadway.

March 12, 1956: Ten thousand people marched in Yonkers St. Patrick's Day Parade honoring both the saint and the Yonkers Irish community; this was the city's first parade in several years.

Sunday March 13th

March 13, 1912: Damage from severe rainstorms a day earlier cause the rivers of New Jersey and Westchester County to swell way beyond its usual spring levels. The floods caused a huge cave in just before Greystone; trapping a large milk wagon in it. Thousands of dollars of damage was done to residents' property, and twenty thousand dollars of damage was done to Yonkers streets. The flooding not only burst a sewer, it flooded a house on Jefferson Street and nearly drowned two of its occupants—Claudia Ingram and Clara Bangs—in their beds. The Nepperhan flooded so badly, 5,000 men were out of work.

March 13, 1945: Yonkers Service Club Chairman Samuel Hayward announced they had sent 15,640 scrolls to the families of Yonkers servicemen.

March 13, 1955: Yonkers Mayor Kris Kristensen presented Ireland's New York Irish Consul General John Conway eight tiny shamrock plants, grown right here in our greenhouses! Parks Superintendent Louis Tartaglione grew these plants each year to brighten city offices for St. Patrick's Day.

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.

#### Assemblyman Sayegh, Councilman Breen con't from pg. 1-

litical operator said, "I like both guys. This is an election between two nice guys. It may be too early to count Breen out. Let's see what happens in New York State and in Yonkers over the next 6 months"

Assemblyman Sayegh has been active in recent months in speaking out on several issues independent of his Albany democratic colleagues.

See the story below:

ASSEMBLYMEMBER NADER SAYEGH HELPS STOP ACCESSORY DWELLING UNIT CHANGES, SPEAKS OUT ON CON ED RATE HIKES AND UNMASKING STUDENTS

Yonkers Assemblyman Nader Sayegh spoke out against a proposed law that would require towns and cities like Yonkers give homeowners the option to add Accessory Dwelling Units (ADUs) to their homes in areas that are zoned only for single-family homes. ADUs are additional apartments built into existing one-family homes that can be constructed in converted basements, garages or attics, or they can be a separate smaller structure adjacent to the main residence.

The law was originally to be included in the state budget, ensuring its passage, until Sayegh and others spoke out against it, explaining that if passed the measure would harm the character and property values of single-family home neighborhoods in Yonkers and throughout the state, while requiring local communities to change their zoning laws to allow accessory dwelling units.

"I will fight this legislation to protect the financial investment Yonkers residents have made in their homes and to preserve housing choice for people who want to live in a single-family home neighborhood," said Assemblyman Sayegh.

"I cannot support legislation that effectively ends single family home ownership rights and costs New York homeowners untold millions of dollars in losses as the value of their properties goes down, and they would."

Sayegh says the legislation also removes local government control of zoning near train stations, saying they must allow apartment buildings in those neighborhoods. The legislation is sponsored in the State Senate by Peter Harckham who represents parts of Westchester and Putnum Counties, and in the Assembly by Harvey Epstein, who represents the west side of Manhattan.

After the opposition, Gov. Kathy Hochul's decided to remove accessory dwelling units (ADU) legislation from her Executive Budget for 2023.

Assemblymember Sayegh has also spoken out against Con Edison's outrageous rate increases and proposal for another 17% rate hike. "The complaints are pouring in and they are completely justified. Consolidated Edison (ConEd) is required to forecast and plan ahead to avoid wild swings in consumer bills, when they are warned in advance that energy prices are spiking. They were warned, and they did a terrible job following that requirement. In Yonkers, January bills were up an average of 58% from the previous bill for typical energy usage.'

Many of the members of the NYS Legislature, including myself, "believe we can do what the Department of Public Service will not, pressure the state's utilities to stop using consumers as an open wallet for executive pay and share holder benefits. I encourage you to file a complaint about the utilities billing practices,"

said Sayegh.

Finally, Sayegh, a former President of the Yonkers Board of Education, called on Governor Hochul to end of the mask mandate for students. "The Omicron wave peaked on January 7 and it was prudent then to slow the return to classrooms and require masks when classes resumed. Now, we've had a 97% drop in cases in New York. There is no reason in the Science to wait until after the mid-Winter break in classes to lift the mask mandate in schools. I am calling on Governor Kathy Hochul to end the mask mandate today. With over two years of experience with CO-VID-19, our local public health and school officials, teachers and parents are more than capable of managing the response to any future outbreak in their community. Meanwhile, I continue to support the Governor's efforts to encourage parents to have their children vaccinated and will continue to advocate for this in Yonkers and New York State as this is the best way to protect the health of our children and grandchildren. Furthermore, now is the time to end vaccination mandates. Shortages of health care workers and other worthy professionals resulting from such mandates pose a greater risk to our health and safety," said Sayegh, who attended an Unmask Our Kids Rally in Downtown Yonkers last week.



#### CORPORATION NOTICE CITY OF YONKERS-NEW YORK

#### PUBLIC HEARING NOTICE

Notice is hereby given, pursuant to law, that the City Council of the City of Yonkers, New York will hold a Public Hearing on Tuesday, March 8, 2022 at 7:00 P.M. in the City Council Chambers, 40 South Broadway, Yonkers, New York on the following Resolution, to wit:

#### PROPOSED RESOLUTION

A PROPOSED RESOLUTION APPROVING THE SUBMISSION OF GRANT APPLICATION TO THE NYS DIVISION OF HOMES AND COMMUNITY RENEWAL'S (HCR) COMMUNITY DEVELOPMENT BLOCK GRANT (CDBG) CORONAVIRUS AID, RELIEF AND ECO-NOMIC SECURITY ACT (CARES) PROGRAM TO HELP FUND THREE COMMUNITY INITIATIVES.

VINCENT SPANO City Clerk

#### Mount Sinai Doctors, Cholesterol, continued from pg. 1-

from plant-based sources, and they have much higher levels of physical activity on a daily basis. We know that these factors are important in maintaining low blood cholesterol levels and healthy arteries," said Dr. Gitig.

What is an Average Cholesterol Value? What Should it be?

"In industrialized societies, the average LDL cholesterol values are in the range of 125-130 (mg/dL). While these values are typical, they are not likely optimal. Industrialized societies with these average cholesterol numbers have staggeringly high rates of arterial diseases caused by cholesterol plaque (coronary artery disease/heart attack, stroke, peripheral arterial disease of the legs).'

"And there are still certain areas of the world that live much more traditional lifestyles (some populations on the Greek Isles, areas of rural China and Japan, certain indigenous populations of Central and South America) whose people almost never develop arterial disease. The people living in those regions tend to have LDL cholesterol values in the 50-80 range."

What medications are available for Cholesterol? What are the benefits and risks of taking medications?

"The most used medications to lower cholesterol are called statins, which are also among the most widely prescribed class of medications in the world. Dozens of studies have been done investigating use, and we have many years of clinical observation in hundreds of millions of real-life patients."

"There is a ton of misinformation out there. Statins are possibly the most studied drugs in the history of the world, with probably more focus on their safety profile than any other medication. We know that in 5-20% of patients that can be side effects of muscle or joint pain, which can almost always be easily be reversed if the medication is stopped, or dose reduced," said Dr. Gitig, who warned about the misinformation regarding statins online.

"There are risks associated with ingesting any external substances such as Rx drugs or naturopathic herbal supplements, just as there are risks associated with ingesting alcohol. Several studies have found NO RISK in patients for increased dementia or changes in neurocognitive function who used statins."

"Here are the facts. Cholesterol is the principal component of plaque. You cannot get plaque in your arteries unless you get cholesterol in your bloodstream. The only way that cholesterol gets to the walls of the arteries is to be delivered through

"If you have high cholesterol, or are at risk, there are two ways to lower it. Make a lifestyle change or medication. Lifestyle is always the preferred approach in my opinion, as I believe that evidence suggests it has more powerful benefits. However I also believe in lower cholesterol targets than what most people assume are fine, and many people need medication to achieve those levels. You should have a thorough evaluation of your lifetime risk of arterial diseases by a doctor with experience in prevention. If your risk is elevated, I strongly suggest that you take action and remember that the risk of doing nothing is often much higher than the risk of serious medication side effects

"Exercise, diet and lifestyle changes, should all be a part of my patients' path to better heart health, and I work hard on this with the folks I treat. However I also believe that we have enough evidence to feel very confident that these medications, used correctly, are far more likely to help you achieve optimal health than to hurt you," said Dr. Gitig.

A standard blood test given to most patients during their physical is the usual way that cholesterol is tested. The most popular statins are Lipitor (atorvastatin), Crestor (rosuvastatin), and Zocor (simvastatin).

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. To make an appointment, visit

https://www.mountsinai.org/locations/westchester.

#### Eric Schoen, continued from pg 3-

wrapping gifts for those in need at Christmas time.

Andrea It pains me when I hear a Sean Hannity or a Mark Levin or a Mark Simone, national and local radio hosts criticize you over issues such as bail reform or crime. I know you would not do anything to hurt the people you represent or the people of our state. They don't know you.

Shelley you too I know for many years. We sort of represent the old guard of Yonkers and know so much about the history of our city and it's players over the years. You have worked so hard with Andrea and Nader and Gary Pretlow (My fellow Selective Service Board Member) to bring more money to Yonkers for Education, money long overdue. Your knowledge of State Government is exemplary, and I know you know the crime situation in our state is hurting your friends and Constituents.

Nader, where do I begin. You and your brothers worked so hard at your uncle's Grocery Store, Saratoga Dairy on Lawrence Street to pay your way through college. You and your brothers went to school with my sister at Yonkers High School. We worked together as administrators in the Yonkers Public Schools. We have been friends for years. I know you see what is going on out there and know something is wrong and needs correction.

91% of New Yorkers in a recent Sienna College survey said crime in our state is a serious or somewhat serious problem. Two-thirds of blacks and Hispanics and 53 percent of whites said they were very or at least somewhat worried about being the victim of a crime.

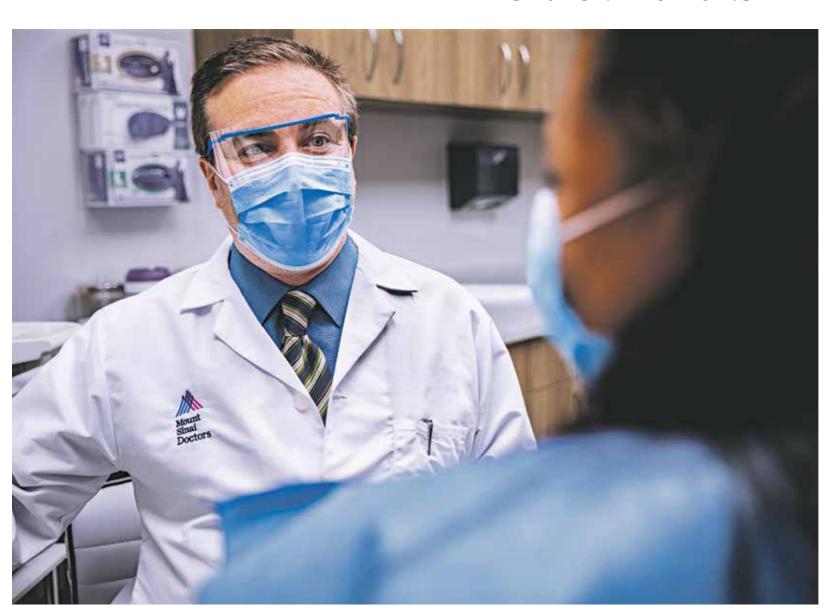
Two-thirds of voters agree with New York City Mayor Eric Adams that the controversial bail law needs to be overhauled by giving judges the discretion to detain "dangerous" recidivist felons pending trial for a lesser offense. Under the current bail law, these defendants are automatically released pending trial if they're charged with a non-violent felony or misdemeanor crime that exempts them from cash bail consideration or detention. A total of 65 percent of the 803 Siena respondents said the bail law should be amended to take into account a

defendant's prior violent record, and only 27 percent of voters said the law should not be changed. New York State, Westchester County and Yonkers....WE HAVE A PROB-LEM. ANDREA, SHELLEY, NADER AND GARY, all elected to represent Yonkers and the great citizens of this State. We count on you to make New York State

Sincerely, Your Friend, Eric

and our communities a safe place again.

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



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**WE FIND A WAY** 

