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Friday September 30, 2022

Mayor Mike Spano Endorses Nader Sayegh for Reelection to Assembly



Mayor Mike Spano, left, endorsing Assemblyman Nader Sayegh

Yonkers Mayor Mike Spano recently endorsed Nader Sayegh for re-election to the State Assembly. In remarks delivered at a Sayegh Campaign Rally Tuesday, September 20, the Mayor praised Sayegh for bringing home millions of dollars in State aid that is driving economic development and improving public education.

Spano said: "You need to have someone who understands the needs of our city and how to articulate that at the State Capitol. When they are dividing up money for economic development, Nader Sayegh is there for Yonkers. When they divide up money for education, Nader Sayegh is there for Yonkers. I couldn't be more proud to stand here today and be a part of this celebration and to see that Nader Sayegh gets re-elected."

The Mayor listed economic development successes and population growth as proof that Sayegh and the Yonkers State Legislative Delegation know how to deliver results.

Assemblyman Sayegh said: "We have become one of the fastest growing communities in the State. With new industries like the television and film production studios, UPS and Empire City Casino by MGM, we are now New York's third largest city and we are creating new economic opportunities for Yonkers residents."

Sayegh is seeking re-election to the State Assembly where he serves on numerous committees including Education, Racing and Wagering and Cities.

Assemblyman Sayegh's opponent is Yonkers City Councilman Mike Breen. This contest has been identified as one of the most competitive November elections in Westchester.

More on Breen's campaign next week.

Former Council President Khader's Lawsuit "A Political Stunt, Filled with Inaccuracies"



Khader's lawsuit highlights an ongoing investigation into accusations of improper and possible criminal conduct on his behalf while he was Council President. That investigation continues and this lawsuit highlights the cloud that continues to hang over him.

left--A Map of the Zone changes in the Ludlow section of Southwest Yonkers show a purple colored area that does not change. It will continue to be zoned industrial. Khader's lawsuit falsely claims that a property in that zone was changed to benefit the owner.

By Dan Murphy

Former Yonkers City Council President Mike Khader has been silent, and stayed out of Yonkers politics, since losing a democratic primary to the current Council President, Lakisha Collins-Bellamy last year. But recently, Khader has re-appeared in an online interview and with a defamation lawsuit he filed against several political figures and online bloggers.

But a review of Khader's lawsuit finds that some of his key allegations are unfounded and most of the claims are being called "sour grapes and politically motivated."

Khader filed the lawsuit against Hezi Aris, publisher of the online website-YonkersTribune.com, Mayor Mike Spano, Republican City Council President Ron Matten, and several others. Khader states that all of the named defendants "engaged in a conspiracy to intentionally and maliciously deprive his civil rights and damage his future candidacy for future office."

The big name in Khader's lawsuit is Mayor Mike Spano. Khader's lawsuit claims that the Mayor and the Spano family rezoned an area in the Ludlow neighborhood of southwest Yonkers for personal gain.

But a simple review of the zoning map showed that the property owned by the Spano's WAS NOT REZONED and is pictured above in purple.

Khader is also suing a former client, Hezi Aris. Khader represented Aris when Aris was sued by Yonkers PBA President Keith Olson and former YPD Commissioner John Mueller for defamation. In fact, Khader uses some of the same legal arguments that Olson used in his suit against Hezi, which remains ongoing.

Khader claims that Hezi defamed his character by allowing negative comments below stories on his website about Khader's personal and family life. One of the comments was posted by Ron Matten, the republican candidate for City Council President last year.

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St. John's Riverside Hospital & Dr. Alon Gitig Webinar-Listen to Your Heart, Cholesterol & BP



"Lifestyle changes can improve your blood pressure more than cholesterol, but they work for both," Dr. Alon Gitig, pictured above

By Dan Murphy

Webinar link- <https://www.youtube.com/watch?v=AuP8-1p2Cj4&t=12s>

On September 7, St. John's Riverside Hospital and Cardiologist Dr. Alon Gitig presented a 'Listen to Your Heart' webinar. During the discussion, Dr. Gitig discussed ways to monitor and control cholesterol and blood pressure.

The discussion focused on two ways patients can develop heart disease, Cholesterol, and high blood pressure. "There is a lot of inaccurate information about cholesterol. First, cholesterol in the right amounts and in the right places is not dangerous. We need it there in our body, and it serves several biological functions in our cell membranes, hormones, and the brain.

"A newborn baby, who hasn't yet been introduced to fast food, has cholesterol. The problem becomes when cholesterol gets into the wrong places when we see it in large amounts in the bloodstream," said Dr. Gitig, who explained that Cholesterol is measured in the body through LDL, also known as 'bad cholesterol.' Another form is 'good cholesterol' or HDL. All of us have both types.

"The reason we call them good and bad cholesterol is this: Both are floating in our blood at all times and are carried through the arteries. But the LDL particles will move through the artery walls, and some get lodged in the artery and form plaque.

"HDL particles carry cholesterol but don't get stuck in the artery walls and can't cause plaque. Everyone wants more HDL, and less LDL. HDL takes from other particles and brings it back to the liver where it is excreted through the bile. The more HDL, the better off you are," said Dr. Gitig.

"Only a small amount of total cholesterol in your GI tract comes from your diet. A much larger percentage is what gets carried there through the bile. So for most people, eating food high in cholesterol (egg yolks, shrimp) does not lead to much if any elevation in the blood level of cholesterol. It is possible to have

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Majority Leader Stewart-Cousins & Sen. Mayer Announce \$250k for Dodson School Playground



Senate Majority Leader Andrea Stewart-Cousins and Senator Shelley Mayer, with YPS Superintendent Dr. Edwin Quezada and students and staff at Robert Dodson School

New York State Senate Majority Leader Andrea Stewart-Cousins and State Senate Senator Shelley B. Mayer announced \$250,000 in state funding for new playground equipment and safety surfacing at the Robert C. Dodson School with Yonkers Superintendent Dr. Edwin Quezada and members of the Yonkers Public Schools community.

Senate Majority Leader Andrea Stewart-Cousins said: "Today is an exciting moment for the Robert C. Dodson School, as well as the surrounding area. Playgrounds are at the heart of our local school communities, and I know the new playground at the Dodson School will provide children with a safe and fun place to play, as well as a space to create life-long relationships with their peers. Thank you to Dr. Quezada for always advocating, and to Senator Mayer, our Senate Education Chair, for making funding this playground a priority."

Senator Shelley B. Mayer said: "Thank you to Senate Majority Leader Andrea Stewart-Cousins for allocating this funding to the Dodson School, and to Dr. Edwin Quezada and the Yonkers Public Schools community for being excellent partners in this effort. As a Yonkers Public School student who attended junior high at this school in the 1960s, I was especially proud to advocate for the playground funding. Not only will it be a place for our students to explore and create lasting memories during the day, it will also provide a safe recreational outlet for the surrounding community after hours."

The grant was secured through the State and Municipal Facilities Program (SAM). The new playground area, which will be lined with poured-in-place safety surfacing, will feature two playground structures complete with slides, somersault bars, fireman's poles, bridges, binoculars, a labyrinth panel and a megaphone, as well as stand alone balancing, spinning and climbing structures. Each element is designed to allow children to explore and develop their physical, cognitive, social-emotional and creative abilities.

Serving students grades Pre-K - 8, the Dodson School works collaboratively with parents and the community to promote lifelong learning, academic excellence, intellectual curiosity, creativity and respect, which enables its students to become productive citizens in the future.

Continued on pg 4-

Read it all online at YonkersTimes.com

Yonkers Charter School of Educational Excellence Builds New Auditorim & Auto Shop



CSEE's Auto Shop, above, and rendering of new auditorim under construction, below



The Charter School of Educational Excellence, (CSEE) is completing \$4.5 million in upgrades that will deliver a new auditorium and a second vehicle-repair lab to its campus in October. “We envision a four-year automotive program focusing on automotive service specialist careers using a curriculum that prepares students for entry level positions as automotive service technicians,” said Dwain Palmer, the CSEE’s high school principal. “We also recognize the importance of the performing arts in allowing young people to explore and express their creativity as they prepare for careers.”

The new auditorium includes a stage, 600 seats, state-of-the-art audio-visual capacities, and a large projection screen. The campus’ second new vehicle lab is a fully functional auto service garage with two hydraulic lifts, a floor mounted scissor lift, and a classroom separate from the garage. The addition of the stage and auto shop is the latest upgrade for the K-12 public charter school. Last year, the school opened a new \$27 million high school at 220 Warburton Ave. The new, 76,000-square-foot high school includes a competition-size soccer field and oversized classrooms. The high school offers culinary arts, automobile technology and health sciences programs that allow graduating students to acquire immediate employment. For the students seeking to continue their studies, the CSEE’s curriculum includes up to 24 college credits. Since opening in 2005, CSEE’s students have performed better on state assessment exams than their counterparts in the Yonkers Public Schools for the last six years. The NYS Education Department designated the CSEE as an exceptional Reward School.

Carl Petrillo Honored at YPIE Gala



L-R: Mayor Mike Spano Charlyn Brea, YPIE Alumna and Board Member. David Westin, Chair, YPIE Board of Directors Carl E. Petrillo, Vice Chair, YPIE Board of Directors, Samuel Wallis, YPIE Executive Director

On September 15th, Yonkers Partners in Education, a nonprofit organization that prepares students for college success, hosted its 15th Anniversary Gala and celebrated its students’ remarkable journeys to and through college.

Under a beautiful starlit ceiling, supporters, volunteers, and friends filled the Barbara Walters Campus Center at Sarah Lawrence College to put college within reach for thousands of Yonkers students.

YPIE proudly honored Carl E. Petrillo, Vice Chairman of the YPIE Board of Directors and Chairman of Yonkers Contracting Company, Inc. for his steadfast dedication to YPIE students. Mayor Mike Spano, with his deep commitment to education in Yonkers, presented this award to Mr. Petrillo.

“There is no more important mission than educating our children and equipping them with the tools they need to face the challenges of this world, said Carl E. Petrillo. “We truly change lives at YPIE and I am proud to be part of it.”

Charlyn Brea, one of YPIE’s earliest graduates, shared her experience with YPIE and the impact having a college degree has had on her and her family.

“I hope you know that, when you invest in students, you are part of giving an individual the opportunity to build a life for themselves, to actualize their potential, and that kind of impact reverberates,” said Charlyn Brea.

YPIE students surrounded the room, presenting projects from their YPIE Majors, including science research, finance, journalism, and debate.

Yonkers Superintendent Dr. Edwin Quezada, New York State Senator B. Shelley Mayer and several other elected officials and business partners attended this celebration.

“Many of you have been with us for the last 15 years as we’ve learned and grown. You’ve seen us evolve,” stated Samuel Wallis, YPIE Executive Director. “But one thing remains steady – that college is still the most reliable path towards upward mobility in this country...for first-generation students especially, a college degree can transform the possibilities for them and for their families.”

YPIE is very grateful to all those who helped to celebrate 15 years of partnering with the Yonkers Public Schools to ensure thousands of students on are on the path to college success!

Learn more at ypie.org.

Read it All Online at Yonkerstimes.com

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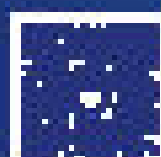
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On This Day in Yonkers History...



The Hindenberg flew over Yonkers in 1936 before exploding in New Jersey

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

Monday, October 3rd

October 3, 1946: A Yonkers bride, married for just fifteen months, was among the 39 people killed in a transatlantic air crash. Harriet Harder Van Houten of Lee Avenue, a Roosevelt HS graduate, was on her way to join husband Lieutenant Richard Van Houten in Germany when her plane crashed in flames in Newfoundland. The lieutenant was to meet his six-month-old daughter Janet for the first time. The couple, married two days after he graduated from West Point, were separated when he went overseas with the US Army of Occupation. The loss of 39 passengers and crewmembers made this the worst tragedy in commercial aviation's history at the time.

October 3, 1946: Notified by Federal Public Housing Administration Director John Kervick the agency refused to upgrade the exterior walls of the veterans' emergency housing on McLean Avenue, Mayor Frank jumped into action, sending telegrams to National Housing Administrator Wilson Wyatt and NY Senator James Mead, demanding the decision be changed.

Tuesday, October 4th

October 4, 1935: Two hundred-fifty men, women and children were lead safely out of the building after fire erupted at the Lido Theater at 89 Riverdale Avenue. Although the fire was contained to the booth, projectionist William Cahill was badly burned. Engulfed in flames after he cut power, he jumped out of the booth to escape. Two good Samaritans, Joseph Weicher of Riverdale Avenue and Charles Thompson of St. Mary's Street, carried Cahill to the Engine 3 firehouse a few doors north of the theater for help. Fireman John Figura and Patrolman Edward Keehan were credited with preventing a panic, with the aid of DPW Foreman George Paul, restaurateur Joseph Jacobs and Alderman Brian Shaefer who helped usher the crowd to safety. Thousands of people, attracted by the commotion, watched the progress of the rescue efforts. The audience was watching the movie "Ginger," starring Jane Withers.

October 4, 1945: Lau Hong Luke of Warburton Avenue filed his petition for US Citizenship, the first Westchester resident born in China to apply for citizenship. Luke took advantage of the Magnuson Act, or the Chinese Exclusion Repeal Act of 1943. President Roosevelt signed the law December 17th 1944, enabling Chinese nationals to become naturalized citizens.

Wednesday, October 5th

October 5, 1929: William Boyce Thompson of North Broadway purchased the Savarona, the largest yacht ever built in America! Renamed Alder, its rumored price was two million dollars; Thompson used the 294-foot yacht to sail around the world, visiting Monaco, Corsica, Constantinople, the Riviera and other places. The family donated the ship to the US Navy in 1940, who renamed it Jamestown PG-55 and converted to a war ship.

October 6, 1929: The School Twenty-two PTA complained to the Board of Education about their new building! Only a year old, not only did its roof leak, the plaster in classrooms was so defective, it was a "menace to the children."

Thursday, October 6th

October 6, 1912: Hiram W. Johnson, Governor of California and the Progressive Party candidate for Vice President, spoke at a rally at the Warburton Theater.

October 6, 1916: Frank Whitridge, president of the Third Avenue railroad Company, told union men he would have no further communication with them and would not allow any union members to work on the company cars.

Friday, October 7th

October 7, 1947: Mount St. Vincent celebrated its centennial with a Pontifical Mass of Thanksgiving, a centennial luncheon and an academic convocation! The college was founded by a small group of nuns under the leadership of Mother Elizabeth Boyle, at the request of NY Bishop John Hughes. Originally located at McGowan's Point, the geographic high point of Fifth Avenue, it purchased the 70-acre estate Fonthill in the Town of Yonkers from famed Shakespearean actor Edwin Forrest in 1855 when New York City began buying up land for Central Park. This property now lies in Riverdale.

Continued on pg 4-

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Yonkers Columbus Day Parade Returns October 2

COLUMBUS DAY PARADE



Sunday, October 2nd at 2:00 PM

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HONOREES

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Italian American Person of the Year

ALEXIA DINICUOLO

Miss Columbus 2022

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For more information call (914) 610-5447



above: Councilman Anthony Merrante with Miss Columbus 2022 Alexia Dinicuolo; Below: Mayor Mike Spano with Councilmembers and Columbus Day Grand Marshal Dr. Rosalba Del Vecchio, right





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Yonkers Mayor Mike Spano to Host Mobile tax Office Locations



Mobile Office Provides Easier Access for Yonkers Residents to Pay City Property Taxes

Yonkers Mayor Mike Spano today announced the 2022 schedule for the Mobile Tax Office locations. The Mayor's Office of Constituent Services and the City's Tax Department will be available at three locations Tuesday, October 3 through Wednesday, October 5 to assist Yonkers residents and accept all City property tax payments. The second installment for the 2022-2023 City property tax is due Thursday, October 6.

- Yonkers Mobile Tax Offices will be available:
 - Bernice Spreckman Community Center (777 McLean Ave, Yonkers, NY 10704) on Monday, October 3, from 9 AM to 7 PM
 - Grinton I. Will Library (1500 Central Park Ave, Yonkers, NY 10710) on Tuesday, October 4, from 9 AM to 7 PM
 - Homefield House (911 Saw Mill River Rd, Yonkers, NY 10710) on Wednesday, October 5, from 9 AM to 7 PM

"Our residents will always be priority here in the City of Yonkers. I am aware that it can be difficult to make it to City Hall during the day. That's why the Satellite Tax Offices were created, to provide a satellite location that's close to home and in your neighborhood," said Mayor Mike Spano.

Additionally, the Mayor's Office of Constituent Services and Finance Department will be on hand to assist Yonkers residents with any questions or concerns.

For more information, residents are encouraged to contact the Office of Constituent Services at (914) 377-6010 between 9:00 AM – 4:30 PM or contact the 24/7 Mayor's Help Line at 377-HELP (4357) for assistance.

Letter to the Editor:

I'm a middle school student who grieves the loss of the natural world. I am writing to ask you to cover the well-coordinated campaign by the gas industry and its allies to weaken, if not derail key elements of New York's landmark climate law, the Climate Leadership and Community Protection Act.

The bulk of the disinformation concerns building electrification and phasing out fossil-fuel combustion in buildings, because this poses the biggest threat to the fossil fuel industry's profits.

The gas-industry players and their tactics are detailed at <https://bit.ly/Gas-lightV2> - along with a well-researched debunking of their disinformation and green-washing.

The fossil-fuel industry spends billions of dollars on lobbying and public disinformation campaigns. Responsible media outlets like yours cannot let them get away with this.

Please thoroughly cover this important story; not doing so would be a disservice to your audience.

Sincerely, Anya Khurana, Somers

Dodson Playground, continued from pg 1-

Yonkers Superintendent Dr. Edwin Quezada said: "When you watch young children on a playground the joy is palpable. The socialization and gross motor skills learned while playing are essential components of early childhood education. Majority Leader Stewart-Cousins and Senator Mayer clearly understand the importance of playtime in a safe space with equipment that is accessible to children with multiple needs."

Yonkers Board of Education President Rev. Steve Lopez said: "The Trustees appreciate and respect the relentless work of our Senators to secure funding for Yonkers Public Schools. The restoration of the Dodson playground is another tangible example of Majority Leader Stewart-Cousins and Senator Mayer commitment to quality education and the Yonkers community."

Yonkers Mayor Mike Spano said: "Positive investments in our schools continue with the unwavering support from our State Senators, Majority Leader Stewart-Cousins and Senator Mayer. Working with Yonkers Public Schools Superintendent Dr. Quezada and our Board Trustees, together we are providing a more well-rounded experience for our students and families. Congrats to all on making this playground a reality!"

Yonkers Federation of Teachers President and NYSUT Board Director Samantha Rosado-Ciriello said: "Schools are the center of our community. In addition to being a place to learn, schools provide spaces for the community to come together. Building a playground not only serves the students, but the entire community at large. At a time when it is needed the most, this new playground will contribute to the physical and mental well being of all who will use it. The Yonkers Federation of Teachers is thankful to Senate Majority Leader Andrea Stewart-Cousins and Senate Education Committee Chair Shelley Mayer for this state funding and their unwavering support of our schools and communities."

There is Still Time to Be a Part of Westchester Walk to End Alzheimer's at WCC-Oct. 2

Join us on Oct. 2 at Westchester Community College!



The Alzheimer's Association Walk to End Alzheimer's is full of flowers, each carried by someone committed to ending this disease. Because like flowers, our participants don't stop when something is in their way. They keep raising funds and awareness for a breakthrough in the fight against Alzheimer's and all other dementia. Add your flower to the fight. Join us at Westchester Community College on Oct. 2!

Registration starts at 11 a.m.
Opening Ceremony starts at noon
Sign up today at WestchesterWalk.org

2022 NATIONAL PRESENTING SPONSORS

Edward Jones CVS Health

The Westchester Walk to End Alzheimer's is coming to Westchester Community College on Sunday, October 2, just a few days away, but there is still time to get involved in different ways.

If you want to register, or join a team, or make a donation, visit WestchesterWalk.org.

Do I have to register in order to Walk? Yes, we want to know you're walking with us and need every participant to sign a standard waiver through their official registration. There is no registration fee for Walk. However, we ask every participant to make a personal donation and commit to raising funds in the fight against Alzheimer's. Children should also register.

All funds raised through Walk to End Alzheimer's further the care, support and research efforts of the Alzheimer's Association. The Alzheimer's Association is a nonprofit 501(c)3 organization. All donations are tax-deductible as allowed by law.

Volunteers are also needed on the day of the event to help with set-up, clean-up, registration, water stops, Promise Garden and so much more. All interested volunteers should visit our volunteer page for more information about event day roles and responsibilities.

Visit https://act.alz.org/site/TR?fr_id=15756&pg=entry for more information on volunteering.

Each registered participant will receive a Promise Garden flower. Donations can be made online with a credit card or by check or money order made out to the Alzheimer's Association. Checks can be deposited instantly using the Walk to End Alzheimer's mobile app. On Sunday October 2, Registration is at 11am, with an opening ceremony at noon.

For additional questions, please contact the Westchester Walk Director Esther McCarthy at | 845.328.3020 | westchesterwalk@alz.org.

Yonkers History continued from pg 3-

October 7, 1949: School Superintendent Benjamin Willis had a serious discussion with School Trustees about procedures for enforcing the new Feinberg Law; this law banned members of any subversive group from teaching in public schools.

Saturday, October 8th

October 8, 1926: Stating the use of police cars made it unnecessary to create a fifth Police Precinct, Mayor William Walsh pledged he never would approve the proposal while he was in office.

October 8, 1949: "Sis" Haas Kessman of the Rolyann Dance Studio at 67 South Broadway announced Joe Price, one of the top acrobatic dance teachers in the country, was teaching at her studio. Price had taught for more than 25 years, with thousands of teaching hours under his belt, had taught many well-known dancers, such as Ruby Keeler, Ella Logan and Sydney Fox. Price had created more than 200 acrobatic dance tricks.

Sunday, October 9th

October 9, 1924: Literacy tests for potential voters were held at Yonkers High. Before citizens could register to vote, they were required to present proof of literacy.

October 9, 1936: Thousands of Yonkers residents got their first view of the giant dirigible Hindenburg as it passed over Yonkers.

October 9, 1942: The Civil Part of City Court was installed in its own quarters in City Hall, a move hailed by City Manager William Walsh as the realization of a 40-year-old plan at the ceremony marking the separation of the Civil and Criminal parts of the court. The Yonkers Lawyers' Association presented judicial robes to City Judges Charles Boote and Martin Fay.

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.

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Send us your letters, opinions, photographs, story ideas

and guest columns to: dmurphy@risingmediagroup.com

Obituary -Dorothy M. Bukovsky



August 14, 1939 – September 19, 2022
Monroe, NY

Dorothy M. Bukovsky passed away on Monday, September 19, 2022, at Joe Raso Hospice Residence in New City, NY. She was 83 years old. Daughter of the late John and Mary (Dypska) Drenga, she was born on August 14, 1939, in Yonkers, NY.

Dorothy was an Office Assistant for Saks Fifth Avenue in Yonkers, NY. Left to cherish her memory are her children: Vincent Bukovsky, Jr., and his wife, Helen of Lauderdale by the Sea, FL; and Anne Marie Babcock and her husband, Ryerson of Warwick, NY; and by her beloved grandchildren: Connor, Shane, Shannon, Cole, and Nicholas. In addition to her parents, Dorothy was also predeceased by her loving husband Vincent Bukovsky, Sr., her brother Edward Drenga and sister-in-law Dorothy Drenga.

Visitation will be held from 5:00 p.m. – 8:00 p.m. on Monday, September 26, 2022, at Smith, Seaman & Quackenbush Funeral Home, 117 Maple Ave., Monroe, NY 10950. A Funeral Mass will be celebrated at 10:00 a.m. on Tuesday, September 27, 2022, at Sacred Heart Church, 26 Still Rd., Monroe, NY 10950. Interment will follow at Orange County Veteran's Memorial Cemetery.

Memorial contributions may be made to United Hospice of Rockland County, 11 Stokum Ln, New City, NY 10956, <https://unitedhospiceinc.org/donation/>
 Arrangements by Smith, Seaman & Quackenbush, Inc. Funeral Home 845-782-8185 www.ssqfuneralhome.com.

Khader lawsuit, continued from pg 1-

But the comment that Matten made on the YonkersTribune relating to Khader was that the city council investigate the allegations made against Khader. Another post attributed to Matten was that Khader was using the law offices of Smith, Buss and Jacobs "for his law office and campaign headquarters."

We contacted Matten for comment about being a named defendant and being accused of being part of a conspiracy against Khader. "I am accused of writing an article which my political opponent characterized as an unfavorable depiction. The reality is that I asked my opponent to defend himself ahead of his primary. My former opponent should review the definition of defamation as it applies to a political contest," said Matten.

Khader appeared on Yonkers Voice on September 28. When asked about his political future, he said that "my time in public service is not done yet and I will be exploring all options."

But the political mistake that Khader made in teasing out the possibility of running again with his recently filed lawsuit is that the allegations made against Khader are still the subject of an investigation by the Yonkers Inspector General, Liam McLaughlin.

McLaughlin, who served as Council President before losing to Khader, is also mentioned in Khader's lawsuit. The suit calls the ongoing investigation a "sham" against Khader.

But the allegations against Khader, that he improperly used his office to benefit the law firm that he used office space for his law practice, remain open and unresolved. And those close to Khader admit that he cannot run for any office until those allegations, and the IG's investigation, is concluded and Khader is cleared of any wrongdoing.

If the IG's report comes back with a viable criminal allegation, Khader could be the subject of Westchester District Attorney Mimi Rocah's office.

Khader also briefly touches on two important facts in his lawsuit that are both damaging to his case and his political future.

First, that a majority on the City Council called for an investigation into the allegations against Khader, by former a former staff member, concerning fair and equal treatment of female employees in his office.

And, the Yonkers Democratic Party withdrew their endorsement of Khader once the allegations came out against him. These two reasons, the lack of support from his fellow council members, and from the democratic party in Yonkers, were the reasons for Khader's demise and his council presidency.

When News 12 reported on Khader's lawsuit, Mayor Mike Spano sent in a comment which read, "The property in question cannot be developed for residential purposes. The city remains committed to turning the rezoned property into a park, in the only neighborhood in the city that doesn't have access to the Hudson river."

Khader is seeking \$7 Million in damages and is representing himself, Pro Se. One attorney we spoke to said about the lawsuit, "there's a lot of accusations but little proof. He also highlights an ongoing investigation into his activities. If this is a political stunt its a bad one."

Port Chester Man Gives Back Judge's 60th HR Would You do the Same for #61?



Michael Kessler, left, with Aaron Judge after returning his 60th HR ball to the slugger

By Dan Murphy

20 year old Port Chester resident Michael Kessler was lucky enough to be at Yankee Stadium on Sept. 20 when Aaron Judge hit his 60th Home Run of the season. Kessler was seated in the left field bleachers with his friends when Judge hit the homer, which tied Babe Ruth for the 2nd most home runs ever hit by a Yankee and any American Leaguer.

And guess who came out of the scramble in his section to come up with the ball! Kessler, who decided at the last minute to go to the game, decided to return the ball to Judge. While it was a nice gesture for Kessler to return the ball to Judge, and he was given some signed balls and bats from Judge and tickets to some upcoming games in exchange for the ball, some are wondering if Kessler should have held onto the ball and auctioned it off to the highest bidder.

And more important, what about Home Run #61 or 62 if they come? Would he give those balls back to Judge and the Yankees. And what about all of us?

"I knew the importance of it, the significance of the moment. Diehard Yankee fan. I was like, 'God forbid if I caught it.' I knew I wanted to give it to Judge," Kessler said.

"It's been a whirlwind," Kessler said. "We were standing on top of the bleachers and then went down for his at-bat. We were jumping up and down because I knew it was a home run. It hit the top of the bleachers and then bounced toward our section. I just went to grab it and bear hugged it."

"Judge means so much to the organization, especially this year," Kessler said. "He's just unbelievable. Just the way he is, he deserved to have the ball back. I have no second thoughts."

Kessler played baseball at Port Chester High School and attend City College where he plays on the baseball team. It is estimated that the 60th Home Run would have sold at auction for \$100,000.

Now if Judge hits #61 which would tie Roger Maris for the Yankee HR record, that ball will be worth around \$1 Million. And #62 if it comes, would make Judge the #1 Yankee Home Run King, and could be worth \$2 Million.

The question that most of us are asking, and the sports talk shows in NYC are asking, is would you sell the ball or give it back? As a 45 year Yankee fan, I would have to admit that I would sell the ball.

The bottom line is that all Yankee fans are hoping that there will be a 61st Home Run, and a 62nd Home Run for fans to fight for. The last few games have become more difficult for Judge to hit a HR, because pitchers are no longer throwing him many strikes, and maybe some of it is stress.

The other angle to all of this is that if Judge can get to 62 homers, he would become, in the eyes of many, the true home run king in major league baseball history.

Six MLB players have hit 60 or more; Judge, Babe Ruth, Roger Maris, Sammy Sosa, Mark McGuire and Barry Bonds. Sosa, McGuire and Bonds have been accused of taking steroids during the home run year, and most baseball purists invalidate their records.

Which makes Judge's "All Natural" home run chase even more exciting.

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some high cholesterol if you are fit and eating well, through genetic variations that produce too much cholesterol or absorb it from the intestines too rapidly.”

One of Dr. Gitig’s main themes in the webinar was that there is no “one cure” for all patients. Only through examinations and analysis of test results can a patient and their doctor be confident in the best path towards better health and preventing heart disease.

Patients can determine their cholesterol levels through an LDL test, with the average LDL range of 125-130 for patients. Dr. Gitig explained that in industrial societies like the United States, 130 is a typical LDL number, but “in other parts of the world that live much more traditional lifestyles (areas of rural China and Japan, certain indigenous populations of Central and South America) whose people almost never develop arterial disease, typical levels are much lower. The people living in those regions tend to have LDL cholesterol values in the 50-90 range. These tribal and hunter-gatherer societies don’t get plaque in their arteries; it doesn’t exist in this group.”

Dr. Gitig said that medications to help control cholesterol, the most common of which are known as statins, are useful in some patients. “Statins are worth taking after examination and consultation with your doctor. I have become convinced that our bodies should be at lower levels of cholesterol, and if patients are walking around with a 120-130 LDL level, statin medication will usually reduce the statistical probability of developing heart disease.”

These medications reduce artery disease not just by lowering cholesterol but also by significantly reducing oxidative stress and inflammation inside the walls of the arteries, biological processes that are necessary in order for plaque to progress and heart attacks to happen.

When asked about the negative press attached to some statins, Dr. Gitig said any instances of side effects are “the exception and not the rule, and that the side effects can be easily detected and medications changed if you are monitored regularly by your physician.”

What about the different foods we eat and their impact on our cholesterol? “Saturated fat, and fatty acids, found in milk, yogurt, butter, fatty beef, and dark meat chicken, for most people will negatively affect your cholesterol. But egg yolks, and shrimp, which are high in cholesterol content, typically do not impact it. These foods, and lean beef, contain healthy nutrients and can be helpful for some people, as long as your doctor monitors your bloodwork to ensure they aren’t having adverse effects on your cholesterol levels.”

Dr. Gitig was also asked about homeopathic or holistic ways to reduce cholesterol. “Not many will have a major effect on your cholesterol. They have to be taken in large amounts (much higher than listed on the standard bottle label) and may not see enough LDL reductions.”

“The best way to reduce cholesterol is to diet, exercise, and lose weight. We don’t know how to predict every person, but if you try that for 2 or 3 months and then come back for another test, it will often help.”

Blood Pressure and its effects on heart disease were also discussed by Dr. Gitig, who explained that the two numbers in a blood pressure reading, top, and bottom, are generated by your heart when it is pumping (top number) and when it is relaxed (bottom number).

“Both numbers are important, and 115 on top is a number that is associated with the lowest risk of heart attack and stroke for those who naturally have that reading without medications. We have evidence that pharmacologically treating patients with numbers above 130/80 and trying to get those numbers lower will prevent heart attack and stroke,” said Dr. Gitig.

“But prescribing medications should be based on each patient and their risk. If I have a patient with a history of bypass, or a stent, for example, I may try harder to get their numbers below that 130/80 threshold.

A coronary calcium scan is useful to see if you have more plaque in your heart arteries than other people your age. Often the reasons for high blood pressure are the same for most patients; they are overweight and not exercising enough. Or they are not sleeping enough and are too highly stressed. And their salt and sugar intake is too high.

Lifestyle changes can improve your blood pressure more than cholesterol, but they work for both.

Final Question: At what age should we start to monitor our blood pressure and cholesterol levels? “I lean towards a person that has a potential life expectancy of another 30 years; if they want to make sure that they never develop artery disease, the only way to be sure is to start early. Early intervention is important and almost everyone can and should try lifestyle changes first.

“If I have a patient that is 45–50 years old, they have a long time to live. It’s a good idea to get things under control, and the best way to start is with diet and exercise. I would work on that for 6 months and reevaluate. Then, the patient can say they’ve done their best, and then we have a decision to make about medicine. You always want to err on the side of lowering a patient’s risk and lowering their LDL and BP numbers. The lower number is better for both, but there is not one answer.

Denise Mananas, Vice President for External Affairs at St. John’s Riverside Hospital, served as the moderator. Watch the webinar here-<https://www.youtube.com/watch?v=AuP8-1p2Cj4&t=12s>

Dr. Gitig is the Director of Cardiology for Mount Sinai Doctors Westchester and the Medical Director of the Mount Sinai Heart Failure Alliance. He is a non-invasive cardiologist with 15 years of experience managing all forms of chronic cardiac diseases. He has been recognized by his peers for his expertise in the field for each of the last 7 years, as a Castle Connolly Top Doctor selection, and has been honored in Westchester Magazine and New York Magazine for these achievements.

Dr. Gitig’s clinical passion is in the prevention of disease. He is particularly interested in lifestyle changes that improve the function of our heart and arteries and which have results that go beyond the effects of prescription medications. His practice focuses on nutritional interventions, exercise, stress management, and sleep optimization to achieve optimal targets for lipid levels and blood pressure and also help to optimize patients’ blood glucose and insulin balance, as well as systemic inflammation in the body. All of these factors can have a marked impact on our likelihood of developing cardiovascular (and other) diseases over the course of our lifetime.

Dr. Gitig believes that by using state-of-the-art diagnostic tools, it is possible to personalize the assessment of an individual’s risk for disease, as well as tailor interventions to those that are most likely to benefit a given person. In his experience, this approach is far more powerful than one-size-fits-all lifestyle or prescription advice.

He practices in Westchester County, NY (Yonkers and Scarsdale locations) and sees patients both in person and via video visits.

Formation of PEEKSKILL ASSOCIATES, LLC filed with the Secy. of State of NY (SSNY) 9/12/2022. Office loc.: Westchester County. The principal business address is 1843 Main St., Peekskill, NY 10566. SSNY is designated as agent of the LLC upon whom process against it may be served. The address SSNY shall mail process to Robert LaScala, 204 Kings Hwy. S., Cherry Hill, NJ 08034. Purpose: Any lawful activity.

Formation of DRUMCOOBRADY LLC filed with the Secy. of State of NY (SSNY) on 8/10/2022. 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 Gabriel Carbin, 70 Alexander Ave., Yonkers, NY 10704. Purpose: Any lawful activity.

Notice of Formation of NYA Trucking LLC. Arts. of Org. filed with the SSNY on 08/25/2022. Office location: Westchester SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 87 High Street, Apt 6G, Yonkers NY 10703. Purpose: Any lawful activity.

Notice of Formation of INNER THEIA LLC. Arts. of Org. filed with SSNY on 03/01/2022. Office location: Westchester County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail process to Inner Theia LLC at 5 Aspen Road, Scarsdale NY 10581. Purpose: any lawful act or activity.

Notice of formation of Advent Ecom LLC. Arts. of Org. filed with the SSNY on 6/17/2022. Office: Westchester County. LEGALINC CORPORATE SERVICES INC. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to LEGALINC CORPORATE SERVICES INC. at 1967 Wehrle Drive, Suite 1 #086, Buffalo, NY 14221. Purpose: Any lawful purpose

Notice of Formation of LAYBRIGHT LLC. Arts. of Org. filed with the SSNY on 07/10/2022. 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, 75 South Broadway, 4th Floor, White Plains, NY 10601. Purpose: Any lawful purpose.

Notice of Formation of Them Houghs LLC. Articles of Organization filed with Secretary of State of NY (SSNY) on 8/5/2022. Office location: Westchester County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY should mail process to; 49 Greenwood RD Yonkers NY 10701. Purpose: Any lawful purpose.

Halo Consulting Solutions LLC filed with the SSNY on 03/24/22. Office: Westchester County. Registered Agent Inc. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to 27 Edgewold Rd. STE100, White Plains, NY 10607. Purpose: Any lawful purpose.

Application for Authority of 17 Valerie Drive, LLC filed with the Secy. of State of NY (SSNY) 8/8/2022. Formed in FL 8/5/2022. Office loc.: Westchester County. SSNY is designated as agent of LLC upon whom process against it may be served. The principal business loc. and address SSNY shall mail copy of process is 5204 Europa Dr., Apt. L, Boynton Beach, FL 33437. Arts. of Organization filed with the Secy. of State, R.A. Gray Bldg., 500 S. Bronough St., Tallahassee, FL 32399. Purpose: Any lawful activity.

Notice of Formation of Designs by Isa, LLC. Arts. of Org. filed with the SSNY on 8/2/2022. 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, 1529 Hanover Street, Yorktown Heights, NY 10598. Purpose: Any lawful activity.

Notice of formation of WRITESTRONG LLC. Arts. of Org. filed with the SSNY on 8/30/2022. 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, 10 1/2 Spruce St, Sleepy Hollow, NY. Purpose: Any lawful activity.

Notice of Formation of LWL Entertainment LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 8/17/22. Office location: 11 West Prospect Avenue, Third Floor, Mount Vernon, New York, Westchester County. The Law Offices of Lauren P. Raysor is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 11 West Prospect Avenue, Third Floor, Mount Vernon, New York 10550. Purpose: any lawful act or activity.

Formation of OSSINING DEV LLC filed with the Secy. of State of NY (SSNY) 9/7/2022. Office loc.: Westchester County. The principal business address is 142-144 S. Highland Ave., Ossining, NY 10562. SSNY is designated as agent of the LLC upon whom process against it may be served. The address SSNY shall mail process to Ashish Parikh, 301 Rte. 17 N., Ste. 802, Rutherford, NJ 07070. Purpose: Any lawful activity.

Notice of Formation of Ari Cleanse and Glow LLC. Arts. of Org. filed with SSNY on 7/12/2022. Office location: Westchester County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail process to Ari Cleanse and Glow 414 s 3rd Avenue, Mount Vernon NY 10550. Purpose: any lawful act or activity.

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Happy New Year Yonkers!

Drill Music is Taking New York by Storm

Brooklyn native Fivio Foreign, left, one of the most popular Drill Music performers

By Dennis Richmond Jr.



My name is Dennis Richmond, Jr., and I'm a 27-year-old journalist and educator. I've been a fan of the Hip-Hop and Rap scene since I was little. My older sister Shanise would always play certain songs. I remember my sister watching the music video for the song Oooh by De La Soul back in 2000. The video had a Wizard of Oz theme. I remember my older sister Denise saying I couldn't rap the words to JAY-Z's song I Just Wanna Love U. I even remember meeting rapper Jadakiss. I was excited. Jadakiss is a legend.

My love of Hip-Hop/Rap is ever-growing. Luckily, my top three favorite rappers, JAY-Z, Jadakiss, and Lil Wayne, have been able to stay relevant and still kill the game. Thousands of other rappers have fallen off. Respectfully. The young kids these days aren't checking for traditional rap anymore, though. Today, young kids across America are listening to drill music. Rappers back in the day would reference their enemies and shooting. The slang is different today. A lot of drill rappers don't say shoot. They say, "up it and aim it." And they don't say, enemies. They say, "opps."

Drill music is a subgenre of Hip-Hop. I was alive to see a lot of subgenres of Hip-Hop. Bounce, Crunk, Jerkin' and Trap music are all subgenres of Hip-Hop culture. Drill music first gained national attention in Chicago, Illinois, around 2012. Around the same time, drill music in the United Kingdom took off. By the middle of the 2010s, New York drill music was on the scene heavy. Today, I would argue that there are thousands of drill rappers across America. Some are famous, and some aren't. Youtube is doing a powerful job of leveling the playing field, though.

Hip-Hop/Rap culture changed from what it was just 20 years ago. For one, drill music is popular now. Rappers like Fivio Foreign, Chief Keef, Lil Durk, Kay Flock, Ice Spice, DD Osama, Kay Flock, and Ron Suno, are just a few names of the drill scene. Second, a lot of women are in the rap game. Nicki Minaj, Cardi B, Remy Ma, Megan Thee Stallion, GloRilla, and Latto are doing their thing. And three, some rappers are openly in the LGBTQ+ Community. Lil Nas X and Saucy Santana both live their truth.

While I could accept that drill music is a part of the culture, it's hard to grasp that many young adults and kids are dying. Many deaths are related to drill. New York City's Mayor, Eric Adams, even held a press conference with drill rappers to address gun violence. Regardless of how folks feel about drill rap and rap in general, one thing is for sure. America's youth have a lot to say, and many young adults express themselves through drill music.

Yemeni Flag Raised at Yonkers City Hall



Yonkers is one of America's most diverse cities and we will continue to embrace our different cultures.



The Jewish New Year Rosh Hashanah begins at sunset, September 25, and continues through Monday and Tuesday, ending at sunset, September 27.

Chabad of Yonkers Rabbi Mendy Hurwitz introduced the upcoming Jewish New Year with a shofar blowing at Yonkers City Hall, with Mayor Mike Spano and State Senator Shelley Mayer looking on. Traditional honey cakes and apples to dip honey, were part of the celebration, which included members of Yonkers Jewish synagogues.

Photo © 2022 Robert Kalfus

Yonkers High School Sports Scores

Three scores from the Yonkers High School Girls Soccer team.

On Sept. 12, Somers high school and lost 8-0. Sarah Boakye (GK) had 16 saves in goal, Leah Dourmashkin (CM) had 3 shots on target, Michelle Flores (LB) had 5 tackles.

On Sept. 20, Eastchester vs. Yonkers HS, Eastchester won 4-0. Devyn DeLuise made 20 saves in goal.

On Sept. 21, Yonkers HS played Byram Hills and lost 6 - 0. Sarah Boakye had 6 saves.

Coach Daniel Moallem tells us the girls are playing hard every game and improving every game.

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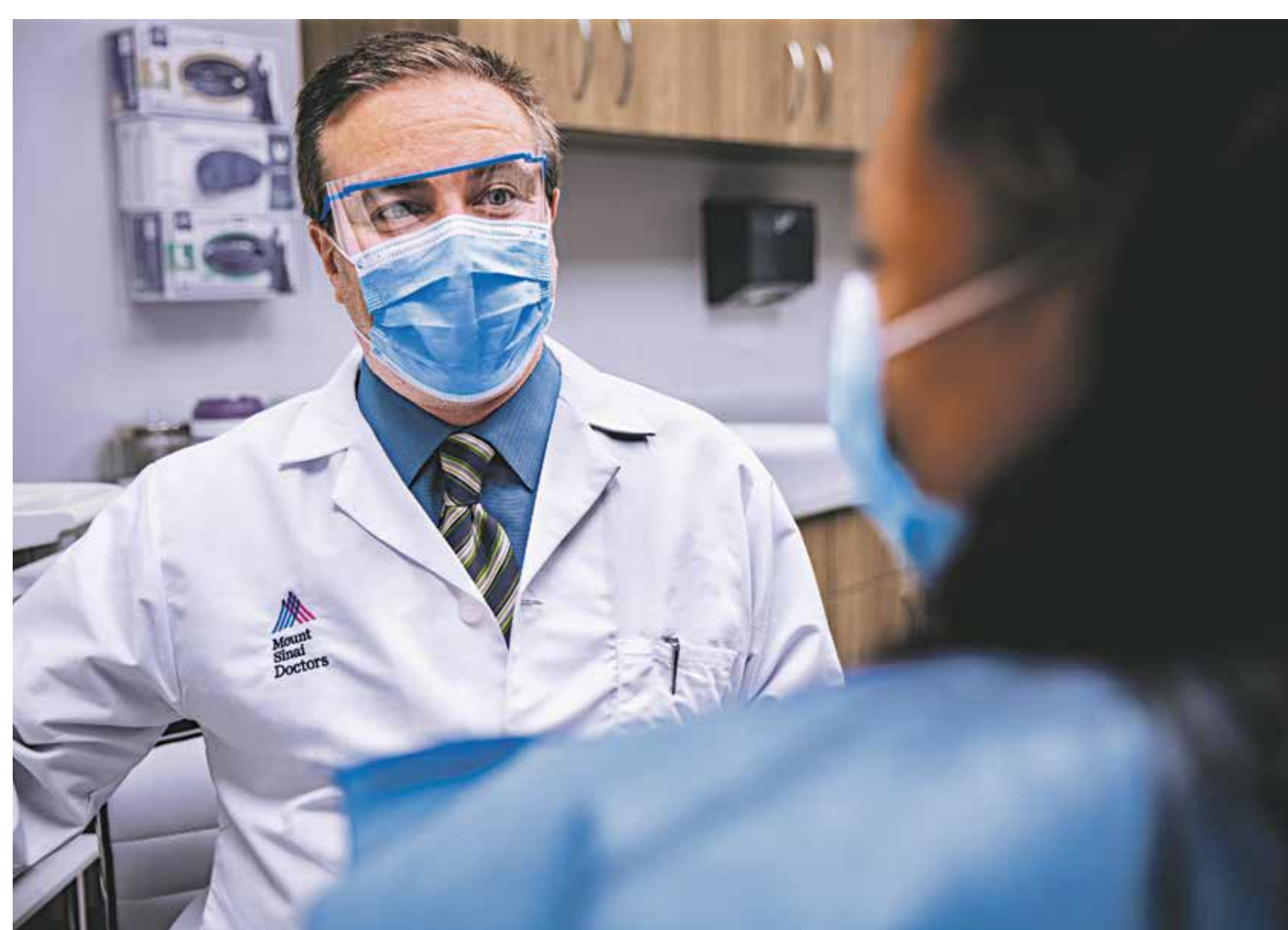
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