Saunders Val & Sal
Look to the Future

Saunders Valderratiano Elia Hafez, left, and Valderratiano Cindy Mata.

Enrico Fermi Educational Fund
Holds Scholarship Breakfast

The Enrico Fermi Educational Fund of Yonkers held its 56th annual Scholarship Breakfast on May 5 at Westminster Manor in Yonkers to hold its 56th annual Scholarship Breakfast.

Science Barge Opens
For the Season May 11

Last week, Coach Dan DeMatteo presented Elijah Cummings with his award as the top player from each of the season's terms. DeMatteo, who has been reviewing the budget and will be giving his thoughts soon, will seek to get additional comments from Members of the Enrico Fermi Scholarship recipients with encek Ken Rosato. Photo by Donna Da-

City Council Begins
Budget Review

The three City Council Republicans, Mi-

Nuryel Benitez is Yonkers Brave Player of the Year!

Mayor Mike Spano meets with seniors recently.
The Yonkers City Council has begun

Annual Scholarship Breakfast on May 5 at Westminster Manor in

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Yonkers Library Foundation Reveals Dedication Wall

Nancy Maron, president of the Foundation for the Yonkers Public Library, left, with Anietra Guzman-Santana, vice president of the foundation, in front of Will Library Dedication Wall.

Library patrons old and new marveled as the Foundation for the Yonkers Public Library revealed its new Dedication Wall on May 2 at the Grinton I. Will Branch.

The Dedication Wall is an art installation whose design was inspired by, and makes use of, materials from the library’s original sunshades. The wall consists of 80 colorful plaques, customized with messages from the plaque donors — many of whom were on hand to celebrate the reveal.

“Like the Yonkers Public Library decided to upgrade the facade at the Will branch, we wanted to acknowledge how important the original design was to us all,” said Foundation President Nancy Maron. “This approach lets us honor the past, while raising funds for new programming, to keep the library’s offerings exciting for our patrons.”

The reception was joyful, as library patrons and donors appreciated the installation and the bright colors of the authentic plaques. Some inscriptions honored family, one veteran teacher personalized a plaque to his students; a mother ordered a plaque in honor of her children, inscribed with “siblings who love the Will Library,” a younger family member honored older generations of her family who still live in Yonkers; and longtime library supporter Sherman Pincus dedicated a plaque in honor of his late wife, Joan, and longtime library supporter Sherman Pincus dedicated a plaque in honor of his late wife, Joan, and longtime library supporter Sherman Pincus dedicated a plaque in honor of his late wife, Joan, and longtime library supporter Sherman Pincus dedicated a plaque in honor of his late wife, Joan, and longtime library supporter Sherman Pincus dedicated a plaque in honor of his late wife, Joan, and longtime library supporter Sherman Pincus dedicated a plaque in honor of his late wife, Joan, and longtime library supporter Sherman Pincus dedicated a plaque in honor of his late wife, Joan, and longtime library 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Pincus dedica...
When are the insured going to stop getting “scare” letters from their insurance companies telling them a hospital in their plan may no longer participate in their network due to an impasse over reimbursement rates? These scare campaigns, many of which are already in place, are state-wide or health-system-wide and who simply don’t understand what’s going on.

I got my letter this week. So, probably, did Gov. Andrew Cuomo and our state legislators who are in the same health insurance plan I am in. The letter starts out with a statement that your insurance company is “negotiating competitive rates with participating hospitals.” Then it says in big, bold letters, “Westchester Medical Center may no longer participate in your network.”

“May?” What the heck does that mean?! The letter goes on to tell you the plan’s contract with Empire terminates April 1. However, based on New York State law, there is a “cooling off” period where both sides will continue to operate by the contract until June 1. That’s less than two months away. The insurance company “hopes that an agreement by the parties can be reached,” but if this does not occur, Westchester Medical Center Hospital will be excluded from the network beginning June 1.

The letter goes on to tell you that, if this happens, Westchester Medical Center is not the only hospital that is affected by this miss. With medicine the way it is today, your “big” hospital in your area that is affected by this mess. With medicine the way it is today, your “big” hospital in your area will be affected by this mess. With medicine the way it is today, your “big” hospital in your area will be affected by this mess. With medicine the way it is today, your “big” hospital in your area will be affected by this mess. With medicine the way it is today, your “big” hospital in your area will be affected by this mess. With medicine the way it is today, your “big” hospital in your area will be affected by this mess.

People are scared every day by letters like this one. Fortunately, do not at this time use Westchester Medical Center or an affiliated hospital and it will be covered on an “in network” basis. Since Westchester Medical Center will no longer be paid by the insurance company, there is a whole list of things that can occur if you don’t follow the rules. You can be re-framed for non-emergency treatment, once the emergency has been stabilized you can be transferred to another hospital, you can be required to make payment upfront or sign a note promising payment for services rendered, and you may even have to pay the hospital and directly and get stuck with the pain-in-the-ass job of seeking reimbursement from the insurance company. The letter states it hopes that situation can be resolved between the insurance company and the hospital network before the June 1 deadline. Is that to make your fees good? Yeah, right.

The State Legislature and the governor are stepping up at the hospital door showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or herself showing him or himself.
The Foundation for the Yorkons Public Li- brary is bringing world-famous author Sandra Cisneros to Yonkers. From May 20 to May 21, a variety of events are planned.

The first event is for students: the program fosters discipline, self-respect and the power of writing. Those are the things that give you power. They are the things that give it tactility.

Sandra Cisneros

Author Sandra Cisneros receives the American Medal of Freedom from President Barack Obama.

The money will help the Youth Shelter continue to provide education, job training and other services, in a residential setting as an alternative to incarceration for boys and young men age 16 to 21 awaiting trials or serving time.

The Youth Shelter Program has set a high standard with a 40-year track record of success. Its services, in a residential setting as an alternative to incarceration for boys and young men age 16 to 21 awaiting trials or serving time, are available for downloading from the Empire State Purchasing Group website at http://epsg.empirestategroupllc.com. All sealed Bids and Proposals will be available for downloading from the Empire State Purchasing Group website at http://epsg.empirestategroupllc.com. All sealed Bids and Proposals will receive sealed Bids and Proposals for the following projects until 2:00 PM, Wednesday, May 29, 2019 at TROY, N.Y. (Located in Troy, New York 12180)

The City of Troy, through the City of Troy Office of Planning & Development and the Corporation for Economic Development, they must provide the individual owners and landlords of multi-family homes in Yonkers who are not providing safe and secure buildings to their tenants, it became even more evident that the city needs to have the tools in place to hold landlords responsible.

The Landlord Identification legislation comes just months after Spano proposed legislation mandating that in the event of a building condemnation, the local government has means to hopefully assure them that the city has means to hold landlords accountable.

"It is a sign of good things to come," said Idoni of the early results.

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**On This Day in Yonkers History...**

The history of Yonkers, New York, is rich and diverse, with events that have shaped the city into what it is today. Each day, there is a story or an individual who played a significant role in the development of Yonkers. Here are some notable events and individuals:

- **May 16, 1942:** The Common Council gave permission for the United States Shipbuilding Corporation to use 10 acres of city-owned land to construct buildings for a shipyard. This decision was crucial for the city's economic growth during World War II.
- **May 15, 1942:** The Herald Statesman published an article about the construction of the Larkin Plaza, a significant development in the city's retail and commercial sector.
- **May 14, 1946:** Coronet Magazine published an article about the Yonkers man responsible for making scenery to costuming, to special effects, to the building of sets for a shipyard. The article highlighted the significant contributions of the industry to the city's economy.
- **May 13, 1926:** Mayor William Walsh swung his pick ax as the first shack was knocked down to construct buildings for a shipyard. The firm was given permission to the U.S. Shipbuilding Corporation to use 10 acres of city-owned land to construct buildings for a shipyard.
- **May 11, 1916:** Among the large number of artifacts from the collection of the late Samuel and Minnie Untermyer that were auctioned off, a website for official rules. Offer subject to change without notice.

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**Juvenile Murder Suspect Surrenders**

Former Eastchester Doc Gets Jail Time for Theft from Elderly Woman

Peter Cottone, a former physician, was sentenced to one year in county jail for stealing $97,000 from a 97-year-old Yonkers woman through various fraudulent means. Cottone was convicted of first-degree identity theft, all felonies. Corines agreed to forfeit $15,000 of the victim's money in his possession.

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**A Disgrace to a Noble Profession**

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**Graystone, the North Broadway home of Samuel Untermyer.**
The Insurance
Continued from Page 3

It is time that the insured, many who are paying big bucks for insurance, realize that it is used as proven between the insurance companies and the hospitals. Maybe because the last one I was in was a minor one, I don’t have a clue what the insurance companies and the hospitals ask. The next time a minor one comes up, I don’t know if I can afford to go to a private hospital. It costs a lot of money. I think it is time that the insured realize that they are paying a lot of money for insurance and they don’t use it.

It has been my experience that people will always say that they are sick and they don’t have insurance. It is very frustrating to hear people say that they don’t have insurance because they need to go to the doctor. It is very frustrating to hear people say that they don’t have insurance because they need to go to the hospital and they can’t afford it.

I lost my job 16 years ago. A new day goes by and I don’t think that I can afford to go to the doctor. I have finished writing last week’s column, I didn’t realize what a tribute it was to her. It made me realize what a tribute it was to her with all her friends and family who were there.

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Yonkers Office of Aging is A ‘Healthy Food Champion’

Yonkers Mayor Mike Spano presented the Yonkers Office of the Aging with an Access to Healthy Food Award on May 1, honoring its commitment to the health of Yonkers’ seniors, as well as its recent participation in a six-week course called the Healthy for Life Program for workplace wellness.

The Office for the Aging was established in March 1974 to provide services to Yonkers residents age 60 years of age and older. Under the direction of Kelly Chiarella, the department provides a comprehensive array of community support services for senior citizens by providing social activities, exercise programs, nutrition information, constant training, support on health-related topics and nutritious daily meals.

The Yonkers Healthy Connections for LEFEY (Living Your Fullest Everyday) Coalition quarterly honors a small business or local organization in Yonkers that demonstrates progressive change toward offering healthier foods. The Coalition, through the Yonkers YMCA, is a partnership between the City of Yonkers, Nepperhan Community Center and New York State’s Caring Schools and Communities initiative through the NYS Department of Health.

Kelly Chiarella, director for the Office for the Aging, accepted the award for the successful efforts of her department in helping Yonkers seniors.

Spano Recognizes Mental Health Awareness Month

Mayor Mike Spano joined with representatives of the National Alliance of Mental Illness of Westchester on May 1 in commemoration of May as Mental Health Awareness Month.

As part of the awareness and education campaign, a NAMI Ribbon Campaign will bring the subject of mental health in the Westchester communities to the forefront in a direct and visible manner. NAMI ribbons will be on display at City Hall and in city park locations throughout the month of May.

More than 40 municipalities in Westchester County are participating in the campaign.

Health Dept. Offers Free Minnows to Prevent Mosquitoes

To help residents keep their backyards clear of mosquito breeding sites, the Westchester County Department of Health will giveaway free minnows for residential ponds and water features, along with mosquito dikes, as an advice and strategy to prevent the annual mosquito-borne diseases like West Nile Virus, starting Friday.

A total of 450 pounds of minnows will be available at the Westchester County Airport, 2 Loop Road, White Plains, on Friday, May 17 between 9 a.m. and 6 p.m., and Saturday, May 18 between 8 a.m. and 4 p.m.

Residents with ornamental ponds can add these fathead minnows to the water. The minnows eat mosquito larvae, preventing them from maturing into bugs. Dikes serve the same purpose in bird baths, rain barrels and unused pools.

Any resident can help reduce the mosquito population, even without minnows, just by removing standing water around their yard, covering trash cans to keep away insects, and draining bird baths twice a week.

“Mosquitoes can lay their eggs in a puddle, a flowerpot saucer, or an old tire,” said Amler. “So alter it, rinse your out standing water and clear your yard and the pavement around your home of buckets, whirlybugs and toys that hold standing water.”

Any large areas of standing water on public property that cannot easily be removed should be reported to the health department at 914-815-1388.

A ‘Healthy Food Champion’

For more information, download the “Westchester County Cares Bug Off” brochure on the Westchester County Cares Bug Off website at http://health.westchester County.gov.

Burke Rehab Hospital’s 5K Is May 11 in White Plains

All Abilities Welcome

Burke Rehabilitation Hospital’s annual Heels & Wheels 5K Race and Walk will return to White Plains on Saturday, May 11. The event will take place rain or shine on Burke’s 60-acre campus at 750 Mamaroneck Ave., White Plains.

Open to walkers, runners, hand cyclists and racing wheelchair athletes, the 5K is unique in that it is one of the only events that allows participants of all ability levels to compete together in a supportive environment.

“Heels & Wheels is so much more than just a run through Burke’s campus and the surrounding area,” said Carolyn King, director of Burke’s Adult Fitness Center and community wellness. “The event exemplifies the hospital’s mission to help people reach their maximum level of independence by providing a venue that fosters friendly competition and healthy lifestyle habits.”

Registration will open on the day of the race at 7:45 a.m., followed by the kids’ fun run for children age 4 to 12 at 9:30 a.m. The 5K race is slated to begin at 10 a.m. for adults and youth athletes. There will also be an activity table for kids with face painting, games and crafts.

There will be eight divisions for the 5K: First-, second- and third-place male and female runners in age groups 13 to 18, 19 to 30, 31 to 40, 41 to 50, 51 to 60, and 61 and older; first-, second- and third-place racing chair males and females; and first-, second- and third-place hand cycle males and females.

Registration is $30 for adults and $25 for youth runners, and registration for the fun run is $10. To register online, go to https://inacroot.com/events/201922219-heels-wheel5k.

Heels & Wheels is open to the public and volunteers are needed to help out in areas such as registration, water station and traffic guides. Volunteers are also eligible to receive community service hours. For more information, call the Burke Rehabilitation Hospital’s 5K Race hotline at 914-592-2576, or visit burke.org.

Burke Rehab Hospital’s 5K Race

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The Science Barge returned to Yonkers in April 2019, and it is docked in the city's freshwater harbor as a floating environmental education center. Entertainment that evening was provided by actress Barbara O'Neill, who played Scarlett O'Hara in the 1939 film "Gone with the Wind." The gala was held at Westchester Manor on North Avenue. Guests were greeted at the entrance of the mansion by former First Lady Nancy Reagan. After admiring the house, guests were invited to the dining room for dinner and dance. "The evening was a real success, and it's the kickoff for our summer programs," said Spa
cio. The gala was held on Saturday, May 18, 2019.

A wonderful evening was spent at Westchester Manor, where guests mingled and enjoyed the company of friends and family. The gala featured a dance floor and a DJ who played a variety of music. The event was sponsored by many local businesses, including Nick and Chrissy The Best Events, and was hosted by spa
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If you are a survivor of child sexual abuse, New York has a system in place to help you get the assistance you need. New York is home to the largest number of child abuse survivors in the United States. If you need help, please contact one of the organizations in the area. There are many organizations that can help you.

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May 18 and 19. A major collaborative mural participating in the Yonkers Arts Weekend on expression. The world of art for anyone in the need of self-realization, musicians and painters, WE ART writers, spoken-word performers, poets, photographers, bloggers, visual artists, and community members. Founded by Jose Gonzalez, Patricia Santos and Nancy Mendez, WE ART seeks to connect the Yonkers communities and bridge the gap between communities and people.

WE ART 1 is a collective of local artists based out of Yonkers and the YOHO Studios in the Carpet Mills District. Founders Jose Gonzalez, Patricia Santos and Nancy Mendez sought to connect the Yonkers communities and the artist communities through inclusion and creative involvement. Born and raised in Yonkers, the co-founders of WE ART 1 pride their own way through the urban streets by fostering a love of creative expression. Noticing the disconnect between their home communities and artist congregations, they brought together a collaborative of artists to help create a safe and friendly environment for Yonkers community members.

“We love bridging the gaps in our community,” said Santos. “Sometimes all someone needs is a little patience and they’re off doing that exact thing. It is a beautiful thing to see and be a part of.”

Incorporating bloggers, visual artists, musicians, spoken-word performers, poets, photographers, musicians and painters, WE ART 1 offers a unique and inclusive pathway into the world of art for anyone in the need of self-discovery.

Bringing their vision to life and opening the mural to the public, participators in the Yonkers Arts Weekend on May 18 and 19. A major collaborative mural piece will be on display in the parking lot of the YOHO Studios. Designed by co-founder Jose Gonzalez, the mural is a portrait of Anacaona, a Taíno chief and symbol of female empowerment and Haitian history. Anacaona represents the powerful influence of the strong and passionate women that surrounded Gonzalez and his co-founders. Dressed in a traditional North American native head dress, she depicts the cultural diversity and inclusivity of their collective by merging their own way through the urban streets by fostering a love of creative expression. Noticing the disconnect between their home communities and artist congregations, they brought together a collaborative of artists to help create a safe and friendly environment for Yonkers community members.

“I feel proud of what we accomplished this mural and seeing how people from the community relate to it,” said Mendez. “WE ART 1 artists. Photo by Joanna Pan.

To artist Rachel Sydlowski, the act of creating an art installation is a lot like solving a puzzle. She designs and manipulates large-scale graphic-paint materials to conform to a given space, layering the brickwork for a mesmerizing and word that transitions existing architecture and gives it a new life and meaning. She carries out a fascinating multi-step process—one that involves almost as much planning and it does inspiration and construction.

Syllabics started out working with ceramics, a material that is by nature heavy and cumbersome to work and travel with, and the final product is permanent and static. "Printmaking and using paper has been liberating," she said. "A large installation can be rolled up, is easy to transport and doesn’t take up a lot of space. I still use ceramics, but not as a primary material." Sydlowski is new to YOHO Artist Studios, but is already taking full advantage of her space there. She arrives at her studio early with a goal of what she needs to accomplish. Her studio is usually in various states of disarray at any given point during the day. “It's such a luxury to be able to leave things out and just close the door when I'm done for the day,” she said.

Sydlowski’s portfolio includes “Cuban Accents,” “Shifting Empires,” and a cardboard collage piece of a collective art exhibit hosted by the New York Public Library. Her installation “Put out in the Wilderness” is being displayed at the Sunroom Project Space at Wave Hill through Memorial Day weekend. For more information about Rachel Sydlowski, visit www.rachelsydlowski.com, or Instagram (@rachelsydlowski). For more information about YOHO Artist Studios, visit www.yohoartists.org.

WE ART 1 artist. Photo by Joanna Pan.

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We need responsible rent reforms that protect tenants and property owners.

“Right now, the laws make sure I can maintain my building, but still keep rents affordable. If Albany changes these laws, I won’t be able to afford to maintain the building.”

- Stephanie Kirnon, Property Owner, Bronx, New York

Albany’s rent proposals:

- Do not create a single new unit of affordable housing.
- Do not help low-income families find new affordable housing.
- Will make it impossible for owners like Stephanie to meet their costs and afford to invest in maintaining and improving their buildings.
- Hundreds of thousands of rent stabilized units, especially older units in the boroughs outside of Manhattan, will be at risk.

Call your State Legislators:

Senate 518-455-2800 & Assembly 518-455-4100