Sacred Heart High School
Proud of Val & Sal

Congratulations to the 2019 valedictorian and salutatorian from Sacred Heart High School in Yonkers. This year’s valedictorian is Liana Acevedo, who will graduate with a grade-point average of 111.446. Liana, who said “I’m honored to be the valedictorian of Sacred Heart High School’s graduating Class of 2019,” most enjoyed chemistry and pre-calculus at Sacred Heart. “The teacher that has inspired me the most is my science teacher, Mr. Christopher Ward,” she said. “He taught me chemistry in my sophomore year, and now I am currently in his college prep class.”

City Councilmembers Want to Lower Proposed Tax Hike
Merante & Rubbo Want 0% tax increase

By Dan Murphy
Right now, there are not four votes on the Yonkers City Council for Mayor Mike Spano’s proposed budget for fiscal year 2020, which starts July 1. Spano has proposed a $1.15 billion spending plan that includes a 3.93 percent property tax increase and $32 million more in education funding, but a $12 million hole in the Yonkers Public Schools budget remains.

The three republican councilmembers are not supportive of the 3.93 percent tax increase, especially after last year’s budget had a 3.16 percent increase. The republican plan would have the city hold the line on spending and only increase education funding by $22 million, which would result in a $10 million hole in the budget.

The Yonkers High School Lady Bulldogs, coached by Rob Scaringella and assistant Coach Mat Longo, captured the 2019 Yonkers City Softball Tournament by defeating Yonkers Montessori Academy in a classic 13-12.

The Lady Bulldogs raced out to a 5-0 lead before YMA rallied to take an 8-6 lead after 5.

In the top of the 6th, Yonkers H.S. went ahead 10-8, and added three insurance runs in the 7th to take a 13-8 lead. YMA staged a furious rally and had the tying run on third with two outs, but Yonkers held on to claim the title.

The tournament MVP was Sabrina Iacovetta.

By Dan Murphy
The first of two dozen 2020 Democratic presidential hopefuls came to Westchester last week, with Minnesota Sen. Amy Klobuchar visiting the county’s largest city, Yonkers. Klobuchar’s visit was part of a teachers’ union event to tour local schools and to underscore the need to rebuild the nation’s crumbling schools.

Klobuchar, who was joined by American Federation of Teachers President Randi Weingarten, visited Gorton High School in Yonkers, perhaps the oldest operating high school in Westchester, built more than 100 years ago.

“This is an incredible community, and the spirit of those kids is something I will take with me as I campaign across the country,” she said. “This is a school run by great people and great teachers.”

By Dan Murphy
Yonkers Democratic Party Chairman Tom Miller said he believes “the future of politics in Yonkers is with the democratic party.” His analysis is correctly based on enrollment figures, which show democrats continuing to increase their numbers to the point of making it very difficult, or impossible, for a republican to win citywide office.

BOL Republican Minority Leader John Testa is retiring, giving democrats a better than even chance of picking up that first district seat, which includes Peekskill, Cortlandt and parts of Yorktown. Another republican seat is in the 14th district, which includes parts of Yonkers and Mt. Vernon, currently represented by republican County Legislator David Tubiolo. This district is re-

By Dan Murphy
There’s something for everyone at Arts Weekend — murals, exhibits, and kite-flying!

The City of Yonkers will host its sixth annual Yonkers Arts Weekend, a celebration of the thriving and diverse arts community in the City of Yonkers, on Saturday and Sunday, May 18 and 19.

2020 Prez Campaign Comes to Yonkers

L to R: Coach Rob Scaringella, MVP Sabrina Iacovetta and Assistant Coach Mat Longo.

Sacred Heart High School Lady Bulldogs Win 2019 City Softball Tournament

2020 Prez Campaign Comes to Yonkers

L to R: AFT President Randi Weingarten, presidential candidate Sen. Amy Klobuchar, YFT President Samantha Rosado-Ciriello, and Marc Pekowsky.

By Dan Murphy

The History of Changing Parties in Yonkers

County Legislator David Tubiolo, left, with State Sen. Alessandra Biaggio and Fleetwood Neighborhood Association President Mike Justino.

By Dan Murphy

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Some of the unusual heroes in Yonkers, and in any community, are our nurses who help deliver health care services to all of us every day. On May 8, East Yonkers Kiwanis honored Yonkers area nurses at its 10th annual Nurse Appreciation Awards and Dinner at the Riverside. The chairman of this event every year has been Annette Volino. "We honor outstanding nurses serving our community at hospitals, schools, and other facilities for their unique sense of dedication," she said.

This year’s honorees were RNs Sandy Mathuy, Tia Franceschini, Alice Thomas, Phyllis Lombardi, Maria Rivers, Rafaela Jacobi, Alia Rodriguez, Danielle Veli and Raymond Sola.

East Kiwanis President Brandon Nieder welcomed the honorees, elected officials and friends and families of the nurses honored. Board member Alan Klein led the welcome on the Pledge of Allegiance, and Kiwanis Bronx-Westchester Li. Gov. John Barlowe also made remarks.

Councilwoman Corazon Pineda-Isaac, Mayor Mike Spano, City Council President Michael Sabatino also attended, and joined in thanking our nurses.
Yonkers Partners in Education officially opened its new art studio space at Yaw 2019, a State-of-the-art after-school learning space that brings together hundreds of Yonkers public school students each week to learn, be inspired, and be part of a community on the path to college success.

Mayor Mike Spano, Yonkers Public Schools Superintendent Dr. Edwin Quezada, and state Sen. Shelby Mayer, joined approximately 300 students in attendance at the new studio opening event May 6, along with representatives from the Office of State Sen. and Democratic Majority Leader Aaron Starkman-Stein, Rep. Richard O’Toole, and the MGH Rotary International.

Eleventh-grade student Catalina Rejas shared her experience being part of YPIE during high school, "I can’t imagine my high school experience not being part of YPIE. Without YPIE, I don’t think I would have the same opportunity to attend college, because YPIE made my college application process so much smoother. I can’t imagine my life without YPIE." YPIE Executive Director Mariah Rosario added, "It’s a great opportunity to bring kids together, provide that bridge, and help kids be ready for college. I love hearing from our students — to hear that YPIE is making such an impact on their lives is incredibly rewarding!"

Youthful energy was evident throughout the event, with keynote speakers including Dr. Quezada and Former Governor Andrew Cuomo, who thanked YPIE for helping them get into the college of their choice and better prepare them for the hard work and academic achievement of this Scholars Program, with an emphasis on social, emotional and academic skill sets, and support a number of the city’s top high schools in the growing Charter and Charter Academy sector.

This year’s YPIE scholars and former scholars included: Colonel (Ret.) Carl Smith, a YPIE scholar and current YPIE Board President; Ryan Coughlin, an athlete and mental health advocate; and April Rigney, a YPIE scholar and current YPIE Board member.

On the day of the YPIE Opening, attendees included: YPIE’s Board of Directors; YPIE’s Advisory Board; YPIE’s Executive Director, Mariah Rosario; YPIE’s Board President, Colonel (Ret.) Carl Smith; and YPIE’s Board Member, April Rigney.

YPIE’s Executive Director, Mariah Rosario, said, "I can’t believe how far YPIE has come in the last 20 years! It’s an amazing feeling to have been a part of this journey." YPIE’s Board President, Colonel (Ret.) Carl Smith, added, "We are so proud of what YPIE has accomplished over the last 20 years, and we look forward to continuing to provide opportunities for our students to reach their full potential." YPIE’s Board Member, April Rigney, concluded, "I am thrilled to be a part of YPIE’s journey and look forward to seeing what the future holds for our students."
By Dan Murphy

As the State Legislature and Gov. Andrew Cuomo delay their decision on whether to legalize the sale of marijuana in the Empire State, the Board of Legislators are not waiting for their decision. Instead they are traveling across the border to Massachusetts to purchase pot, edible products, and various cannabis in retail stores.

The argument by some groups in New York opposed to legalizing marijuana – that legalization will have detrimental health, public safety and societal impacts – is weakened if thousands of New Yorkers can travel by car for about an hour to a state, and that they will remain legal in New York.

Under Massachusetts law, New Yorkers age 21 and older can buy legal weed, extracts and edibles at dispensaries, even though pot is still illegal in New York. And records show that more than 20,000 New Yorkers have traveled to buy pot at Massachusetts dispensaries at several locations, the closest one being in Great Barrington, Mass., where they have already expressed opposition.

Half of the customers to Theory Wellness are from New York. Several New York legislators interviewed at the store indicated they made the trip because of the quality of the product, the different products available, and the fact that they will not remain legal in New York until at least 2022.

Under Massachusetts law, dispensaries can sell up to 1 ounce of cannabis to customers 21 years or older. New Yorkers traveling from one of two nearby dispensaries across the border in Massachusetts (the other location near the border is in Pittsfield) must realize that possession of less than 25 grams of marijuana in New York is now legal, and it is considered a Schedule 1 narcotic by the federal government.

Those traveling with marijuana purchased legally in Massachusetts must keep it in airtight containers, and it’s illegal to possess more than 25 grams of marijuana, or if the State police and sheriffs located on the border are not pulling over vehicles randomly for suspicion of marijuana possession.

Under current New York law, possession of less than 25 grams of marijuana (1 ounce) is a violation punishable by a fine of up to $150 and a maximum of 2 ounces is a misdemeanor. Many districts around New York State are no longer prosecuting marijuana possession for small amounts.

Former State District Attorney Anthony Scarpino has stopped prosecute the possession for less than 25 grams. Scarpino, in his comments about the change by his office, pointed to the other argument in the debate over legalizing marijuana – the uneven prosecution of persons of color for marijuana possession. Scarpino said his goal was to commit to a fairer system to a justice that works for every member of our community, no matter their race, color, or their ability to pay, or the amount in their wallet.

The initiative was supported by the Massachusetts dispensaries, half of their customers are between the ages of 25 and 47, with two times more men purchasing than women, and their locations in New York vary from James- town near Buffalo, to Massena in northern New York. Cuomo, who proposed the legalization and sale of marijuana, said after the budget agreement did not include local legal pot. "The political desire is there, I believe we will get it done. It is simply a matter of coming up with a program that does it in a prudent public policy, and does economic empowerment for the communities that have the most disadvantage.

And that is nothing new – we’ve been talking about it for five years. But that’s the one step on the list that we did not get yet.”

Westchester County CEO Bradford Pollock said “product variety and availability is a big deal in Massachusetts.”

"You have nowhere near as many options when you’re getting it delivered in New York. We have tons of products that are much more…you can get a little flower, a pre-roll, a vaporizer, and so on," he said. "You don’t have that in New York.

What does the interest by New Yorkers and the other local towns and villages in the Northeast point to? "It shows that people all over the country, not just Massachusetts, consume cannabis and they want to purchase it from a regulated store where they can get a safe, known, treated, good product, said Pollock, who predicted that federal legalization is coming in the next two to four years.

While state legislators and the governor decide on legalization on New York, the sale of marijuana can be restricted in Westchester if the Board of Legislators will vote to approve a permit to sell legal pot, or the City of Yonkers also decide to do so. Several other local towns and villages will be able to restrict the locations in their community where marijuana can be sold if it is legal in New York.

The state executive George Latimer is taking a wait-and-see approach for now. "We will not become a vanguard state in what form," he said, when asked earlier this year. "The issue is being intensely debated in the community at large with both pros and cons arguments…Should the measure pass this year, that would be included in the law, our administration and the legislature will have to work on the fine details and how to handle our role in the manner. Until then, let’s not lose sight of the bigger picture;”

Several local chapters of national organizations like N.O.R.M.L. and the Westchester Coalition for Police Reform continue to advocate for legalization. Other groups like Smart Approaches to Marijuana (SAM) coalition of medical professionals, advocates, and former drug users of New York State have also opposed the sale of marijuana in New York.

Their efforts appear to have worked in the short term, with legalization not included in the current version of the state budget that the governor will present to the legislature. However, well-known state leaders that have endorsed medical marijuana have said the impacts on public health and safety, and the revenue generated in new revenue in little and meaningless social justice.”

"The issue has to be included," said N.O.R.M.L.'s Bob Dietz.

"Counties across New York, including Rockland, have already expressed opposition to commercial pot sales in their communities and lobbying by Big Marijuana companies to increase the likelihood that the state’s market will be dominated by this industry with a his- toric of victimizing low-income and minority communities."
In the wake of the horrible shooting recently that took the life of Lori Kaye-Gilbert and injured three at the Chabad of Poway in California, on the day of Passover, Chabad of Yonkers welcomed residents and elected officials May 3 to an event of unity, solidarity and prayer at the synagogue, where Rabbi Menachem Schneerson was the guest of honor, bringing extra light to Yonkers, and to stand together as a community.

“Our hearts are shattered by the cold-blooded act on our brothers and sisters—Jews of all walks of life gathered at Chabad-Lubavitch of Poway in celebration and prayer to the Almighty on Shabbat and the final day of Passover,” said Rabbi Yonah in celebration and prayer to the Almighty as a community.

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or gaug0015@umn.edu

Do you have a family member with memory loss who lives in a care facility?

Visit www.molonlabe.com

for service and pickup locations.

硝ross and potential freebies, it has an interesting history in Yonkers.

DRIVE THROUGH

www.datco.com

Visit for more information on membership in YHS, call 914-961-8940 or email yhsociety@aol.com.

On Th is Day in Yonkers History...

**FRIDAY, MAY 17, 2019 - YONKERS RISING - PAGE 5**
**Elmsford has Westchester's Best Tasting Tap Water**

Westchester's best tasting water flows from three veteran operators: Quality Water Inc. (formed in 1920), the special panel of residents who copied their way through the Westchester County Department of Health, and the Wappinger Water Treatment Plant.

**切Yonkers Arts Weekend**

There are a number of events scheduled this weekend at Westchester County parks and nature centers.

- **On Saturday, May 18, 15 acres Farm on Route 100 in Somers** will host a plant sale from 8 a.m. to 2 p.m. Make your own items in the farm’s blacksmith workshop. Master Blacksmith John Black will teach you how to use and care for blacksmithing tools and forge. Registration is required at 914-864-7286.

- **Also Saturday at Muscoot Farm** on Route 35 in Somers will host a plant sale with 200 varieties of perennials and shrubs. The sale will take place from 10 a.m. to 1 p.m. a rain or shine. All proceeds benefit Make-A-Wish. **Start Here - Get the TV you Want!**

- **Yonkers Arts Weekend will feature fun- draisers, art exhibits, and events featuring painters, photographers, performing artists, and musicians with exciting cultural horizons. – the Downtown Yonkers Arts Weekend Co-op, Ummayr Gardens and the Hudson River Museum.**

Yonkers Arts Weekend is June 22-23, 2019. For more information, visi

**Yonkers Water Supply**

Westchester’s best tasting water flows from three veteran operators: Quality Water Inc. (formed in 1920), the special panel of residents who copied their way through the Westchester County Department of Health, and the Wappinger Water Treatment Plant.

Last week, a number of residents in the town of Mount Vernon were found to have high levels of lead in their water samples. The health department has not yet released the results of the tests.

In the case of water that doesn’t meet the health standards, the health department assumes that customers are notified, and that the water treatment plant makes adjustments to bring the water up to regulatory standards. The health department also reviews and approves any construction or repairs made to the water system within the systems.

**Notice of formation of the LLC**

No further action is needed at this time to maintain and assure the high quality of our drinking water. The Elmsford Water District will advance monies to the Westchester County Department of Health to cover the cost of the testing.

**Notice of formation of the LLC**

Because a good glass of water should be something we can all count on, the health department sets legal limits on contaminants in our drinking water through the Westchester County Department of Health.

**Notice of formation of the LLC**

The experts say a good glass of water should be something we can all count on, the health department sets legal limits on contaminants in our drinking water through the Westchester County Department of Health.

**Notice of formation of the LLC**

A $350,000 grant from the National Park Service will be used to maintain and assure the high quality of our drinking water.
Hep A Exposure in Mt. Kisco

"I urge anyone who is eligible for treatment or vaccine to get vaccinated," said Dr. Sherril Ancel, commissioner of health. "There are no special medications used to treat a person once symptoms appear, but Hepatitis A transmission can continue even after symptoms have resolved. A second Hepatitis A vaccine is recommended for those who missed a shot as a child. Hepatitis A is transmitted by consuming food or water by using utensils that have been handled by an infected person. It may also be spread from person to person by ingesting something that has been contaminated with the stool of a person with Hepatitis A. Close contacts of an infected person should be notified by a public health professional. They may be given a vaccination as treatment for Hepatitis A infection needs to be treated. The illness is preventable, and the need to seek medical attention should be screened and treated for Hepatitis A. The overall rate of intracerebral hemorrhage (the most common type of stroke) was 8.1 per 100,000 deliveries compared to 2.5 per 100,000 patients during the period 1999 to 2003. Therefore, it is important to speak up and notify others about the signs and symptoms of stroke.

By Stanley Popovich

The choir is made up of singers from the New York School of Performing Arts, which offers a comprehensive curriculum in music education. The choir's repertoire includes works by some of the most famous composers of all time, including Beethoven, Mozart, and Chopin. The choir has performed in many concerts and competitions around the world, and its performances have been praised by critics and audiences alike.

To know more about our services, please call 914-378-7900.

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At our wound healing center, we treat all wounds. Our approach to wound care is aggressive and comprehensive, coordinating traditional and cutting-edge therapies for the healing process. Our center is staffed by a multidisciplinary team of physicians and nurses with advanced training in wound care. For those who mean faster healing times, longer-lasting results, decreased anaptuation rates and increased mobility.

Know Your Risk for Stroke

Do you believe that stroke only happens to the elderly? Don't be fooled. Stroke affects people of all ages, genders and races. About 880,000 people in the United States have a stroke every year, with about three in five being first-time strokes. The American Stroke Association, a division of the American Heart Association, wants people to know their risk for stroke, prevention steps, and stroke symptoms.

Stroke Among Women

Women are more likely than men to have strokes each year, in part because women live longer. Each year, women have about 80 percent of first-time stroke cases, and 16 percent of all strokes. After stroke, women often have greater disability than men.

Women may have different risk factors for stroke such as high blood pressure, migraine with aura, atrial fibrillation, diabetes, depression and emotional stress. Women are at risk of stroke and should take action for their own health. If you have a history of high blood pressure, you should be screened and treated for high blood pressure.

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Metro-North & Playland Kick Off Summer Season

Take a spin on the carousel, stroll along the boardwalk, or enjoy a performance at the playhouse. What better way to spend a summer day than at Playland at Rye?

Metro-North is offering custom classes and a $20 discount for the Metro-North Playland train, which stops at Playland at Rye station. With nearly 7,000 packages to distribute, the train offers a special travel and discounted ticket deal to Playland.

What better way to spend a summer day than at Playland at Rye?

The History

Continued from Page 1

Second, the ideological differences be
tween democrats, moving further to the progres
cans in Westchester to have joint meetings with.

The city and the Board of Education cannot
cut then we have to keep cutting the budget.

Continued from Page 1

This Town Hall meeting organized by AFT and

Senior citizen’s nonprofit to visit Westches-
ter, and Yonkers, which has a deep history of
cultural institutions in our region.”

The transition from grade school to high school
was a bit difficult – it was harder than I expected I
go to my mind to.”

The ideal candidate for a new role in the
company, “As I exit high school

Klobuchar also included school safety as

a bond growing with

the Board of Education is
ten of effort for the Board of Education is
this year’s budget, increasing the city’s main

His genuine passion and excitement in what he
want to study chemistry as my major in college.

Yonkers Public Schools has submitted a $2

In 2002, the House approved the $8.63
plan to help rebuild roads, railroads
infrastructure plan to help rebuild roads, railroads
and public building including schools as a key

What troubles me the most is that school
"The information that I’ve intro-
duced into court is that, at least once, we
spent an hour with these kids, who are our
ones. All of those immigrant kids are
such a time to come out of the shadows and
take away being from Yonkers; immigrants
attend Yonkers schools, and don’t know how
to care that path then.

Loomis has taken four advanced placement
and college-level classes, and will be attending
the National Honor Society and Honors forum,
and a dance club at Sacred Heart.

Another Yonkers republican added “Da-
vil Patrick Grimsley, who ran with the support of
this year, when other Republicans were looking for
some help,” he added. “No one would believe
that we would have a republican candidate for
disrupted his own campaign for county
to run against his son,” said a Yonkers democratic

After graduating this spring, Muller will
attend St. John’s University. Muller applied to
Pace University, Manhattan College, and

“David is now running with the support of
Biaggi for reaching out to us and making this
meeting a success,” he said.

Democratic and republican legislators said
it is one of the 11 local candidates that
directed my attention to the
biographies and
for four main reasons. First, there are fewer elected
democrats than republicans. Second, the ideological
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left, and republicans, moving to the con-
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St. Paul’s Historic Site

at Yonkers. But what was this? The
tutorial on math, science, and English in
an emphasis on World War II veterans.
There will be a brief recognition in the church at
3 p.m. and a performance of music by Intuition
Quartet, co-featuring Tony Bongiovi on vocals,
Muller, who will graduate with a 100.97 GPA.

Liana applied to Manhattanville College,
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teips in Westchester aren’t a bit of

St. Paul’s Historic Site

at Yonkers. But what was this? The
tutorial on math, science, and English in
an emphasis on World War II veterans.
There will be a brief recognition in the church at
3 p.m. and a performance of music by Intuition
Quartet, co-featuring Tony Bongiovi on vocals,
Muller, who will graduate with a 100.97 GPA.
Mayor Mike Spano’s Bike Drive
Disperses Dozens of Bikes

Mayor Mike Spano and the Yonkers Police Department’s Community Affairs Division presented dozens of bikes and hundreds of books to the students at Westchester School for Special Children this week. Since it was launched in 2012, more than 350 bikes, helmets and other equipment have been collected for the Mayor Mike’s Bike Drive. Since 2016, YPD has donated more than 13,000 books to the children of the City of Yonkers for its Need to Read program. If you are interested in donating, contact YPD’s Community Affairs Division at 914-377-7375.

The Hudson River Community Association of Northwest Yonkers celebrated 41 years of community service at its annual Community Service Awards Dinner-Dance on May 10 at Riverview. Friends and supporters gathered and were welcomed by Karen Schiller, mistress of ceremonies, and by HRCA President Barbara Smith, who spoke about the importance of having “watchers” in the community to make sure the proper balance between development and maintaining green space and a healthy Hudson River is met.

For 2019, HRCA honored the following worthy Yonkers community members and organizations: Captain Emil Cavorti, First Deputy Chief Tim Hodges, Cynthia Miller, PCNYinthestreets and The Yonkers Bike Club.

Music was provided by Lou Vega and Partytyme Entertainment. Visit hudsonrivercommunityassociation.org for more information.
State Senate Honors Life of Service of Leonard Spano

The State Senate on May 13 honored the life and passing of Leonard Spano, devoted husband, father and former Westchester County clerk and legislator. A resolution was sponsored by Majority Leader Andrea Stewart-Cousins and State Sen. Shelley Mayer. Spano served on the Westchester County Board of Legislators from 1971 to 1993, and as county clerk from 1993 to 2005. He raised 16 children with his wife, Josephine, including current Mayor of Yonkers and former Assem- bly member Mike Spano, and former State Sen. Nick Spano, who served on the Westchester County Board of Legislators for over three decades as county legislator and as county clerk,” said Stewart-Cousins. “He built a legacy that has helped inspire a generation of children, including his own, to become public servants. I am proud to have helped advance a Senate resolution recognizing Leonard Spano for his decades of public service.”

“Leonard Spano was a proud public servant who served the residents of Westchester for over three decades as county legislator and as county clerk,” said Stewart-Cousins. “He built a legacy that has helped inspire a generation of children, including his own, to become public servants. I am proud to have helped advance a Senate resolution recognizing Leonard Spano for his decades of public service.”

“Leonard Spano was a proud public servant who served the residents of Westchester for over three decades as county legislator and as county clerk,” said Stewart-Cousins. “He built a legacy that has helped inspire a generation of children, including his own, to become public servants. I am proud to have helped advance a Senate resolution recognizing Leonard Spano for his decades of public service.”

CMAD to Unveil Inaugural Mural

YOHO artists Jose Gonzalez, Patricia Santos and Nancy Mendez created a mural in time for Arts Weekend.

In a ribbon-cutting ceremony scheduled this week, Carpet Mills Arts District and Mayor Mike Spano are prepared to reveal the latest addition to Yonkers’ art scene. A larger-than-life street art mural painted by YOHO artists Jose Gonzalez, Patricia Santos and Nancy Mendez will be presented to the public just in time for Yonkers Arts Weekend.

For more information visit Yohoartists.org.

Happy Mother’s Day

On May 5, City Councilwoman Corazon Pineda-Isaac celebrates Mother’s Day with Yonkers moms at Palisades Hot Design.

The women nominated have overcome many personal obstacles and used their time together to offer one another words of encourage- ment and empowerment, and to remind them- selves that above all else, time taken to reflect on yourself is just as valuable as the time you dedicate to your families and your communities.

Happy Mother’s Day to all.

YONKERS RISING

Proudly serving the City of Yonkers

Daniel J. Murphy, Publisher & Editor in Chief
dmurphy@risingmediagroup.com
Bayon Baker, Assistant to Editor-in-Chief
rbaker@risingmediagroup.com
Paul Gerken, Advertising Sales
pgerken@risingmediagroup.com
legal notice inquiries to
risinglegalnotice@gmail.com

www.risingmediagroup.com

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State Sen. Shelley Mayer, with a resolution in Albany honoring the life and service of family patriarch Leonard Spano.

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