Motivated Yonkers Women Honored at Awards Brunch

By Dan Murphy

It’s that time of year again in Albany, with members of the State House, Assembly and Gov. Andrew Cuomo working on a budget. As of April 1 deadline, with all other non-budgetary items and issues of concern to New Yorkers hoping to be included into a final legislative package known as “the big ugly.”

One issue that has been passed in the State House but held up in the Assembly for seven years is the legalization of mixed martial arts in New York. MMA has quickly become one of the most popular and fastest-growing sports in the country. It is legal in 49 states and banned only in New York. An aggressive effort is underway to get MMA approved this year, with native New Yorker and MMA fighter Chris Weidman urging its passage.

“I’m born and bred in New York, and I’ve been following this issue for years. As a fan of the sport,” Weidman said, “I encourage the members of the Assembly to pass the bill so professional fighters can compete for butchering.”

Continued on Page 9

Is State Set to OK Mixed Martial Arts in NY?
Elevator Safety Bill Also Waiting Approval

By Sue Ann Witt

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In 2010, the village elected its first Hispanic candidate, Luis Marino, to its Board of Trustees, and he easily won re-election in 2013. In 2011, the court entered the final judgment, which called for the implementation program for cumulative voting, which allows voters the freedom to distribute their votes as they please.

This means that if there are six seats up for election, a voter can choose to cast all six of his or her votes to help elect one candidate, instead of voting for six separate candidates. These give more than one vote to a favorite candidate than candidates’ chances to win.

Why Can’t We Have Early Voting in Yonkers?

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’Man of La Mancha’ in Two Words: ‘Simply Magnificent’

By Dan Murphy

‘Man of La Mancha’ is a musical within a play based on the novel by Miguel de Cervantes, along with his man servant, is thrown into prison for helping each other explore and discover their unique passions, purpose and power, held in 2016 and Beyond and Angels unravels March 13 at the Del Bosco’s Restaurant, helping individuals who have made a difference in their communities without expecting reward or recognition.

The Motivated Women’s Movement, a network of professional women dedicated to helping each other explore and discover their unique passions, purpose and power, held its 2016 and Beyond and Angels unravels March 13 at the Del Bosco’s Restaurant, helping individuals who have made a difference in their communities without expecting reward or recognition.

I initiated the Motivated Women’s Movement because I saw a need for women in my community to have a forum through which they can receive coaching, guidance and support on professional and personal matters from others who have been through the same.

Continued on Page 9

Spaso’s State of the City Yonkers is Better Today
And Greater Tomorrow

By Sue Ann Witt

Mayor Mike Spano gave his State of the City address at the Riverfront Library.

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Sen. Stewart-Cousins Helps Protect Seniors at Five Star

State Sen. Andrea Stewart-Cousins recently educated seniors at Five Star Premier Residences in Yonkers about scams against seniors.

“Protect Seniors at Five Star” presentations are educational events that inform seniors about common scams and frauds, including those involving phone calls. Seniors are warned to be cautious when answering the phone if they do not know who is calling. Second, never wire money or give out personal information in response to a phone call. Third, do not invest in something you do not understand.

“I appreciate the opportunity to warn the residents about common scams that target older adults,” said Brown. “It is our goal to make sure no resident ever becomes a victim.”

“I want to thank the state Attorney General’s Office for informing our seniors about scams and frauds,” said Five Star Executive Director John Hunt. “At Five Star, the safety and security of our seniors is our first concern.”

“Today’s presentation at Five Star Premier Residences of Yonkers is a full-service senior living community offering spacious and comfortable independent living and assisted living apartments. It also has an award-winning Bridge to Radiocure program for people with Alzheimer’s/dementia, and offers respite help and short stays.”

“The Five Star Premier Residences of Yonkers are proud for people with Alzheimer’s/dementia, and offers respite help and short stays.”

Will Library Celebrates Flamenco Dance

The Friends of Yonkers Public Library sponsored “The Passion and Joy of Hispanic Music and Dance” on March 6 at the Will Library auditorium. Taking participants on a lively tour of the music and dance traditions of Latin America, this program featured international concert violinist Dr. David Podles, of Riga, Latvia, is laureate of three prestigious international competitions and received his PhD in music from the conservatory in Riga. He performed in symphony, chamber, opera and ballet theater orchestras both solo, in orchestras and on tour across Russia, including The Bolshoi and Kiev, throughout Europe and the U.S.

Upon arrival in the U.S., he performed at Lincoln Center, Carnegie Hall and with Yonkers Philharmonic Orchestra. Most recently Podles performed at Top of the Rock at Rockefeller Center. He received his PhD in music from the conservatory in Riga. He performed in symphony, chamber, opera and ballet theater orchestras both solo, in orchestras and on tour across Russia, including The Bolshoi and Kiev, throughout Europe and the U.S.

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This, Too, is ‘Dumb’ Development

By Eric W. Schoen

Lawrence to Challenge Engel in Dem. Primary

Congressman Eliot Engel

By Dan Murphy

Rebecca Brody

Long-standing Congresswoman Engel has a challenger for his House seat in the 16th Congressional District, which includes parts of the Bronx and two-thirds of Westchester County. Mount Vernon resident and businessman Dereckson Lawrence made an announcement March 18 at St. Paul’s Historic Church.

“Today, America is at crossroads,” said Lawrence. “Our discourse of our presidential candidate, and our nation’s response to that task, should give us pause. As I held on to 5-year-old Nickolas during the primaries and, during the general election. Low turnout for all federal primaries last weekend, but to summon the determination to continue our election in of the nation’s history, dating back to the 1912. The election of four real solutions, yielding tangible results for criminal justice reforms, slow the growth of illegal immigration, and most electronic devices adjust for time adjustments. In addition, Lawrence has led and had local real solutions, yielding tangible results for crime and gun violence, race and gender equality, the process of learning in our school district, economic empowerment, and job growth through innovation, to name a few. Lawrence’s campaign sits right on the Saw Mill Parkway.

Tate on Thursdays at 10 a.m. on WVOX 1460 on the Westchester Rising Radio show. You can reach Eric Schoen at thistooisyonkers@aol.com and follow him on Twitter @ericyo-

By Rebecca Brody

there are no traffic jams. Both developments were built far away from their respective exits off the State Thruway. People were scared of. Why is there no traffic drama? No, Dorothy, this is not a traffic drama. Both developments were built far away from their respective exits off the State Thruway. People were scared of. Why is there no traffic drama? No, Dorothy, this is not a traffic drama.

I know he has financial issues, Vice President Hillary. Do you really think Bernie Sanders supports the Democrats? Donald Trump too. Any people throwing knives at the Donald (Eliot) Engel, that stand up for the rights of minorities and women and our country? Do you remember anything he said or any positions he has taken on his behalf for the White House, which seemed to go nowhere? Now suddenly Carson is on the Trump bandwagon. Sarah Palin, is she still favoring Russia from her Alaska window? Amn’t ever over her and her family dramas played out on reality television and in the tabloids. Do you think Trump to win votes? I think New Yorkers who aren’t jaded with much will be scarred of her presence. The discourse of our presidential candidate, and our nation’s response to that task, should give us pause. As I held on to 5-year-old Nickolas during the primaries and, during the general election.

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Wednesday evening services and megillah reading at the Lincoln Park Jewish Center, 311 Central Avenue, Wednesday evening, March 23 after sunset, with music, food, and a sense of style. She also imparted many life lessons and a sense of style. As a most gracious hostess, she imparted to them many students lucky enough to have Mrs. Vergari as their teacher in Yonkers Public Schools. The couple married in North Dakota in 1946, where they moved back to Yonkers, where their three children were born: Genevieve, Carl Vergari, a Marine captain on leave from Oregon, and Jean Romano. She was a model for all to behold.

In 1944, she moved to New York City with her family to join her brother, Frank, who worked for Maier and Frank Dept. Store of Portland, Ore. For Maier and Frank, she became a resident buyer for the department store, Genevieve became a teacher in Yonkers Public Schools. She became a resident buyer for the department store, and she raised her family in Yonkers. She was a model for all to behold. She moved to New York City with her family to join her brother, Frank, who worked for Maier and Frank Dept. Store of Portland, Ore. For Maier and Frank, she became a resident buyer for the department store, and she raised her family in Yonkers. She was a model for all to behold. She moved to New York City with her family to join her brother, Frank, who worked for Maier and Frank Dept. Store of Portland, Ore. For Maier and Frank, she became a resident buyer for the department store, and she raised her family in Yonkers. She was a model for all to behold. She moved to New York City with her family to join her brother, Frank, who worked for Maier and Frank Dept. Store of Portland, Ore. For Maier and Frank, she became a resident buyer for the department store, and she raised her family in Yonkers. She was a model for all to behold. She moved to New York City with her family to join her brother, Frank, who worked for Maier and Frank Dept. Store of Portland, Ore. For Maier and Frank, she became a resident buyer for the department store, and she raised her family in Yonkers. She was a model for all to behold. She moved to New York City with her family to join her brother, Frank, who worked for Maier and Frank Dept. Store of Portland, Ore. For Maier and Frank, she became a resident buyer for the department store, and she raised her family in Yonkers. She was a model for all to behold. She moved to New York City with her family to join her brother, Frank, who worked for Maier and Frank Dept. Store of Portland, Ore. For Maier and Frank, she became a resident buyer for the department store, and she raised her family in Yonkers. She was a model for all to behold. She moved to New York City with her family to join her brother, Frank, who worked for Maier and Frank Dept. Store of Portland, Ore. For Maier and Frank, she became a resident buyer for the department store, and she raised her family in Yonkers. She was a model for all to behold. She moved to New York City with her family to join her brother, Frank, who worked for Maier and Frank Dept. Store of Portland, Ore. For Maier and Frank, she became a resident buyer for the department store, and she raised her family in Yonkers. She was a model for all to behold. She moved to New York City with her family to join her brother, Frank, who worked for Maier and Frank Dept. Store of Portland, Ore. For Maier and Frank, she became a resident buyer for the department store, and she raised her family in Yonkers. She was a model for all to behold. She moved to New York City with her family to join her brother, Frank, who worked for Maier and Frank Dept. Store of Portland, Ore. For Maier and Frank, she became a resident buyer for the department store, and she raised her family in Yonkers. She was a model for all to behold. She moved to New York City with her family to join her brother, Frank, who worked for Maier and Frank Dept. Store of Portland, Ore. For Maier and Frank, she became a resident buyer for the department store, and she raised her family in Yonkers. She was a model for all to behold. She moved to New York City with her family to join her brother, Frank, who worked for Maier and Frank Dept. Store of Portland, Ore. For Maier and Frank, she became a resident buyer for the department store, and she raised her family in Yonkers. She was a model for all to behold. She moved to New York City with her family to join her brother, Frank, who worked for Maier and Frank Dept. Store of Portland, Ore. For Maier and Frank, she became a resident buyer for the department store, and she raised her family in Yonkers. She was a model for all to behold. She moved to New York City with her family to join her brother, Frank, who worked for Maier and Frank Dept. Store of Portland, Ore. For Maier and Frank, she became a resident buyer for the department store, and she raised her family in Yonkers. She was a model for all to behold. She moved to New York City with her family to join her brother, Frank, who worked for Maier and Frank Dept. Store of Portland, Ore. For Maier and Frank, she became a resident buyer for the department store, and she raised her family in Yonkers. She was a model for all to behold.
**Con Edison Engineers from Yonkers Win Award**

A Con Edison engineer from Yonkers won the American Society of Mechanical Engineers Distinguished Achievement Award. The award recognizes significant contributions in the field of mechanical engineering.

**Consider Adopting Rita**

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

On Friday, March 18, 2016, the Yonkers Rising newspaper published an article about various historical events and notable figures associated with Yonkers. The article included references to significant achievements, community events, and historical figures, offering insights into the rich history of Yonkers.

Staff

Rita needs a family home.

Dear Yonkers Arts Supporters:

We are writing to let you know that Yonkers Arts is in the process of reorganizing. As a former board member or an interested member of the community, your participation would be welcome. Our first order of business is to elect a new board of directors. The new board of directors will elect its own officers.

If you would like to be considered for a board position, please send a brief statement of interest and your resume to yonkarts@gmail.com. Applications are due by April 1. A new board of directors for Yonkers Arts, Inc., will be elected at our annual meeting on April 28.

Board members will be expected to attend at least one meeting of the board in one or more committee meetings, and attend and support events organized by Yonkers Arts. Our focus will include community outreach, liaison with schools, liaison with the City of Yonkers, and the promotion of the arts in the community.

Access to resources for artists, and support for organizations and institutions that promote the arts.

If you are interested in Yonkers Arts but not able to commit to a board position, we anticipate there will be opportunities to work on various projects and programs as volunteers. If this is of interest to you, please send a brief email to yonkarts@gmail.com by May 31.

Hali Bink-Bark, interim president

Vince Ragaglione, artist

Mary Ann Halley, City of Yonkers

Richard Rayford, Hudson River Museum

Wilson Skirvin, ex-officio, City of Yonkers

Dan Lipka, Yonkers Development BID

Louis Perlman, The Blue Door Arts Org.

Christopher St. Lawrence, ex-officio, Yonkers

Adam Schatell, YHSA

Judith Schwartzstein, SLC

Dr. Rosemary Uzzo, mayor’s representative on South Broadway BID

Walters, The Science Barge

Consider Adopting Rita

**Rita is a mixed bully breed who is 7 years old and weighs 55 pounds. She has lived with another dog in the past, she is sociable, she would need to meet a potential dog-sitting buddy before moving into a new home.**

**Do you remember ANGELA DOLAN?**

Mary Angela Dolan was born in County Down, N. Ireland, on March 23, 1918. She emigrated to Yonkers in 1949 and may have worked at QD or Cunard Park Avenue. If you have any recollections or photos of Angela, please contact Joe McGowen at jmccow@qdbq.com or at 201-959-1272, or troops, P.O. Box 579, N. Ireland.
...paign donors. Bringing up this change will require electing leaders who are more focused on getting results instead of winning reelection, who have experience building small businesses and creating jobs, who know how to build budgets and manage large organizations, who aren’t beholden to special interests — and who are honest with the public at every turn. I’m confident that some one could provide this kind of leadership.

The current presidential candidates have been the “Field of Dreams” motto: “If you build it they will come.” The three-way race, it’s unlikely any candidate would win a majority of electoral votes, and there is a strong possibility that the next presidential candidate will be chosen by the House of Representatives. This is a real possibility if the next presidential vote is taken on the House floor.

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Learn Social Security Claiming Strategies

Social Security allocations program will take place Thursday, April 14 from 10 a.m. to 2 p.m. at Briarcliff Manor Public Library, 1 Library Road, as well as April 15 at 11 a.m. at Kelleys Island Public Library, 100 Main St.

There are several claiming strategies that are compatible with the Social Security claiming calendar. One thing to keep in mind is that Social Security benefits are taxable. If your income is high enough, you may have to pay taxes on Social Security benefits. The benefits from Social Security are not taxable for anyone with income that does not exceed the Social Security exemption amount. You can also obtain a replacement benefit statement if you lose or misplace it. You can get an instant replacement by logging onto mySocialSecurity.gov or by calling the Social Security Administration toll-free at 1-800-772-1213.

For further assistance with any of these concerns, contact the Westchester County Social Security District Office at 914-424-1701, or her website at https://www.hantsedge.org.

Stewart-Cousins Announces Grants for Area Hospitals

Senator Douglas L. Stewart-Cousins recently announced that three hospitals in Yonkers and one in New Rochelle will receive nearly $70 million in state grants to improve patient care and assist in their long-term sustainability. These funds have been committed from a $3.5 billion statewide fund set up by Gov. Andrew Cuomo to improve New York’s health care facilities.

“Those investments in our local medical facilities are vital to ensuring area residents have access to the health care they deserve,” said Stewart-Cousins. “I thank Gov. Cuomo for working with the Legislature and committing to those local hospitals and the communities they serve. My colleagues in state government and I will continue making the investments needed in this crucial area for this region and all of New York State.”

Of the $70 million in state contracts, Montefiore New Rochelle Hospital will receive $44 million for its “medical village,” St. John’s River-\nview Hospital will receive $15.6 million to create a “medical village” using existing hospital infrastructure and a behavioral health crisis stabilization and support program, and Integrated Health Care, a primary care and behavioral health services provider, and St. Joseph’s Hospital will receive $3.6 million for its transformation project and St. Vincent’s Integrated Care Program.

The grants have been made available through programs created by Cuomo to implement the Delivery System Reform Incentive Program, to reduce hospital costs, improve the health of New Yorkers, reduce avoidable hospital admission and emergency room visits by 25 percent in 2020, and incentivizes the financial sustainability of state health care providers.

Home Fall Prevention Tips for Seniors

Dad recently switched medications and developed dizziness while getting up. While he was shaken but not injured, yesterday, he tripped on a bedroom rug, but landed on the soft bed. He was shaken but not injured. Yesterday, Mom tiptoed to reach for baking soda in the bathroom, and almost tripped as she slipped on a wet floor. She was shaken but not injured either. In both incidents, the illness, or incontinence, the use of medication, or a change in medication could have been a contributing factor.

“Seniors who fall, even if they are not in-
jured, often develop a fear of falling,” said Lou Giampa, president of Right at Home Westchester. “This fear can keep them from enjoying regular activities, which can lead to a decline in their physical and mental health. With a “my Social Security account,” gather your Social Security information for tax season has never been easier. Open your own personal account today at https://www.socialsecurity.gov/myaccount.
Yonkers Assemblymen Shelley Mayer has been a supporter of MMA for some time. “I’ve long been a supporter of MMA,” she said. “I’ve been a supporter of MMA for many years, because I think it helps our constituents around us and on television, that New York City isn’t the only place that can have a massive state. The revenues from the state are so large that the overall crime rate has decreased since the passage of MMA.”

Yonkers resident Frank Spotorno, president of Park Avenue East Lobbies and Park Lane West Building Association, said, “We are now seeing a decrease in the amount of drug use, and we are now seeing a decrease in the amount of crime, which the state has not rebuilt the schools. YPIE works tirelessly to support our students and make sure they have a safe learning environment.”

We reprint portions of the mayor’s address below:

"To tell you where things stand, and what progress we’re making, I’d like to outline in a few minutes the progress we’ve made over the past four years, and what we’re planning for the future. Yonkers is better today, and is poised to be even better tomorrow."

"In the past several years the State of New York – and members of the executive branch – have been and are continuing to make progress in terms of public safety, education, and the overall economy of our city."

"In this past administration, and the plans he has to continue to move forward, it didn’t really matter what the state told us if we didn’t have the funds to do it.

"We knew there was a problem even before we knew we had a problem. We’ve been able to turn things around, and the overall crime rate has decreased since the passage of MMA."
Anna Artuso
Continued from Page 1

over every week during the Vietnam War. As a U.S. Navy veteran during this time he learned to dodge mortar and shell fire. After the war he moved to Yonkers and became an electrician. He found great solace in the Tapestry's large kitchen and enjoyed making cookies for the soldiers.

On Saturdays, after work, he would visit the Tapestry and make a "food staff" ring of cookies that looked like a "dreamcatcher," and weave in cardboard images of organisms that live in the Hudson River. This activity was designed by Queens College professor John Waldman and Hudson River Museum educators.

On Saturday and Sunday, create a 3-D house, then pick a natural disaster that may affect your house, every Saturday and Sunday at the Hudson River Museum. Photo courtesy of ArchforKids.

In closing this writer would like to tell the Puma family with a plaque. "Thank you to my grandfather, John, who has lived by the Horace Mann quote, "Be ashamed to die until you have won some victory for humanity.""

In closing this writer would like to tell the "Schools Out, Stars are In" will take place Wednesdays, March 23 to 27 from 3 to 4 p.m. Tours of Glenview will take place Wednesdays at 10 a.m. "LEGO Building Sundays" will take place from 1 to 4 p.m. Tour Glenview with a guide and see the damage of disaster. This program was designed by ArchforKids, which encourages students to learn about architecture and design.

Planetarium shows and STEAM activities are free with museum admission for students on school break. Meet artists and scientists in residence March 21.

Hudson River Museum Program Calendar for March

- February 25 - Inaugural "Join the Revolution" program in honor of Black History Month.

- February 26 - "Dinosaurs in the Deep" special show with starts at 11 a.m., 12:30 p.m. and 1:30 p.m. Tour Glenview with a guide and see the damage of disaster. This program was designed by ArchforKids, which encourages students to learn about architecture and design.

- March 21 - Create a 3-D house, then pick a natural disaster that may affect your house, every Saturday and Sunday at the Hudson River Museum. Photo courtesy of ArchforKids.

This is a program for ages 8 and older, in 25 minutes long, with a question-and-answer session after the show.
Members of the Yonkers City Council held a reception and celebration of Irish heritage March 8 in anticipation of the Yonkers St. Patrick’s Day Parade this Saturday on McLean Avenue.

A light reception with corned beef, cabbage and potatoes from Eileen’s Country Kitchen and Irish coffee and cheesecake from Rory Dolan’s was laid out in the conference room. Students Molly and John Howard, the niece and nephew of aide Thomas Ward, provided traditional Celtic music via banjo, accordion and tin whistles.

The Deirdre O’Mara dancers showed off their award-winning dancing skills after leading off the program with the Pledge of Allegiance. They also took part in reading the biographies of the parade aides, along with parade Co-Chairpersons Larry McGrudden and Deirdre O’Mara.

The year’s parade Grand Marshal Pat Quinn was recently in Albany with the ALS Association to discuss research and funding for the disease. Quinn has heroically battled the disease and highlighted the cause for ALS research by founding the Ice Bucket Challenge last year.

The 2016 maple sugaring season is in full swing at Teatown and the sap has been running strong. Teatown has spent the last few weeks tapping trees and holding sap. Following the ancient Native American tradition of making maple syrup, sugaring season has been taking place at Teatown since Warren’s Sugar House was built, 40 years ago in 1976. The Sugar House is named after Warren Balgooyen, Teatown’s first executive director, who served that capacity for 11 years (from 1972 to 1983) and left his legacy, helping to establish Teatown as an environmental education organization.

During February, Teatown education staff tapped 65 maple trees, hung buckets and waited for the sap to run. Sap was collected every few days and stored in an outdoor holding tank. Warren’s Sugar House contains the evaporator in which the sap is boiled down until it reaches 210 degrees and forms maple syrup.

Warren’s Sugar House at Teatown


Musical performers Molly and John Howard with family and City Council members.

On-Site Interviews
YONKERS EMMILOYS CENTER
20 South Broadway, 12th Floor
Yonkers, NY 10701

Wednesday, March 23rd, 2016
10:00 AM – 2:00 PM

All candidates MUST have:
- VALID 8 Hour Certification, 16 hour In-Service Training Certification & NYS Security Guard License
- NY STATE ID and rIEDENDY NEEDED, but experience per PLUS.
- High school diploma or GED equivalent.
- Good communication skills

Any question please visit our website
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Warren’s Sugar House at Teatown

Yonkers City Council Celebrates Irish Heritage

The Deirdre O’Mara Dancers give a big finish before the City Council. Photo by Donna Davis.


The Deirdre O’Mara Dancers showed off their award-winning dancing skills after leading off the program with the Pledge of Allegiance. They also took part in reading the biographies of the parade aides, along with parade Co-Chairpersons Larry McDonald and Deirdre O’Mara.

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