Celebrating the Jewish New Year

This year, Rosh Hashanah – the Jewish New Year – be-

gins the evening of Sept. 4 and ends the evening of Sept. 6. The synagogue welcomes all to services, which start at 7 p.m. on the first night and continue at 9 a.m. on the second.

Services will be conducted by Rabbi Raphi Ziv and Cantor Eric Freeman. The Lincoln Park Jewish Center is a member Orthodox Jewish Congregation promot-

ing spiritual growth, joy, acceptance of diversity, community and inclusivity, and wishes you a sweet, healthy and happy New Year in a mutual pursuit of the Jewish New Year 5774.

For more information, call 914-965-7119 or visit www.lpk.org.

The 21st Annual Yonkers Riverfest

Set for Sept. 7 at Waterfront

The Yonkers Downtown/Waterfront Business Improvement District has announced that the 21st annual Yonkers Riverfest celebration will take place Saturday, Sept. 7 in the downtown area by the waterfront, from noon to 8 p.m. The free celebration, which typically attracts more than 25,000 visitors from Westchester and the surrounding area, is a fun-filled day of entertainment and food for the entire family. According to BID’s new Executive Director Dan Lopes, this year’s Riverfest features exciting new additions.

“We are excited to announce on our main stage winner of NBC’s ‘Today Show’ Jamie Paul!” he said. “We also have amazing perfor-

ances ranging from children’s music, jazz, Paul!” he said. “We also have amazing perfor-

ances ranging from children’s music, jazz, The Hillcrest Lakers win the 2013 Sectional Championship Game, falling short to the team from Pennsylvania. The Lakers won four of the six games they played in the East Regional Tournament, scoring 69 runs and 20 runs.

On the second day of the tournament, the Lakers played against the state champions from Connecticut, falling short to the team from Pennsylvania.

On the second day of the tournament, the Lakers played against the state champions from Connecticut,falling short to the team from Pennsylvania.

On the second day of the tournament, the Lakers played against the state champions from Connecticut, falling short to the team from Pennsylvania.

The Lakers won the 2013 Sectional Tournament played in Montgomery, earning a spot in the Little League World Series. The Lakers won four of the six games they played in the East Regional Tournament, scoring 69 runs and 20 runs.

The Lakers defeated the New Jersey State Champions to earn a spot in the East Regional Championship Game, falling short to the team from Pennsylvania.

“Sports teach our children teamwork and teamwork skills, the importance of goal setting, discipline, patience and perseverance,” added the mayor. “The Lakers will use those skills through-

out their lives.”

Yonkers Mayor Mike Spano welcomed players and coaches from the State Champions Hillcrest Lakers (13) District Little League team to City Hall this week to recognize their achievements this season. "Each of the players, coaches and parents should be extremely proud of what they've accom-

plished together," he said. "You have made your city proud.

The Hillcrest Lakers won the 2013 Sectional Tournament played in Montgomery, earning a spot in the New York State Tournament, which the team won out to win July 14. After winning the 2013 State Championship, the Lakers advanced to the Little League Intermediate Division East Regionals, competing for a chance to play in the Little League World Series.

"We all know these kids are great players, but what really impressed us was their commit-

ment to excelling in the classroom and in the com-

munity,” said Spano. “They are true champions on and off the field.”

At the East Regional, the Lakers competed against the state champions from Connecticut, Delaware, Maryland, Massachusetts, New Hamp-

shire, New Jersey, Pennsylvania and Rhode Island. The Lakers won four of the six games they played in the East Regional Tournament, scoring 69 runs in six games.

The Lakers defeated the New Jersey State Champions to earn a spot in the East Region-

al Championship Game, falling short to the team from Pennsylvania.

“Sports teach our children teamwork and teamwork skills, the importance of goal setting, discipline, patience and perseverance,” added the mayor. “The Lakers will use those skills through-

out their lives.”

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.

Yonkers Mayor Mike Spano and Councilman Mike Bruno, John Larkin, Wilson Terreno and Michael Sabatino with coaches and players from Hillcrest Lakers. Photo by Greg Baldwin.
The Islamic Circle of North America last week distributed 250 school bags filled with supplies to children at the Nepperhan Community Center, because ICNA believes that having the tools for a good education is essential for the advancement of the community’s future – our children. ICNA has partnered with the Nepperhan Community Center on this initiative, which has served the community for decades and works to empower children and families.

Hundreds of families came out for a bookbag filled with notebooks, pens, pencils, sharpeners, erasers, rulers, crayons and more.

This Yonkers initiative is a part of national campaign of ICNA’s relief division, where about 30,000 school bags will be given out throughout the U.S. Here in New York, giveaways are being hosted in several locations including the Bronx, Brooklyn, Manhattan, Queens, Staten Island and Westchester and Suffolk counties; visit www.Back2SchoolGiveaway.com for a full listing.

The Islamic Circle of North America is a group of local Muslim organizations dedicated to the betterment of society, which is building relationships between communities by devoting itself to education, outreach, social service and activism.
This, Too, Was ‘The Time of My Life’

By Eric W. Schoen

Cooking, cooking, and more cooking; mornings the sun was up and night was falling in the kitchen; the Jewish holidays the earliest they have been in ages — all signs that spring is coming to a close and fall will soon be upon us.

But before we say goodbye to the beach, pool and the rousing Tom Collins (that’s a drink for the uninitiated, I thought I would remind many families from Yonkers and throughout the New York metropolitan area participated in summer’s main event. And received a special invitation to you to attend a program now. Where you will hear about this tradition from a man who still carries it on to the last day of school.

The ritual: A trip to the grand hotels in the Catskills.

Dirty Dancing: Patrick Swayze, Jennifer Grey and Jerry Orbach. Who doesn’t love that movie? For young folks, it may be hard to believe that what takes place in that film actually did take place for many families — Jewish, Italian and Irish.

Dad was my family. One of them.

He had his vacation the last week in August; My family was one of them. Dad had his last week in August; My family was one of them.

That was our week in paradise, aka the Jewish Camps.

The Concord, Grossinger’s, Rafters, Follies — our family went to them all but preferred one of the smaller resorts that offered everything but on a smaller scale, Hotel Brickman in South Fallsburg.

You paid one price that included everything: The Concord, Grossinger’s, Rafters, Follies — our family went to them all but preferred one of the smaller resorts that offered everything but on a smaller scale, Hotel Brickman in South Fallsburg.

You paid one price that included everything: those marvelous meals (we’ll get to those later); bigger-than-Olympic-size indoor pool; lounge chairs; tennis, golf, racquet ball and baseball; dance classes where you learned every- thing with the exception of your Tom Collins at the nightclub: Three sumptuous meals (we’ll get to those later); bigger-than-Olympic-size indoor pool; lounge chairs; tennis, golf, racquet ball and baseball; dance classes where you learned everything with the exception of your Tom Collins at the nightclub: Three sumptuous meals.

Lunch (the food was so plentiful in later years you wouldn’t have room to gobble up even a third helping); bigger-than-Olympic-size indoor pool; lounge chairs; tennis, golf, racquet ball and baseball; dance classes where you learned everything with the exception of your Tom Collins at the nightclub: Three sumptuous meals.

Dinner would start off with a selection of appetizers running the gamut from linguini in prosciutto sauce (which was not kosher) to puff pastry creations. Soups ran the gamut of matzah ball to pickled salmon.

No limitations – as much as you wanted. (never knew what that was). Breakfast always in- cluded toasted bagels with len and cream cheese. Dad would order a full called a Kopper, hammer and pickled salmon.

No limitations – as much as you wanted. Lunch (the food was so plentiful in later years you wouldn’t have room to gobble up even a third helping); bigger-than-Olympic-size indoor pool; lounge chairs; tennis, golf, racquet ball and baseball; dance classes where you learned everything with the exception of your Tom Collins at the nightclub: Three sumptuous meals.

Dad’s birthday was Aug. 25 so we would have a birthday cake for him accompanied by the refreshing Tom Collins as he waited for a sing-a-long. Then came what the Catskills were famous for — the entertainment.

A few weeks ago I was at the opening night of an Eagle Scout project in Yonkers. Zachary Nowak is a member of Boy Scout Troop 29, came up with a great idea to fulfill his Eagle Scout requirements while also honoring our veterans when he decided to clean up the gravesites of veterans’ markers for Service Project.

“I came up with the idea when I saw a lot of veterans’ markers covered with grass and dirt and I wanted to clean them up,” said Zach.

Continued on Page 6

Eagle Scout Cleans Up Vet Markers for Service Project

Colin Nowak cleans up a gravestone marker.

By Dan Murphy

Yonkers resident Zachary Nowak, a member of Boy Scout Troop 29, came up with a great idea to fulfill his Eagle Scout requirements while also honoring our veterans when he decided to clean up the gravesites of veterans’ markers for Service Project at St. Joseph’s Cemetery on Truman Avenue.

“I came up with the idea when I saw a lot of veterans’ markers covered with grass and dirt and I wanted to clean them up,” said Zach.

Continued on Page 6

SatURDAY, September 7

Noon to 8pm | Yonkers Downtown

21st Annual Yonkers Riverfest

FRIDAY, AUGUST 30, 2013 - YONKERS RISING - PAGE 1

Eagle Scout Cleans Up Vet Markers for Service Project

Colin Nowak cleans up a gravestone marker.

By Dan Murphy

Yonkers resident Zachary Nowak, a member of Boy Scout Troop 29, came up with a great idea to fulfill his Eagle Scout requirements while also honoring our veterans when he decided to clean up the gravesites of veterans’ markers for Service Project.

“I came up with the idea when I saw a lot of veterans’ markers covered with grass and dirt and I wanted to clean them up,” said Zach.

Continued on Page 6

Eagle Scout Cleans Up Vet Markers for Service Project

Colin Nowak cleans up a gravestone marker.

By Dan Murphy

Yonkers resident Zachary Nowak, a member of Boy Scout Troop 29, came up with a great idea to fulfill his Eagle Scout requirements while also honoring our veterans when he decided to clean up the gravesites of veterans’ markers for Service Project.

“I came up with the idea when I saw a lot of veterans’ markers covered with grass and dirt and I wanted to clean them up,” said Zach.

Continued on Page 6

Eagle Scout Cleans Up Vet Markers for Service Project

Colin Nowak cleans up a gravestone marker.

By Dan Murphy

Yonkers resident Zachary Nowak, a member of Boy Scout Troop 29, came up with a great idea to fulfill his Eagle Scout requirements while also honoring our veterans when he decided to clean up the gravesites of veterans’ markers for Service Project.

“I came up with the idea when I saw a lot of veterans’ markers covered with grass and dirt and I wanted to clean them up,” said Zach.
In a letter dated Aug. 20, Barry McGoey, president of Yonkers Firefighters Local 628, wrote to Yonkers General Counsel Kelly Beck.

The Trustees of the Variable Benefits Fund examined fully with the executive's audit of the VBF for calendar year 2011 and promptly provided all documents and information requested by the IG and her staff. Although we disagreed with some of the findings and conclusions, we never theless welcome the IG's report and her recommendations. Indeed, many of the recommendations made by the IG in her audit report have already been implemented or are being conformed to by the trustees of the VBF.

We are, and remain, thankful that the IG did not indicate any of the specific claims that were improper or any other matter or the VBF. The IG's audit report states that the IG did not identify any “material” or “significant” exceptions to the VBF, although the IG did find “minor” exceptions. We also do not appreciate that the IG did not identify any significant exceptions that would cause the VBF to deny any payments to members or to reduce any payments to members.

We began our inquiry in April 2013. We requested and received all VBF member statements for calendar year 2011; a schedule of dental allowances for calendar year 2011; and a schedule of real estate transactions, preparation of a Last Will and Testament, and legal and consulting services for the YBF.

In the event the trustees do not elect to retain a new accounting firm to provide us with accounting and consulting services for the VBF for calendar year 2012 and beyond, we agree that the IG's report and recommendations will be a very useful tool for the trustees of the VBF in determining whether the VBF should retain a new accounting firm to provide us with accounting and consulting services for the VBF.

Thank you, Barry McGoey

---

**Corporate Sponsors Help Fund “9/11: Serve and Remember”**

Con Edison employees volunteered at the Beczak Environmental Education Center in Valhalla, the site of Westchester’s 9/11 memorial, to prepare for the 33-acre nature preserve.

The culmination of “9/11: Serve and Remember” will take place on Sept. 11. The event will feature a 9/11 candlelight vigil, a 9/11 memorial ceremony, and a 9/11 wreath-laying ceremony. The event will begin at 6:45 p.m. Sept. 11.

In 2011 $8,000 was spent on contact lenses, $1,000 was spent for Lasik eye surgery. In 2011 $82,500 was paid to the law firm which included real estate transactions, preparation of a Last Will and Testament, and legal and consulting services for the VBF.

We also have included a letter from Local 628 president Barry McGoey on the IG report.

We are also disappointed that the IG did not provide us with any information regarding the management of the VBF's retirement fund and the administrative expenses of the VBF.

The VBF provides a payment of $300 once in every five years for the purchase of a dental implant. The trustees of the VBF have determined that $4,500 per person once every five years for the purchase of a dental implant is considered a reasonable benefit amount.
Obtain Your Verification Letter Online

By Susan Scheck

Social Security District Manager in Yonkers
does a lot of the heavy lifting. She knows the
rules about verifying your benefits. The fastest, easiest, most convenient way to get a benefit verification letter these days is to online at www.socialsecurity.gov.

You may need a benefit verification letter for a number of reasons. Perhaps you need proof of income for a loan application, proof of income for housing, or state or local benefits. You may need proof of income to be vigorous about a court judgment. In some cases, a person may need proof of retirement status, disability status, or whatever. For any of these situations, a benefit verification letter will provide you the proof you need.

Sometimes a benefit verification letter is called a budget letter, benefit letter, proof of income letter, or some other letter. Don’t be confused. It’s the same thing. A benefit verification letter.

Whatever the reason you need your benefit verification letter these days, you can get it immediately online for free. Simply visit www at online at www.socialsecurity.gov and set up an account. To create an account, you must provide some personal information about yourself and give access to some questions that only you are likely to know. They are the same types of questions you would encounter if you were trying to open an online account at a financial institution or online.

Once you’ve established your account, it will be time to apply for a benefit verification letter in the next year or two, you can check your benefit and payment information as soon as you earn them. You also can change your address, phone number, and direct deposit information.

So remember: There’s no need to fight if you visit a busy government office in order to obtain proof of your benefits; simply visit www.socialsecurity.gov and establish a verification letter in the next year or two, you can check your benefit and payment information as soon as you earn them. You also can change your address, phone number, and direct deposit information.

To earn NCQA recognition, the physicians are required to meet key diabetes care and patient satisfaction, among other measures. Physicians who achieve the recognition are less likely to suffer complications such as heart attack, stroke, kidney disease and amputation.

In New York, the number of adult dia-
betics increased by 33 percent between 2002 and 2012. NCQA Province

Two pharmacists have been named to a panel for the National Quality Forum’s outcomes commission, which monitors and observes the effect of those issues on the total community.

Monitors and observes the effect of those issues on the total community.

Whatever the reason you need your benefit verification letter these days, you can get it immediately online for free. Simply visit www.socialsecurity.gov and set up an account. To create an account, you must provide some personal information about yourself and give access to some questions that only you are likely to know. They are the same types of questions you would encounter if you were trying to open an online account at a financial institution or online.

Once you’ve established your account, it will be time to apply for a benefit verification letter in the next year or two, you can check your benefit and payment information as soon as you earn them. You also can change your address, phone number, and direct deposit information.

So remember: There’s no need to fight if you visit a busy government office in order to obtain proof of your benefits; simply visit www.socialsecurity.gov and establish a verification letter in the next year or two, you can check your benefit and payment information as soon as you earn them. You also can change your address, phone number, and direct deposit information.

To earn NCQA recognition, the physicians are required to meet key diabetes care and patient satisfaction, among other measures. Physicians who achieve the recognition are less likely to suffer complications such as heart attack, stroke, kidney disease and amputation.

In New York, the number of adult dia-
betics increased by 33 percent between 2002 and 2012. NCQA Province

Two pharmacists have been named to a panel for the National Quality Forum’s outcomes commission, which monitors and observes the effect of those issues on the total community.

Monitors and observes the effect of those issues on the total community.

Whatever the reason you need your benefit verification letter these days, you can get it immediately online for free. Simply visit www.socialsecurity.gov and set up an account. To create an account, you must provide some personal information about yourself and give access to some questions that only you are likely to know. They are the same types of questions you would encounter if you were trying to open an online account at a financial institution or online.

Once you’ve established your account, it will be time to apply for a benefit verification letter in the next year or two, you can check your benefit and payment information as soon as you earn them. You also can change your address, phone number, and direct deposit information.

So remember: There’s no need to fight if you visit a busy government office in order to obtain proof of your benefits; simply visit www.socialsecurity.gov and establish a verification letter in the next year or two, you can check your benefit and payment information as soon as you earn them. You also can change your address, phone number, and direct deposit information.

To earn NCQA recognition, the physicians are required to meet key diabetes care and patient satisfaction, among other measures. Physicians who achieve the recognition are less likely to suffer complications such as heart attack, stroke, kidney disease and amputation.

In New York, the number of adult dia-
betics increased by 33 percent between 2002 and 2012. NCQA Province

Two pharmacists have been named to a panel for the National Quality Forum’s outcomes commission, which monitors and observes the effect of those issues on the total community.

Monitors and observes the effect of those issues on the total community.

Whatever the reason you need your benefit verification letter these days, you can get it immediately online for free. Simply visit www.socialsecurity.gov and set up an account. To create an account, you must provide some personal information about yourself and give access to some questions that only you are likely to know. They are the same types of questions you would encounter if you were trying to open an online account at a financial institution or online.

Once you’ve established your account, it will be time to apply for a benefit verification letter in the next year or two, you can check your benefit and payment information as soon as you earn them. You also can change your address, phone number, and direct deposit information.

So remember: There’s no need to fight if you visit a busy government office in order to obtain proof of your benefits; simply visit www.socialsecurity.gov and establish a verification letter in the next year or two, you can check your benefit and payment information as soon as you earn them. You also can change your address, phone number, and direct deposit information.

To earn NCQA recognition, the physicians are required to meet key diabetes care and patient satisfaction, among other measures. Physicians who achieve the recognition are less likely to suffer complications such as heart attack, stroke, kidney disease and amputation.

In New York, the number of adult dia-
betics increased by 33 percent between 2002 and 2012. NCQA Province

Two pharmacists have been named to a panel for the National Quality Forum’s outcomes commission, which monitors and observes the effect of those issues on the total community.

Monitors and observes the effect of those issues on the total community.

Whatever the reason you need your benefit verification letter these days, you can get it immediately online for free. Simply visit www.socialsecurity.gov and set up an account. To create an account, you must provide some personal information about yourself and give access to some questions that only you are likely to know. They are the same types of questions you would encounter if you were trying to open an online account at a financial institution or online.

Once you’ve established your account, it will be time to apply for a benefit verification letter in the next year or two, you can check your benefit and payment information as soon as you earn them. You also can change your address, phone number, and direct deposit information.

So remember: There’s no need to fight if you visit a busy government office in order to obtain proof of your benefits; simply visit www.socialsecurity.gov and establish a verification letter in the next year or two, you can check your benefit and payment information as soon as you earn them. You also can change your address, phone number, and direct deposit information.

To earn NCQA recognition, the physicians are required to meet key diabetes care and patient satisfaction, among other measures. Physicians who achieve the recognition are less likely to suffer complications such as heart attack, stroke, kidney disease and amputation.
This, Too
Continued from Page 3
One of the nice things about the family-owned Hotel Brickman would have lavish cocktail parties, most recently for the opening of the restaurant "Asram - relaxation for a new generation." The hotel was the site of the Yonkers Museum of Art's opening gala in 1999.

"I" still remember the day when I was about to leave the hotel. It was mid-day and I had just finished my last meeting with a group of artists who were exhibiting their work there. I was about to leave the hotel and head back to the office when a woman walked up to me and said, "Excuse me, do you have a moment?" I turned around and saw a woman with a laptop in her hand. She introduced herself as an artist who was studying for her degree at the School of Visual Arts. She asked if I could help her with her project about the history of the hotel.

"Sure, what can I do for you?" I replied.

"Can you help me with some research about the history of the hotel? I have a project for my class and I need to know more about the hotel and its history." She explained.

I thought for a moment and then said, "Well, I can help you with some information about the hotel. I have a resource that might be helpful to you." I handed her a flyer with the hotel's contact information on it.

She thanked me and said, "Thank you so much. This will really help me with my project." She then walked away and I went back to my office.

The next day, I received a call from the artist who thanked me again for my help. She said that her project was a success and that she had used the information on the flyer to help her with her research.

I was pleased to hear that my help had been useful to her. It reminded me of the importance of being helpful to others, even if it means taking the time to assist someone who is not a client or a business partner.

I realized that helping others can be a fulfilling experience and that it can also bring a sense of satisfaction and purpose to our work. As a business owner, it is important to remember that our role is not only to serve our clients but also to contribute to the community and help others in need.
Residents Sign Up for Diabetes Walk at Kickoff Celebration

Stella Santos, manager of the Westchester American Diabetes Association, and Dr. Nishad Sayegh, endocrinologist at Saint Joseph’s Medical Center and guest speaker.

By Paul Jerome
Young and old gathered at the Showcase Cinemas in Yonkers on Aug. 22 to participate in the kickoff event for the Step Out to Stop Diabetes walk sponsored by the Westchester American Diabetes Association, being held in Tibbetts Brook Park in Yonkers this Saturday.

Participants signed up on Saturday, Sept. 28, saw a film about the success of previous walkers’ fundraising efforts, and heard about both types of diabetes from informative speakers. The $3 entrance fee is free for all outdoor activities. The music will be provided by door stages. Acts include the Nickelodeon-fashioned Young and the Unready, the dancing machine Spin, and rockers The Huggers.

The workshop was lead by Carol Holman of Yonkers Employment Center, located at 20 S. Broadway. For information about how to donate and participate in the walk, or about diabetes, visit www.diabetes.org or call Susan Santos, manager of the Westchester ADA, at 914-251-4399 or email sstein@diabetes.org.

The workshop was lead by Carol Holman of Yonkers Employment Center, located at 20 S. Broadway.

Clinton Holmes of Yonkers Employment Center leads a resume writing workshop session.

The National Association for the Advancement of Colored People Yonkers Branch, in conjunction with the New York State Department and the Yonkers Workforce Investment Board, held a resume writing workshop last week at the Riverfront Library, where participants learned how to write resumes that catch the attention of employers.

The workshop was lead by Carol Holmes, business services specialist at Yonkers Employment Center, located at 20 S. Broadway.

Resume Workshop Helps Job-Seekers Get Noticed

All women were treated to a wonderful breakfast, including bagels, cream cheese, smoked salmon, lox, fruit, and bagels made from Stone Mill Bagels in Yonkers. The event was followed by a panel discussion, where women were able to ask questions and network with other successful women in the community.

The event was held in partnership with Rising Media, a local media company that focuses on creating engaging content for women. The breakfast was sponsored by a number of local businesses, including the Yonkers Chamber of Commerce, the Yonkers Women's Network, and the Yonkers Young Professionals Club.

The city has taken steps to address the issue of diabetes, including increasing public awareness through programs like Riverfest, which is designed to promote health and wellness in the community. In addition, the city has partnered with local organizations to provide resources and support for those affected by diabetes.

The city of Yonkers has the unfortunate distinction of being the only city in the United States to be declared a "Diabetes City" by the National Diabetes Association. This is a result of the high rate of diabetes in the city, which is believed to be due to a combination of factors including poverty, lack of access to healthy food, and limited access to healthcare.

The city has taken steps to address the issue of diabetes, including increasing public awareness through programs like Riverfest, which is designed to promote health and wellness in the community. In addition, the city has partnered with local organizations to provide resources and support for those affected by diabetes.
Ukrainian Independence Day Recognized with Ceremony

Yonkers Mayor Mike Spano joined with leaders of the Ukrainian Congress Committee of America, Westchester Branch, and residents from Yonkers and Westchester last week for a flag-raising ceremony to commemorate the 22nd anniversary of the restoration of Ukrainian independence, on Aug. 26, 1991.

Three young proud Ukranian Americans.

The Ukranian Flag is raised above City Hall.

Photos by Greg Baldwin

City Council members Christopher Johnson, Wilson Terrero, Mike Breen, John Larkin and Michael Sabatino join Council President Chuck Lavineck, Assemblymember Shelley Mayer, Deputy County Executive Kevin Plunkett and Ukrainian-Americans outside City Hall.