Tragedy and Heroism on The Yonkers Riverfront

When a 5-year-old boy jumped into the Hudson at about 6:45 p.m. while attending a barbecue, a small group of the boy’s friends and family attempted a rescue, with Boyce Coleman diving into the river.

Mayor Mike Spano recently recognized the winners of this year’s Yonkers Curb Appeal awards. Congratulations to Martin Hessel and Richard Bonomo, whose home at 114 Alice Ave., won the Exterior Improvement Award; Nancy Bisordi, whose home at 82 Pennsylvania Ave., won the Landscaping Award; and Shay Furlong of 54 Con Ave., who won the Creativity Award. “In Yonkers, our neighborhoods are filled with beautiful homes of every design and style,” said Spano. “Through our Curb Appeal Awards, we are not only recognizing the hard work and dedication of the three recipients, but also showcasing Yonkers’ beautiful homes and city pride.”

Mayor Mayer effectively put her message of fighting for Yonkers to the Assembly in December in the 94th District, which includes almost all of Yonkers. Mayor’s maneuvering victory over Sweeney in the Democratic primary, and the fact that she has no Republican opponent this fall, means she will get the gloves back on and continue to fight for Albany for Yonkers for another two years.

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Yonkers is a great fit for our business. Great location, great convenience, a great environment with an urban feel.

For the bright minds of Mindspark, moving to Yonkers was a no-brainer. In what was once an old factory building, Mindspark is now designing today’s latest digital applications for online audiences. Mindspark’s beautifully designed office space with its spectacular Hudson River views is the ideal environment for creative thinkers. So if you’re thinking of moving your business, think Yonkers.
Movie Night to Feature "Muppets Most Wanted"

By Eric W. Schoen

Mayor Mike Spano and the Yonkers Depart-
ment of Parks, Recreation and Conservation will host "Back to School Movie Night" on Friday, Sept. 12 at 7:30 p.m. at City Hall Plaza, 10 S. Broadway, and feature Disney's "Muppets Most Wanted."

"This family-friendly event is a great way to kick off the start of the school year and take ad-
vantage of outdoor activities while weather still permits," said Spano. "The Plaza at City Hall is an ideal backdrop for the movie viewing."

The cost for vendors is $250 for all five market dates for approximately 100 square feet of space; tables and chairs will be provided free of charge.

Vendors are responsible for anything else neces-
sary for display. Set-up begins at 7 a.m., doors open at 10 a.m. and booths must remain open until 3 p.m.

Admission is free, and parking is available at the County Center, 198 Central Park Ave., is $5.

For more information, call 914-241-4649.

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The Westchester County Parks Depart-
ment is seeking vendors for the new Main
county market dates for approximately 100 square feet of space; tables and chairs will be provided free of charge.

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For more information, call 914-241-4649.
Curves of Yonkers Hosting an Open House Week

Curves International, Inc., the world’s leading fitness center providing women personalized and creative workouts for more than 30 years, has announced last week that participating Curves – including Curves of Yonkers – will be hosting an Open House from Thursday, Sept. 11 through to Sunday, Sept. 14, from 8:30 a.m. to 4 p.m. daily, in addition to a free fitness workshop. The Open House Week provides women with the opportunity to check out their local “all-new” Curves and take some important “me time.”

According to a new survey conducted on-line by Harris Poll on behalf of Curves, nearly seven in ten women (67 percent) responded they would like more free time - but a survey which women routinely find themselves busy. Fortunately, Curves offers an efficient, effective way to make the most of that free time...with friends - and still have extra time for other hobbies and interests.

During the Open House Week at Curves of Yonkers, non-members will have the opportunity to workout for free on the Curves circuit, take a complimentary strengthening workshop with Jillian Michaels, who are full body workouts that target and tone all muscle groups. Curves non-members will receive 30 days free on their membership, and non-memberships will offer free health assessments, healthy snacks and other refreshments and giveaways in celebration of Open House Week.

"As women look for efficiencies amid busy schedules, they look for time to themselves," said Mike Raymond, chief marketing officer at Curves International, Inc. "Curves' mission is to give women a great full-body workout – with personal attention to each person's desire to change one individual to change the world.

The performance of "The Brave Call" is made up of a diverse group of women led by Artistic Director Michelle Rosario, and members who come from the City of Yonkers, Mayor Mike Spanos, Freeholder Laura Bower, and the Yonkers Public Library. The performance is taking place on Saturday, Sept. 27, at 8 p.m. at the Yonkers Riverfront Center. The event is free and open to the public.

City Departments Relocate To One Larkin Center

As a result of consolidation efforts be- tween the City of Yonkers and the Yonkers Public Library, the Yonkers Bureau of Education and the Yonkers Department of Finance, the City is relocating several of its departments, under the City of Yonkers, specifically the department of Finance and the Yonkers Bureau of Education, to the new Larkin Center.

The move happen over the last three weeks, approximately 30 employees from Yonkers City Hall have moved to One Larkin Center, utilizing approximately 10,000 square feet which is now owned and operated by the city. The move comes as a result of an environmental agreement signed between the City of Yonkers and the Board of Education, providing for $58 million in savings through the consolidation of non-academic functions, including internal technology, internet and local communications.

City employees who need to access the services provided by the city’s human resources or Civil Service Commission should visit the City’s new Larkin Center (entrance on Wells Avenue) on the 2nd floor of the Larkin Center. For more general county employee HR questions, call 914-377-6180, for county employee benefits, call 914-377-6142, for Civil Service Commission, call 914-377-6407. For more information, contact Board of Education at 914-377-6075, or for BOE employee benefits, call 914-377-6185.

The Department of Finance will maintain its Curves of Yonkers at Yonkers City Hall for the near future where residents can continue to pay their city and county taxes and issue water bills. Pay- ments will be accepted between 8:30 a.m. and 4:30 p.m. Mondays through Fridays.

For more information about the move to the Larkin Center, call 914-377-6180, or contact Board of Education at 914-377-6075.

The DOE Micro Car Project

Science Barge “Captain” Bob Walters, above, and Mayor Mike Spanos will be honored by GIV.

Friends of Grunden Hudson Valley will gather at historic Philippe Maurer House Mu- seums on Wednesday, Sept. 17 from 6 to 9 p.m. for the organization’s Annual Fundraiser, “Urban Garden Party II,” to honor champions and celebrities of our ever-changing Grunden Hud- son Valley Hudson’s mission, “Changing Places, Changing Lives.”

“GIV will soon begin its work in the Hudson Valley,” said Charles Chinault, Senior Vice President of Marketing and Communications for Friends of Grunden Hudson Valley. “This is a wonderful opportunity to recognize the hard work of our many partners in this important effort.”

GIV was founded in 2011 by the New York State Partnership for Long Island and the New York State Department of Environmental Conservation, with the goal of implementing visionary habitat restoration along the Hudson River.

“GIV will begin this work in the Hudson Valley this fall, and we look forward to working with our partners to re-imagine and restore the Hudson for the next generation,” said GIV President Elizabeth Kimmel. “We are proud to honor those who have contributed to our mission over the past four years and look forward to the continued success of our work.”

For more information, contact Development Director Holly Malekian at 914-995-2119 or holly@groundworkhv.org.

Lowell Hawthorne

Hudson Bank, the New NY Bridge and various Westchester County departments and agencies. The event is being hosted by the City of Yonkers Executive Office, County Executive Robert Astorino and the Westchester County Chamber of Commerce. In partnership with the Business Development Division, the Westchester County Chamber of Commerce and numerous business service providers.

The registration fee for GIV includes breakfast, lunch and refreshments, and all the program ma- terials. Register at www.westchester.org/registration. For more information, call 914-995-1707 or email wgi@groundworkhv.org.
The Yonkers Animal Shelter has plenty of pets up for adoption. Ginny is a 2-year-old, 55-pound dog who loves water. She doesn’t just go in the pool — she becomes one with the water, pawing at it and loves water. She doesn’t just go in the pool — she becomes one with the water, pawing at it and loves water. She doesn’t just go in the pool — she becomes one with the water, pawing at it and loves water.

Ginny is laying on a beach towel because she just came from her turn in the doggie pool — Photo by Ginny’s owner.

Ginny is a wonderful sight to see a shelter dog having the time of her life. Practically empties the pool with her little dance becomes one with the water, pawing at it and loves water. She doesn’t just go in the pool — she becomes one with the water, pawing at it and loves water. She doesn’t just go in the pool — she becomes one with the water, pawing at it and loves water. She doesn’t just go in the pool — she becomes one with the water, pawing at it and loves water.

Bring Ginny home today! Photo courtesy of Scoppe Coleman.
Employers need work-at-home Medical Transcriptionists. Must know medical terminology. If you have the desire to work from home and want to make an extra income, then you could be our perfect candidate. For more information, visit www.mt.com or call 888-866-8866 or visit nrghomesolar.com Home Improvement. New York State. Expires: 10/19/14. No previous experience necessary. Home improvement professionals desired. Predominantly male candidates preferred. Hours are flexible. Business is open Monday-Friday from 8 a.m. to 5:30 p.m. and Saturday from 9 a.m. to 2 p.m. Must have a valid driver’s license and a clean driving record. Responsibilities include: customer service, measuring, ordering and installing window treatments, doors, screens, and blinds. In addition, employees need to be professional and display a high level of customer service. Duties: Customer service, measuring and estimating. Must be a team player. Recruiter: Amber Miller. Contact: 914-654-4862 x111.

In addition, Landy is active on numerous boards and industry committees. In his volunteer capacity, Landy helps create new opportunities for themselves and others to get an education. Expenses paid. Call Michele 888-400-9373 or visit www.MeetMeOnMcLean.com. When you contact Michele, please be respectful of the surrounding residential area, where emcee Sean Ruane will be introducing the performers. Performers include the Michael Dean Bluegrass Trio, Joe Dassin, and the Bluedog Jazz, New York City.

Visit CareerStep.com/NewYork to start training to be a Medical Transcriptionist. Class starts on 07/22/2014. Course length: 120 hours. Finish at your own pace. You will learn to transcribe medical reports, develop, test, and validate highly complex mathematical formulas of the power system. Track applications include commercial and industrial, government, private and public utilities, power energy producers, oil and gas producers, and natural resource producers. 

New York State. Expires: 10/19/14. Need to have a high school diploma. Must be able to do work with a computer and learn medical terminology. Must be able to type. Must have a professional attitude and must be able to work a flexible schedule. To apply for this position, please call 800-933-3372 or visit www.nationaltranscription.com.

The Saint Elizabeth Ann Seton Award. Landy also began his career as a high school science teacher.

Landy’s career began as a high school science teacher. He later went on to work for the National Council of Teachers of Mathematics and became a professional speaker, writer, journalist, books, computers, restaurants, instruments, and generally all other kinds of goods and services. Please contact Landy at 914-654-3376 or visit www.davidfairchild.com.

There will be over 60 members of the McLean County community who will be able to show off their work in front of the public. McLean County residents will have a chance to sell their products to the public and to gain exposure for their business.

There will be a wheelbarrow of prizes going out to the winner of the Best Sculpture award. In addition, there will be awards for the Best in Show, the Best in Show Award, and the Best in Show Award for Youth.

The average annual salary for medical transcriptionists is $31,600, with a median annual salary of $30,400. The top 10% earned more than $43,500, and the bottom 10% earned less than $22,900.

Legal Notices

Notice of formation of Haor- re Real Estate Group LLC, a domestic limited liability company (LLC), filed with the Secretary of State of New York (SSNY) on 07/14/2014. Office location: Westchester County. Principal office of Guerra Real Estate Group LLC: 37 Springer Ave, Yonkers, N.Y. 10704. SSNY designated as agent of Guerra Real Estate Group LLC upon which process against it may be served. SSNY shall mail process to Craig P. Courante, 19 Courante Rd, Yonkers, N.Y. 10704 upon whom and at which process may be served. Purpose: Consulting.

Legal Consultant, a domestic Limited Liability Company (LLC), filed with the Secretary of State of New York (SSNY) on 07/14/2014. Office location: Westchester County. Principal office of LEGAL CONSULTING LLC: 77 Tarrytown Road Suite, 308, Tarrytown, New York. 10591. SSNY designated as agent of LEGAL CONSULTING LLC upon which process against it may be served. SSNY shall mail process to Paul Guerra 37 Springer Ave, Yonkers, N.Y. 10704 upon which and at which process may be served. Purpose: Any lawful activity.

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To the Editor, Zagler, a specialty investment banker and underwriter of non-fiction books, says his firm will help write books and develop them into television or movie scripts.

Also at the event, Zagler, a specialty investment banker and underwriter of non-fiction books, says his firm will help write books and develop them into television or movie scripts.

McLean County Habitat for Humanity, a non-profit organization dedicated to building homes for families in need, is seeking to build a home in the community. The organization is seeking to build a home in the community. The organization is seeking to build a home in the community. The organization is seeking to build a home in the community. The organization is seeking to build a home in the community. The organization is seeking to build a home in the community. The organization is seeking to build a home in the community.

Noah, 8, from the town of Westchester, is a member of the new class of students at the start of the school year. The district is also welcoming two new schools this year: a K-5 elementary school and a middle school for grades 6-8.

There will be two additional stores opening soon in the area. The first is a new Aerie location, which will be located at the South Mall. The second store will be a new Justice location, which will be located at the North Mall.
Diabetes Education Program at Phelps Recognized

Phelps Memorial Hospital Center’s Diabetes Education Program has once again been recognized as a “Center of Excellence” from the American Diabetes Association. The program first received designation in 2010, and recertification must be achieved every three years.

Phelps is one of only three hospitals in Westchester to receive the designation. According to Centers for Disease Control and Prevention (CDC) statistics, 26 million Americans (8.3 percent of the U.S. population) have diabetes; that is one out of every 10 Americans. While the CDC predicts one in three will have diabetes, which is the seventh-leading cause of death in the U.S.

People with diabetes spend 2.3 times more on medical expenses than people without diabetes, according to the CDC. The Diabetes and Metabolism Center at Phelps provides education, as well as a team approach for managing diabetes, with convenient access to one location to a complete range of diabetes and specialty care. The Diabetes Self-Management Education program is a collaborative process through which patients gain knowledge and skills needed to manage their diabetes. They also learn about behavior modification, including healthy eating, smoking abstinence, monitoring blood sugar, taking insulin or other medications, problem-solving, healthy coping and reducing risk factors.

Phelps Executive Director of Patient Teaching and Education Ms. Jennifer Fox, left, and Katherine Spilotis.

A 1½-mile loop around Tappan Drive at 2 p.m. Sept. 22; a 2½-mile Walk to Clear Lake Manor in Rye at South Westchester Executive Park (at Otis Terrace and Old Pleasant) at 7:45 a.m. Sept. 29; and a 1½-mile “Healthy Yonkers Walk” around Central Park and McLean Avenue at 10:30 a.m. Oct. 23.

To start and register a walk team of two or more, simply determine a team name (up to 30 characters) and let YOM know a little about your group or job-based team, at www.walkyonks.org. Then, select a captain who will be the official team point person and is responsible for confirming team member names and e-mails.

YOM is sponsored by Community for All Ages, United Way of Westchester and Putnam, Saint Joseph’s Medical Center and Community Planning Council Volunteers, and Yonkers Memorial Transportation. For more information, visit www.walkyonks.org.

By Lou Giampa

Diabetes Self-Management Education classes are taught by a registered nurse and certified diabetes educators. The program incorporates both written and handout materials and individualized diabetic education.

For newly-diagnosed children and their families, Phelps offers specialized diabetes education programs, as well as support groups.

Studies have shown that diabetes education can reduce the rate of complications, hospitalizations and health care costs, as hospital admissions are 34 percent fewer among patients who receive diabetes education. Unfortunately, only about 1 percent of Medicare patients received diabetes education from 1998-2004, according to the American Association of Diabetes Educators. According to the 2006 CDC report, the national cost of diabetes complications and indirect costs, or one $192 billion and $40 billion, respectively. A review of 250,000 Medicare recipients in 2008 found that diabetes education resulted in an cost savings of $100 per month, per patient for hospitalizations and a decrease in readmissions.

Three teams have formed and the City Mileage Chart (actually a sneaker) is ready to go over the top!

The total city-wide mileage from those completing 20 or more miles is nearly 3,500 miles, as Aug. 24, and it appears the 2014 Yonkers goal of 3,500 miles will be topped. Specific milestone progress is posted weekly on the “Mile Sneaker” graphic on the YOM website. Updates on team formation will also appear on the website and Facebook.

Primary family caregivers are more susceptible to high blood pressure and diabetes. Stress from caring for an aging loved one can also increase the likelihood of headaches, decreased mobility, anxiety and sleep problems.

Primary family caregivers do deserve a supportive system of adults and friends who work so tirelessly to serve their loved ones; often without respite. Phelps’ president, Ms. Jennifer Fox, left, and Katherine Spilotis.

Four Ways Primary Family Caregivers Can Manage Stress

Four Ways Primary Family Caregivers Can Manage Stress

By Lou Giampa

President of Right at Home Westchester, “The main challenge I see with family caregivers is the lack of respite.”

Your aging loved one needs you functioning at your best. Therefore, it is vital to avoid your own health to manage day-to-day and long-term care.

Rising Media Group is responsible for confirming team member names and e-mails.

Primary family caregivers can be over-aroused and unhealthy, and can even experience burnout.

The Phelps Diabetes Education Program has once again been recognized as a “Center of Excellence” from the American Diabetes Association. The program first received designation in 2010, and recertification must be achieved every three years.

Rising Media Group is a part of your advertising plan.

Call today! 914-965-4000

Phelps Executive Director of Patient Teaching and Education, Jennifer Fox, left, and Katherine Spilotis.

Primary family caregivers need to be clear about realistic expectations and goals.

Primary family caregivers need to surprise the YOM by walking or running in Challenge III, “moving it” a total of 20 miles or more during a challenge period to tell YOM about it via the YOM Mile Card or online at www.walkyonks.org. Participants logging 20 or more miles are well on their way toward making exercise a regular part of their lives – the goal of the city-wide initiative.

Six teams have formed and the City Mileage Chart (actually a sneaker) is ready to go over the top!

The total city-wide mileage from those completing 20 or more miles is nearly 3,500 miles, as Aug. 24, and it appears the 2014 Yonkers goal of 3,500 miles will be topped. Specific milestone progress is posted weekly on the “Mile Sneaker” graphic on the YOM website. Updates on team formation will also appear on the website and Facebook.

Most participating walk at their own pace, locations and schedules convenient to them. However, YOM is inviting walkers to join the following scheduled YOM-sponsored walks:

Four Ways Primary Family Caregivers Can Manage Stress

Four Ways Primary Family Caregivers Can Manage Stress...
Grand Prix Offers Westchester a Special Entertaniment Experience

By Dan Murphy

Grand Prix New York, the world's largest indoor amusement park, is offering Westchester a special event that will put the fun in family activities. The park, located in Mount Kisco, is set to launch its inaugural Yonkers Arts Weekend on Saturday, September 13th, providing a unique opportunity for the community to experience the arts in a playful setting.

The Yonkers Arts Weekend is a celebration of the arts, culture, and creativity in downtown Yonkers. It will feature a variety of exhibits and performances, including music, dance, visual arts, and more. The event will showcase the talent of local artists and organizations, highlighting Yonkers as a vibrant arts community.

Grand Prix New York's commitment to supporting the arts is evident in its partnership with the Yonkers Downtown BID. This collaboration aims to bring together businesses and artists to create a dynamic and engaging environment for visitors.

Grand Prix New York will be transformed into a hub of creativity, featuring an art fair, live performances, and interactive workshops. Guests can expect to see performances by local musicians, dancers, and visual artists, offering a diverse array of entertainment options.

The event will also include a mural competition, where artists will have the chance to create their own works of art on the walls of the park. Attendees can vote for their favorite murals, with the winners being announced on-site.

In addition to the arts weekend, Grand Prix New York will host the Hudson Valley Restaurant Week, running from November 9th to 16th. This event celebrates local restaurants by offering special menus and discounts, providing visitors with a taste of the region's culinary offerings.

Grand Prix New York is located at 333 North Bedford Road, Mount Kisco. For more information, visit www.gpny.com or call 914-647-3100. Attendees are encouraged to come out and experience the arts week end together with family and friends. Don't miss this opportunity to support the arts and community in Yonkers.
Yonkers unions rally at City Hall for new contract.

By Dan Murphy
Six of Yonkers’ unions that have been working without a contract for five years rallied at City Hall last week. Membership and leadership from Local 1897, AFSCME; Local 9169, CSEA; Local 456, IBT; Local 628, IAFF; Local 704, SEIU; and Local 625, UFOA attended the rally, with about 50 city workers chanting “We want a new contract and we want it now.”

The loud call for new union contracts came at the same time that Republicans on the City Council have joined with Joe Dillon, the Republican candidate for State Senate in the 37th District, to call on more state aid and to eliminate the Gap Elimination Adjustment.

The GEA was first for the 2010-11 fiscal year by Gov. David Paterson and the State Legislature as a means of closing the $10 billion budget deficit. The GEA froze state funding for education aid.

The GEA remains today, and high-school students like Yonkers, who have lost more than $100 million in state education aid, according to Dillon and Republicans on the council, and some union leaders.

Democrats, including members of the state delegation to Yonkers, and Mayor Mike Spano, would argue that Yonkers received significant additional state aid in this year’s budget to help get out of the $55 million fiscal cross-budget error in the Yonkers Public Schools.

Next week, we will highlight the following two issues, which are related: Providing contracts to city workers and eliminating the GEA.

Zuppa & X2O Winners in 1st GenY Cocktail Contest

Working with some of Yonkers’ best restaurants, Generation Yonkers last week announced the two winners of its first cocktail contest.

Zuppa Restaurant’s Crystal Thomas won the People’s Choice Award for her Tall Caprese, a mixture of vodka, fresh citrus, local basil and grape tomato with carbonated water; and Miguel Gonzalez of X2O, Xaviars on the Hudson won the Judge’s Choice Award for his Summer Swing, a mixture of Slovenia Vodka, watermelon, mint, lime and 3 Germans.

Each winner took home coveted prizes—a GenY coaster shaker and $500 gift card.

The People’s Choice Award was selected by voters as part of a social media campaign that included Twitter and Facebook, and the Judge’s Choice Award was selected after bartenders competed in a “shake-off” whereby a panel of experts sampled the tasty drinks.

The judges included Kate Schlientz of the blog IntoxiKate, Sharif Taleb of Yonkers Brewing Company and Emilio Ugarte of Rivermarket Magazine and Emilio Upare of Bistro Mexicano.

Zuppa & X2O are among several local bars and restaurants participating in the city’s new campaign to get one-free vouchers to help promote the great drinks being served in Yonkers.

The competition is part of the city’s new marketing and messaging campaign.

The Riverfront Yonkers Public Library Gallery has announced an ongoing exhibit featuring paintings, sculptures and installation by Yonkers artist Librado Romero through Oct. 15.

This survey of Romero’s studio work from his late career period in his Yonkers studio includes many large paintings on canvas, works on paper, some assemblage sculpture, and a large, long-ranging and ongoing installation of vignettes of personal brand objects within a large stack of wire boxes.

Romero began painting and drawing from an early age and has maintained an artist studio his entire life, including the years he made his living as a nationally-recognized photorealismist.

“Painting was always my primary interest but I was fortunate to apply my love of art to photography and somehow managed a career and studio income,” he said. “I liked saying that photography paid for my paints and canvas.”

Since his retirement from The New York Times in 2013, Romero is painting full-time in his YOHO Artist studio on the historic Alexander Smith Carpet Mills in Yonkers. His work has been widely collected by corporations and private collectors, and he has exhibited throughout the U.S. and is currently represented by Jude Galleries in New York City.

“Journey” by Librado Romero is organized by Adam Shultz as guest curator for the Riverfront Library, with Yonkers artist Haifa Bint Kadi.

Romer’s exhibit at the Riverfront Library. Photos by Donna Davis.
RiverFest Rocks!

Saturday’s Yonkers RiverFest 2014 continued the tradition of giving the people of Yonkers – and beyond – a wonderful day in the downtown waterfront area. Thousands attended and enjoyed a day of food, music, games and fun for the whole family.

Vendors included community organizations like the Yonkers Animal Shelter and the Yonkers Film Festival, and Groundwork Hudson Valley joined with artists and small businesses highlighting and selling their wares. Musical acts ranged from feature act David Cavaliere from the Rascals, to a Kiss Tribute band, salsa music and Yonkers native rapper Styles P, and led to dancing in the streets of Yonkers by a diverse group of visitors – young and old.

Congratulations to the DWBID and the City of Yonkers for putting on another great RiverFest!