**Top Stories**

**Sprain Ridge Pool Will Open Next Summer… Maybe**

By Dan Murphy

The Sprain Ridge Pool in Yonkers will hopefully be filled with water, and swimmers, July 4. As the summer of 2016 ends, most Westchester residents are not thinking about how they will cool themselves off next summer. But in Yonkers and Greenburgh, some residents are wondering about the status and progress at the pool in Yonkers and Greenburgh, since it has been closed for six years for varying reasons – depending on who you speak to.

By Dean Murphy

“The game was under the lights in Pelham. In other action, Irvington defeated Riversid 24-12 in a hard-fought game, Lincoln lost to Byram Hills 46-6, and the Pelham Prep game at Pawling was postponed.”

**Superintendent Dr. Quezada Welcomes Back Students**

Dr. Edwin Quezada welcomed back students earlier this month, with the following letter to the YPS community:

“By Dan Murphy

On Friday night, Yonkers lost to Pelham 47-6. We are proud of all our boys in our Yonkers Public Schools, no matter what the score and the outcome of the game. All athletes that play for YPS will be remembered for their hearts out and fight everything on the field. We are proud of all our boys in our Yonkers High School football program. On Friday night, Yonkers lost to Pelham 47-6.”

**Yonkers Celebrity Chefs Cook Off for a Cause**

By Phil Foley

Young students at Bayce Thompson School are ready to learn this year.

The Yonkers Montessori Academy high school football team, coming off a hard-fought game against Irvington last week.

**Gorton & Riverside Romp in Yonkers Football, Week 3**

By Paul Foley

Gorton High School and Riverside H.S. were victorious in last Saturday’s football action. Gorton defeated New Rochelle 38-7, and Riverside defeated Saunders 20-8. In other action, our local teams fared well, but we have heard from their coaches that the athletes played their hearts out and left everything on the field.

The Gorton team won its third straight game of the season by defeating Roosevelt 39-0. Malik Jones led the Gorton rushing attack by gaining 96 yards on six carries with one touchdown. Alfred Koon rashad rashad for 32 yards.

**Killian Leads Latimer In Latest Senate Poll**

Term Limits, Anti-Incumbency Motivating Voters

By Dan Murphy

Run City Councilwoman Julie Killian leads State Sen. George Latimer in a recent poll of the 57th Senate District, which runs through half of Westchester County. The surprising poll, conducted earlier this month, shows voter dissatisfaction with the current state of politics in Albany and the blame they are placing on all incumbents, including Latimer.

Killian’s central theme in her quest to defeat Latimer is her personal dissatisfaction with corruption in Albany and the convictions of former Assembly Speaker Sheldon Silver and of former Senate Majority Leader Dean Skelos as proof that someone needs to stand up and speak out.

“I am frustrated with our state government and the people that I’m speaking to in the district I campaign over the past six months want change, and I will fight for them for lower taxes and to change a government that doesn’t work for us,” said Killian. “We deserve better.”

**State Senate candidate Julie Killian at the McLean Avenue Fall Festival with members of Love Holds Life Children’s Cancer Foundation.**

**Groundwork HV Bids Farewell to Rick Magder**

From left are (front row) Assemblywoman Shelley Mayer, Rabbi Rigoberto Emmanuel Viñas, Mayor Michael Spano. Councilmember Christopher Johnson, President Brenda Gray of the Yonkers YWCA Board of Directors, (back row) Minority Leader Michael Sabatino, Chuck Lesnick, Father Eric Nielsen, Executive Director Michelle Gonzalez of the Yonkers YWCA, and Judge Evan Inlaw. Photo by Robert Kalfus.

“Groundwork HV Bids Farewell to Rick Magder.”

Mayor Mike Spano dished out his family favorites to a large crowd of attendees. Rabbi Rigoberto Emmanuel Viñas of the Livingston Park Jewish Center and Father Eric Nielsen of St. Peter’s-St. Dennis Church were honored as two personal favorites to a large crowd of attendees. Rabbi Rigoberto Emmanull Viñas of the Livingston Park Jewish Center and Father Eric Nielsen of St. Peter’s-St. Dennis Church were honored as two personal favorites to a large crowd of attendees.

**Farewell to Rick Magder**

By Phil Foley

On the evening of Sept. 14, 250 guests filled the dining room of X20 to celebrate the 17-year leadership of Groundwork Hudson Valley’s depart- ment of Executive Director Rick Magder.

Groundwork Hudson Valley (Groundwork HV) is a non-profit organization that uses environmental services to eliminate racism and to empower women. Mayor Mike Spano dished out his family favorites to a large crowd of attendees.

“Groundwork HV Bids Farewell to Rick Magder.”

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**See More Photos on Page 9**

**See More Photos on Page 8**

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**See More Photos on Page 9**

**See More Photos on Page 8**

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The City of Yonkers has accepted President Barack Obama’s “My Brother’s Keeper” community challenge. Led by Mayor Mike Spano and Superintendent of Schools Dr. Edwin Quezada, in collaboration with Dr. Jim Botticelli of the Yonkers Community Center, the Yonkers Promise, the Yonkers Chamber of Commerce, and various community stakeholders, is hosting a second collective impact collaborative event titled “Black Women & the Girl-Child Luncheon and Forum” at Mercy College in Dobbs Ferry on Saturday, Sept. 24 from 11 a.m. to 4 p.m.

This event is designed to empower middle and high-school-age girls through a day of fun, enlightenment and survival tools, including keynote speaker the Hon. Kathie Davidson, supervising Family Court judge, students who will focus on science, technology, engineering, arts and youth. Youth Civic Action including voter registration; Youth Spoken Word artist performances; the White House’s “Let Girls Learn” initiative; a health longevity game with prizes; fitness and dancing; an update on state relief to the “brown child” by Westchester Children’s Association; and more.

The special invited guest minister of compassion is Carol Wilkerson, News 12 reporter and anchor. The forum will also feature vendors, health screenings and networking opportunities. Discounted ticket prices are available for students with identification. To register, visit https://bogo2016.eventbrite.com.

The Hon. Kathie Davidson

The Xavier Restaurant Group; CEO John Rubbo and Nick Califano, chairman of the board of Yonkers Brewing Co., joined by Chef Peter Kelly, owner of X2O and The Xavier Restaurant Group; and CEO John Rubbo and Nick Califano, chairman of the board, of Yonkers Brewing Co., celebrate new legislation allowing the sale of alcohol during Sunday brunch.

Assemblymember Shelley Mayer was joined by Chef Peter Kelly, owner of X2O and The Xavier Restaurant Group; CEO John Rubbo and Nick Califano, chairman of the board, of Yonkers Brewing Co., to celebrate new legislation allowing the sale of alcohol during Sunday brunch.

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These, Too, are Bad Boys
By Eric W. Schoen
Bad boys surround us from Yonkers to New Jersey. Let’s explore the winners this year.

Bruce Bendish, Candidate for District Attorney
If you are running for district attorney, you have a responsibility to follow the law that you may soon be charged with enforcing. Frankly, you would not be running if you were notbuying carpeting to make the offices the pub-lic and staff deserve better. Larkin Center. Everyone tells me it needs to be a mess. That’s what exists on the first floor at 1 Larkin Center. Offices, they are coming to registration or special sales, political signs or any other event on tele-phone poles, traffic posts, stops in the city’s right-of-way. A violation of this chapter shall con-stitute a Class II offense with a fine of $250 to $5,000. Similar laws exist in most of Westchester.

Janet DiFiore. Mr. Bendish, come on, you and your Bankers should know better! FYI in Yonkers, the law is very clear: It is illegal to place any advertising on public property. This includes posting signs for yard, garage sales, political signs or any other event on tele-phone poles, traffic posts, stops in the city’s right-of-way. A violation of this chapter shall consti-tute a Class II offense with a fine of $250 to $5,000. Similar laws exist in most of Westchester.

All we need now is for Yonkers Mayor Mike Spano to enforce the law. Fines would usually suffice and help solve Yonkers budget woes. Hopefully, if the law is enforced early it will put an end to this ugly behavior destroying our streets.

James Cavanaugh, Yonkers Board of Education Trustees
On the agenda for discussion at Facilities Committee meeting of the Yonkers Board of Educa-tion last week was $108,000 for new carpeting for the special education and registration offices at Yonkers Public Schools headquarters, on the first floor of 1 Larkin Center.

The carpeting is more than 16 years old and highly trafficked. Knowing the government, the original carpeting bill probably went to the lowest bidder. These offices are the face of Yonkers Pub-lic Schools. Changes are that if a member of the public comes to the Board of Education’s Committee office, they are coming to registering or special education.

With water leaks, floods, simply a lot of people walking over the carpeting and roots with a mess. That’s what exists on the first floor at 1 Larkin Center. Everyone tells me it needs to be replaced, the public and staff deserve better.

The superintendent of schools was not buying new furniture or carpeting for his office. He was buying carpeting to make the offices the pub-lic can pass through more pleasant.

Eric W. Schoen

Aisling Irish Center to Celebrate 20 Years at Gala
The Aisling Irish Community Center, 900 McKee Ave., will celebrate 20 years of public serv-ice at its annual dinner dance at Lake Isle County Club on Sept. 30.

Starting in 1996, the Aisling Irish Community Center has worked to provide services and pro-grams to the Irish immigrant community. It strives to present a caring face to all, reaching out not only to the physical but also to the emotional, social, psychological and educational needs of the human person.

The Aisling Irish Community Center is a community outreach center that was established in 1996 to provide assistance to the wave of Irish immi-grants arriving in the Bronx, Yonkers, Queens and the entire tristate area. Over the years, the role of the center has evolved into a social services or-ganization catering not only to the Irish and Irish-American community, but also to the community at large.

The Aisling Center is one of the largest Irish immigrant resource centers in the tristate area and the main provider of services for the elderly Irish and Irish-American communities of Westchester County. Its senior program includes weekly activities such as a book club, card playing, chair yoga, arts and crafts, and more. It also provides a free bus trip for up to 60 seniors every Tuesday.

Other programs and services provided by the center include confidential and professional coun-seling; Irish arts and culture programs such as classes in Irish language, music and dance; assistance with employment and accommodation; computer classes; karate for kids, art classes and classes for children, yoga, boot camp and Pilates; a pat-ent and trademark group; and weekly AA meetings.

The educational, cultural and wellness services at the Aisling Center benefit more than 500 people each week, with particular emphasis on the most vulnerable population, with its weekly fund-raising pro-grams delivering food to the homeless at numerous locations throughout New York City.

This year’s dinner-dance will honor the Office of the Consulate General in New York, as well as Hilary Blume and Kevin Ann O’Connor. The even-t will include a live and silent auction feature-vation packages, golf packages and sports memorabilia.

For ticket information, call 914/257-5121, or visit aislingcenter.org for more details.
Dignified Silent Protest

By Joseph Lanni

Astorino Re-Issues ‘ACE’ Challenge

Prince was a nice 7-year-old dog who was runner-up for ‘ACE’ program of 2016. He is brown brindle with some black and white and just stretch out and make an excellent family run. Staff think Prince will love to play ball and run but he also likes to chew and just enough and not after he has a good meal. Special words about Prince is that he makes an excellent family companion for many families household.

Make Rising Media Group a part of your advertising plan. Call today! 914-965-4000.

Taste The Tradition...
On This Day in Yonkers History

September 27, 1854: The Collins Line steamship, which was righted, repaired, and put the boat. The Corps towed it to the Gas House River while on a cruise up the Hudson. Not only experiences.

September 29, 1903: The catboat William H. Maldon's official motor ship was stolen from the Second Precinct. It left a woman's bicycle and a suit of men's

September 28, 1940: Presidential candidate Wendell Willkie Major League Umpire Bill Klem

September 30, 1914: Long distance walker Colonial Jack and his famous wheelbarrow passed the wife and children of the line's founder, surviving; all women and children died, including the wife and children of the line's founder, Edward Knight Collins.

Stewart-Cousins Recognized For Environmental Priorities

African-American Advisory Board Members Sworn In

RP/E: Environmental advocates, the state's foremost environmental watchdog group, awarded State Sen. Andrea Stewart-Cousins with a 92 rating – the highest score given to any state senator for this legislative session.

Mayor Mike Spano announced the re-announces the African-American Advisory Board last week, as eight members were officially sworn in during a ceremony at Yonkers City Hall. They include Chairman René Milligan, Vice Chairman Daunta Crosby, Andrew Stevens, Steve Blevins, Karen Malin, Kevin Morton, Deborah Baker and Sandy Amoyaw.

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Computer Repair, Upgrade, and Troubleshooting

Broken Power Jack

Virus Removal, Data Recovery

Stewart-Cousins Recognized For Environmental Priorities

Gang Violence, Drug Problems

Broken Power Jack

Virus Removal, Data Recovery

Call James at 646-281-4475 – 718-324-4332

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Superintendent Dr. Continued from Page 1

ers, plant science, mathematics, computer technolo-
gy, reading, writing, and social studies. The district's
central administrative office is available on the district
website, yonkerspublicschools.org. For more informa-
tion or to schedule an interview, please contact Dr. Edwin
M. Querzel, Superintendent, at (914) 968-7000.

Looking forward, the 2016-17 school year will
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success. The district's central administrative office
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**ShopRite Celebrates its In-Store Dietitian Program**

ShopRite announced last week that it will officially celebrate the 10th anniversary of its in-store registered dietitian program with a multi-city tour featuring a number of food events, groovin', health and wellness workshops, cooking demonstrations and more. The event kicks off Sept. 10 and runs through Sept. 18, with the tour making stops at various locations across the country, including Yonkers.

“Since ShopRite launched its in-store registered dietitian program to help families make healthier choices in the store, we’ve been proud to support this commitment,” said Chip Depriest, ShopRite’s senior director of communications.

“At our Infrastructure Committee meeting, we put the idea of having a full-time health professional offering nutritional advice in the stores on the agenda,” said Yonkers Mayor Mike Spano. “We are extremely proud of the difference that our ShopRite dietitians make in our community and we’re happy to support their efforts. Shoppers attaching with weight loss goals, change in mental nutrition, just to better understand food labels or simply wanting to improve their health, our dietitians are here to help. We’re also excited to be part of this exciting tour and to bring health education into our stores.”

**The Top 10 Biggest Food Myths**

1. Whole wheat products are better: Whole wheat products just contain more whole grains, which means more fiber. Whole wheat products do not contain any more calories than refined grain products. The only difference is the texture and the way it cooks. Whole wheat products are not better for weight loss.

2. Foods that are low in fat are better: Low-fat foods are not always better for you. In fact, some low-fat products contain more sugar to make them taste better. Also, when you reduce the fat in a food, it becomes more expensive to make. When the fat is removed, the cost of the food goes up because other ingredients must be added to make up for the difference.

3. Eating at night is bad: Nutrition experts agree that eating more often, but in smaller portions, keeps your hunger satisfied and can help you lose weight. Instead of eating one large meal at night, try eating smaller meals throughout the day.

4. Table salt is bad: By now it’s been pretty well established that too much salt and sodium in our diets is unhealthy and could potentially lead to high blood pressure. However, ShopRite says that most people will only need to cut back on salt if they have high blood pressure. It is not recommended that anyone cut back on salt if they do not have high blood pressure.

5. Eggs are bad: Eggs are a great source of protein and contain many vitamins and minerals. However, eggs are a great source of cholesterol and should be avoided by people who are trying to lower their cholesterol levels.

6. Low-fat foods are always better: With- out the body’s cholesterol levels are affected by particular saturated and trans fats. However, eggs are very little saturated fat—only 1.5 grams of fat per egg and 140 milligrams of cholesterol. Eggs contain 15 naturally occurring vitamins and minerals, so try to get your egg on.

7. Kola is a cure for a health diet: Kola- nut is the main ingredient in cola. The cola mother offers valuable vitamins and minerals, along with the cola mother gives your body the right amount of energy to eat. Kola nuts are also a great source of energy and are also a great source of energy.

8. Freezing and canned foods are also a great option, providing you have a better variety of fresh fruits and vegetables. Fresh and canned foods are also a great option, providing you have a better variety of fresh fruits and vegetables. Freezing and canned foods are also a great option, providing you have a better variety of fresh fruits and vegetables.

9. Fruits and vegetables are the same thing: Fruits and vegetables are not the same thing. Fruits and vegetables are two different things. Fruits are vegetables. Fruits are vegetables. Fruits are vegetables. Fruits are vegetables. Fruits are vegetables. Fruits are vegetables. Fruits are vegetables. Fruits are vegetables. Fruits are vegetables.

10. The 19 at participating store locations. Event calendars are available at www.shoprite.com/events. Additionally, ShopRite’s in-store registered dietitians in the communities they serve by partnering with hospitals, doctors’ offices, libraries, schools, universities and non-profit organizations to conduct free workshops and seminars.

For more information on how ShopRite is celebrating the 10th anniversary of its in-store registered dietitian program, visit your local ShopRite store or visit www.ShopRite.com.
The Groundwork Hudson Valley Green Team, Class of 2016, with a Science Barge volunteer.

Photos by Donna Davis

Groundwork HV
Continued from Page 1

things proposed all the way to playing a significan-
trole in opening up a river and then magically things progressed all the way to playing a signifi-
Continued from Page 1

The other factor behind Killian, a Republi-
can, in the district is this year’s presidential race. Usually, presidential elections every four years re-

Killian Leads
Continued from Page 1

Folks Who Run Public Housing in Yonkers

The Groundwork Hudson Valley Green Team, Class of 2016, with a Science Barge volunteer, for left.

Three, Too
Continued from Page 3

Circumvex’s “rabbit” who was 16 years ago
at the opening of the Board of Education facilities when the carpeting sending to be replaced was un-

Folks Who Run Public Housing in Yonkers

A lively auction led by Nicholas Lowry of

IAC Applications; Sound Associates; PS&S En-

The event is free and open to the public.

The event is free and open to the public.

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The event is free and open to the public.
Development on Downtown ‘Game Changer’ Underway

Mayor Mike Spano recently tweeted: “RXR Realty and Rising Development is investing $200 million into the heart of Downtown Yonkers. The new high-rise will feature 442 units and over 450,000 sq. ft. of residential housing, a 17- and 25-story residential unit tower, 40,000 sq. ft. of ground level retail and restaurant spaces, over 500 new parking spaces and 250 new jobs!! Not to mention, it will be adjacent to the beautiful Van der Donck Park.”

The initial work includes demolition of old structures, including the Sears building that ran from Main Street to Van der Donck Park. An aerial view of the demolition and construction adjacent to Van der Donck Park at Warburton Avenue and Main Street, and a rendering of what will be built. Photo by Donna Davis.

City Council Minority Leader Michael Sabatino dishes out Swedish meatballs.

“City council chief” Mayor Mike Spano serves up some meatballs and baked ziti.

Executive Director of the Yonkers YWCA Michelle Gonzalez presents the two “2016 Men of Distinction” awards to Rabbi Rigoberto Emmanuel Viñas of the Lincoln Park Jewish Center and Father Eric Nielsen of St. Peter’s-St. Dennis Church, with Yonkers YWCA Board of Directors President Brenda Gray. Photo by Robert Kalfus.

Yonkers Celebrity Continued from Page 1

Yonkers Celebrity
Continued from Page 1

Rabbi Viñas noted that throughout history, for thousands of years, various remedies have been tried to eliminate racism. “We have legislated, we have tried through the courts, but none of those have worked,” he said. “I tell you what I truly believe will work, the only thing that will eliminate racism, is for each of us and all of us to repent – to truly approach our Father, the one true God, realizing that each of us is created in the image of God, and that God has many faces, and many colors, and different shapes and sizes. Yet all of us are created in the image of God, that there is a spark of Godliness in every human being. For this reason, I fully support your blessed work in the empowerment of women and the elimination of racism.”

Come Home for the Holidays
Lincoln Park Jewish Center

A modern Orthodox Jewish congregation promoting spiritual growth, community, fellowship, and learning. Joy! Not ‘oy’.

Services conducted by Rabbi Rigoberto Vifnas and Cantor Rabbi Dr. Merwin Shapiro

Call (914) 965-7119

Join us welcoming a sweet, healthy and happy Shanah Tovah.
The MAMA Fall Festival is a yearly event that allows one of Yonkers’ strongest business districts to show off all it has to offer Yonkers, the Bronx – and all of Westchester – and organizers issued a “thank you” message to its many sponsors for making the day possible. “The McLean Merchants deeply thank our sponsors for supporting this event,” they said. “Without them, MAMA wouldn’t be able to run such a wonderful event for our community.”

Sponsors included: the City of Yonkers; Mayor Mike Spano; Empire City Casino; Oak Beverages, Inc.; Samuel Adams; The Brooklyn Brewery; Angry Orchard Brewery; Rory Dolan’s Restaurant, Bar and Caterers; Martin Clearwater and Bell, LLP; Woodlawn Conservancy; Saint Joseph’s Medical Center; Mount St. Michael Academy; State Sen. George Latimer; Michael Fitzgerald Contracting; Hodler Fadings-Funeral Home; Blossom Flower Shop; Cardinal Spellman High School of New York City; Jane Mosello Real Estate; Van Cortlandt Dental Care-Diana Gabriel, DDS; St. Mark’s Lutheran School in Yonkers; Arts in Mission; Assemblywoman Shelley Mayer; The Barrister Building-Rienas and Brown Wealth Management; Dinor Peter, ESQ; Tuffy and Associates; Moriarty’s Bar and Restaurant; Danny Mac; Niall Devine’s; The Heritage Bar and Restaurant; Ireland’s 32; J P Clarkes Saloon; and The Irish Echo.

For more information, “follow” MAMA on Facebook or visit www.MeetMeOnMcLean.com.

Photos by Donna Davis