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Yonkers Mayor Phil Amicone Asserts Assemblyman Mike Spano Has His Priorities Wrong

Yonkers, NY -- Mayor Phil Amicone (pictured left) is calling out Assemblyman Michael Spano (pictured right) for critical comments he made this week about the city's efforts to collect \$20 million in past due taxes from Empire City Casino at Yonkers Raceway, saying Spano's priorities



are wrong and questioning why.

In a recent newspaper article, Mayor Amicone says, "Spano implied that the city was not entitled to the back taxes and compared them to taxing air."

"They are now going to put a tax on something

see Yonkers Pg. 21

Taxing Yonkers Raceway and Customers Would Hurt Local Economy



By Mike Spano
Member of Assembly
93rd District

"In his State of the City address, Mayor Amicone stressed that government makes it tough to do business in New York due

to overregulation and taxes. I agreed with the mayor then, and I agree with that sentiment now. That's why I am shocked to learn that the Mayor is now proposing a potentially job killing tax on the Yonkers Raceway and its customers.

"Yonkers Raceway continues to be a major economic contributor to the City, both in the revenue it generates, business it attracts to the surrounding area and the 1,300 jobs

see Taxing Pg. 22

Referring to...



Rob
Astorino
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Godfrey
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Weir
Only
Human
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The Hezitorial

Yonkersites Suffer Economic Development Hijinks Again



By Hezi Aris

The City of Yonkers Department of Planning and Development, in conjunction with Urban Design Associates, promoted an evening where the public was asked to "share your ideas", under the designation that it was a public meeting. The topic was "The

Rezoning of Downtown Yonkers". The cerebral exercise was one similarly conducted years ago by the same protagonists. Years ago it was the discussion of the Alexander Street Development. It too was held at the Yonkers Riverfront Library. It was what is referred to in Yonkers as a "dog and pony show". It is a pretense delivered to the cerebral cortex in a one-two punch.

see Hezitorial Pg. 2

Hooks, Baker, the GOP and the Road Not Taken



By Roger
Witherspoon

It's hard to make pancakes with your right arm broken and useless in a sling.

It was 90 degrees and humid in Miami Beach, even though it was just 7:30

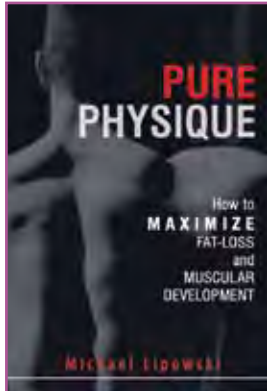
in the morning. Frances Hooks was struggling to fix breakfast in the kitchen of their hotel suite during the NAACP annual convention. Breakfast was the only quiet time Ben Hooks would have that day for a protracted interview; but he didn't cook and a one-armed Frances was having a hard time.

So we changed roles: I cooked breakfast, Frances manned the tape recorder and Ben Hooks set the table and talked about the

see Hooks Pg. 20

Local Westchester Fitness Expert, Bodybuilder, and Author to Host Fitness Demonstration, Q&A, and Sign Copies of New Book

Mohegan Lake, NY -- Mike Lipowski, the trainer of *Men's Fitness* magazine's first-ever "Fat to Fit Contest" winner, has written the master plan for successful diet and fitness that book readers then tailor to their own body type, life situation, limitations and goals. The methods within the book have helped hundreds of Lipowski's clients lose weight and build muscle quicker and easier than they ever dreamed.



Lipowski, the president of the International Association of Resistance Trainers and a competitive natural bodybuilder, has

fine-tuned his regimen while working with his clients at his Pure Physique Personal Training Studio in Westchester County. His studio's motto: Half the time, double the results.

"It's an approach I developed in my own journey to achieve my best-ever physique," Lipowski said. "I hit upon it when I realized that 'just exercising more' was not making it happen. The key is working out more effectively."

The book walks readers through the process and



includes a chapter heavy on motivation. Mike Lipowski will be signing copies and answering any and all

fitness related questions on Saturday, May 1st, at the Mohegan Lake Barnes and Noble store located at Cortlandt Town Center, 3089 East Main Street, Mohegan Lake, NY 10547. Tel: 914-528-6275.

Pure Physique: How to Maximize Fat-Loss and Muscular Development is a paperback book that retails for just \$14.95. Mike Lipowski will be at the Mohegan Lake Barnes & Noble on Saturday, May 1st at 1:00 PM

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SHAPE UP AMERICA

CAMPAIGN


Central Park, New York City, June 19th, 2010 12 noon - 4 pm



The Shape Up America Campaign is designed to motivate people to increase daily physical activity and improve food choices, by showing them how to make exercise fun, and eating healthy affordable.

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- ✔ Pet Health & Fitness Seminars



MICHAEL TORCHIA
FOUNDER/PRESIDENT
Operation Fitness
Shape Up America Campaign

What started out as a dream for Michael Torchia back in 1985 is really coming to fruition. He is now reaching thousands of people, and he hopes with the Shape Up America Campaign to get millions involved across the country.

FOR ADDITIONAL INFORMATION ON SHAPE UP AMERICA, OPERATION FITNESS OR THE EVENT IN NEW YORK PLEASE CALL 800.933.8633 OR VISIT WWW.OPERATIONFITNESS.COM



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