

Building Bridges



Zonta Foundation for Women and
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And Beacons

Zonta International is a worldwide organization of executives in business and the professions working together to advance the status of women

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MLB's First Female Umpire Jen Pawol makes Debut; Checks Braves' Hurston Waldrep For Illegal substances In First Inning

Reprinted From The August 9
2025 Yahoo Sports

Jen Pawol made baseball history on Saturday by becoming [the first woman to umpire an MLB regular-season game](#), taking the post at first base during Saturday's matchup between the [Miami Marlins](#) and [Atlanta Braves](#). The game is the first of a doubleheader the two teams will play.

After the top of the first inning, Braves rookie [Hurston Waldrep](#) became a part of the story as the first pitcher to be checked for illegal substances when he came off the field and walked toward the Atlanta dugout.

Waldrep retired the Marlins in order in the first, striking out [Xavier Edwards](#) and [Kyle Stowers](#) with his splitter before getting [Agustín Ramírez](#) to ground out. He got through the

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frame with 13 pitches, eight of them thrown for strikes.

As he walked toward the dugout, Pawol stopped Waldrep for a routine check of his glove and right hand for anything extra that may have aided in his grip on the baseball. Nothing was amiss, and Waldrep went to the bench while Pawol returned to her position at first base.

Pawol, 48, is set to umpire in all three games of the Marlins-Braves series this weekend. After umpiring first base for the first game of Saturday's doubleheader, she'll be at third base for the nightcap. And on Sunday, Pawol will call balls and strikes behind home plate.

Previously, she has [called MLB spring training games](#) during the past two seasons, the first woman to do so since Ria Cortesio in 2007. Pawol is MLB's first female umpire following the NBA breaking that gender barrier with Violet Palmer in 1997 and Sarah Thomas officiating an NFL game in 2015.

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Dr. Karen Siegel
President



Kitty Lin
Vice President

Full Image 796KB



MLB's First Female Umpire Jen Pawol makes Debut; Checks Braves' Hurston Waldrep For

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In 2022, Stéphanie Frappart became the first woman to referee a men's World Cup game between Germany and Costa Rica.

Pawol became the seventh woman to officiate a minor-league game after graduating from Minor League Baseball's umpire camp in 2016. Her cap and mask from that game are [in the National Baseball Hall of Fame](#). In 2023, she was promoted to Triple-A games. Altogether, she umpired over 1,200 minor-league games before making her MLB debut.

California Babysitter Weeps As She's Sentenced To 100 years In Prison For Delivering Young Girls To Boyfriend So He Could Molest Them

Reprinted From The August 16, 2025 NY Post-By Nicholas McEntyre

A California babysitter used her service, specifically created to work with special needs children, to prey on small defenseless girls as young as three and allowed her boyfriend to molest them.

Brittney Mae Lyon wept as she was sentenced to a century in prison on Thursday for sexually assaulting at least four girls she was entrusted to watch, creating a demonic system of child abuse with 31-year-old Samuel Cabrera.

Lyon, also 31, had pleaded guilty in May to two felony counts of lewd act upon a child and two counts of forcible lewd act upon a child.

Two of the girls were diagnosed with autism, one was nonverbal.

Lyon and Cabrera regularly communicated to plan access to the children as the babysitter either brought them to her boyfriend's house or invited him into her home when the children were there.

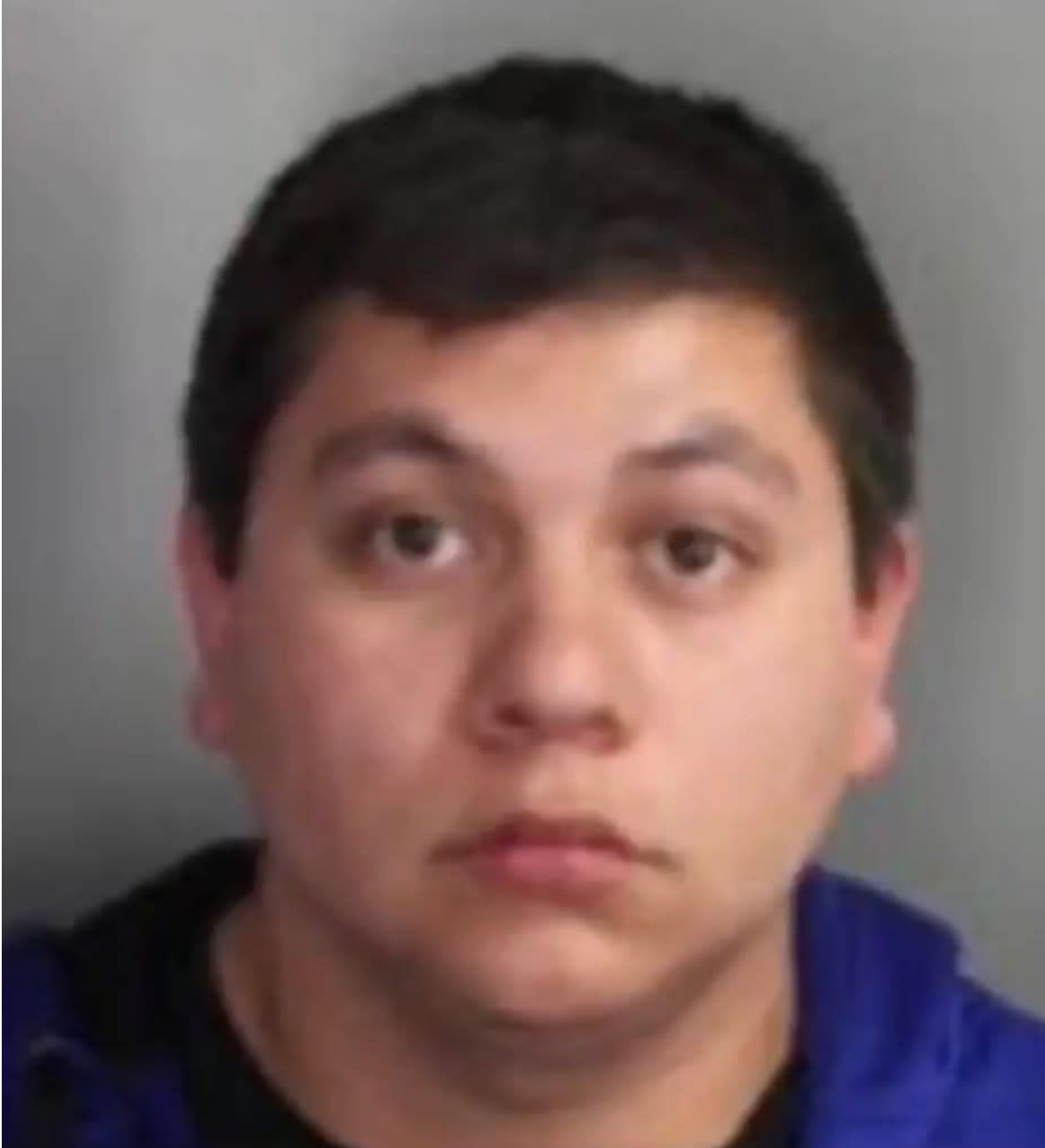
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California Babysitter Weeps As She's Sentenced To 100 years In Prison For Delivering Young

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Lyon, at times, joined Cabrera in the disgusting acts or assaulted them alone.

The babysitter from hell obtained drugs and other items to abuse the young girls.



Samuel Cabrera was convicted by a jury in 2019 and sentenced to eight life terms without parole in 2021.
NBC San Diego

The horrid scheme was only uncovered when the 7-year-old told her mother she didn't want to go anywhere with the babysitter, who was a family friend, back in 2016.

The girl's mother reported her fears to the police and Lyon was arrested.

Officials tracked down Cabrera after a short police chase.

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Police discovered a double-locked box inside Cabrera's car, which contained six computer hard drives with hundreds of videos depicting the duo sexually abusing the children, and at times, drugging or assaulting them, using extreme cruelty and brutality.



Brittney Mae Lyon was sentenced to a century in for sexually assaulting at least four girls she was entrusted to watch, creating a demonic system of child abuse with 31-year-old Samuel Cabrera. NBC San Diego
Dozens of videos recorded by Lyon captured women and girls in changing rooms at clothing stores, bathrooms and locker rooms across the North County area.

A search was launched for other victims, and the families of the 3-year-olds stepped forward, saying they hired Lyon through an online babysitting website.

Lyon was handed a 100 years-to-life sentence on Aug. 14.

Cabrera was convicted by a jury in 2019 and sentenced to eight life terms without parole in 2021.

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California Babysitter Weeps As She's Sentenced To 100 years In Prison For Delivering Young

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California parole laws allow Lyon to petition for parole when she turns 50, meaning she could potentially serve 28 years in state lockup.

"After the horrific sexual crimes Brittney Lyon committed against children, District Attorney Summer Stephan did her job in securing a just sentence of 100 years-to-life," State Senate Minority Leader Brian Jones said after the sentencing.

"Now, it's time for the state to do its job and honor that sentence for the sake of the victims. Shamefully, a loophole in California law could allow Lyon to walk free after serving less than a third of her sentence."

Politicians in the Golden State introduced Senate Bill 286 aimed at amending the current state law and excluding convicted sex offenders from applying for elderly parole.

A separate proposal, Assembly Bill 47, seeks to prevent sex offenders from qualifying for early parole under the elder parole law.

Both bills are in limbo, sitting in the "suspense file" with the respective chambers' appropriations committee. San Diego DA Summer Stephan is an advocate for the bills as a measure to protect the community from violent sex offenders and murderers.

"The victims, their families and the safety of all children in California need to be the priority, not Ms. Lyon and other violent child molesters like her. The age of 50 is hardly 'elderly,' particularly is the realm of child molesters, who need only be in a position of trust and power to access and sexually abuse children."

More Than 40 Percent Of NYC Students Report Cyberbullying In Schools: Survey

Reprinted From The August 5, 2025 NY Daily News-By Cayla Bamberger

Cyberbullying has risen sharply in New York City public schools since the pandemic shuttered buildings and [forced young people onto their devices](#), according to a new citywide survey of students.

About 42% of students say their classmates regularly harass or intimidate each other online, the results showed — [compared to 35% in 2019](#). Just a quarter of students reported no cyberbullying at their schools.

"I've been doing this work for a very long time, and unfortunately, I've seen the direct effects of cellphone use for young people," Mark Rampersant, the top education official for school safety, said in a [pre-recorded video on the imminent phone policy](#) late Monday.

"I've seen young people becoming distracted. I've seen cellphones used as a tool for cyberbullying, and most of all, the thing that troubles me the most is watching young people's mental health be affected by the overall use of cellphones."

The survey results come as New York City's school system gets ready to [implement the state's cellphone ban](#), a response to what public officials see as the growing dangers associated with cell phone use among youngsters.

In the survey, girls were more likely to report cyberbullying than boys, as were middle school students compared to high school kids.

The survey results show a marginal improvement since the 2023-24 school year, when 43% of students reported bullying on phones and social media. In the year that followed, many schools [set in motion plans to restrict phone-use](#) at the urging of the former schools chancellor, David Banks.

About 350 schools were already enforcing such policies at the start of last school year, education officials said at the time. By the final day of classes, 800 or so principals — half of the school system — had placed limits on the devices in some

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More Than 40 Percent Of NYC Students Report Cyberbullying In Schools: Survey

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way.

It remains to be seen whether banning phones systemwide, as championed by Gov. Hochul and passed by the state Legislature, will continue that positive trend, though [some national research gives cause for optimism](#).

The new state law also prohibits students from using their phones during lunch and other free periods, when bullying may be more common, whereas many schools that banned devices in the past only did so during class time.

The 2025 NYC School Survey was administered from Feb. 10 through April 11. More than 355,000 students participated, as well as 440,000 families and 62,000 teachers. The data is used by principals to improve their programs, and by the city to help measure school quality.

Overall, a growing majority of students, 68%, agreed with the statement that [most of their peers treat each other with respect](#) — an increase of 9 percentage points since 2019. More than 8 in 10 students reported feeling safe in the hallways, bathrooms, locker rooms and cafeterias.

And when it comes to interactions between schools and their parents, 96% of the city's public school families said they were satisfied with the education their children had received last year.

They ranked more afterschool programs and sports teams, smaller class sizes, and more hands-on learning as areas for improvement.

"Your voices help shape the future of our schools, and we are endlessly grateful for your feedback and partnership," NYC Public Schools wrote on [X](#) to announce the results Tuesday.

The new restrictions on cellphones and other internet-enabled devices go into effect on the first day of school, Sept. 4.

Bindi Irwin's Painful Medical Journey Ends With Life-Changing Surgeries

Reprinted From The August 17, 2025 NY Post-By Khole Quill

After 13 years of "fighting for answers," Bindi Irwin says she is finally healing.

In a heartfelt Instagram post, the conservationist revealed the removal of 51 endometriosis lesions, a chocolate cyst, her appendix, and repair of a hernia from childbirth. Dr. Tamer Seckin, an endometriosis specialist, removed them all during two [separate surgeries](#).

"I felt utterly ashamed as a teenager and young adult," Irwin wrote, speaking about the painful endometriosis symptoms she suffered.

Bindi Irwin says she hopes to raise awareness of endometriosis, a diagnosis that she shares with about nine million other women in America.

Her message? No young woman should feel ashamed or alone with pain that's too often dismissed as "just part of being a woman."

Irwin, daughter of the late "Crocodile Hunter" Steve Irwin, first revealed her diagnosis in March 2023, through a post on social media. The conservationist's story highlights a condition affecting millions worldwide. Here's what to know.

What is endometriosis?

Endometriosis affects roughly 10 percent of reproductive-aged women worldwide; in the U.S. alone, it impacts about 9 million women. Diagnosis is often delayed, averaging five to 12 years after onset of symptoms due to stigma and

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Bindi Irwin's Painful Medical Journey Ends With Life-Changing Surgeries

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Bindi Irwin says she hopes to raise awareness of endometriosis, a diagnosis that she shares with about nine million other women in America. misdiagnosis, according to research published in the Journal of the American Medical Association.

Organization defines endometriosis as a condition that occurs when tissue like the uterine lining grows outside the uterus, [causing pain](#), inflammation, and even infertility.

Common symptoms include pelvic and abdominal pain, painful periods, pain during intercourse, digestive issues, heavy bleeding, and fatigue.

When treatment doesn't help symptoms, the next step is often laparoscopic surgery, which uses small incisions to remove or ablate lesions.

This surgery often means a faster recovery and fewer complications compared to more invasive open surgery, called a laparotomy, which involves one long incision across the abdomen.

Recovery typically takes two to four weeks, though healing may take longer depending on the extent of surgery and individual health.

While relatively rare, risks of the surgery can include infection, bleeding, damage to nearby organs, and gas-related discomfort.

Beyond symptom relief, procedures like Irwin's may [preserve fertility](#) by removing growths.

Bindi is saying she is starting to recognize herself again.

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Bindi Irwin's Painful Medical Journey Ends With Life-Changing Surgeries

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In May 2025, the Seckin Endometriosis Research Center opened at Cold Spring Harbor Laboratory, backed by \$20 million in funding. It represents the first major U.S. facility solely dedicated to understanding endometriosis, developing non-invasive diagnostics, and improving treatments.

Irwin's story sheds light on the difficult battle many women face when trying to find answers to their physical pain. Her post urges broader, open conversations about [women's health](#) on a global scale.

"I can function in everyday life without wanting to throw up or pass out from the pain," Irwin shared.

"Slowly, slowly gaining my strength back. I cannot express the gravity of my emotions as I am beginning to recognize myself again."

Dates To Remember

September

Sept. 7th: Labor Day

Sept.13th: Grandparents Day

Sept 22nd: Hosh Hashanah begins at sundown

October

Oct.1st: Yom Kippur begins at sundown

Oct., 13th: Columbus Day

Oct.13th: Indigenous Peoples Day

Oct 31st: Halloween

Racial Disparities Widen In NYC Specialized High Schools

Reprinted From The July 31, 2024 NY Daily News-By Cayla Bamberger



Stuyvesant High School. (Susan Watts / New York Daily News)

New York City's specialized high schools made fewer offers to Black and Hispanic test-takers this year, drawing renewed attention to persistent racial disparities at the prestigious programs, according to admissions data released Thursday.

Just 3% of offers were extended to Black students and 6.9% to Hispanic students, down from last year when 4.5% and 7.6% of seats went to Black and Hispanic applicants, respectively. The data reversed marginal gains made in the last admissions cycle to diversify the programs.

Specialized high schools, widely considered the crown jewels of the city's school system, have at the same time faced scrutiny for failing to admit classes representative of the larger public school population: Close to two-thirds of the city's enrollment is Black or Hispanic.

At the center of the controversy is that eight schools rely on a single test for admissions. Of them, five, including Stuyvesant High School and Staten Island Technical High School, made offers to single-digit numbers of Black students this year based on their SHSAT scores, the data showed.

Nearly 26,000 eighth graders took the SHSAT this year, and more than 4,000 were offered a seat through the exam.

Most of the students who scored highly on the test were Asian or white, with 25.9% of offers made to white applicants and 53.5% to Asian applicants. Asian families have been among the most vocal opponents to any changes to the SHSAT that could limit their access to the schools and the opportunities they provide.

Debate over how city leaders should respond to the racial disparities recently made headlines again when a contract renewal with the test-maker came before the Panel for Educational Policy, the city's school board where most members are appointed by the mayor. The vote was delayed twice before it ultimately passed the panel.

Mayoral front-runner Zohran Mamdani, a Bronx Science alum, said during the primary that he has no plans to change the current SHSAT-based admissions process, though he supports an independent analysis of the exam for racial and gender bias. Former Gov. Andrew Cuomo supports continuing using the SHSAT, though he says more students should have

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Racial Disparities Widen In NYC Specialized High Schools

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access to test prep.

Mayor Adams, the city's second Black mayor, has largely avoided wading into the debate over specialized high schools, promising instead to open more accelerated high schools in diverse neighborhoods.

Three of those schools — two locations of [Bard High School Early College in the Bronx](#) and [Brooklyn](#), and [HBCU Early College Prep](#) in Queens — started admitting students in recent years. Close to 8 in 10 students in HBCU Prep's inaugural class are Black, according to the data.

At least half of the student body at all three schools is considered to be living in poverty — with a 68% poverty rate at the Bronx program, through which students may earn a free associate's degree.

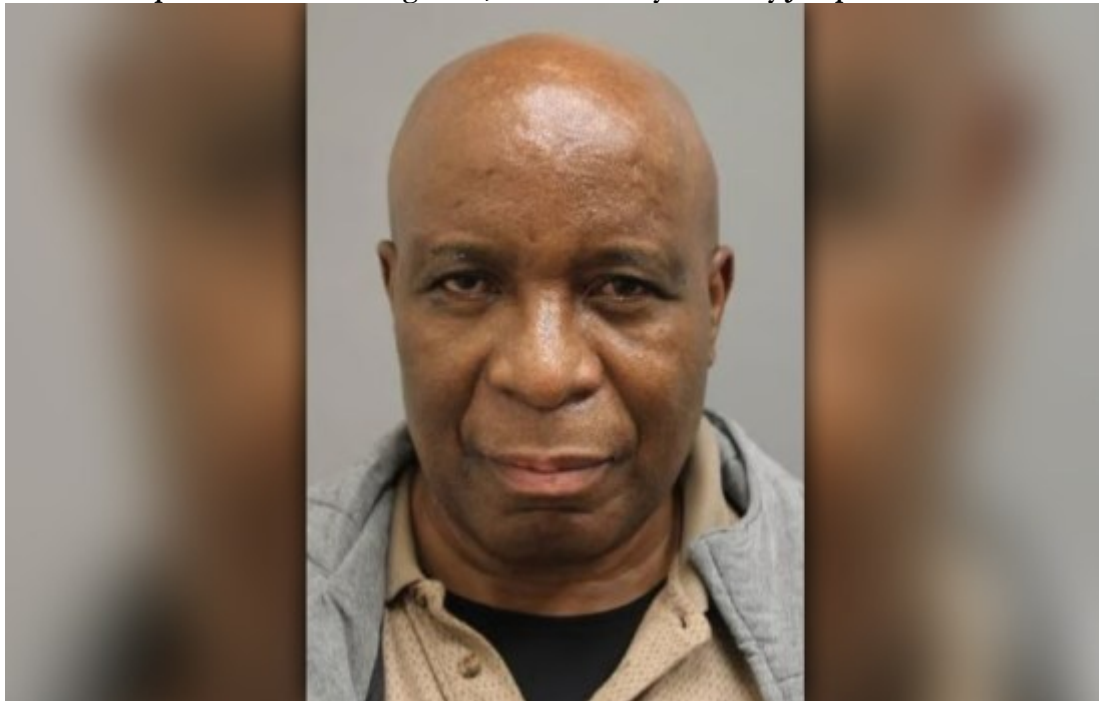
Overall, more high school applicants received offers to one of their top-choice schools. About 59% of the 72,000 eighth graders who just went through the process were matched with the program they ranked first, up from 51% last year, the data showed.

Only 3% of rising high schoolers were placed at schools no where on their applications, compared to 6% in 2022 coming out of the pandemic and the many changes to school admissions that came with it.

Thursday's data drop was the latest in recent history and came minutes after the education news source Chalkbeat published an [article](#) on the unprecedented delay. The highly anticipated statistics are typically released by mid-June.

Brooklyn Man Convicted Of Sex Trafficking On Long Island

Reprinted From The August 28, 2025 NY Daily News-By Joseph Wilkinson



Michael Howell, 65, was found guilty Tuesday on two counts of sex trafficking, two counts of promoting prostitution and two counts of drug possession, the Suffolk County District Attorney's office said in a press release.

A Brooklyn man has been convicted of [sex trafficking a woman on Long Island](#), authorities said this week.

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Brooklyn Man Convicted Of Sex Trafficking On Long Island

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Michael Howell, 65, was [found guilty Tuesday on two counts of sex trafficking](#), two counts of promoting prostitution and two counts of drug possession, the Suffolk County District Attorney's office said in a press release Wednesday.

Howell forced an unnamed woman to engage in sex acts for money throughout Suffolk County between April 2023 and February 2024, [the month he was arrested](#), according to authorities. He used threats of violence and illegal drugs to ensure the victim's compliance.

"Michael Howell preyed upon his victim by using crack, heroin and violence to maintain control over her in order to profit from her exploitation," said [District Attorney Ray Tierney](#). "The use of addictive substances to keep trafficking victims dependent and compliant is a particularly cruel tactic employed by human traffickers."

Howell posted on various websites [advertising the victim as a prostitute](#), investigators said. He gave her crack cocaine and heroin while taking the money for himself, according to police.

In at least one instance, [Howell slammed the woman's head into a wall](#) when she tried to escape, authorities said.

Howell's sentencing hearing is scheduled for Sept. 26. He faces up to 25 years in prison. Additionally, Howell is a native of Barbados, and federal authorities intend to deport him when he completes his sentence.

Birthdays September

None

October

Oct. 2th: Mal Weinberg

Oct. 7th: Dave Palughi

Oct. 19th: Mary Alice Cunningham
