

NORWOOD NEWS

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HOPPING YOUNG SPUDS AT THE OVAL



Photo by Adi Talwar

Kids take part in a classic hot potato sack race at a first-ever Spring Egg Hunt. The early afternoon race was part of a massive spring egg hunt at Williamsbridge Oval Park. The Jerome-Gun Hill Business Improvement District was a major sponsor of the event, with help from the city Parks Department and Friends of the Williamsbridge Oval. More photos can be found on our photo spread on page 6.

New CB7 District Manager On the Job

By JUSTIN MCCALLUM

Community Board 7 has picked its new district manager, and he came from within.

CB7 members unanimously voted fellow member, Dustin Engelken, to be its new DM just five months after his predecessor unexpectedly resigned.

“I am thrilled to have been confirmed as the new district manager of Community Board 7 and I look forward to serving my community in this role,” Engelken told the *Norwood News*.

District managers serve as a go-be-
(continued on page 5)



PS 51 Hears From DOH, p. 2



Previewing Fair @ The Square, p. 3

Public Access to Reservoir Could Go Into Next Decade

By SHAYLA LOVE

It could be until the year 2022 before the public steps foot in the Jerome Park Reservoir, the *Norwood News* has learned.

On Dec. 9, 2013, Robert Fanuzzi, of Community Board 8 (CB8) and previous chair of the Filtration Monitoring Committee (FMC), took a walk on a site no community member has been on in years. He was allowed into the reservoir, which has been sealed off in conjunction with the building of the Croton Water Filtration Plant (CWFP). “It was gorgeous,” Fanuzzi said. “Even on a miserable day, it was amazing to be next to the water.”

Fanuzzi and a select few, including then Councilman-elect Andrew Cohen, Wilhem Ronda of the Borough President’s Office and Assemblyman Jeffrey Dinowitz, were guests of the Department for Environmental Protection (DEP) on a walk-through that, they thought, would jump-start a plan for trial public access as early as 2015. What they discovered, instead, was an unknown capital project to restore the inner wall of the reservoir, which stands to potentially keep the public out until the next decade.



Photo courtesy Gary Axelbank

THE JEROME PARK Reservoir path has remained closed to the public since the early 2000s.

Public Access Eludes Residents

Fanuzzi said that the community had begun organizing for a program laid out in a 2011 Public Access Report from the DEP. The

report said that public access would be determined based on the results of a pilot program when the CWFP was completed. During the
(continued on page 7)



Business Beat: Being Square Is Where It’s At, p. 8

Be Healthy

A Symposium on Sleep, p. 10

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In The Public Interest

NYSDOH Yields Little for PS 51 Parents, Staff

By JUSTIN MCCALLUM

State health officials are shying away from a proposed health study for students, parents and teachers affected by a toxic building that once housed PS 51 The New Bronx School.

Parents were discouraged at a meeting on April 24, where state Health Department scientist James Bowers tried convincing parents that a study may not be the next best step for the community, but rather more outreach and education on trichloroethylene (TCE). The toxin and cancer-causing carcinogen was found in vast amounts at the public school building at 3200 Jerome Ave. in 2011. The school, now relocated, occupied the building for nearly 20 years.

"It was kind of useless," said meeting attendant Alan Gary, an organizer of PS 51 Parents United and a parent whose child attended the contaminated school. "I'm always expecting more when the DOH gets involved, but they didn't reveal anything new. It was the same old rhetoric slammed around."

Bowers told the audience he wasn't there to propose a health study, but rather to inform them of what the health agency could do with its limited resources. He said no study could provide a direct link between TCE exposure and serious health issues. "There is a lot we can't do," Bowers told the crowd.

Lisa Fischel-Wolovick, a mother of a student who attended PS 51, was particularly frustrated when questioning Bowers, who replied despondently to her questions over the length of time TCE develops in children, how symptoms manifests in kids, or whether the levels of TCE could've been even higher than recorded. "We don't know that," Bowers responded.

Limited by their resources and facing an obstacle from the city Department of Education, which is withholding the names of students and faculty who attended PS 51 because of ongoing litigation, Bowers said that a costly, full survey-based study won't happen. He added that even an independent review



Photo by Justin McCallum

JAMES BOWERS, a scientist with the state Department of Health, speaks at forum for parents, teachers and students impacted by PS 51.

cross-referencing state lists of cancer cases and birth defects with TCE-affected people could be unfeasible.

Bowers warned the community of the negative effects a study could carry—siphoning resources from outreach and education around TCE exposure and possibly hurting legal cases that call for medical bill compensation. At best, he said, a medical study could determine a predisposition for future health outcomes. "It's similar to what you do if you're a woman and your mother had breast cancer," Bowers said. "It changes the rules a little bit about how the doctor interacts with the patient."

But for PS 51 Parents United active member Annette Melendez, that wouldn't cut it. "Don't give us a million reasons why not to do the study," Melendez said. "We're talking about kids whose organs are still growing, whose brain is still growing, whose everything inside of them is still growing. Do the study!"

"I would like it to be a broad study where they make an effort to contact the first people in the school from 20 years ago," said Gary. "If things were going to start happening, I think the 20-year mark is helpful when they were at the height of people being exposed to the chemical during their formative years."

This falls in line with one of the group's other goals—to prevent this sort of negligence from threatening other children. Inspired by the PS 51 issue, Councilman Fernando Cabrera proposed a bill demanding regular reporting and faster notification to parents and staff of environmental test results in schools.

At the meeting, a vast majority of the audience, including longtime advocates, and former school custodian Frank Burgos, who was never notified of the contamination, requested that Bowers work with state DOH to determine the feasibility of a study.

But Gary believed it wasn't enough. "What I'd like to do is to have a registry, to have a study, to inform the parents," he said. "The notification bill introduced by Cabrera would be a very important step to bring parents into the loop, and to prevent this from happening again."

Gary encouraged community members to continue to spread the word and advocate for the innocent children and faculty exposed to TCE. He suggested joining discussions with former classmates, via the Facebook group 'PS 51 Parents United' and 'Toxic Schools Campaign,' or through the Northwest Bronx Community and Clergy Coalition.

A Lesson on Domestic Violence, Courtesy of the 5-2

A large crowd gathered at the latest 52nd Precinct Community Council meeting to hear about the warning signs of domestic violence, a crime that can end fatally at the hands of a spouse.

Members from the NYPD Explorers program gave a skit before the audience at Serviam Gardens on April 24 to demonstrate the dangers of domestic violence among young people ages 17 to 24, the age group most likely to experience it. Two young people portraying a troubled couple showed how loss of control is the primary motive behind domestic violence.

Five-Two Officer Sean McDermott, one of seven officers assigned to the compartmentalized Domestic Violence Department, broke down his and his partner's daily routine—following up on domestic violence reports. Repeat offenders are known to be placed on a High Propensi-

ty List, triggering weekly visits from the Domestic Violence Unit. "We want to prevent any further incidents as well as effect any arrests when necessary to keep people safe," said McDermott, speaking before the audience.

Bilingual information pamphlets were distributed, detailing phone numbers and rights a victim has when eluding their at-

tacker. In many cases, victims can file restraining orders and change the locks free of charge. McDermott also reminded the public to never feel powerless. "Don't ever be afraid," said McDermott. "Our doors are always open." —**DAVID CRUZ**

Editor's Note: A longer version of this article can be found on www.norwoodnews.org.

Public and Community Meetings

- **THE BEDFORD MOSHOLU COMMUNITY ASSOCIATION** meets Wednesday, May 7 at 400 E. Mosholu Pkwy So., apt. B1 (lobby floor) at 8 p.m.
- **COMMUNITY BOARD 7** committee meetings are held on the following dates at the board office, 229A E. 204th St. at 6:30 p.m., unless otherwise noted: **Public Safety & Quality of Life** meet Thursday, May 1; **Environment & Sanitation** meet Tuesday, May 6; **Environment & Sanitation and Health & Hospitals** meet Thursday, May 8; **Community Relations/LTP and Economic Development** meet Wednesday, May 14. For more information, call (718) 933-5650 or visit bronx-cb7.info/calendar. All meetings are subject to change. Call to confirm.

DRIVER SMASHES THROUGH DELI



Photo by David Greene

OFFICERS CORDON OFF this shuttered deli, the scene of an eye-popping car accident in Mt. Hope. No one was seriously injured in the crash that happened at 401 E. Tremont Avenue at Webster Avenue at 1 a.m. on April 18. Police say the driver lost control of his vehicle, hurtling towards the deli and smashing through it. The convenient 24-hour store recently closed for renovations. Police removed the vehicle hours later.

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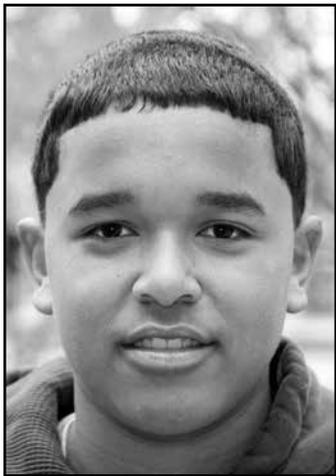
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Inquiring Photographer

By DAVID GREENE

With a history of asbestos and other toxic hazards in and around Bronx schools, this week we asked readers if they feel their local schools are safe.



Sometimes students might bring in drugs or illegal weapons, but no, I don't see anything wrong with the buildings.

Joel Pena Garcia



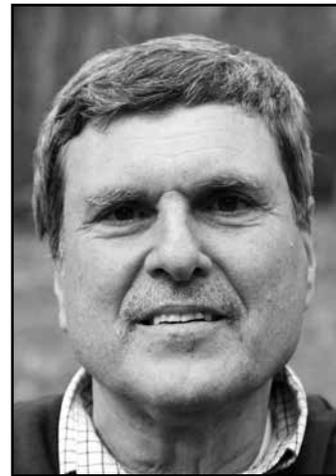
Of course I think asbestos could be a possible threat, so there is concern there. I have kids in public school, so absolutely I have concerns for their health.

Andrew Fisher



I think that the newer buildings are actually more unsafe than the older buildings. What I find is that the city takes the lowest bidder in a lot of the newer buildings, and the building that I work in is breaking down left and right. The building was erected maybe two or three years ago, so they're finding leaks in certain places and the railings on the staircases are falling off.

Everaldo Benros



I think that when asbestos is found, they have to take serious action, but I don't know if anybody has actually been harmed by asbestos. I really don't know. From this point on, I think they have to take whatever action they have to take, no matter how much it costs.

Steve Bornemann



It depends on what area because it's also about the environment and the people in the neighborhood. Public schools also scare me because of the way they're built because the doors and windows are always locked. So in case of an emergency, it always scared me over how we are going to get out because it would take time to unlock the chains or the doors or windows.

Anja Cabrera

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“Fair @ the Square” Promises Family Fun

By JUSTIN MCCALLUM

If you're looking for an excuse to enjoy the budding trees and warming temperatures, there is none better than the 6th annual “Fair @ the Square” on Saturday, May 10.

At the helm of organizing the day filled with food, shopping, music, and family-friendly games, is Lisa Sorin, executive director of the Westchester Square Business Improvement District. Despite its six years, Sorin remains astonished by all it has to offer. “I'm amazed by the amount of color, flavor and people that Westchester Square has to offer,” Sorin told the *Norwood News*.

After modest beginnings six years ago, having started as a Westchester Square Merchants Association, Sorin emphasized that the festival has grown in success and number. It's mainly from the BID's marketing strategy, adopting an aggressive media push (the *Norwood News* is one of several proud sponsors) to get the word out.

It's also helped by the formation of the BID, legally recognized by the city in March 2012 after several years of merchant organizing by BID stakeholders. The fruits of the BID's labor have paid off successfully. Because of that, the BID has added more special events, though “Fair @ the Square” certainly remains the marquee venue.

Talk of the fair continues to stir around the Westchester Square neighborhood as the venue date approaches, with



Photo courtesy Westchester Square Business Improvement District

A LOOK AT last year's “Fair @ the Square,” where good, clean fun drew thousands to the Westchester Square neighborhood.

plenty of merchants allocating space to showcase their goods, knickknacks and services.

“The phone has been ringing off the hook with store owners wanting to participate,” Sorin said, indicating a new feel this year for the community, having secured the closure of streets to ensure a safe family environment. “It's more about the participation. The businesses have always sat back and enjoyed the crowds that

come through, but this year we were able to secure Lane Avenue! We haven't been able to do that before.”

Chairman of the BID and local business owner John Bonizio, owner of MetroOptics, said the recently renovated Owen Dolen Park enhances this year's “Fair @ the Square,” especially after rain last year. “The first four years, the Owen Dolen Park was closed down for renovation,” said Bonizio. “And this will be the

second year where that's open for people to enjoy, with a bunch of events for kids.”

The fair is certainly a sight to see. With streets closed to vehicular traffic along Westchester and East Tremont avenues, thousands of people are often seen browsing, shopping and gazing at plenty of attractions.

Envisioned by Margaret Arrighi as a way to pump up merchant association and commercial strip participation in the northeast Bronx, “Fair @ the Square” draws 3,000 to 5,000 people to the venue. Guests can stop by to see some kid-friendly performances or more contemporary artists at a separate stage. The fair is an all-day event, serving as a two-fold experience—promotion of what the BID's over 150 stores have to offer, and a chance for families to kick back and enjoy a spring weekend.

“It's about the community, and as a BID, it's about elevating my merchants and bringing awareness to the amazing offerings of Westchester,” Sorin said. “I'm really excited about it because I believe so much in this community.”

Festivities run from 11 a.m. to 6 p.m., rain or shine, and feature raffles, games, a spaghetti eating competition, outdoor shopping, comedy acts, and all-day concert series with headliners freestyle musician Coro and Grammy-award winning Salsa artist Ray de la Paz, as well as an entire kids performance stage.

To learn more about the Westchester Square BID, turn to the *Norwood News'* Business Beat section on page 8.

New CB7 District Manager on the Job

(continued from page 1)

tween, working with city agencies to help resolve community issues. The DM post is a paid position, where guidance is offered by the board members and chairperson. Those jobs are unpaid, offering a dynamic system of checks and balances.

“Most importantly, district managers must be strong, vocal and effective advocates on behalf of the entire community and I am honored that my colleagues have given me the opportunity to prove myself in this capacity,” said Engelken.

Community Board 7 serves the neighborhoods of Bedford Park, Fordham, Kingsbridge Heights, Norwood, and University Heights. Turnout at each meeting is very strong, given each neighborhood's strong history with civic engagement.

Tom Lucania of the Bronx Borough President's Community Boards Unit and Legislative Affairs Office had filled the role as interim district manager during a search by the Board's personnel committee.

“Congratulations,” exclaimed CB7 chairwoman Adaline Walker-Santiago with a squeal. “I'm so excited - we have our new district manager!” She later told Engelken how glad she was to work with him starting May 12.

The decision came after over a half hour of closed room deliberation by the executive committee. Walker-Santiago said the time was spent explaining the election process and distributing Engelken's resume. Following the decision, the board lauded their new DM for his commitment to the community.

“We spent most of our executive meeting discussing how phenomenal he was,” said Walker-Santiago.

A Sound History of Service

Engelken, a 10-year Bronxite who recently moved to Bedford Park with his wife and baby girl, first came to

the borough from a small town in central Kansas. Transferring to Manhattan College in Riverdale his sophomore year, he said that he “really fell in love with the community and has never left since.”

After moving to the borough, Engelken said what fueled his civil service drive was working at Councilwoman Annabel Palma's district office in Soundview.

“I was originally hired as a constituent liaison, which overlaps with work at the community board, dealing first-hand with members of the community, interacting with New York City government,” Engelken said. “I really got to know a lot of different perspectives, got much deeper knowledge of the issues community members were facing and government officials were presenting. Through that experience, I got to learn all aspects of government and how it interacts with its citizens.”

Engelken, who resigned as the Director of Government Relations and Lobbying Compliance for Manhattan-based consulting firm Mercury LLC to take on the role of DM, added that his natural inclination to negotiate will be a strong asset at CB7.

“First and foremost I consider myself a consensus builder. That's who I am as a person and a professional,” said Engelken. “So I have always found ways to work with people who have diverse interests.”

Looking Ahead

Although he hasn't even moved into his office yet, Engelken is thrilled to begin working for the community on a variety of issues.

“As a resident of CB7, I'm interested in a lot of the things that go on. But it's a very unique time in Board 7 in that we have the Kingsbridge Armory moving forward, we have the massive rezoning of Webster Avenue, so there's a lot of changes on the cusp for the community,” he said. Engelken also noted that, living just a block away from Webster Avenue, he has a “vest-



Photo by Justin McCallum

DUSTIN ENGELKEN accepts the job as district manager of Community Board 7, standing alongside his wife and baby girl.

ed interest in knowing what's going on and positively effecting that.”

Walker-Santiago said she already has big plans for her new DM, including sit-downs with city officials as well as local cultural institutions including Montefiore Medical Center and the New York Botanical Garden. “We're even talking about getting into his car and driving all around the neighborhood, finding all the problems we want to fix,” she added.

Engelken told the *Norwood News* that he will work with local stakeholders and businesses to get “the development that our community deserves.”

Spring EGG HUNT At the Oval



Hundreds of kids hopped to the Williamsbridge Oval on Saturday, April 19th for the first-ever Spring Egg Hunt presented by the New York City Parks Department, with big help from Oval Rec Center Manager Karen Pedrosa and her team, and the Friends of the Williamsbridge Oval. The Jerome-Gun Hill Business Improvement District and the Mosholu Preservation Corporation sponsored the big event where music, face painting and other neat attractions were in store for kids. Photos by Adi Talwar

- 1** These kids line the perimeter of the Oval's football field, standing by for the start of the Spring Egg Hunt.
- 2** The hunt is on! With baskets in hand and more energy than a grownup, these kids dart across Williamsbridge Oval for some plastic eggs filled with the sweet stuff.
- 3** This professional face painter, Stephanie Rodriguez, dabs a new look to one of the neighborhood kids, with several eager kids standing by.

- 4** Keeping her eye on the ball, this young neighbor under-hands a ball that could win her a big prize at the Spring Egg Hunt. She gets some help from Sarah Bishow, the Oval Rec Center's Deputy Manager.
- 5** These kids dance to the musical stylings of DJ Krazy Rob at the Spring Egg Hunt.



JEROME-GUN HILL
Business Improvement District

Public Access to Reservoir Could Go Into Next Decade

(continued from page 1)

program, the report said that pedestrians would be allowed on the perimeter path at designated times, families could attend educational programs about the reservoir, and there would be a community day featuring tours and picnics. After reviewing these events, access would be considered. The estimated launch for the pilot was 2013, the year the plant would be operational.

As the CWFP nears its new end-date in 2015, Fanuzzi said they assumed that the pilot program would be following shortly after. "The expectation was to see the inner road and create a dialogue for what would be permissible for community access," Fanuzzi said. "It was very exciting and we wanted to start early."

When Fanuzzi asked about a timeline, Deputy Commissioner James Roberts, who led the December tour, outlined what work remained. Fanuzzi said Roberts outlined a project that includes east wall repair, interior wall repair, replacement of perimeter paths, and fence improvements. As a result, there will be no pilot program for public access in the near future.

"He was just laying out the work they had to do," Fanuzzi said. "I don't know if he understood the implications of saying that. It was more to say, 'Don't even think about getting in here.' What became clear is that there was a major capital project looming between the completion of the water plant and the public's access, and it was not included in the public access report."

Further Delays

There are deeper implications to the reservoir work, mainly the start date of another recently-announced phase for the reservoir called "Water for the Future." This plan involves the integration of the Catskill and Delaware water system to the filtration plant.

As part of the diversion, and eventual replacement of the Catskills/Delaware water system, constant testing of the reservoir would be regularly scheduled once the capital project is completed, Fanuzzi learned. Details of this testing are expected to be presented to the FMC at its May 27 meeting.

"The testing of the Cat/Del will take us into the next decade," Fanuzzi said. "DEP presented this in only an anecdotal way so far. My impression was that the lining of the reservoir would come first, then the testing would come second. All this came of the walk-through: two projects that were not covered in the access report."

Details of the reservoir repairs have yet to be formally released.

Greater Divide

Distrust against the DEP runs rampant in the neighborhoods surrounding the plant and reservoir. Gary Axelbank, Riverdale resident and longtime opponent of the plant, said that this capital project raises two disturbing questions. "When did they know this work had to be done?" Axelbank said. "Either they knew about it before, and didn't disclose it, or, even more negligently, they were not aware of it and didn't check the state of the reservoir this whole time."

Fanuzzi said he thinks the latter; they were unaware of the work that needed to be done. Community members want to know why the reservoir wasn't repaired simultaneously with the plant's construction. The explanation could be that DEP didn't know about it, according to Axelbank and Fanuzzi.

"Roberts sounded like they did not have plans on the drawing board yet," Fanuzzi said. "It's major work, and it may have snuck up on them. To me, this is an unfortunate end and an unnecessary delay, if that work could have been done simultaneously."

Fanuzzi doesn't doubt that the repairs to the reservoir are necessary. But the addition of a new project would further delay the Cat/Del testing, which had pushed public access to approximately 2022, according to Fanuzzi and Axelbank. The new work is stacking on top of each other, "moving the goal posts," Fanuzzi said. Now, Bronx residents cannot be sure when, if ever, they will be allowed back into the reservoir.

An Unclear Future

The DEP would not comment on the status or timetable of the capital project. Through DEP spokesperson Christopher Gilbride, "The upgrades to Jerome Park Reservoir are an important step towards activating the Croton Filtration Plant, which will ensure that DEP is able to continue to deliver high quality drinking water to more than half the state's population. In addition, the security measures at Jerome Park can reassure New Yorkers that the water that comes out of their taps is safe to drink."

Karen Argenti, another longtime activist said, at the December FMC meeting, that the capital project was another stalling tactic to keep the public out of the reservoir. Axelbank said the DEP should present the project to the public, or suspicions will continue to grow.

"I'm sure there will be questions about why it wasn't included in the public access report or part of the filtration plant construction itself," Fanuzzi said. "I don't know why they haven't announced it yet. This is big. I wish they would. I think the community has endured enough."

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Business Beat

Hip to Be at The Square

By DAVID CRUZ

When Lisa Sorin was asked what the biggest benefit is for the Westchester Square Business Improvement District, she touched on its location. Lying on the outskirts of the Hutchinson Metro Center campus and so-called “Medical Mile,” customers regularly flock to the BID for its services. Visits are easy, thanks to the area’s nexus of public transit.

The BID’s biggest migraine? Location.

But Sorin, the BID’s executive director, shrugs off any challenges by embracing them. She’s been searching to determine how the youngest BID can co-exist with surrounding competition. She’s looking inward, seeing the many benefits that can turn the BID into a major attraction in the east Bronx.

Finding Its Way

The BID was legally established in March 2012, making it the newest BID in the borough. Forming a cone-shaped district that begins on Westchester and East Tremont avenues, the BID stretches to Williamsbridge Road and Lurting Avenue. The BID may be two years old but Sorin is already thinking years ahead, projecting a profitable outcome, thanks to data gathering and a propensity to home in on the BID’s services.

“This should be a place where we cater to a very distinct audience of downtown main street, the little suburb in the Bronx,” said Sorin, a personable BID manager akin to the familiar, loyal face seen in the neighborhood. She’s the person likely to speak to a fellow neighbor while waiting at the checkout aisle. She’s likely done it before. After all, she’s a BID shopper.

“Walgreen’s, of course, is top of my list,” said Sorin. “ABC covers all my knickknacks and week to week the [Key Food] is probably where I do 80 percent of all my shopping.”

Business matters are nothing new for Sorin. After working at a waste management firm, Sorin served as the first female president of the Bronx Chamber of Commerce, the go-to group for business matters.

A Neighborhood BID

Indeed, a neighborly feel sweeps Westchester Square, home to 156 stores from both the independent and big chain level. Property managers, 57 in all, agreed to pay the BID’s assessment fees following five years of persistence by merchant stakeholders.

“BIDs give a sense of ownership, and instead of working with the bureaucracy of the entire borough, owners have somewhere to go” said Sorin. She largely credits small business mogul John Bonizio, owner of the BID’s MetroOptics eyeglass clinic, for convincing property owners to give the BID its blessing.

“John Bonizio is the passion,” said Sorin. “[He’s] the voice, the ‘I’m not giving up, to hell with everybody else. We got this. We can make this into something.’ He’s loyal, he’s passionate, he’s infectious.”

Bonizio teamed with fellow merchant Joe Regina, employed with The Bronx Chamber of Commerce, to work the phones and sort through the paperwork. The work paid off—Bonizio now serves as the BID’s chair. With an established



Photos by Adi Talwar

LISA SORIN serves as the executive director of the Westchester Square BID (pictured below), home to over 150 businesses.

BID, perks such as daily sanitation cleanup, marketing services, and special events have been incorporated, serving as tools to lure the 80,000 daily passersby into BID stores.

Gathering Intel

Sorin has begun a data collection blitz, learning the needs and wants of the BID to help refine its identity. She lucked out through a retail attraction grant from the city’s Small Business Services, used to craft a survey in search of that want.

Results showed specialty and children’s stores were in order for families. Sit down eateries are also in demand, according to Sorin. Makes sense, given the thousands of hospital employees along Medical Mile who work just a stone’s throw from the BID.

Restaurants, Sorin believes, can help distinguish the BID. Two new restaurants are slated to open its doors, complementing Kai Sushi Asian Fusion, a revamped eatery that opened in January.

Historical Location

History breathes in the BID. Sorin prides herself on this, recounting how soldiers under George Washington held the fort by nearby Westchester Creek, back then surrounded by farmland, during a key battle in the Revolutionary War. To Sorin, the battle exudes the neighborhood’s relevance. “The great last line within the Bronx Historical Society page was some people can actually say that Westchester Square helped keep the independence of America,” she said.

It’s a battle that eventually paved the way for commercial vitality.

At the epicenter of the BID is Owen Dolen Park, a dis-

amond-shaped green space recently spruced up, thanks to \$5 million earmarked from Councilman Jimmy Vacca and Borough President Ruben Diaz Jr. The park has been central to some of the BID’s special events, including “Fair @ the Square,” deemed the most high-profile venue. (See full story on page 5.)

“On a sunny day, 5,000-plus people can walk through here with the fair,” said Sorin.

But neighborhood demographics have also molded some of the BID’s events. The “United Nations,” as Sorin nicknames the neighborhood within the BID, inspired the first Bollywood event. The end results translated to greater exposure in a BID.

Outside Competition

And though the BID draws its profit from its consistent foot traffic, a major transportation hub, and neighborhood fixtures, major conglomerates have been settling just near the BID’s borders, jeopardizing momentum. In the southeast, a Target retail store and an outlet mall akin to a Woodbury Common is under construction. To the north, Bay Plaza Mall enters its last phase of expansion, slated to include a Macy’s department store.

Being sandwiched between powerhouse retailers can appear overwhelming, but Sorin has been in the business world long enough to see resolutions ahead. “Our target audience is not those who go to Target or Macy’s,” said Sorin. “Our target audience is people who can take a stroll down a wonderful street, have what they need to shop.”

The challenge is just one aspect to Sorin’s hectic schedule, also juggling several board of directors seats. Should the dust settle, Sorin hopes for some downtime.

“Hopefully,” she said, chuckling.



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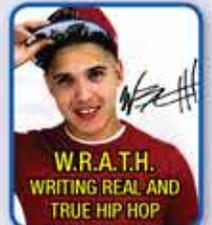
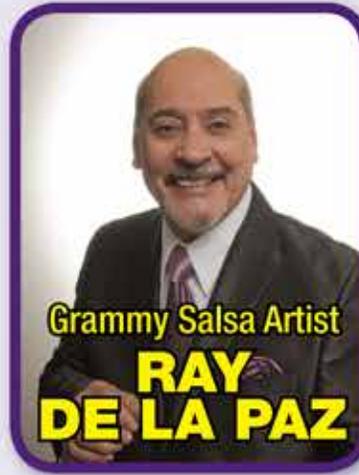
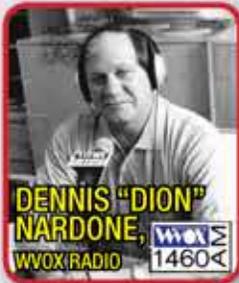
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Vital Stats

A Symposium on Sleep

By DAVID CRUZ

Whether one is a morning person or a night owl, proper sleep is what the doctor orders. Should even several hours be missed, particularly for night shift employees, the results can be fatal.

It proved to be the case in the Metro-North crash in Spuyten Duyvil last year, when the train conductor dozed off, causing the train to increase speed at 80mph. The speed caused the train to derail, killing four passengers. The year before, a sleep deprived bus driver caused a crash on the Bronx I-95 that killed 15 passengers. The common thread—sleep deprivation among shift workers. The subject will be explored at a sleep symposium hosted by Montefiore Medical Center (MMC) on May 12.

“People who have chronic or disturbed sleep, ... and are trying to do shift work, are going to be doubly affected in terms of fatigue and tiredness as a result,” said Dr. Michael Thorpy, head of MMC’s Sleep-Wake Disorders Center. Thorpy is a lead sleep expert, author of several books on sleep disorders and a practitioner at MMC for over 30 years. He manages the sleep center at Montefiore, helping the weary address their sleep problems through a team of doctors. They include two physicians, two psychiatrists and 10 technicians who oversee sleep studies run by the clinic.

Thorpy will be one of seven speakers at the forum entitled “The Impact of Circadian Disruption on Shift Workers, Healthcare and Disease,” offering insight into the power of rest. Topics will also touch on issues of jet lag and lack of sleep for shift workers, a class of workers who often work odd hours.



File Photo

A SLEEP DISORDER was one of the leading causes behind the fatal Metro-North train crash in Spuyten Duyvil.

A Vulnerable Population

Many shift workers are classified as those who often work at night. But it also affects those who either wake up before 6:30 a.m. or begin work after 4:30 p.m. Odd hour workers typically experience disturbed circadian rhythms—a physiological system within the body that cues one’s natural sleep schedule. Should a job interfere with someone’s propensity to sleep at a certain time, an employee is likely to develop Shift Work Disorder. Night workers are mainly affected, though those who operate machinery, such as vehicles or train cars could potentially cause a fatal accident.

“The important thing is to bring to people’s recognition the importance of circadian rhythms, how they affect their alertness and the importance of getting good sleep,” said Thorpy, adding that “shift work has an impact on a person in terms of their overall health.” Prolonged disruption

could result in weight gain, inability to think at a normal rate and various types of cancers, according to the doctor.

Teens, Sleep and Technology

Lack of sleep is not limited to shift workers. Sleep is just as important for teenagers still tuning up their internal clocks. Functional teenagers usually sleep for 10 hours, though widespread use of tech gadgets have distracted teens from acquiring the healthy amount of sleep, said Thorpy. “If they’re using their cell phones or are on the computer at night or listening to music, whether on iPhones or iPods, it affects the quality of their sleep. And the more tired and fatigued they are is actually affecting grades in children,” he said.

Solutions

Regaining the ability to fall asleep boils down to simply maintaining a consistent sleep routine, said Thorpy. Avoiding alcohol, nicotine, and large meals before bed can often prevent any form of restlessness, he added.

Winding down also helps. Those more predisposed to a normal sleep regimen will often utilize downtime to feel relaxed, which ultimately leads to a good night’s rest.

For shift workers, Thorpy recommends BluBlocker sunglasses on the ride back home. The idea is to limit the amount of sunlight since it’s considered a stimulator for the body and thus will disrupt the ability to go to sleep. Other recommendations include falling into a proper sleep schedule that remains virtually steady.

Further techniques can be learned at the symposium on Monday, May 12 from 1 to 6 p.m. at MMC’s Cherkasky auditorium at 111 E. 210th St.

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The Norwood News has some exclusive stories that can only be found online at www.norwoodnews.org. Check out the site and send thoughts and comments to dcruz@norwoodnews.org.

KLEIN STARTS RE-ELECTION BID



Photo by David Cruz

STATE SENATOR Jeff Klein has launched his re-election campaign against any would-be contenders. Find out who's ready to back Klein in any potential race and learn what his potential opponent, former Councilman Oliver Koppell thinks of the Independent Democratic Conference president.

KINGSBRIDGE SCHOOL GOES GREEN



Photo by Paolo Mossetti

TIRED OF SEEING students ignore where grown food actually comes from? Learn about how one school is teaching its students to go green. See how the renovated space will teach students how to grow and eat organic food, understand how plant life works and even look after a chicken coop.

PASSION OF THE CHRIST RE-ENACTMENT



Photo by David Cruz

EVERY YEAR, on Good Friday, hundreds take part in a procession where actors portraying Roman soldiers and a bloodied Jesus Christ march from Webster Avenue and along East 204th Street. It's a long-standing tradition by St. Brendan's Church in Norwood. Find out more about this special event.

STATUE OF "TOMORROW" UNVEILED



Photo by Chelsea George

"TOMORROW" IS HERE today, and it can be seen within the Fordham Road Business Improvement District. The statue dubbed "Tomorrow" is surely a sight to see. Read all about where it can be found and what the true message is behind the enormous piece of art.

CONCOURSE HOME TO SLOW ZONES



Photo courtesy City Department of Transportation

THE GRAND CONCOURSE, which cuts along the west Bronx, is known for its lengthy list of accidents, which often resulted in pedestrian deaths. Learn more about the new anti-speed measures just rolled out by city officials.

47TH PRECINCT HONORS ITS OFFICERS



Photo courtesy NYPD

ON APRIL 23, at its annual Fellowship Breakfast, the 47th Precinct Community Council celebrated some of Four-Seven's outstanding officers, civilians and high-ranking NYPD officials. Read how the ceremony saluted those who offered outstanding service to the community.

Out & About

Compiled by JUDY NOY

Onstage

■ Lehman Center for the Performing Arts, 250 Bedford Pk. Blvd. W. presents **The Bronx Opera Company**, performing Verdi's "La Traviata," May 9 and 10 at 7:30 p.m., in the Lovinger Theatre (tickets are \$25 to \$40); and **José Feliciano**, May 10 at 8 p.m. (tickets are \$25 to \$45); and free events: **Lehman Jazz Combos**, May 2 at 12:30 p.m., in the Music

Building's Hearth Room; **Lehman College & Community Chorus and Lehman Symphony Orchestra**, spring concert, May 4 at 2:30 p.m., in the Concert Hall; **Student Recital**, May 5 at 12:30 p.m., in the Music Building's Recital Hall; **Lehman Latin Jazz Ensemble**, performing salsa, May 6 at 4:30 p.m., in the Music Building's Hearth Room; **The Met: Live in HD**, May 10 at 12:55 p.m., in the Lovinger Theatre; and **Senior Recital**, featuring

classical choral works, May 14 at 7 p.m., in the Music Building's Recital Hall. Program is subject to change. For more information or for special discounts, call (718) 960-8833.

■ The Bronx Library Center, 310 E. Kingsbridge Rd., presents **South African Harlem Voices (SAHAVO)**, May 3; and a **Doo Wop Concert**, with the NY Exceptions, May 10; both at 2:30 p.m. For more information, call (718) 579-4244/46/57 or visit www.nypl.org.

■ The Mosholu Library, 285 E. 205th St., presents percussionist/vocalist **Valerie Naranjo**, May 10 at 2 p.m. For more information, call (718) 882-8239.

Events

■ The public is invited to the Community Board Athletic Leadership League (**C-Ball**) free event, May 3 at Lehman High School, 3000 Tremont Ave., featuring NYS Courts vs. Bronx Celebrities. Activities include a preregistered youth clinic at 11 a.m. with a female game at 1:30 p.m. and male game at 3 p.m. Also featured will be live DJ, celebrity guest, and give-a-ways. For more information, call (718) 583-7017 ext. 150.

■ Bronx Food and Farm Tours presents **Bronx 100 Tour**, May 10, to celebrate the borough's 100th anniversary. Visit

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EDITOR'S PICK

"Fair @ the Square"

The public is invited to the Westchester Square Merchants Association's 6th annual "Fair @ the Square," May 10 from 11 a.m. to 6 p.m., rain or shine, between Westchester and St. Raymonds avenues. Events include kids games and activities, health screenings, spaghetti eating contest, art exhibits, a variety of foods and vendors, concert series, as well as numerous live performances. (See story on page 5.) For more information, call (718) 543-8672.

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Se Habla Español

Tawqa Community Farm and The Point. Registration is required. Tickets are \$30 (under 12 rides free). For more information or to RSVP, call (718) 817-8026.

■ Wave Hill, a Bronx oasis at 675 W. 252nd St. in Riverdale, offers **Family Arts Projects**: Tree House Parlor, to make a small dwelling with natural decorations and pictures, May 3 and 4; and Sachets and Floral Fantasy for Mom, to make gifts for mom with natural materials, May 10 and 11; both in WH House from 10 a.m. to 1 p.m. For more information and a schedule of events, call (718) 549-3200.

Library Events

■ The Bronx Library Center, 310 E. Kingsbridge Rd., presents programs for adults including: **MS Word for Beginners**: May 6 at 2 p.m.; **Have a Question About the Common Core?**: May 8 at 6 p.m.; **Highlights of Bronx History**: by Bronx borough historian Lloyd Ultan, May 12 at 6 p.m.; **History Through Hats**: 2-hour history of hats followed by creating your own with various materials, May 15 at 11 a.m.; and **Computers for Beginners**: May 15 at 2 p.m. Children can enjoy **Preschool Story Time at 11 a.m.**: May 1, 8 and 15; **Toddler Play Time at noon**: May 1, 8 and 15; **Family Time**: May 10 at 4 p.m.; **Whale Book Making**: May 1 at 4 p.m.; and **Stick People Making**: May 15 at 4 p.m. For more information, call (718) 579-

4244/46/57 or visit www.nypl.org.

■ The Mosholu Library, 285 E. 205th St., offers for seniors and adults: **Knitting Circle**: Thursdays at 3 p.m.; **Wii Program**: Tuesdays at 3 p.m.; and **film**: "Grudge Match," May 5 at 4:30 p.m. Children can enjoy **Toddler Story Time at 10:30 a.m.**: (ages 18 to 36 months), May 1, 8 and 15; and **Bilingual Birdies at 11 a.m.**: French (ages through 12 years), featuring music, puppets, games, and ending with bubble dance party, May 6 and 13. Foreigners can attend **English Conversation Program**: (intermediate level, free), Tuesdays 6:30 to 8 p.m., May 6, 13, 20 and 27. For more information, call (718) 882-8239.

■ The Jerome Park Library, 118 Eames Place (near Kingsbridge Road), offers for kids: **Chess Program at 4 p.m.**: (ages 5 to 12), May 1 and 15; **Active Health at 4 p.m.**: (ages 5 to 12), yoga and zumba, May 2 and 9; and **Toddler Story Time at 11 a.m.**: (ages 18 to 36 months), May 7 and 14. For adults: **Computer Basics Open Lab at noon**: May 1, 6, 8, 13 and 15. For teens/young adults: **film**: May 15 at 3:30 p.m. For more information, call (718) 549-5200.

HAPPY MOTHER'S DAY TO ALL OUR MOM READERS!

NOTE: *Items for consideration may be mailed to our office or sent to norwoodnews@norwoodnews.org, and should be received by May 5 for the next publication date of May 15.*

Neighborhood Notes

Job Fair

Job seekers are invited to a job fair on May 8 from 10 a.m. to 2 p.m. at the Police Athletic League (PAL), 2255 Webster Ave. Bring resumes and dress in business attire. Meet employers who are ready to hire. For more information, call (718) 933-2034.

Keeping Fit for Seniors

CityParks Seniors Fitness offers free tennis lessons, yoga, and fitness walking to seniors 60 and over through June 20, at Pelham Bay Park, Soundview Park and Van Cortlandt Park. For more information and a detailed schedule, call (718) 760-6999.

NYPD Career Day

The NYPD will host its annual Career Day on Saturday, May 3 from 11 a.m. to 4 p.m. at Lafayette High School, 2630 Benson Ave., Brooklyn. Bring your resume for positions not requiring an entry exam. For more information, call 212-RECRUIT.

MMC Seeks Volunteers

Montefiore Medical Center offers volunteer opportunities in both patient and non-patient settings for those ages 16 and over, willing to donate a few hours. In-person interviews are required and are by appointment only. All volunteers are screened and trained. For more information including requirements, call (718) 920-4321.

MetroCard Vans

MetroCard vans will be making stops

on the second and fourth Friday of each month at Fordham Road and the Grand Concourse from noon to 2 p.m.; and Fordham Plaza from 2:30 to 4 p.m. Seniors with photo ID may apply for reduced fare cards and others may add value or purchase cards. For more information, call (212) METRO-CARD or visit www.mta.info.

Summer Camp Applications

The Fresh Air Fund is accepting applications for its free 2014 summer camp program for eligible children ages 6 to 12 for the Volunteer Host Family Program, and ages 8 to 15 for the camping program in Fishkill, NY. For more information, call (800) 367-0003 or go online to www.freshair.org.

Registration is open for summer day camp at the Kingsbridge Heights Community Center, 3101 Kingsbridge Terrace. For more information, call Marlene Delgado at (718) 884-0700 ext. 168 or visit www.khcc.org.

NYPD Summer Youth Academy

Registration is open for the NYPD Summer Youth Academy. Deadline is June 27. Call your local police department for more information.

For more Neighborhood Notes online, go to www.norwoodnews.org and click on "Neighborhood Notes."

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