Exploring Our Parks

Through New Visitors Center, Poe Park Expands Programs

By CHLOE RICKERT

Ed. Note: This is the first in a series of stories exploring what’s going on in our local parks.

After months of construction, renovations, waiting and uncertainty, the transformation at Edgar Allan Poe Park is now complete. The result is a Kingsbridge Heights-area space transformed into a bustling, kid-friendly destination spot with a busy playground, a refurbished historical landmark and an open visitors center.

Run by two paid staff members, a community associate and a playground associate, the visitors center is a recent addition, but the small yet enthusiastic team is not wasting any time.

The “Raven”-themed building already holds Tuesday morning story time at 10 a.m. and daycare at 11 a.m. It will soon have yoga for beginners on Thursday and Friday mornings. Community Associate Lucy Aponte said they are still planning for more programming at the center, but already had many exciting events arranged for the summer, including a women’s empowerment workshop and a puppet show and puppet-making workshop.

Espaillat Cries Foul, Clouding Election Result

By ALEX KRATZ

On primary election night two weeks ago, Adriano Espaillat, a state senator looking to become the first Dominican-born member of Congress, thanked his supporters and acknowledged that they had fallen just short of defeating longtime incumbent Charlie Rangel for the new 13th Congressional District seat, which now includes a piece of the northwest Bronx.

As the Board of Election continued to tally votes the next day, however, Rangel’s lead narrowed significantly. It eventually dropped to 820 votes or about 2 percent of the total vote. On top of the new numbers, Espaillat’s camp says it began hearing reports of voter suppression and irregularities in the vote count.

Last week, seven days after conceding, Espaillat filed a lawsuit against the Board of Elections calling on an outside monitor to oversee the final vote count and secure the ballots in case a recount was needed. A judge ultimately ordered the BOE to retain copies of all the ballots and said the court would have to certify election results before they were sent to the state Board of Elections. That certification would not take place until at least Wednesday, July 11, after the Norwood News went to press.

For the time being, we don’t have an official winner. According to an unofficial tally on primary night, the Board

Church Wins Legal Battle With DOE

By ALEX KRATZ

This time, the Bronx Household of Faith prevailed.

In the latest round of a drawn-out legal fight between the University Heights-based church and the city’s Department of Education, a judge ruled that Bronx Household of Faith — and some 60 other churches and religious groups citywide — can continue worshipping inside public school buildings during off hours.

The Alliance Defense Fund, which has represented Bronx Household in its fight with the DOE since 1995, hailed the ruling as a victory for churches and the communities they serve.

“Churches that have been helping communities for years can continue to offer the hope that empty buildings can’t,” said Jordan Lorence, the ADF lawyer who argued the case, after the ruling.

City lawyers representing the DOE said it would appeal the ruling and that it was a blow to the city’s efforts to avoid the appearance of endorsing a certain religion.
Church Wins Legal Battle With DOE

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“The Department of Education intends to appeal to the Second Circuit Court of Appeals immediately given the Department’s legitimate concerns about appearing to endorse religion by permitting religious worship in school buildings,” said Jonathan Pines, the deputy chief of the city law department’s litigation division, in a statement.

Since Bronx Household first challenged the DOE’s policy against allowing churches to worship inside school buildings after hours, the two sides have traded victories.

Since 1995, lawyers for Bronx Household have fought a city rule that excludes churches and other religious groups from worshiping inside schools, saying they should be treated like any other organization that rents space from the Department of Education.

In 2002, after a judge issued a permanent injunction against the DOE’s regulation against worshiping, Bronx Household began using Public School 15 on Andrews Avenue for services. Last summer, however, in a split decision, an appeals court lifted the injunction, saying the DOE’s regulation rightfully protected the separation of church and state.

An appeal of that decision by Bronx Household went all the way to the U.S. Supreme Court, but it declined to hear the case in December, essentially upholding the lower courts ruling in favor of the DOE. It left Bronx Household and other churches scrambling to find new places to worship.

But another appeal by the Alliance Defense Fund, found a sympathetic listener in U.S. District Court Judge Loretta Preska, who issued a temporary restraining order on the city’s policy earlier this year. On Friday, Preska issued a permanent injunction of the policy meaning Bronx Household and some 60 other religious groups and churches, will be allowed to continue worshipping in city schools.

Preska ruled that the DOE’s policy violated the Free Exercise Clause and Establishment Clause in the Constitution. There is no reason to exclude worship services from these empty school buildings, especially when school allows all other community groups to meet,” Lawrence said. “Why exclude churches that are helping their neighbors in so many significant ways?”

The DOE’s lawyers disagreed strongly with Preska’s decision.

Pines said Preska “virtually ignores a Second Circuit appeals court decision, issued one year ago, rejecting the plaintiffs’ Free Speech claims.”

He added that last summer’s decision ‘found that religious organizations had come to ‘dominate’ the public schools where they worshipped, and that the Department of Education had a substantial interest in avoiding the appearance of governmental endorsement of religion.”

Bronx Household is in the processing of constructing its own church across the street from PS 15, but has vowed to continue the fight on principle.

Displaced Tenants File Lawsuit

The displaced tenants of a University Heights building are taking legal action against their landlord, saying the property’s owners should be held responsible for the illegal removal of the building’s fire escapes.

Five tenants from 2400 Webb Ave. appeared at Bronx Housing Court on June 22 to file a Housing Part (HP) action against their landlord Phillip Goldfarb Properties.

“I filed the initial HP action which calls for Goldfarb Properties to address the violations in the building and his response to those violations,” said Michael Staton, a first-floor tenant who helped organize the legal action.

Tenants began organizing shortly after they were evacuated from their apartments on June 5 after it was discovered that the fire escapes were removed from the building without a permit a few days earlier.

Staton appeared in court with a petition he collected from most of the 70 families that were evacuated to go along with the HP action. He told the judge that Goldfarb Properties should correct the apartment building’s conditions and make repairs immediately.

Even if it doesn’t spur any immediate action, he wants their complaints on record.

“We want something down on record that the tenants are taking action,” Staton said. “Up until this time the tenants haven’t filed anything.”

Tenant Toni-Renee Johnson said that she’s hoping this will speed up the process and that families can return to their home soon. “We’re actually filing this order [so that] we can make sure the management doesn’t drag their feet,” she said.

The evening before their appearance in court, Staton said the Fire Department partially rescinded the vacate order to allow all of the first floor tenants as well as apartment 2G and 2H to return.

Staton said he received a call from the management office of Webb Avenue Company LLC on Tuesday evening saying that he could reoccupy his apartment on the following day.

Tenants were scheduled to appear in court again in July.

Goldfarb Properties declined to comment.

—JALEESA BAULKMAN

MEMBERS OF Bronx Household of Faith have held worship services inside PS 15 in University Heights for the past 10 years.

Follow the Norwood News on Facebook and @norwoodnews on Twitter
By Tatyana Turner

The night before Halloween in 2005, Joseph Padro was preparing for a party at his grand-
mother’s house in the Mott Haven section of the Bronx. He knew something was wrong when his grandmother sat him down on the couch and told him the news: his father had been fatally shot.

Joseph is one of the many teens who have lost loved ones in the Bronx due to gun violence. Even though the city heralds a historic decline in crime since the late 1990s and the early 2000s, the Bronx still remains the most violent borough when it comes to murders, according to New York Police Department statistics.

Many teens like Joseph are living with the consequences. “I met five of my best friends in high school and all of them have lost their fathers [to violence],” he said.

In the Bronx, violent crime has become the norm, especially for teenagers, he said. During the late evening hours on Oct. 30, 2005, two teens decided to play a traditional Halloween prank, to egg cars around the neighborhood. When the mess landed on Joseph’s father’s car, he asked the teens to clean up the damage. An argument broke out after the teens refused to clean the car. Minutes later, one of them pulled out a gun and fatally shot Joseph’s father.

The perpetrators, Jeffery Ivey, who was 17 at the time, and Erik Fuller, who was 15, were both charged as adults and convicted of second degree murder. They were sentenced to five years to life and both are imprisoned upstate. “Personally I don’t believe that people real-

(continued on p. 5)

Bronx Youth Feel the Effects of Teen Violence

BY TATYANA TURNER

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mother’s house in the Mott Haven section of the Bronx. He knew something was wrong when his grandmother sat him down on the couch and told him the news: his father had been fatally shot.

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(continued on p. 5)

Inquiring Photographer: Teens on the Job Hunt

BY PATIENCE COURNOO

We asked teens in the Bronx if they had summer job plans this year. Here’s what a few of them had to say.

“I am looking for a summer job, but I have academic programs to ful-
fill. However, if I had a summer job, I would save money for a car and some for myself.”

Elissa Reeves, high school junior

“I will be working as a camp counselor this summer. It will be a great experience, and I love the out-
doors.”

Kristina Colon, high school junior

“Last year I got a summer job through Summer Youth Employment, and I made a lot of money. I put some in a bank for col-
lege. This year with the money I make I will help my mother pay some bills.”

Bryan Andrade, high school junior

Studies at Lehman College, has applied to the Summer Youth Employment for the past two years but has not been chosen. Because of budget cuts, the program is only able to accept 23.2 percent of applicants.

“It’s frustrating that the applicants are so randomly chosen because no other job wants to hire such a young person, and Summer Youth isn’t helping me either,” Ralphy said.

City Teens Struggle to Find Summer Jobs

BY IVETTE GUIRACHOCHA

Ivette Guirachocha, a 16-year-old at DeWitt Clinton High School, has been working for the past few months at a store selling uniforms for private and Catholic schools. She is the youngest in her family and along with her five siblings, she works to help her mom pay the bills. Despite being a teenager in high school, Ivette likes working because it gives her a chance to be independent.

Many teenagers in high school like Ivette are interested in working during summer vacation or the school year to gain a sense of independence, and to feel more experienced when they go off to college. Others want to get out of the house and make money to buy the things that their parents won’t. But teenagers are finding it challenging to find a good job, and many say they end up doing things that they don’t enjoy just for the money.

“It’s honestly unfair because parents want kids out of the house and trying to take responsibility for what’s theirs, but jobs just don’t even call back,” said high school student John Ferrante.

“This was my first job and I thought it was easy,” he said. “I made good money, and that’s what counts,” he said.

While many high school students would love the opportunity to work during the school year, after searching for jobs and being shut down so many times, a lot of them simply give up. Although Ivette has a job, she agrees that finding work as a teen is hard.

“It’s only easy to find a job if you know the right people,” she said.

Raquel Santiago, a 14-year-old from John F. Kennedy High School, got a job at his local grocery store.

“It wasn’t really hard to find my job because my mom knew the owner, and she only had to talk to him,” he said.

Although most high school students struggle with finding a job during the school year, Summer Youth Employment — a city-run program that sets kids up with jobs during the summer — can be helpful. That’s how Glen Franklin, a 17-year-old from DeWitt Clinton, got a job as a teacher’s assistant last summer. He said he loved his job because it helped him be more productive during the summer and taught him how to “communicate with children, care for them and monitor them.”

“It’s honestly unfair because parents want kids out of the house and trying to take responsibility for what’s theirs, but jobs just don’t even call back.”

High school student John Ferrante

“IT was really easy,” he said. “I had to apply online and that’s it.”

Namizata Kamagate, a student at the Walton High School campus, also got a job through Summer Youth Employment at a daycare.

She is grateful to the program because she wants to be a pediatrician in the future and working with children last summer gave her the much-needed experience that she was looking for.

“It really wasn’t bad pay considering the work was minimal,” she said.

But Summer Youth Employment budget cuts have made it harder for high school students to rely on the program to get jobs. From 2008 to 2012, the program’s funding decreased from $56.5 million to $43.5 million, decreasing the number of students enrolled by 11,176 people.

“It’s a lottery and only a small percent of students get chosen,” said Elizabeth Wilson, who directs the College Now program at Hostos Community College.

Ralph Sanchez, a student at the High School of American Studies at Lehman College, has applied to the Summer Youth Employment for the past two years but has not been chosen.

“Because of budget cuts, the program is only able to accept 23.2 percent of applicants.

“I am looking for a summer job, but I have academic programs to fulfill. However, if I had a summer job, I would save money for a car and some for myself.”

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**Kingsbridge Armory Rink Iced by Teens**

**BY BRANDON ALLEYNE**


While there have been many proposals over the past 20 years for ways to make use of the vacant Kingsbridge Armory, the one concept that seems to be sticking is also the one that is most foreign to Bronx residents: a hockey rink.

Ex-Ranger Mark Messier and Olympic skater Sarah Hughes are the big names attached to a well-funded effort to open an ice skating and competitive hockey complex in the Bronx, to be called the Kingsbridge National Ice Center. But local teens say it is not a good idea.

“I think the rink idea is dumb,” said Stephanie Melendez, 19, a Washington Heights resident. “The only people who would use it live in Manhattan.”

There is currently no ice rink in the Bronx, though there are plans to open one in Van Cortlandt Park.

The hockey complex has backers in high places and would require minimal public funds – two elements that make it an attractive option for the Economic Development Corporation, the city agency that will make the final decision.

The hockey rink undoubtedly brings something new to the Bronx, but opponents and residents are concerned a rink wouldn’t serve the local community.

“They should put something that people from the Bronx would use,” said Luis Carpio, 16, who lives in Riverdale.

The hockey rink proposal serves the community by providing jobs with steady wages, its proponents say. But Bronx teens say they wouldn’t be likely to go there.

“Most people in the Bronx play basketball or baseball, so nobody would use it,” said Jonpaul Ramirez, 16, from the South Bronx.

Fernando Cabrera, the local city councilman who represents the area around the Armory, has also voiced concerns about the ice hockey proposal and says he wants whatever becomes of the Armory to benefit the community.

Recently, officials from the ice center group have stepped up their outreach efforts to Cabrera and Community Board 7, saying they are committed to providing community benefits by building educational programming into their project.

The Kingsbridge Armory Redevelopment Alliance (KARA), a local coalition of community groups, union supporters and clergy, has been advocating for the building to hold something that will benefit Bronx residents.

So far, local groups and residents have voiced their concerns for many of the other previous and current proposals, which have included a mall, school, rock-climbing facility and mega-church. Because of fierce opposition from KARA and Bronx political leaders, the City Council killed a proposal to turn the Armory into a mall in 2009.

The EDC is deciding between the ice center proposal and another proposal by Young Woo & Associates, which wants to transform the Armory into a mixed-use “creative” market that would also include a movie theater, event space and recreational programming.

Both groups say they will pay living wage ($10 an hour plus benefits or $11.50 an hour without) to their employees and will not need taxpayer subsidies to fund their projects.

As of publication, the EDC has not yet announced its selected proposal to fill the building.

When it Comes to Religion and Youth, Room for Debate

**BY TERRANCE WASHINGTON**

With her head down and eyes closed during the temple prayers, Sally Dhanai looks like the model Hindu. But, really, the 17-year-old Norwood resident is thinking during the prayers: “This is long and boring.”

“I honestly, I’m not as religious as my parents,” said Sally, a senior at Bronx Leadership Academy. “When they tell me to do things related to my religion, I just do it.”

Like many teens, Sally differs from her parents when it comes to the religion she was raised in. While some teens decide to follow the beliefs of their families, for others, it can be a source of conflict.

Bronx high school student Ian Pecheeko says being forced to go to church often ends in a fight.

“It’s just like arguments about ‘You have to go, blah blah blah’,” said Ian, regarding the debates between him and his parents. “When the priest comes out and asks for money, you feel pressured to give,” he said. “You feel pressured to do anything.”

Pressure remains a large factor for some teens. Other people reject religion because they find it hypocritical.

“Sometimes people, who are the most religious, are the most judgmental and contradicting,” said Shana Marie, 26, a Bronx resident. But some who say they didn’t find value in religion as a teen, grow up to appreciate it as an adult.

When Joanna Quirindongo was a teen she didn’t understand why she had to attend church. “It’s more of an obligation when you’re young,” she said. Although now, as a 25-year-old teacher, she said she learned a lot from the spiritual aspects of her youth.

To some, religion can act as a pathway to a better overall attitude and value system. A few adults insisted the current teenage generation lacks discipline.

“I feel we’re losing our values, not only in religion but everywhere,” said Bronx resident Rosanna Marte, who was raised Catholic.

Some say that the decision is best to be left to the teens themselves.

“Ultimately it has to be your decision,” said Greg Faulkner, chief of staff for Bronx City Councilman Fernando Cabrera.

“There’s a point where you need to be making your own decisions. For a lot of parents it’s a fear. They are looking for a safe haven for you.”
Mexican Students Fighting Against High Dropout Rates

BY NAYEH YISRAEL

Jessenia Mendez, a junior at High School for Teaching and the Professions in the Bronx, finds it really hard to stay in school. She finds her classes boring and says they are making her lazy.

"Now I have to go to bum-ass gym," she said to a friend while standing in the hallway, on a school day this spring. Like Jessenia, many Mexican-American students in the Bronx struggle in school for different reasons. Mexican students currently represent the highest percentage of youth not graduating from high school in the city, according to the Mexican American Student Alliance, or MASA, a community-based organization in the Bronx.

And the numbers for Mexican teens are bleaker than other ethnic or racial groups. According to MASA, 47 percent of the city’s Mexican youth between the ages of 16 and 19 either have not graduated or have dropped out of school, compared with 22 percent of Puerto Ricans of the same age, 18 percent of African-Americans and seven percent of white students.

Experts say reasons for these dropout rates vary, but cite issues like language barriers and a lack of parental support.

Some people think the high dropout rates start at home. Victoria Valdez, another Mexican-American student from High School for Teaching and the Professions, says that many of her friends say their parents don’t push them when it comes to schoolwork.

"I don’t know what to do with you anymore, do what you want," Valdez said their parents say. "So, they do whatever they want."]

"One of the biggest factors is lack of role models," said Angelo Cabrera, president of MASA.

He said that parents should be more involved and ask questions about their children’s education. There should be a working relationship between parents, students, and educators—what he calls the “Triangle of Teaching.”

But even parents who try to stay involved in their children’s education can be limited in their support if they don’t speak the same language as their child’s teacher, Cabrera said.

Cabrera said that language barriers allow people to have limits to actually provide educational support to children.

Citizenship is also a factor in dropout rates for immigrants. According to a 2011 study from the University of Washington, Mexican immigrant teenagers have the highest dropout rates among all immigrant groups nationally, with 28 percent of those aged 15 to 17 not enrolled in high school.

The same study found that more than a quarter of all immigrants in the United States come from Mexico.

Greg Faulkner, chief of staff for Bronx City Councilman Fernando Cabrera, says that Mexicans are the fastest-rising ethnic population in the Bronx, and that many teens are hampered in their education effort by worries over their immigration status.

One Mexican teenager came to the councilman’s office, Faulkner recalled, asking, “Am I going to be deported or in trouble?”

“This kid lived in fear," Faulkner said.

But immigrant students were granted relief this month, when President Barack Obama passed an executive order that would allow undocumented students who came to the U.S. before the age of 16 to apply for work permits, and would protect them from deportation for two years.

The policy is in line with the federal DREAM Act, a piece of legislation that immigration advocates have been trying to pass that would offer a pathway to citizenship for many immigrant students.

Faulkner said the bill would make a huge difference in fixing some of the educational issues that immigrants face.

“They should be fast-tracked to citizenship and get all the opportunities," he said.

According to a 2011 study by the Immigration Policy Center, because of the barriers to education and the exclusion from the legal workforce, many undocumented students are discouraged from applying to college. The effects are evident in the city’s Mexican community, Cabrera said.

"If you look at the Mexican community, it is the largest group of underclass citizens that are not well educated and not competing for professional jobs," he said.

Cabrera says that one of the reasons he started MASA was to start Mexican and Mexican-American children on a good educational path while they are very young, and support them so that it can help decrease the dropout rates in the next generation. Progress is being made, he said.

“We believe that in [the future], we will have access to many [more] resources,” he said.

What’s Behind the Bronx’s Low Graduation Rate?

BY CAMRYN CLARKE

New York City’s high school graduation rate reached an all-time high in 2011, but the Bronx still trails as the borough with the lowest amount of high school students graduating.

Mayor Bloomberg and other city officials hailed the latest graduation numbers, showing that 65.5 percent of students who enrolled in 2007 graduated by August 2011, as proof that public schools are improving.

Meanwhile, Bronx graduation rates continue to lag — only 57.5 percent of Bronx students graduated (during the same time period) by August 2011.

So, what's the problem?

The Bronx is the poorest county of New York, with its poverty rate being 30 percent, significantly higher than the state’s poverty rate as a whole — a statistic that many experts have connected to the borough’s low graduation numbers.

But some Bronx students from low-income homes fight against the odds, and have their heart set on graduating and going to college.

Julia Bárdenes, a senior at Riverdale Country School, will be attending Columbia University in the fall. Growing up in an apartment in Washington Heights with her brother and mother, she was able to push through the adversity and attend Riverdale Country School, a prestigious independent school in the Bronx, and get accepted to Columbia.

"If the parents are wealthy, they can send their child to a private school for a more prestigious education," Julia said. "But also the mindset is affected, because of the prestige that comes with being wealthy and the advantages in the college admissions process."

Many children who aren’t wealthy or don’t have a lot of money being put towards their education don’t think they have this “prestige” and think they can’t succeed, Julia said. Many also don’t want to put an economic burden on their families, she said.

According to City-data.com, in 2000, the median household income in the Bronx was $32,893.

Some people, like Greg Faulkner, chief-of-staff to Bronx City Councilman Fernando Cabrera, believe that the problem starts with the Department of Education, and say that the city should do more to help children who are struggling instead of expecting them to fail.

"The people in charge project low graduation rates on [children]," he said. "The expectation of failure leads to failure, he said, and children must be reached early in order to get them on the path to graduating. "Kids [need to] start having conversations about whether or not to continue in school in sixth grade."

Bronx Youth Feel the Effects of Teen Violence

(continued from p.3)

The city has tried other methods to stem youth violence.

Bronx Borough President Ruben Diaz, Jr., has pushed a gun buyback program, which allows Bronxites to trade in illegal guns and firearms, no questions asked, in exchange for $200.

Joseph, now 18, thinks that the solution is to have people change their surroundings to a more positive environment that will enable a person to strive for more.

"There is more to it than staying with the wrong crowd," he said.

Since that Halloween eve in 2005, Joseph has had to wear the permanent mask of manhood.

"I think this happened for me to become who I am now," he said. "It helped me realize that my father would not want me to give up."
Through Visitors Center, Poe Park Expands Programs

Other activities at the center include board games, creative writing, knitting and crocheting, and arts and crafts. The week before Father’s Day, children made cards for their dads using art supplies at the tables in the visitors center.

In addition to the playground, game tables are set up outside the visitors center. This even gets nostalgic adults up and joining in on the fun. Aponte, who has worked as a tutor, has also been teaching a woman who comes in once a week how to read and write in Spanish. Although Spanish is the woman’s first language, she never attended school.

Also inside the park, is the recently renovated former home of its namesake, the famous author Edgar Allan Poe. Poe Cottage is not the same place it was when an impoverished Poe moved there from Manhattan even after achieving literary success with “The Raven.” You can no longer hear the bells of the University Church from its location in Old Fordham Village, whether they be the silver tinkling kind, golden wedding type, brazen alarm bells or iron tolling chimes of which Poe wrote. The din of the city — people, cars, commerce — that now surrounds the small house and 100,000-square-foot park at the Grand Concourse between 192nd Street and Kingsbridge Road drowns out any other noise.

Edgar Allan Poe relocated to the white farmhouse, now known as Poe Cottage, in 1844, hoping that the Bronx country air would cure his wife Virginia’s tuberculosis. It originally stood on Kingsbridge Road to the east of its intersection with Valentine Avenue, across the street from its current location, the public park that used to be an apple orchard.

A glimpse into the Bronx’s rural past, the cottage symbolizes Bronx history. While living there, Poe wrote many of his most popular poems including “The Bells,” “Eureka,” and “Annabel Lee.” After Virginia passed away in 1847, he continued to reside there until he died during a trip to Baltimore two years later.

One of the biggest tourist attractions in the Bronx after the Bronx Zoo and New York Botanical Garden, the cottage is managed by the Bronx County Historical Society. They work with Fordham Bedford Housing Corporations and the Ravens, Friends of Poe Park, a volunteer group, to keep the park safe and drug-free. With recent renovations costing a total of $490,000, the cottage received a fresh coat of paint and repairs were made to the stairs, walls, and beams.

The park is small, but a great community hangout spot for north Fordham area residents. Between the late 1910s and early 70s, the park was a popular location for outdoor concerts, dance contests and other social events. The circular bandstand was erected in 1925 giving artists a place to perform. Past performers included big names such as Jimmy Dorsey, Benny Goodman, and Glenn Miller.

Crime at Poe Park is very little to nonexistent. Vandalism was frequent in the 1970s, but became less common in the next few decades with the use of live-in caretakers at Poe Cottage.

Residents say police are good about keeping the park safe and efforts are currently being made to take care of a single homeless person who occasionally stays there. Otherwise the recreational area is mostly frequented by kids and parents in the mornings and after school.

Ed. Note: Poe Cottage is open Saturdays 10 a.m. to 4 p.m. and Sundays 1 to 5 p.m. and groups may visit by appointment. For group tours, call (718) 881-8900.

FOR MORE local photos this summer, visit norwoodnews.org. Send us your own summer photos and we will publish them in print or online. Just e-mail images to us at norwoodnews@norwoodnews.org and include your contact information.
Passages

PS 94 5th Annual Spelling Bee

On Wednesday, May 23, PS 94 held its fifth annual spelling bee. Fifth grader Felix Lugo was declared the first-place winner after successfully spelling “ambidextrous.” Shayan Uddin Mohammed, a fourth grader, secured second place after spelling “aerosol.” The winning word for Chalange Francois, the fourth grader who won third place, was “wisdom,” the same word printed on the three winners’ trophies. The winners each also received a medal and a dictionary. —SARAH RAMIREZ

Pennies for Patients at PS 94

PS 94 raised $3,698.86 for the Leukemia and Lymphoma Society in this year’s Pennies for Patients fundraiser, the most out of any Bronx school this year. On Friday, Jun. 1, students, teachers and administrators welcomed Megan Murphy of the LLS to celebrate the school’s achievement. Students were also treated to a pizza party and participated in a crazy hat day along with teachers and administrators. This is the sixth year PS 94 has participated in Pennies for Patients, coordinated by school guidance counselor Angela Marinez. Each year, PS 94 holds an assembly to kick off the three-week-long fund-raising period, when students collect spare change that is donated to the LLS.

—SARAH RAMIREZ

Fordham Pastor Celebrates 25th Anniversary

On June 24, Rev. Leo W. Curry celebrated his 25th anniversary as pastor of Fordham United Methodist Church. This year also marks the church’s 160th anniversary as a parish. Pictured, left to right: Rev. Leo W. Curry, Mrs. Gwendolyn Carrington Simpson (mother of guest preacher Robert O. Simpson), and Rev. Robert O. Simpson, pastor of Jane’s United Methodist Church in Brooklyn (guest preacher for Rev. Curry’s 25th anniversary service).

—SARAH RAMIREZ

Neri’s Young Yogis

Students at Saint Nicholas Tolentine School show off their completion certificates from the Kundalini Arts Yoga and Martial Arts program. At center, seated, is instructor Alvaro Passaro.

Send Us Your Passages!

The Norwood News loves to publish the passages in your life. Send us information and photos from your anniversaries, graduations, birthdays, award ceremonies, birth announcements and more and we will include them in an upcoming issue of the Norwood News. You can send us your passages via e-mail to norwoodnews@norwoodnews.org (include high resolution image files, jpeg or tiff) or by regular mail at 3400 Reservoir Oval East, Bronx, NY 10467. Include all relevant names and information as well as some contact information in case we have questions.
Exercise Tips for Aging ‘Weekend Warriors’

Baby boomers may be getting older, but many are still dedicated exercisers who want to stay that way. That’s an admirable goal, but it’s important to do it smarter. In the United States, these gym or sports injuries have become the number two reason for people visiting the doctor’s office just behind the common cold, according to a 2005 report by the National Ambulatory Medical Care Survey.

With that in mind, here are some tips from Seth Meisel, a physical therapist who oversees patients enrolled in the Orthopedic Intensive Home Rehabilitation Program from The Visiting Nurse Service of New York, on how so-called weekend warriors can stay active well into retirement and beyond.

Warm Up Properly
When you are young, your muscles react differently than when you are older. “The number one mistake made by weekend warriors is that they do not warm up before they exercise,” said Meisel. “If they do warm up, they do it incorrectly. Everyone knows they should stretch, but stretching a cold muscle can cause more harm than good and result in increased pain post-activity. So warm up first – do some light jogging or biking to warm up the muscles, then start your activity.”

Cool Down After Working Out
“After the activity, it is very important to cool down – do not just go collapse in your car,” continues Meisel. “Post-activity stretching helps relieve the muscles just worked. Also, in the summer especially, drink lots of water. Recovery is key. Older athletes may need 15 or 23 minutes in between hard sets, compared with 10 minutes for younger folks. You may also consider building in an extra rest day during the week.

Be Realistic and Comfortable
Face it: You can’t do exactly what you did when you were 25. Explains Meisel, “It doesn’t make sense to think you are invincible and can do anything.” He adds, “Always invest and use proper equipment, whether it is proper shoes, clothing or accessories – make sure you are comfortable using the items to ensure safety and prevent injury.”

Strive for Your Best
With the right precautions, your performance can even improve well into middle age. “If you want to run a few miles at eight or nine minutes a mile, most of the population has the potential to do that into their 60s,” says Meisel. Also, if you aren’t lifting weights, Meisel advises you start. “Around 40 or 45, we can see a decrease of as much as a pound of muscle per year,” he says. Moreover, bone density drops. Weights can help.

If Injured, Rehab the Right Way
Money spent on recovering from an injury is hard to generalize, as it greatly depends on the degree of the injury, whether or not you need surgery and if you are insured or not. Meisel says, “In terms of energy and time, immediately following the injury, you will suffer for a few days, probably think it is “fine,” then realize you caused some serious damage.” Be careful as you recover from any injury so you don’t make the mistake of exercising before you are ready. Consult a physician before beginning to exercise again.

Be Cautious of Braces or Orthotics
Meisel cautions, “Let’s say a weekend warrior goes to the doctor for an injury and they give the patient a brace. It is not covered by insurance. I think braces are good up to a point. It’s there to protect and assist with joints, but it can become a crutch and the patient can become too dependent on it, not allowing the joint/knee to get stronger on its own.”

Be Healthy!
69.2
Percentage of Bronx adults who had participated in leisure time physical activity in the previous 30 days, according to a 2008 report.

Inquiring Photographer

This week we asked readers about the state of local parks going into the dog days of summer.

Other parks are good, but I come over here [to Van Cortlandt Park]. Up to now I don’t see any problems they need to fix. Sometimes I go to another park near Yankee Stadium or another park at Jerome and Gun Hill. When I go over there in the summer time, 90 percent of the park is clean. Some parks don’t have the toilet open and in the summertime they should be open.

Rafael Urena

Living on Van Cortlandt Park South, there are no problems whatsoever. In fact, they just renovated the basketball courts beautifully. Now, further up by the East 242nd Street subway station, it’s filthy at the end of the weekend and also on Jerome, north of East Gun Hill. It’s filthy at the end of the weekend.

Steve Bornemann

I was stuck in the [Van Cortlandt Park] last night because there was a coyote in the park. I was scared to come out of the park because I didn’t know what the coyote would do to me. He kept coming in and going out. I knew it was a coyote because his nose was pointy. In the daytime, the park is good. That’s the first time I’ve ever seen that.

Tisha Reid

They did a good job with the [Van Cortlandt Park] basketball courts, but it seems like they could have done it differently and made it even better. But it was nice they did it, the parks are beautiful. You go to St. James Park, you would never believe that you’d see kids playing there. It’s gorgeous, it’s like a whole new city we live in.

Steve Bobker

The parks are good, they’re nice and clean and they don’t allow smoking or drinking or drunk guys or anything, so everything is fine. Everything is nice, so there is nothing to complain about.

Leon Flores
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REligious Services

Glad Tidings Assembly of God: Cortlandt Ave. E. and Jerome Avenue. (718) 367-4040. Prayer Wednesdays at 11 a.m. and 7:30 p.m., Sunday School at 9:30 a.m. and Sunday Service at 11 a.m.

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Events

The JASA Van Cortlandt Senior Center, 3880 Sedgwick Ave., hosts the following events: Converse in Yiddish, July 17 at 11 a.m.; Art History Talk on Renoir, July 13 at 1 p.m.; Dancecizer Class, July 25 at 3:30 p.m. ($2/seniors; $3/guests); Patriotic Sing-along, July 12 at 1 p.m.; Multi-Woodwind Concert, including klezmer, Brazilian, pop, and classical music, July 18 at 1 p.m. ($2/seniors; RSVP by July 16). For more information, call (718) 549-4700.

As part of its lecture series, the Bronx County Historical Society presents “Edgar Allan Poe and His Cottage.” Historian and publisher Dr. G. Hermaly will speak at The Bronx County Archives, 3313 Bainbridge Ave., on Saturday, July 21, at 2 p.m., on the writer’s experience living in the Bronx. For more information, call (718) 881-8900.

SummerStage Kids presents free performing arts events through Aug. 22, in a number of Bronx parks, featuring a variety of music, theatre, puppetry, entertainment, and more. For more information and a detailed schedule, visit www.summerstage.org.

Wave Hill, a Bronx oasis at 675 W. 252nd St. in Riverdale, offers tours through Aug. 18; at the Glyndor Gallery, Tuesdays and Saturdays at 2 p.m.; and Tuesdays at 11 a.m. from the Perkins Visitor Center. Also offered is Mow-Down Garden Hoedown Weekend, Saturday and Sunday, July 14 and 15, to pay homage to grass, with music (live, at noon and 1:30 p.m.), art, tours and games throughout the weekend. Some foods come from grass, like corn, oats, wheat, etc. Baskets, brooms, homes and instruments are made from grasses. Call for a detailed scheduled events. GROUNDS ADMISSION AND EVENTS ARE FREE ALL WEEKEND. In addition, there are Family Art Projects: Hats, Mats and Baskets, to mix ornamental, multi-colored grasses and other natural materials to make mats, mats, baskets (free), July 14 and 15; and Water, Water Everywhere, to create watery images and liquid landscapes, (free), July 21 and 22, both from 10 a.m. to 1 p.m. in the Ecology Building. Also presented is BxIndie Music at Sunset, featuring jazz and blues trio, July 18; and jazz quartet, July 25; both at 7 p.m. (bring folding chair). Grounds admission is free Saturdays until noon and all day Tuesdays. For more information, call (718) 549-3200.

The New York Botanical Garden presents Greenmarket, the popular farmers market of GrowNYC, at the base of Library Allee inside the garden’s Moshulu Gate entrance, Wednesdays, through Nov. 21, 9 a.m. to 3 p.m. Visitors may purchase affordable, locally grown produce and fresh, nutritious baked goods. For more information, call (718) 817-8658.

Exhibits

The Bronx Museum of the Arts, 1040 Grand Concourse at 165th Street, will open two exhibitions on July 19, featuring modern and contemporary art from Latin America. Revolution Not Televised (through Oct. 7) features contemporary Cuban art and takes the pulse of contemporary artistic practice in Cuba; and Rituals of Chaos (through Jan. 6, 2013) highlights the work of Mexican photojournalist Enrique Metinides and 11 contemporary artists who similarly take the human experience in the city as their subject matter. For more information, call (718) 681-6000.

The New York Botanical Garden presents Claude Monet’s Garden, featuring his paintings, palette, and photographs, in the Rondina Gallery, through Oct. 21. Additional events include concerts, poetry, tours, film screenings, and family activities. For more information, call (718) 817-8658/8512.

Global Partners Junior Summer Program: (ages 5 to 12), July 13, 16, 17, 20, 23 and 24 at 2:30 p.m.; Toddler Story Time: (ages 18 to 36 months), July 12 and to reserve, call (718) 881-8900.

Library Events

The Bronx Library Center, at 310 E. Kingsbridge Rd. off Fordham Road, presents programs for kids including Bilingual Birds: Spanish Language at 11 a.m.: (ages through 5 years), live music program including puppetry and games, ending with a bubble dance party, July 12, 19 and 26; Tales for the Teeny Tiny at 11 a.m.: (ages 2 to 5); July 14 and 21; Global Partners Junior Summer Program at noon: (ages 5 to 12), July 13, 16, 18, 20, 23 and 25; and Up, Up and Away: (ages 3 to 12), science project, July 14 at 2 p.m. For teens and young adults, there is Biophilia Project: to experience science, technology and music (all materials provided), July 18 and 25 at 3:30 p.m. Adults can enjoy a Single Stop/Government Benefits at 9 a.m.: July 12, 17, 19, 24 and 26; and Radiation of China: Chinese Enamels: workshop, July 18, 10 a.m. to noon (online registration required). For more information, call (718) 579-4244/46/57 or visit www.nypl.org.

The Moshulu Library, at 285 E. 205th St., offers for seniors and adults: Knitting Circle: Thursdays at 3 p.m.; and WII Program: Tuesdays at 3 p.m. Children can attend Global Partners Junior Summer Program: (ages 5 to 12), July 13, 16, 17, 20, 23 and 24 at 2:30 p.m.; Toddler Story Time: (ages 18 to 36 months), July 12 and

Espaillat Cries Foul, Clouding Election Result

(continued from p. 1 ) of Elections reported that Rangel had won by a margin of about 5 percent, or a little more than 2,300 of the 41,000 votes cast in the district. But at the time Espaillat made his concession speech, the lead appeared much larger and the challenger’s prospects for an upset appeared lost. “We went to bed thinking we had a 20 percent deficit,” Espaillat told reporters a few days later as he and his supporters began openly questioning the validity of the results.

Over the following weekend, Espaillat announced that he had hired Martin Connor, an election lawyer and former state senator, to make his case against the BOE.

On Tuesday, after filing the lawsuit in Bronx County Supreme Court, Espaillat continued to criticize the BOE, saying our democracy “has to rely on an election system that is verifiable, that is transparent and that brings about confidence in everybody. We cannot have a Florida type situation.”

A broad critique of how the BOE handled the election process, Espaillat and his lawyers filed a petition alleging that polling sites turned away enrolled Democrats, denied them affidavit ballots, did not provide sufficient Spanish language interpreters or replaced bilingual election inspectors with inspectors who spoke only English, and/or falsely claimed voters’ names were not in the poll books.

The petition said these instances represented voter intimidation and an effort to suppress Espaillat’s supporters, specifically, and called for a completely new election. A day later, on Independence Day, Rangel held a press conference in Harlem to defend the BOE and criticize Espaillat for slow the vote counting process and throwing around unfounded accusations. “You cannot do this by knocking the system,” Rangel said. “You can’t just call people crooks and say that they are committing illegal acts.”

On Thursday, Espaillat’s lawyers were due in Bronx County Court at the same time the BOE was set to begin counting the 2,000 or so remaining absentee and affidavit ballots.

On Varick Street, at the BOE’s Manhattan headquarters, 15 ballot counters began counting through the absentee and affidavits votes while constituents from the district, supporters of both candidates, crowded behind the blue retractable belt of a crowd control barrier.

“If the [New York Board of Elections] had not been ignorant with the voters, we wouldn’t have to be here,” Manhattan resident Luisa Ruiz said. “We’re doing a service for each party.”

Preliminary counting showed that Rangel would most likely retain his slim margin over Espaillat.

After hearing from Espaillat’s lawyers, and representatives from Rangel and the BOE, Judge John Carter, who went out of his way to remind those present that he is both a resident and a voter in the district, agreed to require the BOE to preserve the ballots (by making copies) during the recount. He also ruled that the court would need to certify the results before the BOE sends them to state.

Carter did not make a decision on the other voting irregularities, Espaillat’s petition alleged.

Lawyers for the BOE and Rangel said the court proceedings only served to slow down the counting process.

“Congressman Rangel wants every legitimate vote to be counted,” said Arthur Greig, a lawyer for Rangel. “We want the Board of Elections to do their job without being hindered.”

Greig also criticized Espaillat for making “serious allegations of fraud for which there is no basis.”

Both sides were scheduled to meet again before Carter on Wednesday, July 11. The timing for Espaillat is tricky. As a sitting state senator, he must file a petition for a spot on the September ballot for re-election by the following day.

Kenneth Sherrill, a professor of political science at Hunter College, says this type of controversy isn’t completely abnormal.

He recalled a recent state senate race in Brooklyn that resulted in a recount and legal proceedings that went on for months, with an eventual victory for David Storobin by an unofficial margin of 14 votes. Also in Brooklyn, Assemblyman Jim Brennan won a redo vote in 1984 when the original two-vote margin was too close to call.

In this case, Sherrill said, there may be pressure to resolve the matter quickly, so it won’t conflict with the upcoming state primaries in September. If cases of fraud and irregularities are found, Espaillat could successfully get a do-over under state election law.

With reporting by SARAH RAMIREZ, JALEESA BAULKMAN and CHLOE RICKERT
19 at 10:30 a.m.; Big Jeff Music: (ages 3 to 12), July 13 at 3:30 p.m.; “Peter Pan”: (ages 3 to 12), live performance, July 20 at 3 p.m.; and “Little Red Riding Hood”: (ages 3 to 12), puppet show, July 21 at 3 p.m. Teens and young adults can enjoy Fashion Club: July 17 and 24 at 4 p.m. For more information, call (718) 882-8239.

The Jerome Park Library, at 118 Eames Place, offers Manga Drawing Workshop: July 18 and 25 at 2 p.m. for teens and young adults (all materials provided).

Natural History of Owls: (ages 3 to 12), see live owls; July 17 at 2 p.m.; Toddler Story Time: (ages 18 to 36 months), July 18 at 11 a.m.; and “Little Red Riding Hood”: (ages 3 to 12), puppet show, July 24 at 2 p.m. For more information, call (718) 549-5200.

NOTE: Items for consideration may be mailed to our office or sent to norwood-news@norwoodnews.org, and should be received by July 16 for the next publication date of July 26.

Sarcoma Walk

The Children’s Hospital at Montefiore and the Liddy Shriver Foundation will host their annual Sarcoma Walk, July 14, at Van Cortlandt Park, at the 260th Street entrance at Broadway near the fox statue. Registration starts at 10 a.m., the walk begins at 10:30 a.m., followed by lunch at 11:30 a.m. Please bring a folding chair or blanket. Sarcoma is a type of cancer, and proceeds will fund Sarcoma research. In the event of rain, the walk will be held at 3415 Bainbridge Ave. (near Gun Hill Road). For more information or to RSVP or donate, call May Thompson at (718) 741-2342.

Free Health Training for Teens

The Youth Advisory Board of the Bronx District Public Health Office, 1286 Arthur Ave., is offering free public health training for teens on Fridays in July and August from noon to 4 p.m., including sexual health, physical activity, and nutrition. For more information, contact Candida A. Bido at cbido@health.nyc.gov or call (718) 299-7376.

Adopt a Shop Workshops

The NYC Department of Health and Mental Hygiene is hosting Adopt a Shop workshops at the Bronx Library Center, room C-21, 330 E. Kingsbridge Rd., July 13, 27, and Aug. 3, from 10 a.m. to noon., that would give New Yorkers the tools to successfully demand healthier food options at their food store. For more information or to RSVP (required), call (347) 396-4245 or e-mail shophealthy@health.nyc.gov.

Tuition Free Services

SUNY North Bronx Career Counseling and Outreach Center offers daily tuition free services including career counseling, college, financial aid and resume and cover letter assistance, as well as job readiness training at 230 White Plains Rd. Computer literacy and GED programs are available during the day and evening. Seats are limited. For more information, call (718) 547-1001.

Open Fire Hydrants Safety Alert

The Department of Environmental Protection reminds New Yorkers that opening fire hydrants without spray caps is illegal, wasteful and dangerous. Illegal- ly opened hydrants can lower water pressure and put lives at risk if there is a fire. Children can also be at serious risk, because the powerful force of an open hydrant without a spray cap can knock a child down, causing serious injury. Opening a hydrant illegally can result in fines of up to $1,000, imprisonment for up to 30 days, or both. New Yorkers should call 311 to report open fire hydrants.

Youth Fitness Day Camp

The BN’ Fit Urban Fitters Day Camp for teens shows them how to maintain a healthy lifestyle, and offers activities that include swimming, basketball, football, dancing, and daily trips. Campers can choose from a full summer session or one of two, three-week sessions. The first session runs from July 9 to 27, and the second session runs from July 30 to Aug. 17. For more information, call Camp Director Michelle at (718) 820-5818.

Traffic Changes on Goudine Avenue

Goulden Avenue will be closed from Sedgwick Avenue to 205th Street in both directions for underground water main repairs, through Aug. 31, Mondays through Fridays, 7 a.m. to 10 p.m., and Saturdays, 8 a.m. to 9 p.m. Motorists will detour to Paul Avenue. For more information, call the NYC Department of Environmental Protection at (718) 231-8470 or 311.

Water-on-the-Go App

The Department of Environmental Protection (DEP) and the Department of Health launched the 2012 Water-on-the-Go season, an initiative that will make NYC water at portable drinking fountains, which would be an alternative to bottled water and sugar-sweetened beverages, easily available at more than 20 alternating outdoor locations throughout the five boroughs this summer. The DEP has also developed a free iPhone/iPad mobile app available for download at the iTunes store, to help New Yorkers access the daily Water-on-the-Go schedule. For more information, call 3-1-1 or Chris Gilbride at (718) 595-6600.

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