Tenants, Pols Say Tracey Towers Rent Hike is Too Much

By ALEX KRATZ

A few weeks ago, tenants at Tracey Towers, the troubled twin high-rise apartment buildings on Moshulu Parkway, received notices in the mail saying that on Sept. 1 their rent would spike 16 percent. The rent increases would continue over the following three years as well, leading to what amounts to a 65 percent rent hike by 2015.

The buildings’ managers say, and the Division of Housing, Preservation and Development (HPD) agrees, that the rent increase is necessary for the continued operation of the buildings.

But tenants claim that Ry Management, which runs Tracey Towers, has mismanaged the property’s finances, failed to make promised repairs and is forcing tenants to pay for its mistakes. They say hundreds of residents, especially seniors with fixed incomes, will be unable to shoulder the increased rent burden.

At a rally to protest the rent hike two weeks ago, the tenant leaders from the 869-unit Mitchell-Llama complex said they wanted an investigation into Ry Management’s finances and were considering legal action to stop the rent increase.

“These people need to be investigated,” said Jean Hill, the president of the tenants association who also chairs the housing committee on Community Board 7.

Over the past eight years, Hill said Ry Management has received millions in government loans to make capital improvements, including repairing the cracks and leaks on the facades of both buildings and replacing the buildings’ boilers and elevators. To this day, she said, the elevators often malfunction and the buildings are often without heat and hot water. Though scaffolding has been up for several years — at a cost of $5,000 per month — it appears little work has been completed on the façade.

Ry Management did not return calls requesting comment for this story.

(continued on p. 9)

Fired Teacher Fights On for Job She Loves

By CHLOE RICKERT

In June of 2011, after her second year of teaching special education students at PS 15 in University Heights, Alice McIntosh thought she was doing a pretty good job. To her surprise, however, she received an unsatisfactory rating and found herself without a job at all.

“I was completely surprised,” she recalled. “I had no idea that they were going to fire me.”

After getting over the initial shock, McIntosh spent the next year on a roller coaster — appealing her dismissal and defending her right to teach.

A Fellow Fired

McIntosh, 49, was a part of the Teaching Fellows program that paid for her to get her Masters in Education from Pace Uni.

(continued on p. 4)
By JALEESA BAULKMAN

Shortly before the City Council Committee hosted an oversight hearing regarding the Board of Election’s vote-counting procedures earlier this month, State Senator Adriano Espaillat held a press conference calling for election reform.

Espaillat said the lack of bilingual assistance at poll sites in the 13th Congressional District (which includes the Bronx and upper Manhattan) and the handling of the affidavits for the district had a significant effect on the June 26 election, which Espaillat narrowly lost to Charlie Rangel by about 1,000 votes.

Soon after the election, Espaillat suggested the vote-counting and poll problems may have led to his loss. But he wasn’t dwelling on the past.

“We’re here to protect voters’ rights, not the candidate’s interest,” Espaillat said. “We’re here to count votes; we are here to look at the process [of counting votes].”

Espaillat said the City Council has to be “curious” of the BOE’s voting procedure and make sure what happened during the Congressional Primary Election on June 26 does not happen during the New York State and Primary Elections on Sept. 13.

In addition to not providing enough bilingual assistants at poll sites in areas that are predominately Latino, Espaillat said two-thirds of the affidavit ballots submitted from the 13th district were deemed invalid by the BOE and nearly 900 votes were missing.

During the hearing, Council members criticized the BOE for the way they handled the June 26 primary. Meanwhile, BOE blamed vote-counting discrepancies on human error and said it would implement a new computer-generated vote-counting process that they claim will decrease the potential for human error.

This procedure, which will be in place for the Sept. 13 primaries, will allow police officers from the NYPD to download data directly from the voting machines. Then they would pass along the unofficial results to the Associated Press.

In the past, poll workers tallied up the votes from each election district by hand and then gave them to the police department before it was sent to the press.

In their briefing paper, the City Council said the “significant discrepancy in the unofficial election results” reported by the AP [Associated Press] and the results put out by the BOE several days later caused some observers to question the integrity of the election.

The City Council reported that 79 out of 506 election districts were reported as having zero votes recorded.

Dawn Sandow, the deputy executive director of BOE, said that could be the fault of the poll workers or the NYPD.

She said it could be that the poll workers failed to tally the votes on one of the papers they’re required to fill out after closing the polls or the NYPD officer couldn’t read the poll workers’ handwriting.

“This is the foundation of our democracy, don’t give us excuses,” Councilwoman Jessica Lappin said to the BOE administrators during the hearing. “People need to have faith in these systems.”

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Fired Teacher Fights On for Job She Loves

(continued from p. 1)

ALICE M CINTOSH lost her appeal hearing after being fired from her full-time job as a special ed teacher at PS 15 in University Heights. Undaunted, McIntosh will return to teaching this fall.

As a mom, community activist and Sunday school teacher, McIntosh has widespread support. When she was fired, her supporters began a letter writing campaign and sent the superintendent and the Chancellor each over 200 letters in her defense.

Support for a Comeback

Although she had been written up three times, McIntosh believes they were small mistakes any new teacher could have made and not as exaggerated as the points the administration made against her during her appeal.

“To this date, the administration of PS 10X has not really shown any evidence...to the allegations they have lodged against me,” she stresses.

The Fight Continues

She thinks the lack of investigation makes it extremely easy for schools to fire new teachers with no checks and balances. After her appeal was denied, McIntosh and her supporters rallied against the policies of the DOE outside the school she was fired from, PS 15 on Andrews Avenue in University Heights on May 6.

McIntosh does not believe that hers is an isolated case. “It happened to two other teaching fellows that I know of that same year,” she said.

While she doesn’t still think she could get her job back, she aims to raise awareness and put legislation in place “that holds administrators accountable for the development of new teachers.” She met with local State Senator Gustavo Rivera this June to discuss legislation.

McIntosh is the Sunday school director, suggested that the DOE infuse the schools with $18 million into the turnaround program. Now, the DOE said they have not reached an agreement with the United Federation of Teachers on new teacher evaluations, which caused the federal government to suspend its grant funding for struggling schools.

To keep the funding flowing, the DOE decided to put those struggling schools into the turnaround program. Now, the UFT’s lawsuit has once again suspended that grant money, which amounted to about $31 million. Pena said the DOE infused the schools with $18 million worth of funding to keep the programs implemented last year on track.

While Donovan decided to keep her daughter at PS 80, she is still trying to figure out exactly what is going on.

“At last, too much was happening too fast,” she said.

After Chaos, Heartbreak, Lawsuit, MS 80 Remains

(continued from p. 1)

Lord made it possible,” she added.

Nunez will be returning to MS 80, but it’s unclear how many of her fellow teachers at MS 80 will also be joining her. Toward the end of the school year, every teacher was forced to either re-apply for their job or look for jobs at other schools. Nunez said she was told she could be re-hired, but some of the school’s longtime teachers were not asked to come back.

Nunez said some of her friends were actively looking for other jobs because of the negativity surrounding the entire situation. Although the lawsuit changed everything, one teacher who had been at the school for 27 years was not asked to return, Nunez said.

“To hear that they were not re-hired was heartbreaking,” she said.

David Pena, a spokesman for the DOE, said they don’t have any data yet on how many teachers or students have left the school.

Another outspoken critic of the DOE’s decision to plunge MS 80 into turnaround midway through the year, Cecilia Donovan, the president of MS 80’s parents association, said “the whole hiring process was unbelievable.”

The school was supposed to install a hiring committee that would include parents. But just two days before the hiring committee was going to begin interviewing teachers, Donovan was called and asked if she could commit to a process that could possibly last from 9 a.m. to 9 p.m. during weekdays.

She couldn’t do it and neither could other parents. “There were no parents on the committee,” she said.

Donovan and others were upset that Lovey Mazique-Rivera was removed as principal in March. They believed she had the school on the right track before her ouster. According to the Daily News, Donovan was right. MS 80 achieved a huge jump in state math exams. In 2011, only 14 percent of eighth graders passed the math exam. This past year, half of the school’s eighth graders passed.

Originally, the DOE said they designat-
ed MS 80 and the other schools for the turnaround program because improvement didn’t appear to be happening fast enough. But it was also because the DOE had not reached an agreement with the United Federation of Teachers on new teacher evaluations, which caused the federal government to suspend its grant funding for struggling schools.

To keep the funding flowing, the DOE decided to put those struggling schools into the turnaround program. Now, the UFT’s lawsuit has once again suspended that grant money, which amounted to about $31 million. Pena said the DOE infused the schools with $18 million worth of funding to keep the programs implemented last year on track.

While Donovan decided to keep her daughter at MS 80, she is still trying to figure out exactly what is going on. “Ultimately too much was happening too fast,” she said.
Retiring Principal’s Legacy Will Live On at PS/MS 20

By CHLOE RICKERT

Carol Carlsen, who has worked in the northwest Bronx for the past 27 years, including the last 14 as principal of PS/MS 20 on Webster Avenue, is retiring at the end of August. Carlsen says she will leave behind a lasting legacy built through a community of hard-working colleagues.

But it all started in Germany. Carlsen says she was very fortunate to start off her career as a 22-years-old teacher in Berlin, Germany when her husband had to move there for work. It led to an early break.

“I worked in an international nursery school and at 23, because of the contact I had made and the work I had done, they asked me to become the director of the school,” she said.

When she returned to the United States, she taught in suburban schools, but was always interested in working in an urban setting. Once she began looking for openings in New York City, she worked her way up from a teaching role to a staff development role to a supervisory role before finally becoming a principal.

In this role, she was able to work at what she calls a very unique school.

“This has really become a community school where 99 percent of the children are up the street, around the corner, and really live very close and stay here,” she says.

PS/MS 20 was originally intended to be kindergarten through fifth grade, but with continuous overcrowding, it became a K-8 school.

“I was always very interested in K-8 work,” she says. “I like that exposure with youngsters that come into a school and then grow with you and that you’re able to prepare for high school.”

Not only was she preparing students for high school but Carlsen was also working with staff, consultants, universities, parents and families to get these kids on the track for college.

Students who leave for high school frequently come back to visit Carlsen, teachers, and younger kids to give advice and share with them what high school is like. This is a reflection of the school’s attitude, Carlsen explained.

“We set up a culture that is driven by ‘The 20 Way’ and it is a mantra pledge that the children make every single morning: ‘We believe in taking care of each other, we believe in being responsible, etcetera, etcetera.’”

Three people came to see Carlsen in February who had graduated her first year at the school and said they had something to tell her. She didn’t know what to expect until they all stood up and recited “The 20 Way” for her.

“The 20 Way” is the legacy she leaves at the school. She expects her co-workers and successors will continue to keep it alive as the spirit of PS/MS 20 long after she is gone with programs like Blessings in a Backpack, which provides backpacks filled with food to students every weekend. The program was featured on Anderson Cooper’s talk show “Anderson Live” last Thanksgiving when the Sara Lee Corporation donated $75,000 to the cause.

Obviously with retirement comes rest and time with family. And Carlsen plans to enjoy that. However, she is not disappearing and says she expects to continue to work in education and assist in opening schools even if that means leaving New York.

“If not, I will always be available to support and mentor the colleagues that I have because I know that the job has never been and will never be a one-person job,” she said. “There isn’t one idea or one initiative that has grown out of this building that hasn’t really been brought through a lot of very smart people. I consider myself very lucky to have worked with all those smart people.”

Photo by Chloe Rickert

Photo by Chloe Rickert

PRINCIPAL CAROL CARLSEN (right), who is retiring at the end of August, poses with Assistant Principal Joan Riley at PS/MS 20.

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This week we asked readers if the DOE is doing everything it can to provide students a good education.

I don’t think they need to improve anything. The Department of Education is doing a very good job at what they’re doing, I wouldn’t change anything.

Noel Betancourt

I don’t think they’re doing everything to make our school better because there are a lot of activities that kids enjoy, like skating, that they could make an after school program. So they could have more activities.

Jomar Ocasio

I think everything is O.K. Yeah, they can always improve. Like some kids don’t eat certain foods, like some kids don’t eat pork. Sometimes the lunches have pork in everything, so maybe they can give some Halal food. There should be some alternatives for food according to what their religion will allow them to eat.

Mohammed Uddin

I would like to see more arts and crafts and finger painting.

Masrur Uddin

They should make smaller classes with a [maximum] amount of students in each class. They should have more parent-teacher meetings in the evening, when it’s more convenient for parents to attend. I don’t agree with the current tenure policy for teachers and I think they should get rid of it.

Fredrick Allen
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Night Out a Chance for Cops and Community to Mingle

By JALEESA BAULKMAN

As part of National Night Out Against Crime, the 52nd Precinct Community Council hosted an event at Williamsbridge Oval Park to promote neighborhood spirit and strengthen the community’s relationship with its officers.

Community members were able to mingle with members of the precinct and participate in some of the activities offered at the event, including face painting, pony rides, a dunk tank, bounce toys and giveaways. They were also able to enjoy popcorn and snow cones.

“I like the community participation … and that there’s events [people can participate in] and characters [they can interact with],” said Michelle Russell, a local resident and first-time Night Out participant.

Russell also said she heard about the event earlier that day from a crossing guard and decided to attend because she loves what the event stands for.

State Senator Gustavo Rivera and District Manager of Community Board 7 Fernando Tirado made appearances at this year’s NNO.

“The 52nd Precinct is a very important part of my district,” Rivera said. “We know that tragedies can and must be stopped. The only way we’ll be able to do that is if we work together with police officers.”

Brenda Caldwell said, “The relationship between police officers and the community has improved some but it still needs some work.”

Caldwell said that because the precinct represents so many different communities, it’s difficult to address all of their concerns. “It’s hard because different communities within the 52nd Precinct have different things going,” she said.

However, she said this isn’t the only opportunity for communication to happen. Every month, the Community Council holds public meetings in various parts of the precinct to address crime and safety problems.

The 52nd Precinct Community Council held its National Night Out event in Williamsbridge Oval Park on Aug. 7.

Photo by Chloe Rickert

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Tenants, Pols Say Tracey Towers Rent Hike is Too Much

Hill was joined at the rally by more than a hundred Tracey residents and a host of people representing local elected officials who all pledged their support for tenants.

Kenny Agosto, an executive assistant to State Senator Ruth Hassell-Thompson who, after redistricting earlier this year, now represents Tracey Towers, exhorted the crowd with a fiery speech while standing with the help of crutches.

“I can’t walk, but I’m here at Tracey Towers to stand with you,” he said. “Sixty-five percent is ridiculous!”

“We have a message to RY Management: We can’t live in the lobby!” Agosto added. “We’re not going anywhere!”

Other elected officials echoed Agosto.

Assemblywoman Naomi Rivera, who is campaigning for re-election in the 80th Assembly District, which includes Tracey Towers and its 2,000-plus residents, said she and other officials met with representatives from RY Management and HPD a few months ago. At the meeting, Rivera said HPD essentially told them that they had reviewed RY’s application and deemed the rent hike necessary to cover mounting operational costs amid the building’s yawning debt burden and there wasn’t any room for negotiation.

“There’s something not quite kosher going on,” she said. “It doesn’t smell good. It doesn’t sound good.”

Rivera said she has enlisted the help of Public Advocate Bill de Blasio and Comptroller John Liu to investigate the matter and brought up the idea of bringing a lawsuit against HPD if a compromise can’t be reached.

“Even if [HPD] did [do their due diligence in approving the rent hike], we still can’t accept 65 percent,” Rivera said.

A representative from Councilman Oliver Koppell’s office said RY and HPD originally wanted the entire rent increase to occur over just three years, but compromised at four.

Hill said tenants wouldn’t go down without a fight.

“There are a whole lotta tricks that are going to come out of the bag,” Hill told the crowd. “We will win.”

HUNDREDS OF NORWOOD residents turned out for the Summer Street’s festival held along East 204th Street on Sunday, Aug. 5. The event featured a live segment taped by the cast of BronxNet’s “No Offense But…”, performances by LoZoneros, Anayka, SALESE and Arlene G, among others, as well as kids’ games, salsa lessons, a fitness boot camp demonstration and more. The free, day-long event was hosted by the East 204th Street and Bainbridge Avenue Merchants Association, the Mosholu Preservation Corporation and Community Board 7. Marketing and Advertising Solutions (MAS), helped organize the festival.

Photo by David Greene
Be Healthy: Bronx Pols Pass Smoking Ban

Earlier this year, in an attempt to reduce secondhand smoke exposure among New York City children, two Bronx legislators passed bills to ban smoking within 100 feet of school entrances and exits. While the addition of school entrances and exits to the city’s established list of smoke-free zones is sure to decrease exposure to secondhand smoke, much more can be done to protect our children’s health. At this point, it is well documented that secondhand smoke exposure is nearly as damaging as smoking itself. The effects of secondhand smoke exposure on children can be extremely serious, and include increased risk of sudden infant death syndrome (SIDS), respiratory and ear infections, and more frequent and severe asthma attacks.

These health risks are present at the end of each school day for the many children who live in multi-unit dwellings and return to homes with parents or neighbors who smoke. Whether or not smoking takes place directly in a child’s home, it has been shown that smoke travels easily from one unit to another by seeping through doors and through cracks in floors and walls. Though this may seem preventable, studies have shown that sealing and ventilation are not 100% effective. Smoke-related toxins may also linger on walls and ceilings, affecting future residents long after smokers have moved away.

The New York City Department of Health and Mental Hygiene reported in 2010 that 18 percent of the city’s non-smoking residents were involuntarily exposed to secondhand smoke at home. More recently, the Department of Health also reported that rates of asthma are higher among poor children who live in neighborhoods where the prevalence of smoking is typically higher. The city’s legislators have made great strides in eliminating secondhand smoke from workplaces, restaurants, and city parks and beaches, and recent initiatives to reduce children’s exposure to secondhand smoke near schools should not go unappreciated. But public smoking bans are only one half of the solution. To effectively make a lasting impact in children’s health, a joint effort must be made by both the city’s policymakers, and the public.

It is time for our city’s parents and neighbors to take action. Those ready to make a difference should start a discussion today about adopting a smoke-free policy in their residence. The sooner we take the necessary steps to eliminate smoke from our homes, the sooner we can guarantee our city’s children a future where they can truly breathe easy.

Ariane Slagle
Director of Health Policy
Community Service Society

Q & A: How To Keep Your Kids Healthy at School

By SARAH RAMIREZ

The Norwood News recently sat down with Dr. David Listman, the Director of Emergency Pediatrics at St. Barnabas Hospital, to talk about the back-to-school health questions on the minds of Bronx parents.

Q: What vaccines do children need when they are entering the school year?

A: Prior to starting kindergarten, children usually get a big set of vaccines. At that point they get boosted for their tetanus and pertussis, which is whooping cough. They should also get flu vaccines every year. It’s not ready by the time school starts—parents need to plan to bring their children to the pediatrician a little later in the summer and certainly for contact vaccinations.

Q: How often should students go to the pediatrician?

A: Young children are seeing the pediatrician more frequently in the first two years of life. After that generally students should go to the pediatrician once a year, as long as they’re healthy. Usually people do try to schedule around when the school year starts so you can have all your school forms, medications to be filled out in that visit. Children with chronic problems, like asthma, should probably be going for well visits three to four times a year.

Q: What’s the best way to make sure my child receives his or her medications while at school?

A: There are two things that go into making sure your student is getting their medication at school. The first is making sure the medication is available for school. Then there’s a form the school system has that needs to be filled out by your pediatrician in order for the school to have permission and authorization to give the medication at school. Having that in advance and ready is key.

Q: Does my child need a physical to participate in a certain sport?

A: It depends on the sport and the school. I think usually for elementary schools, where the sports are a little less vigorous, usually not, but often for high school sports, and certainly for contact sports usually [students] do need a separate physical and sports clearance for that.

Q: What’s the best way to make sure my child stays physically active after school?

A: Go to the park or go on a walk after school. When it’s appropriate, have your child walk to and from school, and depending on the age, you should be walking with him or picking him up from school. Take the stairs rather than the elevator if it’s safe and appropriate to do so in the building. It’s something that has to become a family activity. It’s hard to get your child to do it if you’re not going to do it alongside your children.

Q: How can parents detect early signs or symptoms of heart conditions and seek medical help?

A: Usually heart disease concerns for children, especially child athletes, can be very hard to find. A family history of sudden death in a young person or cardiac arrest in a family member should be screened. People who develop chest pain with exercise should also be screened.

Q: What are the best types of food to pack for a healthy lunch?

A: It’s important to have a balanced diet and eat well, so fruits and vegetables are great snacks. If you’re sending lunch meat, they should be lean and low-fat and use whole wheat bread instead of white bread. Have water be the main drink as opposed to juice or soda. Even juice, although it’s natural, has lots of sugar and lots of calories.

Q: What are some food and snacks that children should absolutely avoid?

A: I think sugary drinks, even juice, are best avoided as much as possible. Lots of pre-packaged snacks – moderate, small amounts are fine, but things like that are high in fat, low in fiber.

Q: Once the school year starts, do you see a rise in certain diseases among school-aged kids?

A: Infectious diseases that get shared in school are on the rise: colds, coughs, those sorts of illnesses start to rise; strep throat is more common during school and non-infectious skin issues like eczema get passed around the school.

Q: What is the best thing parents can do to keep children from getting sick?

A: The best thing you can do is really hand washing. Healthy eating and exercise, getting enough sleep also prevent you from getting run-down, which makes it easier for infections to get hold.

Last week, representatives from the two development groups looking to transform the Kingsbridge Armory — Young Woo & Associates and the Kingsbridge National Ice Center — sat down with Gary Axelbank on BronxTalk to discuss their plans and how each will benefit the Bronx. We posted the show online at norwoodnews.org.

The Ice Center would be a regional ice sports mecca featuring nine Olympic-sized ice rinks, including one 4,000 to 5,000-seat arena, and a youth program designed to get young people involved in ice sports like hockey, figure skating, speed skating, even curling.

Young Woo & Associates, meanwhile, is calling its mixed-use project, Mercado Mirabo, a creative market for local artisans. There would also be a sports and recreation component, a six-screen movie theater with 4-D, a gym and some retail.

Here’s a sampling of comments:

Ice hockey? For youth in KINGSBRIDGE? Are you serious? If this proposal is the one our elected officials support at the end, it shows how distant they are from the community they swore to represent. I continue to say that one of the biggest mistakes many of our elected officials do is that they go with what THEY think is best for OUR community. They hardly go with what the community wants. In this case, ice skating is not a sports minority youth enjoy. Let’s be honest here. Plus, as one of the readers stated, it is a VERY EXPENSIVE SPORT. I like the Mercado Mirabo proposal. Let’s see what the elected officials want! (fingers crossed).

—Haile Rivera

I live in The Bronx and I want ice hockey! It’s this attitude that “we don’t do that” that keeps limiting our opportunities. Nobody needs to keep you down when you start keeping yourself down!

The more options we can give our children, the better. Screw this ghetto mentality; ice hockey is not too good for us!

—not Fooled

Impressive presentations. Simplicity and functionality vs glitz and downtown muscle. Wonder who wins this mismatch?

Surprised Gary didn’t ask about Hockey City’s burden on the local water supply since it takes 11-13,000 gallons of water per rink. And resurfacing requires 100 to 150 gallons of water. What about ammonia versus HFCS and HCFCs as the refrigerant of choice?

So many questions for a project on the fast-track.

—Michael Benjamin

The Norwood News recently sat down with Dr. David Listman, the Director of Emergency Pediatrics at St. Barnabas Hospital, to talk about the back-to-school health questions on the minds of Bronx parents.

Q: What vaccines do children need when they are entering the school year?

A: Prior to starting kindergarten, children usually get a big set of vaccines. At that point they get boosted for their tetanus and pertussis, which is whooping cough. They should also get flu vaccines every year. It’s not ready by the time school starts—parents need to plan to bring their children to the pediatrician a little later in the summer and certainly for contact vaccinations.

Q: How often should students go to the pediatrician?

A: Young children are seeing the pediatrician more frequently in the first two years of life. After that generally students should go to the pediatrician once a year, as long as they’re healthy. Usually people do try to schedule around when the school year starts so you can have all your school forms, medications to be filled out in that visit. Children with chronic problems, like asthma, should probably be going for well visits three to four times a year.

Q: What’s the best way to make sure my child receives his or her medications while at school?

A: There are two things that go into making sure your student is getting their medication at school. The first is making sure the medication is available for school. Then there’s a form the school system has that needs to be filled out by your pediatrician in order for the school to have permission and authorization to give the medication at school. Having that in advance and ready is key.

Q: Does my child need a physical to participate in a certain sport?

A: It depends on the sport and the school. I think usually for elementary schools, where the sports are a little less vigorous, usually not, but often for high school sports, and certainly for contact sports usually [students] do need a separate physical and sports clearance for that.

Q: What’s the best way to make sure my child stays physically active after school?

A: Go to the park or go on a walk after school. When it’s appropriate, have your child walk to and from school, and depending on the age, you should be walking with him or picking him up from school. Take the stairs rather than the elevator if it’s safe and appropriate to do so in the building. It’s something that has to become a family activity. It’s hard to get your child to do it if you’re not going to do it alongside your children.

Q: How can parents detect early signs or symptoms of heart conditions and seek medical help?

A: Usually heart disease concerns for children, especially child athletes, can be very hard to find. A family history of sudden death in a young person or cardiac arrest in a family member should be screened. People who develop chest pain with exercise should also be screened.

Q: What are the best types of food to pack for a healthy lunch?

A: It’s important to have a balanced diet and eat well, so fruits and vegetables are great snacks. If you’re sending lunch meat, they should be lean and low-fat and use whole wheat bread instead of white bread. Have water be the main drink as opposed to juice or soda. Even juice, although it’s natural, has lots of sugar and lots of calories.

Q: What are some food and snacks that children should absolutely avoid?

A: I think sugary drinks, even juice, are best avoided as much as possible. Lots of pre-packaged snacks – moderate, small amounts are fine, but things like that are high in fat, low in fiber.

Q: Once the school year starts, do you see a rise in certain diseases among school-aged kids?

A: Infectious diseases that get shared in school are on the rise: colds, coughs, those sorts of illnesses start to rise; strep throat is more common during school and non-infectious skin issues like eczema get passed around the school.

Q: What is the best thing parents can do to keep children from getting sick?

A: The best thing you can do is really hand washing. Healthy eating and exercise, getting enough sleep also prevent you from getting run-down, which makes it easier for infections to get hold.
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School Registration: What You Need to Know

School begins on Thursday, Sept. 6. Here’s what you need to know to make sure your young scholar is properly enrolled.

Gather the Documents Needed to Register New Students
Proof of child’s birth; i.e. a birth certificate or passport
Proof of home address. Families need to provide any TWO of the following:
• An original lease agreement, deed, or mortgage statement for the residence
• A current tax bill for the residence
• Documentation on letterhead from a federal, state or local government agency
• A NYC school
• Utility bill (gas, electric, or water; cable) dated within last 60 days
• Medical or insurance card with address
• Official payroll documentation from an employer such as a form submitted for tax withholding purposes or payroll receipt within last 60 days
Proof of child’s immunization
Child’s transcript or most recent report card (if available)
Child’s Individual Education Program (IEP) and/or 504 Accommodation Plan (if available)

Determine Your Zoned School
Most elementary and middle schools are zoned. Your child’s zoned school is determined by your home address. If you don’t know your zoned school, CALL 311 or contact your Borough Enrollment Office. You can also visit the DOE website, schools.nyc.gov.

Students can also apply to charter schools, alternative schools, magnet schools or gifted and talented programs. For additional information on these options you can contact the Office of Family Engagement at (212) 374-2253 or visit schools.nyc.gov/choicesenrollment.

Register Your Child
Register your child at one of the Bronx Borough Enrollment Offices, Monday through Friday, 8 a.m. to 3 p.m.
1 Fordham Plaza, 7th Floor, Fordham Road at Third Avenue
Residents of districts 7, 9, or 10 only
1230 Zerega Ave. between Ellis and Newbold avenues
Residents of districts 8, 11 or 12 only
From Aug. 28 to Sept. 14 only; you can also register your child Monday through Friday, 8 a.m. to 3 p.m. at either of the following locations:
Theodore Roosevelt Educational Campus
500 E. Fordham Rd.
P.S.-M.S. 194
2365 Waterbury Ave. (off Westchester Avenue)
All centers will be closed Monday, Sept. 3 in observance of Labor Day.
Note: Questions about registration? Residents of districts 7, 9 & 10 should call (718) 741-6895 or (718) 741-8517. Residents of districts 8, 11, & 12 should call (718) 828-2975 or (718) 828-6426.

Find Transportation to School
Eligibility for transportation is determined based on grade level and the distance between your residence and the school.
Note: If you have any problems or questions with bus service, you should contact the Office of Pupil Transportation (OPT) hotline at (718) 392-6855.

For Special Education Students:
Registration for students K-8:
Districts 7, 9, &10 register at PS 45, 2502 Lorillard Place
Districts 8 & 11 register at 1230 Zerega Ave.
Transportation: State education law mandates that the city provide transportation for special education children residing in New York City to and from the school they legally attend. The type of transportation provided (yellow bus or MetroCard) is determined by the student’s Individualized Education Program (IEP).
If you need additional assistance for Special Education Services, call:
Districts 7, 9 & 10:
(718) 329-8001, (718) 741-7070 or (718) 329-8091.
Districts 8, 11 and 12:
(718) 794-7428, (718) 794-7429, or (718) 794-7540.
For Spanish: (718) 794-7429 or call 311.

For English Language Learners:
To find out about available programs and questions concerning placement, you should contact the Office of English Language Learners at (212) 374-6672.
For translation assistance, follow the instructions on the Language Assistance Sign at the entrance of every school building or Borough Enrollment Office. Assistance is available in many languages.

Recent immigrant students with foreign transcripts who want to register should have their transcripts translated to English either by a certified translation agency, their consulate, the school they wish to attend, or DOE.
DOE Translation and Interpretation Unit (718) 702-7737

Bronx Borough Enrollment Offices
Residents of districts 7, 9, or 10 only:
1 Fordham Plaza, 7th floor, Fordham Road at Third Avenue; (718) 935-2178
Residents of districts 8, 11, or 12 only:
1230 Zerega Ave. between Ellis and Newbold avenues; (718) 935-2278
For additional help for parents, call the Office for Family Engagement and Advocacy Central Office at (212) 374-2323.

Lehman Seeks Chorus Members
Lehman College, 250 Bedford Pk. Blvd. W., is accepting new members from the community for its fall semester choruses. Rehearsals begin for the College Chorus on Aug. 27, and for the Community Chorus, Aug. 28. There is no course fee required to participate unless college credit is desired. Previous choral experience and note reading ability are recommended. Both choruses rehearse in Room 350 of the Music Building. For more information, call Diana Mittler-Battaglia at (718) 960-7786.

Survey Participants Sought
The Montefiore-Rinkstein Center for Cancer Care seeks teens who have a parent or caretaker with cancer to participate in a research survey to help in its efforts to develop a program called BOLD Brothers and Sisters to support other teens in the future. For more information, call (718) 430-2380, or email cancer-support@einstein.yu.edu or BoldBrothers-sandSisters@gmail.com.

Public Districiting Meeting
Lehman College is hosting a NYC Districting Commission public meeting and hearing, Aug. 23 from 5 to 9 p.m. in its east dining room, Music Building, 250 Bedford Pk. Blvd. W. Written comments may be submitted on or before 5 p.m. on the day of the hearing. For more information, visit www.nyc.gov.

After School Program for Middle School Students
Riverdale Neighborhood House (RNH) is offering free Out of School Time (OST) programming for middle school students in the IN-TECH Academy at 2975 Tibbett Ave. (off 230th Street). The program will feature academic support, sports, and leadership development. For more information contact ost@riverdaleonline.org, call (718) 549-8100, or visit www.riverdaleonline.org.

Exchange Student Hosts Sought
Academic Year in America (AYA) seeks Bronx area families to host a high school exchange student from 4 to 6 weeks up to five or 10 months. To help facilitate the exchange experience, host families receive full support from an AYA local coordinator for a perfect fit. For more information, call Stella at (900) 322-4676 ext. 3164.

MMCC Discovery Club
Mosthol Montefiore Community Center, 3450 Dekalb Ave., seeks students from kindergarten to 6th grade to register for the After School Discovery Club. Activities include homework help, sports, arts and crafts, dance, and more. Children are picked up from area schools and the program lasts until 6 or 6:30 p.m., when parents pick up the students. For more information and to register, call Ruth Moore at (718) 944-3207 or visit www.mmcc.com.

SUNY Quick Admit Day
Stop by to expedite your admission to SUNY North Bronx Career Counseling and Outreach Center’s “Quick Admit Day” to be held on Friday, Aug. 31 from 9:30 a.m. to 4 p.m. at 2001 White Plains Rd. This program offers a variety of free classes and workshops for educational and vocational training. For more information, call (718) 547-1091.

Lehman Career Seminars
The School of Continuing and Professional Studies of Lehman College, 250 Bedford Pk. Blvd. W., is offering expert guidance on several of its non-credit certificate programs for the fall 2012 semester on Saturday, Aug. 25 at 10:30 a.m. Most sessions will take place in the Music Building’s 1st floor dining room. For more information or a catalog of all fall semester adult and children’s classes, call (718) 990-8513 or visit www.lehman.edu/cc.

For more Neighborhood Notes online, go to www.norwoodnews.org and click on “Neighborhood Notes.”
HELP WANTED

Dynamic Customer Service Oriented Individuals Sought: With great communications and typing skills, needed to work on behalf of our company. Any job experience accepted. This service representative will earn up to $2,900 monthly. If interested, e-mail dannywebber862@gmail.com.

Admin/Personal Assistant Needed: Someone who is dependable, hard working, self motivating and also good in organizational management. Inquiring applicants are to reply to jobfisherservices@gmail.com.

Personal Assistant Needed: I’m looking for a full time personal assistant; $700 weekly. If interested, email me: merrissalam69@gmail.com.

Customer Service Rep: Needed for our dear company. Applicant must speak English or French fluently. Must have good typing skills. Will earn $1200 monthly plus wages and allowances. If interested, email me at anthonyppistone89@gmail.com.

Part-Time Payment Collection Representative Sought: A great opportunity has come which will take little out of your time and can pay $2800 a month plus benefits. Please send email to gynde112@gmail.com.

Personal Assistant Needed: Office Assistant sought. Duties include greeting clients, answering phones, and routing mail, data entry and retrieve, scheduling and calendar maintenance.

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617 E. Fordham Road (between Arthur and Hughes), Bronx, NY 10458. (Fordham University Section). Call today for your appointment: (347) 284-3834.

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Yoga: Stretching, meditation, drumming or dancing on Fridays and Sundays. $10 per session. RSVP (718) 644-1081 or email jnqor@aol.com.

RELIGIOUS SERVICES

Glad Tidings Assembly of God: 2 Van Cortlandt Ave. E. and Jerome Avenue. (718) 367-4700. Prayer Wednesdays at 11 a.m., Thursdays at 10:30 a.m., and Saturdays at 9:30 a.m. and Sunday Service at 11 a.m.

MISCELLANEOUS

Cash Paid: For antiques, old items, collectibles, artwork, jewelry, books, records, coins, stamps, sports cards, bric-a-brac. Moving sales, estates, contents of homes. (718) 882-0098 (home), or (347) 744-0521 (cell).

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Classifieds

Classifieds: $9 for the first 20 words and 25 cents for each additional word. Professional Directory: $144 for six months; $260 for one year. Business Cards: $360 for six months (12 issues); $625 for one year (25 issues). Deadlines: Deadlines for classified ads are one week prior to publication. To place an ad, call the Norwood News at (718) 324-4998 between the hours of 9 a.m. and 4 p.m. Monday thru Friday.
Onstage

Empire City Casino at Yonkers Raceway, 810 Yonkers Ave., Yonkers, presents Sara Evans at 8 p.m. and Rachel Allyn at 7 p.m. on Aug. 26. For more information, call (914) 457-2431.

The Bronx Arts Ensemble presents Classic Jazz Gems including music of Cole Porter and Duke Ellington, Aug. 24 at 6 p.m., performed by jazz pianist Valerie Capers and her quintet, at Pelham Bay Park (enter at Middletown Road and Stadium Avenue). Bring blanket or chair and pack a picnic; rain location is Knights of Columbus, 3243 Ampere Ave. (call (718) 931-1721 after 2 p.m. to confirm). For more information, call BAE at (718) 601-7399.

Events

La Finca Del Sur/South Bronx Farmers, South Bronx Urban Farm, at 138th Street and the Grand Concourse, holds a Farm Fresh Open Mic, Aug. 24 from 6 to 8 p.m., m.c.’d by Bobby Gonzalez. Bring a simple dish or snack to share for the potluck meal. For more information, email infosbfo@gmail.com.

The Bronx Zoo presents Wild Forest - A Lego Safari, through Sept. 3 featuring lifelike Lego wildlife sculptures with activities for all ages, and visitors are invited to create their own animal prints and puppets based on the zoo’s African animals with the help of artists. Events include a construction zone, daily from 11 a.m. to 4 p.m. at Dancing Crane Plaza; wildlife theatre shows with puppets and music.

A community barbecue, hosted by Ricky Martinez, will be held on Saturday, Aug. 25, from 1 to 6:30 p.m. on Moshulu Parkway South and East 204th Street.

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Assemblywoman Naomi Rivera presents the following free summer events (subject to change): Movies (shown on a huge outdoor screen starting at 8 p.m.; bring folding chairs and blankets): “Mirror Mirror” - Aug. 23, at Loreto Park (Morris Park Avenue by Tomlinson Avenue; come early for free makeup demonstrations and makeovers); and “Spiderman” - Aug. 30, at Burns Playground (Mace Avenue between Lodovick and Gunther avenues; come early for free face painting and get Spidey’s webslinger mask or a hairy spider crawling up your arm); Allerton Avenue Festival: Aug. 26, noon to 4 p.m., on the concert stage at Boston Road, featuring live doo-wop, salsa, Motown, vendors, and kids’ activities; Summer Stage Kids: The Red Trouser Show, live entertainment at Sachkerah Woods Playground in Van Cortlandt Park (corner of Gun Hill Road and Jerome Avenue), Aug. 24 at 10:30 a.m. (info at cityparksfoundation.org.); Pool Programs: Swimming, including instruction, for ages 1-1/2 through 18, offered by NYC Department of Parks & Recreation (call (718) 760-6969 ext. 0 for schedules and registration dates); and Bike Riding Instruction: For ages 5 to 92 (bring a bike, helmet and parent for ages under 16; some loaner bikes will be available). For more information, locations and schedules, and to confirm, call (718) 409-0109 or visit BronxSpecialEvents.com.

Out & About

Compiled by JUDY NOY
The Fordham Road B.I.D. presents Fordham Fever Fridays, taking place the first Friday of the month from 11 a.m. to 4 p.m. at Muller Park’s Pedestrian Plaza on East Fordham Road and Creston Avenue: Sept. 7 and Oct. 5. The series features free Native-American storytelling, sports and fitness boot camp demos, artists displaying their artwork, live musical performances, and more. For more information, call (718) 562-2104 or visit www.fordhamroadbid.org.

■ 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.

New York Road Runners will hold a Bronx 10-mile race, Sunday, Sept. 9 at 7 a.m., followed by post-race entertainment for runners and supporters. For more information, fees, and race location, call (212) 423-2287 or visit www.nyrr.org to register by 11:45 p.m., Tuesday, Sept. 4.

■ Wave Hill, a Bronx oasis at 675 W. 252nd St. in Riverdale, offers Family Art Projects: Fishy Fun, to use colorful paper bags to create 3D fish that can swim through your sketch of the outdoors into a painting, Sept. 1 and 2; both from 10 a.m. to 1 p.m. in the Ecology Building. In addition, there is BxIndie Music at Sunset 7 p.m.: (bring folding chair), Jacqueline Flowers Quintet Performs R&B, Aug. 29. 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.

■ The Bronx Museum of the Arts, 1040 Grand Concourse at 165th Street, presents two exhibitions 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 Bronx Terminal Market, 610 Exterior St., hosts a free Back-to-School Celebration, Aug. 25 from 1 to 5 p.m., rain or shine, with activities for the entire family including free face painting and haircuts, art activities, an interactive musical adventure, and music and giveaways by 92.3 NOW radio. Visitors can purchase their back-to-school supplies from the local stores which are having special offers and free giveaways. For more information, call (718) 243-1414 or visit www.bronxterminalmarket.com.
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