Be Healthy!

NORWOOD NEWS

Vol. 24, No. 18 ■ Published by Mosholu Preservation Corporation

September 22-October 5, 2011

Healthy Recipes:
Skinny Salad
Dressings
page 11



STATE SENATOR GUSTAVO RIVERA chats with a young constituent at St. James Park last month during one of his weekly community walks. It is part of a government-sponsored initiative Rivera designed to promote healthy living.

The Making of a Liberal Politician: Part II

First-Time Candidate Gustavo Rivera Takes on Pedro Espada

By ALEX KRATZ

Ed. Note: This is the second in a series of articles about 33rd District State Senator Gustavo Rivera who was thrust into the spotlight after defeating the controversial Pedro Espada, Jr. last fall. Rivera represents the entire Norwood News coverage area.

It was early spring, 2010, when Gustavo Rivera became a political candidate by default and a dash of desperation. At the time, two other Democrats had declared their intention to run against the incumbent in the 33rd Senate District, Pedro Espada, Jr., who, less than a year earlier, had brought the New York state senate to its knees by offering his party allegiance to the highest bidder.

Liz Krueger, a Democratic state senator from Manhattan whose unabashed hatred for Espada and his politics runs deep, sat in a diner on the Upper East Side with Rivera and Rivera's long-time friend, Chris Malone, a political science professor. They were discussing possible strategies for ousting Espada, whose political gamesmanship had all but squandered the Democrats' razor-thin majority in the senate — the first time in

decades Democrats enjoyed control of both legislative houses. "We needed a non-criminal person to hold that seat," Krueger says now, referring to Espada's legal woes. (Espada has never been convicted of a felony, but is scheduled to stand trial for embezzlement sometime early next year.)

Krueger liked the two candidates already in the race, but didn't think either could take out the well-financed Espada. At one point, Rivera offered up himself in the form of a question. "Do you think I could win?" Krueger remembers Rivera asking. Hmm, Krueger remembers thinking, that just might work.

That afternoon, the trio spent "like forever," Krueger says, "talking about how this was perhaps totally the wrong thing to do, but we're going to do it anyway. From there we went out and we ran and ran hard."

Malone says Rivera, a Kingsbridge resident who couldn't stand the thought of being represented by Espada for another two years, ran not so much out of "opportunity, but out of necessity."

Rivera went from completely unknown to front-(continued on p. 10)

Rebuilt After Fire, Tolentine's Doors Swing Wide Open

By ALEX KRATZ

On the corner of Fordham Road and University Avenue this past Sunday, colorful balloons danced in the wind and sunshine. Tethered to railings, the balloons dotted the path up to one of the Bronx's oldest churches, St. Nicholas of Tolentine, where the doors were wide open for a celebration.

A year and a half earlier, on a similarly lovely day in March, someone set fire to Tolentine's vestibule, including its doors, causing hundreds of thousands of dollars in damage and an unquantifiable amount of heartache for the church's parishioners.

Despite the act of arson committed that day, Father Joseph Girone, the head priest at Tolentine, said the church never wavered in its commitment to keeping its doors open to the public, as it always had.

"After what happened, we could have said we're closing our doors, but we didn't," Girone said. "That was important for us."

Tolentine usually holds three Masses on Sundays — one in English, one in Spanish and one in Vietnamese. But on this day celebrating the re-opening of the church's brand new (and many say, improved) vestibule, all of Tolentine's congregants came together for one giant service.

Much of the multi-lingual talk from the pulpit was about the symbolism of doors.

(continued on p. 10)

On State Test Scores, Northwest Bronx Schools Lag Behind

By JEANMARIE EVELLY

Elementary and middle school students in the Bronx's District 10, which contains all of the schools in the *Norwood News* coverage area, scored worse than students across both the city and state on last year's standardized math and English exams, according to data released last month.

Students in grades 3 through 8 are required to take the high-stakes tests every spring, and the scores are used, in part, to determine whether they can be promoted to the next grade level or held back. Students are given a grade number from 1 to 4, with scores 3 and over deemed "proficient" by the state.

On average, only 33 percent of District 10 students passed the English exam, compared to 44 percent of students citywide and 53 percent across the state. Math results were similarly staggered: an average of 48 percent of District 10 students passed, compared to 57 and 63 percent of city and state students, respectively.

Community Education Council President Marvin Shelton says (continued on p. 4)

NORWOOD NEWS

Vol. 24, No. 18

Norwood News is published bi-weekly on Thursdays by Mosholu Preservation Corporation 3400 Reservoir Oval East Bronx, New York 10467

Phone: 718 324 4998 **Fax:** 718 324 2917 E-mail: norwoodnews@norwoodnews.org Web: www.norwoodnews.org

Publisher Mosholu Preservation Preservation Corporation

CEO, Mosholu Corporation Roberto S. Garcia

Editor-in-Chief Alex Kratz

Classified Advertising Dawn McEvoy

Accounts Receivable Dawn McEvoy

Proofreader Judy Noy

Production Neil deMause

Regular Contributors

James Fergusson, David Greene, Adi Talwar, Jeanmarie Evelly

Ronald Chavez, Emily Piccone

For display advertising, call (718) 324-4998.

Support Your **Community Newspaper!**

The Norwood News is a not-for-profit publication and relies upon the support of its advertisers and readers to produce a quality community newspaper. To support your paper, become a member and receive a subscription for one year (25 issues) and benefits like the Bronx Cultural Card.

Simply mail check or money order for \$40 to: Norwood News, 3400 Reservoir Oval East, Bronx, NY 10467.

Norwood News is not responsible for typographical errors. Opinions expressed in signed letters and bylined columns represent the sole opinion of the author and are not necessarily those of Mosholu Preservation Corporations or Montefiore Medical Center. Editorials represent the views of the editor and/or publisher only. The newspaper reserves the right to limit or refuse advertising it deems objectionable. Advertisements appearing in this paper cannot be used without the written permission of Norwood News. Letters to the editor are subject to condensation and editing Writers should include their affiliation or special interest if any. Anonymous letters are not published but your name can be withheld if requested.

In The Public Interest

City Can End Rental Program for Ex-Homeless, Judge Rules

A Manhattan State Supreme Court judge ruled last week that the city was no longer required to provide rental subsidies in a widely-used but controversial affordable housing program, putting thousands at risk of homelessness as soon as next month, some advocates say.

The court decision was the result of a class-action lawsuit by the nonprofit Legal Aid Society, challenging the city's decision to end the Advantage program, which provides housing subsidies to the formerly homeless for up to two years. The city contends that it can no longer afford to keep the program running after the State withdrew funding for it last year (it was originally scheduled to end in April). Advantage participants were given a temporary reprieve over the last few months after the Legal Aid Society filed its suit.

Last week's decision means the city can now legally cut the program; starting next month, some 12,000 Advantage participants will no longer receive their housing vouchers.

"It's going to wreak havoc on this part of the Bronx," said Sally Dunford, of the West Bronx Housing and Neighborhood Resource Center. "It's going to be like pulling the rug out from under a lot of people."

The 12,000 people across the city who rely on Advantage vouchers to pay their

"It's going to wreak havoc on this part of the Bronx. It's going to be like pulling the rug out from under a lot of people."

-Sally Dunford, of **West Bronx Housing**

rent could be pushed back into the city's shelters, Dunford predicted. Landlords who have many Advantage participants in their buildings — common here in the northwest Bronx — will lose out on that portion of the rent rolls starting next week, she added.

"There are a lot of landlords who [relied] on that money in order to pay the bills," Dunford said. That loss could mean deteriorating conditions at buildings where owners have to cut back to get by, she said.

The Advantage program was launched by Mayor Bloomberg in 2007. Originally intended to transition homeless shelter residents into permanent housing, it was quickly criticized as ineffective after many participants ended up homeless again once their subsidies ran out — two years maximum, by the program's rules.

"It wasn't necessarily realistic, in terms of people getting their feet on the ground and getting their heads above water," Dunford said. "But it was at least better than nothing."

Editor's Note: The city's Department of Homeless Services advises that any tenants or landlords affected by the end of the Advantage program can call 311 any time for assistance, or contact the DHS Prevention Helpline during business hours at (212) 607-6200.

Another Push for Yankee Stadium Hotel

The Bronx is now one step closer to getting its own major hotel — not the seedy, hot-sheet kind that has so often plagued the borough, but what Bronx Borough President Ruben Diaz, Jr. predicts will be a "world-class" place to stay near Yankee Stadium.

The Bronx Overall Economic Development Center (BOEDC) released a "request for expressions of interest" on Monday, calling for interested developers to submit proposals to build a hotel on what is now a parking garage at River Avenue and East 153rd Street.

Bringing a high-end hotel to the Bronx has been a much-stated goal of Diaz since he took office.

"A major hotel and conference center has been a priority for the people of the Bronx for decades, and we are getting closer and closer to seeing that dream become a reality," he said in a press release this week.

The site of the proposed future hotel is leased from the city by Bronx Parking Development Company. The group, which used acres of city-owned land to build a number of parking garages around the new Yankee Stadium two years ago, has been in dire financial straits since, struggling to get game-goers to pay to park there.

BOEDC President Marlene Cintron said building a hotel on the site will "maximize a valuable underutilized tract of land," and could bring as many as 125 new jobs to the neighborhood.

The request is asking that projects meet certain requirements, among them a conference center, at least one high-end, penthouse-level restaurant, a concierge or condo level for long-term stays and some form of retail store.

Engel Backs Obama's Call For 'Millionaire's Tax'

U.S. Congressman Eliot Engel, who represents portions of the north Bronx, is praising President Barack Obama's plan to raise the base tax rates on the wealthiest Americans to raise revenue and reduce the country's budget deficit.

Obama's proposal, announced Monday as part of a larger plan for economic growth, would increase taxes for people making over \$1 million a year. The president is calling it the "Buffet Rule," after the billionaire investor who famously lamented in a New York Times Op-Ed last month that he pays a smaller portion of his income in taxes than the poor or middle class.

In a statement Tuesday, Engel said he agreed with Obama's decision to raise the income threshold for the tax hike from \$250,000, the previously proposed bracket.

"Having the threshold at \$1 million will not penalize high cost-of-living states, and will still generate the kind of revenues we need to address our longterm debt," he said.

Even with that change, the president's plan is already getting resistance from



the Republicans of Congress, who claim that forcing the extremely wealthy to pay more will deter them from creating jobs and ultimately stall the economy-an idea that Engel dismissed.

"My Republican friends deride this as 'class warfare' because it asks the wealthy to pay more," he said. "Class warfare to me is refusing to tighten tax loopholes and continuing the Bush Tax Cut levels, while the middle and working class continue to struggle. It is class warfare to have the highest rate of poverty in our history while one percent of the country controls half the wealth."

Public and Community Meetings

- · THE BEDFORD MOSHOLU COMMUNITY ASSOCIATION will meet on Wednesday. Oct. 5 at 8 p.m. at 400 E. Mosholu Pkwy., So., Apt. B1.
- THE 52ND PRECINCT COMMUNITY COUNCIL meets on Thursday, Sept. 22 at 7 p.m. at Serviam Gardens, 321 E. 198th St. (Building "A"), next to Mt. St. Ursula School.



Follow the *Norwood News* on Facebook and **@norwoodnews on Twitter**



Mosholu Preservation Corporation is a not-forprofit support corporation of Montefiore Medical Center.



Bakery Returns to Its Roots on Bainbridge Avenue

By NATHANIEL HERZ

The smell of fresh bread is wafting back to Bainbridge Avenue.

In 2009, the Bainbridge Bakery in Norwood was gutted, and then completely demolished by a pair of fires in the span of seven months. Nearly two years after the second blaze — which struck just a few days before the business was set to reopen — Ana and Tony Mirdita, the couple that owns the bakery, are preparing to move into a new space on the same block. And neighborhood residents are hungrily waiting.

"My wife is more excited, because she likes their bread," said Mark Goldberg, 71, who lives nearby. "It's nice that the bakery is open. Let's hope this is the last

In fact, the bakery's new space, a former hair salon on Bainbridge between 205th and 206th streets, is still shuttered. A pair of homemade signs posted in the window declared that it is "coming back soon."

In an interview on Friday, Tony Mirdita said that he had originally hoped to move the bakery back into its old spot on the block, which remains vacant following the second fire.

But Mirdita and his wife kept fielding questions about when they'd reopen, and when the old space was "not ready," they opted for the new one, just up the block. Tony Mirdita said he hopes to start serving customers in about four weeks.

In 2009, the family suffered through an ordeal that Jimmy Cronin, a butcher at Hillside Meat Market on the same block as the new bakery, described as "a kick to the

After more than 15 years in the neighborhood, the



THE BAINBRIDGE BAKERY is moving back to the neighborhood after a two-year absence.

Bainbridge Bakery was destroyed by a fire that April, though the business was insured.

Then, a five-alarm blaze early on the morning of Halloween that same year completely leveled the bakery, along with nine other businesses.

No one died in the fires, but they took a toll on the bakery. The second fire occurred on a Saturday, and the business had been planning to start serving customers in its renovated space the following week.

But because the bakery hadn't opened, it was still

uninsured, according to Fernando Tirado, the district manager for Community Board 7.

"It's not that they didn't have insurance, or didn't want insurance," he said in a phone interview. "They were literally a day away from getting the insurance."

Tirado said that each business affected by the second fire received a \$1,000 check from the city's Department of Small Business Services for emergency expenses like cellular phones. But beyond that, he said, "there was no other assistance" from the city.

After the second fire, the Mirditas started a new business a few miles away in Williamsbridge, Ana's Bakery, which will remain open.

In Norwood, residents said that the new storefront would be a welcome addition to the 10-block commercial strip on Bainbridge Avenue and East 204th Street, which lacks a bakery.

The area had suffered another blow when Foodtown, the local supermarket, was destroyed in a separate fire in December 2009. It reopened last spring.

"The fires drove people out," said Tommy Murphy, 40. "People were leaving, because they had no place to get

But Cronin, the butcher, said he thinks that the neighborhood still has an appetite for the cannoli and coffee that the Bainbridge Bakery used to sell.

"A lot of people go to work early in the morning nothing's open," Cronin said. "People want good stuff, fresh stuff, and they'll be there."

In addition to the meat market where Cronin works, the bakery's block also includes a fresh fish store, making it easier for Norwood residents to purchase food without straying too far from home.

"It makes it a community," Tirado said.

ARE YOU SEARCHING FOR

- Do you feel hopeless and frustrated about your broken, missing and decayed teeth?
- Does the thought of your needed treatment cause you to hyperventilate?
- Are you looking for a dental home that restores your trust?

HOPE IS JUST A PHONE CALL AWAY!

YES, YOU CAN HAVE A BEAUTIFUL SMILE!



YOU CAN NOW TAKE CHARGE OF YOUR DENTAL HEALTH

- Our Fear Reduction Program Includes: Big time TLC, relaxing nitrous oxide gas, emphasis on painless injections, comforting staff.
- Patient Friendly TOOTHACHE Relief: Comfortable, calming treatments that get you out of pain fast.
- Daily Appointments Available for People in Pain.
- Beautiful Smiles Created Using State-of-the-Art Dentistry Backed by 30 YEARS OF EXPERIENCE.
- We Have Extensive Certification and Our Expertise Includes: Orthodontics, Oral Surgery, Periodontics, Root Canals, Cosmetic Veneers, implants, Invisalign® Invisalign Braces, Partials & Dentures, so you can have virtually all phases of your dentistry done under one roof without seeing an outside specialist.



Most Insurance Accepted

Including Metlife, Cigna, Delta Dental, Fortis, Aetna, Guardian & United Healthcare, Mutual of Omaha, NYC Carpenters Oxford PBA, Principal Financial Group, UFT CSEA Dentemax, DHA/Assurant, Rayant, SIDS, DDS, Protective, Aflac, Discount Dental, Healthplex, Connection Dental, Dentall, L1199

100% Financing Available

For Those Who Qualify Interest - Free For 24 Months Extended Payment Plans Up To 5 Years

I like knowing Dr. Jay Fensterstock has offices near both my home and office. Not only can I choose the most convenient location for me, but I can also choose the appointment time that is easiest for me. It's a treat to know Dr. Jay Fensterstock helps me get quality dental care on my schedule and at a great price."- Elizabeth M.

"Gently eliminating years of failing, frustrating and unattractive dentistry, leaving our patients with smiles and confidence they never imagined possible, guaranteed!"

Coupon Special Teeth Whitening \$99.00 per Arch (A \$275.00 Value) New Patients Only Offer Expires 10/31/11

Dr. Jay Fensterstock DDS PC

55 East Mosholu Pkwy. North, Bronx, New York 10467

718-652-7370

www.ConcernedDentalCare.com

Six Convenient locations throughout the New York Area

Coupon Special Exam, X-ray, Smile Consultation and

Simple Cleaning for \$57.00 (A \$150.00 Value)

New Patients Only Offer Expires 10/31/11

On State Test Scores, Local Schools Lag Behind

(continued from p. 1)

that District 10, among the city's largest and most crowded, has remained stagnant over the years when it comes to test scores, despite Department of Education claims that student performance is improving across the city since Mayor Bloomberg took control of the school system in 2002.

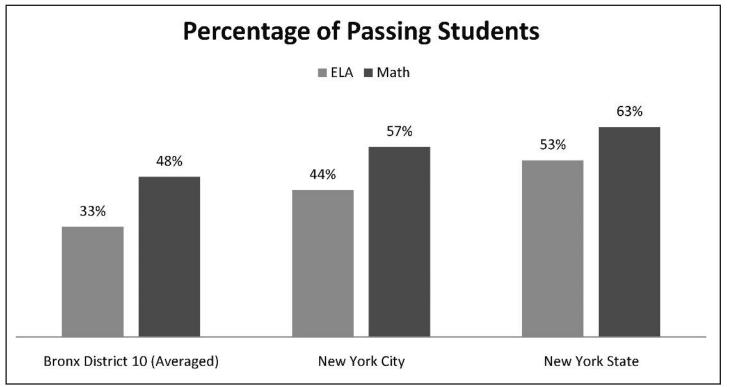
"We still seem to be struggling with the high number of level one's and two's," Shelton said. "Nine years of

"Nine years of mayoral control, and we don't have much to show for it. Progress is at a glacial pace. They're not strides, they're baby steps."

—Marvin Shelton, CEC President for District 10

mayoral control, and we don't have much to show for it. Progress is at a glacial pace. They're not strides, they're baby steps."

Bloomberg and Schools Chancellor Dennis Walcott, however, lauded this year's scores.



While city schools' scores still fall below the rest of the state, Bloomberg has instead become focused on the idea of progress — city scores have been gradually going up the last two years while statewide scores have flat-lined. City students also scored higher on the tests than other large, urban districts like Yonkers and Syracuse.

"All of our students, teachers and principals should be very proud of their progress and the fact that we continue to raise achievement levels and outpace the rest of the state," Bloomberg said in a press release.

Scores this year remained well below their peak in 2009, when 82 percent of students were proficient in math and 69 percent were proficient in English. Since then, the state toughened its exam format after complaints that the test had become too easy and predictable, adding new types of questions and lengthening the exams.

"This is real proof that when expectations are raised, our students can rise to the occasion," Walcott said after scores were released last month.

Some bright spots in the local school results came from Norwood's PS/MS 280, where the percentage of passing students exceeded the citywide numbers and came close to matching statewide scores; and a majority of the students at PS 51 also passed, though the school just moved out of the neighborhood for another building in Crotona, following the discovery of toxins at its former site.

Overall, though, local school scores remained a head below the rest of the city. At JHS 80 on Mosholu Parkway -

deemed "consistently low-achieving" by the DOE for years now — just 16 percent of students passed the English exam; only 27 percent passed math.

Maggie Moroff, a policy coordinator at Advocates for Children of New York, said there are a number of reasons some neighborhoods score better than others. Communities with greater numbers of low-income students, students of color and English Language Learners, for example, have historically scored worse than white and more affluent students — evidence of the "racial achievement gap" the DOE and Bloomberg say they are fighting to narrow.

Either way, Moroff says, failing the tests has real consequences. Teachers are evaluated by the DOE based on the scores of their students, and students themselves can get left behind after a failing grade.

"That's actually a real tragedy," she said. "You have some of these kids thinking that they were going to be promoted, but then they're [held back] based on their test performance."



AUTO · HOME · BUSINESS

2701 WILLIAMSBRIDGE ROAD BRONX, NY 10469

TEL: 718.547.7100 **FAX:** 718.547.2235

'Providing Personal Service at its Best"



OPEN MONDAY-FRIDAY 8:30AM - 4:30AM

"What is your need? We are here to help."

Advertise

in the Norwood News

Call (718) 324-4998

Multi-Service POTS Expands to Fill Growing Needs

By RONALD CHAVEZ

With local hunger and unemployment numbers on the rise, nonprofit multi-service group Part of the Solution is expanding with the opening of a brand new \$8 million facility next door to its current Webster Avenue location.

Part of the Solution, or POTS, known for its widely-used soup kitchen, case management and legal services, haircuts and showers, is bolstering each of its programs and adding others.

This comes amid reports of rising poverty in the country, according to the latest Census figures. POTS officials say they saw an 88 percent spike in the use of its emergency food programs from 2005 to 2010. According to the Food Resource Action Center, POTS serves the congressional district (the 16th) with the highest rate of hunger in the country.

Much of the new center is already in use. But the new facility is tentatively scheduled to open at full strength on Oct. 1, or whenever the new kitchen, the centerpiece of POTS' programming, is completed.

The old kitchen served a maximum of 22 people at a time, whereas the new kitchen will have the capacity to serve 60 at a time. Staffers said the line to enter the old kitchen often extended outside the building and ran down the sidewalk.

For that reason and many others, the POTS staff says it's glad to have the extra space.



Photo by Ronald Chavez

VOLUNTEER JOHN CALLENDAR takes stock of supplies in Part of the Solution's brand new expanded kitchen, which will serve up to 60 people at a time.

need can go to take showers or get a haircut. There are now three showers to the old building's one. A new, onsite medical clinic is still under construction.

The cramped space in the former building meant private, sensitive conversations, such as meetings with case managers or lawyers, were often held in corners of rooms or other not-so-private

The staff emphasized the importance The basement is now where those in of maintaining the dignity of people

using their services.

The new space allows for that. It means "there's not someone changing after a shower while someone is waiting to see a lawyer," said Chris Bean, the organization's director of finance and operations.

They have added a waiting room for people who need case management and legal services.

Previously, "our waiting room was the stairway," said staffer Antonietta

Now the waiting room is sunlit and clean. It's nearly the size of some public school classrooms. Darlene Jeris, executive director for POTS, says the facility was built with excess capacity so that there's room for the agency to grow.

Keeping people fed and healthy will remain POTS' top priority as the Bronx is caught in the painful irony of having both the highest incidence of hunger and the highest rate of obesity in the

With that in mind, POTS is also adding nutrition classes and access to a pantry stocked with fresh and canned foods, the goal being to curb hunger and, at the same time, stem the tide of diseases associated with obesity like diabetes and heart disease.

To make sure the food is distributed fairly, they've introduced a point system, based off ones used by other nonprofits, where families are given points based on criteria like how big the family is.

On a recent afternoon, Silveria Jacobo had come to POTS to get food stamps. She said the space was different from other agencies she had been to that perform similar services. It was clean, she said the staff had respected her, and that she had been tended to quickly. "There are other places where you have to get on a line at 6 a.m." she said.

The construction of the new facility was funded by \$5.6 million in private donations, a POTS surplus and a new tax

BRONX HOMEOWNER AND BUSINESS OWNER RESOURCE FAIR

Monday, September 26th

At the Mosholu Public Library 285 East 205th Street (near Perry Avenue)

5:30PM-7:30PM

Bangla & Spanish translators will be onsite!



- Learn about foreclosure *Prevention Options* Get help starting or *expanding your business*
- Obtain Immigration and Legal Assistance! Lower energy costs and get a Free Weatherization Kit

Please RSVP by calling University Neighborhood Housing Program at 718-933-2539 or by emailing jumelia@unhp.org

We love, welcome and encourage letters to the editor and opinion articles from readers. Write to: Editor, Norwood News, 3400 Reservoir Oval East, Bronx, NY 10467. Fax: (718) 324-2917; or e-mail: norwoodnews@norwoodnews.org.

Op-Ed

A Love Letter to Norwood

By SALLY BARKER DUNFORD

Dear Norwood,

I can't remember when I didn't love you. When I was little, Mom and Dad and a half-dozen siblings would come to Perry Avenue, to Nana and PopPop's house. It was so exciting after East Greenbush. We'd come down on the Thruway and get off at 233rd Street, and go down Jerome Avenue. I was convinced that the end of the No. 4 train at the Woodlawn station was the gateway to New York. You could see the world from Nana's house — the subway, the Thanksgiving parade, or just feeding the ducks at Woodlawn Cemetery. Aunt Ethel lived around the corner, and we played with the Irish kids next door. One of the three O'Sullivan girls had an exotic name it was pronounced "Ah-va" — short for "Ave Maria because she was born at Christmas, ya see?" her sister told me.

So when I got a scholarship to come to Fordham University, it wasn't surprising that I came. It was 1969 and the whole world was upside down. I lived my freshman year on Perry Avenue (Fordham had just gone co-ed, and there were no dorms for women). Sophomore year I got

an apartment share; I was 19 and ready for independence. College was a time of learning, but I learned the most at the demonstrations and the constant political and philosophical discussions at the Campus Center during the day, and the

The L-D (the El Dorado Bar - long gone

I'm afraid) under the 3rd Avenue El.

I met my husband at The L-D, 40 years ago today. He was just back from Nam. We married a year later. Mike and I settled back in my mom's old neighborhood, Norwood in the Bronx. Nana, newly-widowed, still lived there, and we wanted to be able to help her (not that she actually needed help — she lived another 20 plus years!)

As we were moving in, lots of folks were moving to the suburbs. The Jewish folks from Mosholu Parkway were leaving. "There goes the neighborhood," the old folks said — but we loved it, and proceeded to have four sons in quick succession. By that time the Irish had moved in. They were good neighbors, so we stayed. They didn't leave until the late '80s and early '90s, and the same old folks said, "There goes the neighborhood," when the Latinos began moving in from

Puerto Rico, and Central and South America. They were good neighbors, so we stayed.

By this time, the "boys" had moved out to start their own lives. Most recently the neighborhood has seen an influx of people from Bangladesh and Pakistan, and Africans and Russians, and the Cambodians, and the Bulgarians, and the Filipinos and the African-Americans, and most recently, the Mexicans. And they're good neighbors, and so we stay. Norwood is one of the most diverse communities in the country. And somehow, we manage to communicate and for the most part respect each other.

Twenty years ago, when Mike and the boys and I, along with six of our neighbors, lost almost everything in a fire, people in the community helped us - finding us a place to stay, replacing clothes, furniture, and school books. People collected donations at the subway station. Old ladies donated money from their Social Security checks. One neighbor took my youngest son's stuffed animals and hung them by the ears from her clothes line every day for two weeks to get the smell of the smoke out. Ten days ago, another fam-

ily experienced the same devastation. And the community—much poorer now than when we had our fire —has begun to do the same thing. Because we're good neighbors.

So why do I love you, Norwood? Life is tough here. Lots of folks live one paycheck away from eviction. The drugs and the violence of the '80s and '90s almost killed you. But you're still here. We're still here. Because despite the Bronx's horrible reputation, despite the poverty, despite the crazy, real, difficult problems we face here, we are a community. Because you shelter people from all over the world, because you're home to many community groups and community people who stayed when the going got rough, and who take care of each other in a way you don't see in other places. Because there's a richness here, of people and cultures, that transcends the differences and the profound difficulties. For all these reasons, I love you, and we'll keep muddling through.

Sally Dunford, a longtime Norwood resident, is the executive director of the West Bronx Housing and Neighborhood Resource Center.



Studios and 1 Bedroom Apartments Available

The Northwest Bronx.

Pick up application at:
Fordham Bedford Housing Corporation
2751 Grand Concourse, The Bronx
718-367-3200



Photo by Emily Piccone

AROUND 100 PEOPLE gather to honor the 144 Bronxites who died because of the terrorist attacks on 9/11.

Bronx Adds a Name to 9/11 Memorial List

By EMILY PICCONE

The Bronx continued its annual tradition of remembering the 144 Bronx lives that were taken on Sept. 11, in a ceremony organized by Bronx Borough President Ruben Diaz, Jr. and his staff.

The feelings of renewing the brotherhood of patriotism were widespread on Thursday, Sept. 15 at Lou Gehrig Plaza, where more than 100 people were gathered.

"Today is a day that we should recall that sense of patriotism, that sense of brotherhood and sisterhood that locked the immediate aftermath of that horrible day 10 years ago," said Administrative Judge Douglas McKeon in his address to the crowd.

(continued on p. 11)

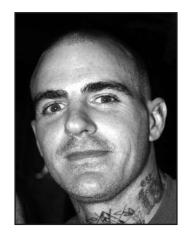
With the passing of the 10th anniversary of 9/11, we asked readers where they were when they learned America was under attack.



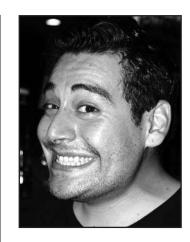
I was at my friend's house on East Islip, Long Island and I was about to get on the train because I was bartending at Applebee's in Times Square. I wound up not going because I started watching the news. One of my friends died, 22 years old, Lynn Morris, who worked at Cantor Fitzgerald. **Autumn Mosca**



I was in the Bronx doing a customer's driveway and my customer brought me inside and told me to look at the TV and see what just happened. I then went to a coffee shop where I saw the second plane hit. **Mark Anthony**



I was home and my stepfather called me. I was off from work on that day for some reason and he called me about a terrible accident: a plane hit the building. So I put the news on and actually saw the second one hit. I figured it was war, so the next day I was in the recruiting station signing the papers. I [served] in Afghanistan and Iraq. **Chris Greene**



I was actually a senior in high school. I actually remember so clearly how they only let the seniors go and I was going down I-95 South in my car and all I saw was the white smoke in the air and I was probably doing about 100 because there was not one car on the road. I had a friend whose father was a fireman that died.

Gino Romeo Libra



I was actually in the eighth grade at St. Raymond's Elementary School on Castle Hill Avenue and I just remember we couldn't go out for recess and I couldn't understand why, because it was a beautiful day. It didn't make any sense to me. Later that day, my teacher told us and let us know what was going on.

Amparo Cruz

PROPERTIES FOR SALE IN THE BRONX

NEW TO MARKET COOPS IN NORWOOD, BEDFORD PARK, FORDHAM AND PELHAM PARKWAY

Just Listed:

Fully renovated two bedroom, centrally located near transportation, walking distance to Montefiore Medical Center, shops and houses of worship, pet friendly building. All this and more for \$95,000

Pelham Parkway two-bedroom apt in desirable Brady Court complex, fully renovated with stainless steel appliances and all new cabinets. Walking distance to #2/#5 line, near parks and Bronx Zoo. Great value at \$120,000

Norwood 2-bedroom apt in College Gardens, best kept secret in town! Spacious rooms, lots of closets, renovated kitchen. move-in ready, all in a great complex that offers indoor heated garage (wait list), resident super, and low monthly maint fees. You just can't ask for more! Priced to sell at \$143,000 Also available, 2-BR top floor apt listed at \$140,000 and another 2-BR at a price that can't be beat! Call for details and to schedule a viewing

Marion Ave (Bedford Park) rare find, spacious one bedroom apt for \$49,000. Seller relocating means you benefit from this fabulous deal. Won't last! Bldg offers laundry, parking (wait list) and convenient location.

Recent price reductions:

Hurry! Sellers want motivated buyers and signed contracts by October 1st!

Marion Ave one bedroom, with new stove and refrigerator, open layout, and lots of closets. \$59,000

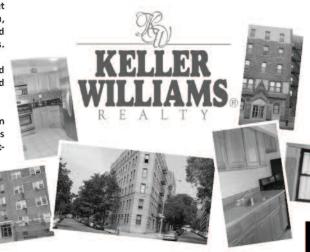
Allerton/Williamsbridge 2-bedroom coop in Pre-War complex that is 100% owner-occupied. No Financing. This apartment needs some TLC but it's still a steal at \$110K. Low monthly maint includes gas & electric.

Also available:

Beautiful 3-bedroom, 2-bath condo in exclusive gated community, corner property with more outdoor spacel; recently updated kitchen, new cabinets, granite countertop, stainless steel appliances, marble tiles, Jacuzzi, storage basement and much more, assigned parking, close to transportation. Need we say more? Offered at \$329,000

And on the Fifth Avenue of the Bronx, The Grand Concourse, we have a fabulous, fully renovated studio, a commuter's dream, just 25 minutes from Midtown, Executive Towers is located close to Yankee Stadium and the new Gateway Mall, near multiple transportation options and across the street from the Bronx Museum of the Arts. This gem is offered at \$108,000. Come take a look!

Grand Concourse, Bedford Park one bedroom, updated kitchen, huge livingroom, wood floors and lots of closets, close to #4 and #D trains as well as express and local buses. \$130,000



Keller Williams NY Realty Direct 646-286-3496

E-Mail: homesbymvalerio@gmail.com Please visit my web site: http://www.homesbymvalerio.com

Web search a home, go to: http://marthavalerio.listingbook.com

Martha Valerio, ABR, CBR, e-PRO, GRI, Associate Broker

Business Improvement District







healthfirst



Radio Disnep **AM 1560**

PRESENTS

± MC's

Hosts 8

AN AL PIZARRO PRODUCTION

Guest DJ's















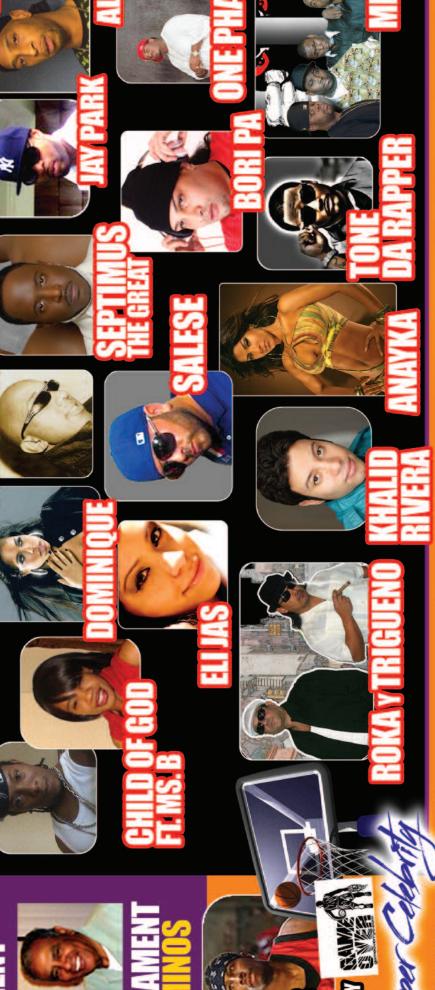


WellCare

Key Food



AM 1560



HOT SAUCE OF ANDI & RUCKE

DOMINOS TOU WITH MISTER

EQUIPMENT GEAR SPONSOR

BASKETBA













WITH ELVIS DELAHO

CHESS TOUR





Monti Diner















(continued from p. 1)

runner in a matter of months, garnering support from elected officials, unions and, especially, Bill Samuels, whose New Roosevelt Initiative pledged \$250,000 to defeat Espada.

Espada attacked Rivera relentlessly on the campaign trail, trying to paint him as puppet of the Demoratic machine and printing fliers showing an angry, darkened mug-shot-like photo of Rivera that said he wanted to take aware seniors' health care.

"Gustavo was courageous in the first place to run against Espada," says Frances Fox Piven, a liberal political activist and professor at CUNY.

But Rivera stayed on message, often refusing to mention Espada by name, calling him "that guy" or "that dude," as he enumerated the ways the district wasn't being served and why he was the most viable candidate to defeat "that dude."

Though he had never been a candidate himself, Rivera knew how a candidate should act. Aside from teaching a class on field organizing, he had spent the last decade on the campaign trail.

After coming to New York from Puerto Rico in 1998 to study political science at City University's graduate program, Rivera's path toward a career in academia took a turn toward electoral politics. He found himself drawn to the gritty work of field organizing and, based on the results, he was good at it.

Before running himself, he had worked on successful campaigns for the late Phil Reed, the City Council's first openly gay member, former Governor David Paterson (when he was a state senator), state senators (and current colleagues) Jose Marco Serrano and Andrea Stewart-Cousins (for whom he also

served as chief of staff), and, more recently, President Obama and U.S. Senator Kristen Gillibrand. In between, he worked for the Democratic Conference, Democrat-leaning unions (SEIU) and the mayoral campaign of former Bronx Borough President Fernando Ferrer.

But last year was the first time Rivera stepped out from behind the shadows and became the subject he had always worked

"He proved himself to be extraordinarily good at going out on the street and meeting people," says Krueger, who Rivera now refers to as part of his family. "Answering people in English and Spanish. He showed incredible respectfulness to them and where they were coming from."

Malone, who was on sabbatical last year and joined Rivera's campaign as policy director (he's now Rivera's legislative director), says Rivera meticulously prepared for his new role, eventually becoming "one of the best candidates I've seen."

One by one, his other primary opponents running on the ant-Espada ticket fell by the wayside until it was just Rivera versus Espada. And on primary day last September, Rivera won and won huge.

He didn't have much time to celebrate. With Espada more or less absent for the final three months of his term, Rivera became the de facto state senator for the 33rd District soon after his primary victory. He even joined the borough president's task force assigned to come up with a plan to redevelop the long-vacant Kingsbridge Armory.

The real work, however, began in January when he was sworn in. Democrats had lost their majority by then, but those who remained were pleased to gain a staunch liberal with deep ties to the party.

PS 51's Move to Crotona Not Seamless

By RONALD CHAVEZ

For the parents of kids at PS 51, the move from a contaminated building in Bedford Park to the St. Martin of Tours building in Crotona has been mostly smooth, with some minor hiccups.

Parent Stephanie Gonzalez said school buses were an hour late on the morning of the first day of school, but that the buses have been on time in the mornings since. Anthony Rivera said his brother had gotten a school bus at 2:50 p.m. and got home at 4:10, despite the new location being just two miles from the old one.

A Department of Education spokesperson said the DOE has not received any formal complaints about the school. PS 51 Parent Coordinator Helena Ortiz said the issues with bus scheduling had been worked out after the first week. She added that matters like air conditioning or when kids got back home once they were on the bus were handled by the bus company, and not by the school.

For Gonzalez, the new location is a burden she would rather not bear. The move means a much earlier start to her day. She went from living across the street from her daughter's school, to 20 minutes away in a car. Now, she says she wants to transfer her daughter to nearby PS 8 on Briggs Avenue. Gonzalez said her daughter was put on a waiting list.

Ken Sherrill, now a president emeritus at

Hunter College. "But that's short-lived. If

you turn out to be a lazy jerk or a crook,

"He has the advantage of being welcomed by colleagues who will be happy to see him," says Rivera's longtime mentor

Editor's Note: In Part III of our series on 33rd District State Senator Gustavo Rivera we will examine Rivera's first year in office. Look for it in our next issue, which comes out Oct. 6.

It's not clear whether PS 51 parents looking to transfer their kids to another school will get priority. "If [schools] don't have seats, they don't have seats," said Ortiz.

Other parents picking up their kids at the new building, which formerly housed the Catholic elementary school St. Martin of Tours, said they were happy as long as their kids were happy.

"The kids really enjoy the building," said Elka Santiago, while picking up her second grade son.

"So far, the neighborhood has accepted us," said parent Valerie Francis.

Sri Francis, whose daughter is a third grader at PS 51, said the school's paint job is ugly, and that there are too many stairs. She laments having to walk up to the fourth floor, but said she was happy with everything else.

PS 51, also called the Bronx New School, was forced to move last month after DOE tests confirmed dangerously high levels of trichloroethylene at the Jerome Avenue location that had housed the school for nearly two decades. The substance is an industrial solvent said to cause kidney and liver problems and may be tied to cancer.

The DOE knew about the presence of the toxin since at least March, but only alerted parents in early August. The news prompted anger from parents who questioned why they weren't informed sooner.

Rebuilt After Fire, Tolentine's Doors Swing Wide Open

(continued from p. 1)

"The theme of the doors is that they represent us," Girone said. "People come in through those doors searching for God. They carry only their burdens, their joys and their sadness." When they emerge, Girone said, "they leave transformed through the celebration of the sacraments."

Tolentine's massive sanctuary was left mostly unharmed by the fire, but the reconstruction of the vestibule was an enormous undertaking that wasn't completely covered by insurance.

Parishioners and other donors chipped in what they could to help finish the job. The extra funds, Girone said, allowed the church to install a new chandelier in the vestibule and also to take the burnt-out doors and re-fashion them into shrines for St. Augustine and St. Jude.

The new space is a stunning mix of stone and dark wood. Church members raved about the transformation.

"For me, it's more beautiful than walking into St. Patrick's Cathedral, to be honest with you," said Camille Luke, a Tolentine member for more than a decade.

"It's even more beautiful than before,"



Photo by Alex Kratz

THE INTERIOR DOORS to Tolentine's sanctuary were completely reconstructed after a March 2010 fire. Parishioners say the church's revamped vestibule is a marked improvement.

said Maria Torres. "Beautiful work."

Carlos Cortez, a longtime parishioner who was married inside Tolentine years earlier, said the fire helped bring the congregation together and re-energize its membership.

"After the fire, it was a message to people," Cortez said. "Wake up and smell the

coffee. I think it rejuvenated people, made them more tight."

In the aftermath of the fire, church business didn't miss a beat. Tolentine continued to hold service in the church school's gymnasium until the sanctuary became accessible through a side door. New member Emeka Enu said he went through the whole confirmation process while the vestibule was being worked on.

"The fire didn't stop us," Enu said, after pointing out the new flat-screen television installed on one of the vestibule walls. "We still did everything."

Though the arsonist was never caught, Girone said the church's doors will remain open every weekday, from about 8 a.m. to 3 p.m., on Saturdays, from around 7 a.m. until 8:30 p.m. and Sundays, from 7 a.m. to 5 p.m.

Keeping those doors open, Girone said, gives everyone outside a glimpse of the beauty within the church, including the shiny new entrance hall. He says keeping the doors closed would go against the very meaning of the church.

"The beauty of the church," Girone said, "is a sign of hope."



Healthy Recipes: Make Your Own Salad Dressing

By JEANMARIE EVELLY

Salads are great. Salads can — and should — be a part of your diet. They're a tasty way to up your daily vegetable and fruit intake and a quick, easy meal to take with you to work.

But salads can also be deceiving, when done wrong: a well-intentioned plate of greens can very easily go from healthy to high-calorie once you factor in toppings, and especially when doused in a fattening dressing (many restaurant salads are guilty of both).

So why not make your own dressing at home? DIY salad dressings are easy, generally healthier, and they'll save you money. One bottle of Newman's Own, according to the company's website, costs \$7.98, but most simple dressings can be thrown together with ingredients that are probably already in your kitchen, if you're someone who cooks fairly often: oils, vinegars, and standard herbs and spices.

Below, you'll find three quick and easy dressing recipes. And here are some general rule-of-thumb tips for keeping your salads on the healthy side:

Avoid creamy dressings, like ranch, French and Caesar, as they're almost always the worst culprits when it comes to calorie and fat-content. Opt for oil and vinegar-based dressings instead.

Don't drown your salad! Stick to no

more than 2 tablespoons of dressing.

Add fruits and vegetables in lieu of animal-based toppings, like meats and cheeses. Fruit might sounds weird in a salad, but berries, orange segments, apples, etc. can be delicious additions that add a sweet kick.

Don't bother with bagged, storebought salad mixes. It's almost always cheaper to buy your own greens and other ingredients and assemble them yourself (just make sure you wash everything thoroughly!)

Recipes:

Poppy Seed Vinaigrette

2 tablespoons poppy seeds

½ cup red wine or white wine vinegar

½ cup olive oil

½ cup white sugar

Splash of Worcestershire sauce

1 teaspoon paprika

Great with: baby spinach, red onion, sliced strawberries, slivered almonds.

Tangy Honey Mustard Dressing

1 tablespoon lemon juice

1/4 cup olive oil

2 tablespoons Dijon mustard

2 tablespoons honey

1 thin sliced shallot

Great with: dandelion or mustard greens, fresh fruit, walnuts, pumpkin seeds (see photo above).



DANDELION GREENS salad in a homemade honey mustard vinaigrette.

Soy-Balsamic Vinaigrette

1/3 cup balsamic vinegar 1/3 cup olive or sesame oil ½ cup soy sauce

1 clove garlic, chopped and lightly browned Great with: arugula, grilled chicken, shredded carrots, shredded cabbage, snow peas.

Editor's Note: Have a great, lowcalorie recipe you'd love to share? Send us your favorites: norwoodnews@ norwoodnews.org.

Bronx Adds a Name to 9/11 Memorial List

(continued from p. 6)

With a special ceremony in honor of the 10th anniversary of 9/11, Bronx Borough President Ruben Diaz, Jr. and his staff brought together a chorus of students that sang a selection of American melodies, a vocalist accompanied by Artistic Director Denise Perry of the Millennium Dance Company, and a final releasing of white doves after a reading of the 144 names of Bronx victims.

At the ceremony held last year, that list included one less name, Diaz explained to the audience.

A man by the name of Leon Heyward, a Bronxite who was coming up from the subway right as the second plane hit, chose to stay amidst the debris and smoke to help citizens escape. He was swept up in a cloud of toxic smoke, and passed away this past

Robert H. Wolff, president of the Bronx County Bar Association, touched on the courage of the men and women, both those present and those who gave their lives that day and since.

"If there is anything we've learned, it

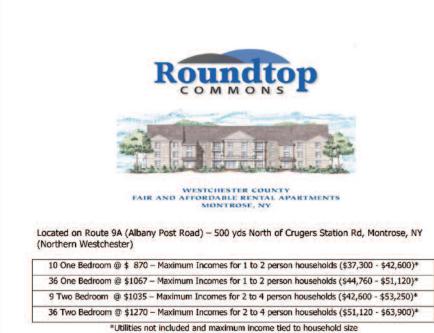
is that we will do anything for another human man," Wolff said.

In Diaz' address, he told the heartbreaking story of Darryl 'Pop' McKinney, an exemplar of someone who had 'really made it.' McKinney grew up in the Soundview neighborhood of the Bronx, meeting Diaz on the basketball courts that now bear his name. McKinney returned to the Bronx after college to work at Columbus High School to direct a youth program, and later joined the ranks at Cantor and Fitzgerald, one of the companies that called the World Trade Center home, and which lost one of the largest numbers of employees.

"He became one of our heroes, he was a role model to our children," Diaz

Umbrellas and rain jackets were whipped out in the middle of the ceremony as rain began to lightly come down, and in response to a siren from down the street, half a dozen firefighters peeled out of their line and briskly walked away from their company.

But the ceremony continued on, as it will for years to come.



On site laundry, Clubhouse, Convenient to shopping, health facilities & transportation

For Information/ Application: **Housing Action Council** www.housingactioncouncil.org hac@affordablehomes.org

APPLICATION DEADLINE: September 30, 2011









eighborhood Notes

VC Park Volunteer Kickoff

Join the Friends of Van Cortlandt Park for the start of their fall volunteer season on Saturday, Sept. 24, at 10 a.m. Projects will include tree plantings and invasive plant removal. Giveaways for volunteers! Meeting locations are: compost site near the Riding Stables, the last stop of the No. 1 train and the last stop of the No. 4 train. For more information, call (718) 601-1553 or visit www.vancortlandt.org.

Homeowner/Business Owner Resource Fair

A free Homeowner and Business Owner Resource Fair will be held at the Mosholu Library, 285 E. 205th St., Monday, Sept. 26 from 5:30 to 7:30 p.m. Learn about foreclosure prevention options, starting and expanding your own business, and get immigration and legal assistance. Attendees will receive a free weatherization kit and brief counseling. Bangla and Spanish speakers will be available onsite. For more information or to RSVP, call (718) 933-2539.

Free Personal Finance Course

The University Neighborhood Housing Program and Credit Where Credit is Due offers five free classes from 6 to 8 p.m., covering credit, debt management, and budgeting, at 2751 Grand Concourse. Classes in English will be held Tuesdays from Nov. 1 to 29, and in Spanish on Thursdays from Sept. 15 to Oct. 13.

All attendees will receive a free credit report and score. Completion certificate can be used to open a free savings account and for DHS Advantage Program. Space is limited. For more information or to RSVP, call (718) 933-2539.

Introduction to Finding Funders

The Bronx Library Center and The Foundation Center present this free informational session for conducting searches for funders and grant makers to match your organization's funding needs, Wednesday, Sept. 28 from 6 to 9 p.m. in the Bronx Library Center auditorium, 310 E. Kingsbridge Rd. Registration is required. For more information, call (718) 579-4257.

Small Business Development Certificate in Entrepreneurship

Kingsbridge Heights Community Center, the Hispanic Information and Telecommunications Network and Lehman College will offer this fourmonth course for small business owners and entrepreneurs. Classes start Sept. 26 at 3101 Kingsbridge Terrace. For more information, contact Aida Hernandez at ahernandez@khcc-nvc.org or call (718) 884-0700 ext. 100.

Children's Speech Program

The Mount Saint Ursula Speech Cen-

ter, at 2885 Marion Ave., is accepting applications for its fall program. There are morning and afternoon openings for children ages 2 to 15 who are in need of speech and language services. Medicaid. private pay (with sliding scale), and some types of insurance are accepted. For more information, call (718) 584-7679.

Seniors Partnering With Artists Citywide

The Bronx Council on the Arts is seeking artists to participate in Seniors Partnering with Artists Citywide, a program that places artists-in-residence at senior centers across the five boroughs. Selected artists are granted workspace in senior centers and a stipend in exchange for the creation and delivery of arts programming for seniors. To download an application form, visit www.bronxarts.org or for more information, call BCA at (718) 931-9500 ext. 23. Deadline is Sept. 30.

Lehman College Art Gallery's Fall Programs

The Art Gallery at Lehman College, 250 Bedford Pk. Blvd. W., is offering a number of programs, workshops, gallery tours and for-credit classes this fall. For more information, contact Xochitl Higuchi at (718) 960-7492 xochitl.higuchi@lehman.cuny.edu.

Free English Classes

The New York Public Library offers

free English classes at selected libraries across the Bronx, in association with the Riverside Language Program, Inc., for adults 16 and older. Space is limited and registration must be done in person. To find a participating location and for more information, call (212) 340-0918.

Hospital Volunteers Sought

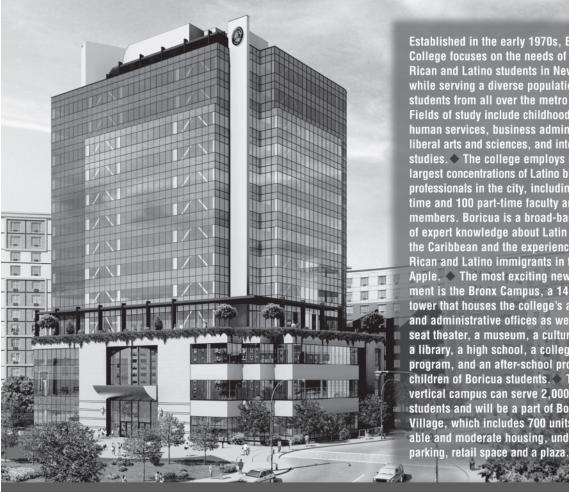
North Central Bronx Hospital, at 3424 Kossuth Ave., seeks volunteers interested in becoming rape crisis advocates in the Sexual Assault Treatment Program. Participants are required to complete a 40hour class and must commit to volunteer twice a month for a minimum of one year. Interviews and training sessions are currently taking place. For more information, call Emma Fessler at (718) 519-4788.

Children Sought for Behavioral Research Study

The Division of Behavioral Sciences at Albert Einstein College of Medicine of Yeshiva University is recruiting typically developing boys, aged 2 ½ to 3 ½, for a research study looking at how children see the world and pay attention. The study involves at least one visit lasting two and a half hours, for which you will be compensated \$50. For more information, call (718) 430-2463.

For more Neighborhood Notes online, go to www.norwoodnews.org and click on "Neighborhood Notes" in the right-hand column.





Established in the early 1970s, Boricua College focuses on the needs of Puerto Rican and Latino students in New York City, while serving a diverse population of human services, business administration, liberal arts and sciences, and inter-American studies. The college employs one of the largest concentrations of Latino bilingual professionals in the city, including 130 full-time and 100 part-time faculty and staff members. Boricua is a broad-based source of expert knowledge about Latin America. the Caribbean and the experience of Puerto Rican and Latino immigrants in the Big Apple. • The most exciting new development is the Bronx Campus, a 14-story tower that houses the college's academic and administrative offices as well as a 260 seat theater, a museum, a cultural center, a library, a high school, a college prep program, and an after-school program for children of Boricua students. The new vertical campus can serve 2,000 full-time students and will be a part of Boricua Village, which includes 700 units of affordable and moderate housing, underground

MASTERS DEGREE PROGRAMS

BACHELOR of SCIENCE **DEGREE PŘOGRAMS**

BACHELOR of ARTS DEGREE PROGRAMS

BRONX CAMPUS

890 Washington Ave, Bronx, NY 10451 (between 161st and 163rd Street) 347 964-8600



Boricua College

ADMISSIONS OPEN/REGISTER NOW www.boricuacollege.edu

Classifieds

REAL ESTATE

Office Space Available: In northern Bronx and lower Westchester County. Please contact our office for info regarding pricing and square footage. ZLD Realty LLC. (718) 654-1319.

Apartments Available: Northern Bronx and lower Westchester County. No brokers fee. For more info, please call ZLD Realty LLC (718) 654-1319.

Space Available to Worship: Worship space available at the Bedford Park Congregational Church. Please contact Reverend Dr. Christopher Ponnuraj (718) 367-8996.

SERVICES AVAILABLE

Tutor: K-9 teacher NYS certified, ESL certified, former *NY Times* cartographer/staff editor. (718) 644-1083.

Yoga: Stretching, meditation, drumming or dancing on Fridays and Sundays. \$10 per session. RSVP (718) 644-1083 or email jnorQ@aol.com.

RELIGIOUS SERVICES

Glad Tidings Assembly of God: 2 Van Cortlandt Ave. E. and Jerome Avenue. (718) 367-4040. Pastor: Efrian Figueroa, Sunday Service at 11 a.m.

MERCHANDISE WANTED

Wanted to Buy: OLDE

RHINESTONE/COSTUME JEWELRY - Gold/silver jewelry. Antiques-Furniture, porcelains/crystal, olde hats/linens/lace, olde postcards/fountain pens,

Professional Directory

Pediatric Services

Tiga Pediatrics

3510 Bainbridge Ave., Suite 5, Bronx, NY 10467 Ages 0 to 21 years General Practice, Obesity, Asthma, ADHD Same-Day Appointment Every Day! (718) 319-8999

Beautician Services

Come to Madame P's Beauty World

The last old-fashioned hairdresser in the Bronx.

We specialize in haircutting, hair care, and provide consultations on hair care and weaving to stimulate hair growth. We do tinting and use all manners of relaxers, including Mizani, Affirm, Fiberguard, and Vitale. We use Wave Nouveau Coiffure. We are

Wave Nouveau Coiffure. We are still doing carefree curls and press and curl. 20% off for seniors Tuesdays, Wednesdays, and Thursdays.

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

Religious Services

VISIT US The Bedford Park Congregational Church

Corner 201st Street and
Bainbridge Avenue
Sunday Service and Sunday
School 11 a.m.
Friday Bible Study at the parsonage, 7:30 p.m.
(Call pastor to confirm)
Reverend Dr. Christopher
Ponnuraj (718) 367-8996
ALL ARE WELCOME

Lawyers

James M. Visser, Esq.

General Practice; Accidents, Commmercial; Wills & Estates; Offices Bronx and Manhattan (646) 260-6326

Non-Denominational Services

Good News Christian Church

3061 Bainbridge Ave. (basement of the Church of the Holy Nativity), Bronx, NY 10467. (347) 329-0023. Pastors James and Andrea Miller. Sunday service at 2 p.m. Home fellowship bible studies on Wednesdays at 7 p.m. Friday night prayer service at 7 pm. Visit us at www.goodnewscc.wordpress.com.

"We can Help"

- Personal computer
- running slow?
 Thinking about throwing it out
- and getting a new one?
 But strapped for cash?

Check with BXComputers



Rick Morenberg Phone: 646-620-4557

Fax: 347-431-3415
Service & Support Specialists
www.bxcomputers.com
info@bxcomputers.com

stamps/coins, sterling/silver plate, oriental rugs, olde paintings/prints, entire contents of apartments, cleanouts. Call Debbie in the Bronx (718) 796-3489.

"We can Help"

 Are you a small business having trouble finding technical support for your computer equipment?

We will Handle business systems of any size. References Available

Check with BXComputers



Rick Morenberg Phone: 646-620-4557 Fax: 347-431-3415

Service & Support Specialists www.bxcomputers.com info@bxcomputers.com

Classified ads: \$9 for the first 20 words, 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). To place an ad call (718) 324.4998

(12 issues); \$625 for one year (25 issues). To place an ad, call (718) 324-4998.

"THE OUTDOOR MALL EXPERIENCE"

OVER 300 SPECIALTY SHOPS AND CHAINS!

FURNITURE/CLOTHING/JEWELRY/SHOES/ELECTRONICS DISCOUNT OUTLETS/CELL PHONES/GAMES, ACCESSORIES OFFICE SUPPLIES & MANY FAST FOOD RESTAURANTS



ACCESSIBLE BY ALL NYC MASS TRANSPORTATION. PARKING FACILITIES AVAILABLE.

FOR MORE INFORMATION, CALL (718) 562-1269 OR VISIT WWW.FORDHAMROADBID.ORG



CO-OPS FOR SALE

BRONX LOCATIONS: KINGSBRIDGE/NORWOOD

GRAND CONCOURSE/WOODLAWN

3520 TRYON AVENUE

Perfectly located co-op. Walk to Montefiore and Subway.

"Handyman Special" 1 BR \$97,000

Maint: \$548.45

4380 VIREO AVENUE

2 BR-JR \$169,000.00

Maint: \$543.69

Studios for rent @ \$900, No Fee

TO VIEW AND FOR MORE INFORMATION, PLEASE CALL:

Sherry and Sons, Inc.

(914) 793-1793 ext.16

www.sherryandsons.com

Out & About

Onstage

■ Trombonist Chris Washburne and The Syotos Latin Jazz Band, presented in collaboration with Carnegie Hall's Neighborhood Concert Series, will perform at the following locations: Jacobi Medical Center's Rotunda, 1400 Pelham Pkway., So., on Oct. 6 at 10:30 a.m. (call (718) 918-3827 for more information and to reserve a seat; flu shots, hypertension screening, refreshments and giveaways will all be available free before the concert from 8:30 to 10:30 a.m. in the lobby of Building 4 adjacent to the Rotunda); and Bronx Museum of

the Arts, 1040 Grand Concourse at 165th St., free, Oct. 7 at 7 and 8 p.m. (includes free viewing of current exhibitions at 6 p.m.; for more information, call (718) 681-6000).

- The Bronx Library Center, located at 310 E. Kingsbridge Rd. off Fordham Road, presents **Puerto Rican, Cuban and Dominican Folkloric Music**, Sept. 24 at 2:30 p.m.; and **Doo Wop**, Oct. 1 at 2:30 p.m. For more information, call (718) 579-4244/46 or visit www.nypl.org.
- The Lehman Center for the Performing Arts, 250 Bedford Pk. Blvd. W., presents gospel duo **Mary Mary**, a sister act, Oct.

9 at 7 p.m. Tickets are \$25 to \$45. For more information, call (718) 960-8833.

- Bronx Council on the Arts presents a **One-Woman Show**, about a south Bronx actress who becomes possessed by the spirit of film star Maria Montez, the first Dominican leading lady to conquer 1940s Hollywood, Oct. 3 at 7 p.m. at the Pregones Theatre, 571-575 Walton Ave. (149th Street). Suggested admission donation is \$10. For more information, call (718) 585-1202.
- Mind Builders Creative Arts Center, 260 E. 207th St., presents free percussion and Latin Jazz performances with workshops to be conducted by Bobby Sananbria and his ensemble, Sept. 23 from a6:30 to 8:30 p.m. and Sept. 24 from 1:30 to 4:30 p.m. For more information, call (718) 652-6256 or (718) 842-5223.
- The Bronx Academy of Arts and Dance (BAAD), 841 Barretto St., presents **The Welfare Queen**, a one-woman show, Sept. 29, 30, Oct. 1, 6, 7 and 8 at 8 p.m. Tickets are \$25. The show includes dancing girls and opens with a reading of work by writer or poet. For more information and for tickets, call (800) 838-3006.
- The Bronx Museum of the Arts presents Summer Garden Festival featuring Urban Nights of Cinema, Music and Fashion, with live retumba music (6:30 to 8:30 p.m.), film (8:45 p.m. to midnight), and art; at the Andrew Freedman Home, 1125 Grand Concourse, Sept. 23 and 30. Admission is \$20; \$15 for Bronx Museum members. Tickets must be purchased in advance. For more information, call (718) 681-6000.

EDITOR'S PICK

Jerome Avenue BID Festival

The public is invited to the Jerome-Gun Hill BID Festival, Sept. 24 from 11 a.m. to 6 p.m. on Jerome Avenue between Gun Hill Road and Mosholu Parkway, rain or shine. The event includes merchandise vendors, food, numerous musical performers, chess and domino tournaments, a basketball game, kiddie rides, face painting, health screenings, raffles and giveaways, plus live shows by the Disney Road Crew at 1 and 4 p.m. For more information, call (718) 324-4946.

The Women's Center



"A Ladies Boutique"

Post Mastectomy Forms and Bras, Sports Bras & Surgical Bras, Proper Bra Fitting to size "K", Bathing Suits, Wigs, Turbans, Caps, Lymphedema Sleeves, and more!

Private Fitting Rooms

Featuring Dorca Soto, certified fitter, formerly of Frishmans.

Come to be pampered in a warm, friendly and supportive atmosphere.

FEATURING:

Breast Cancer Awareness Open House

10/6 - featuring Anita

10/13 - featuring American Breast Care

10/14 - featuring American Breast Care

10/20 - featuring Amoena

Time: 10am to 4pm

Complimentary Gifts when you visit us on these days. 20% off all Swim Wear October 2011

264 EAST GUN HILL ROAD BRONX, NY 3 Blocks East of Mentefiore Medical Center 718-654-1882 • TOLL FREE 1-800-648-4466 OPEN MON - FRI 10PM-6PM

Compiled by JUDY NOY

sion includes lecture); and **Royals and Imperials: The House of Woodlawn**, to tour final resting places of princesses, counts, barons and duchesses, Oct. 2 at 1 p.m. Unless otherwise noted, fee is \$15; \$10 for seniors and students, and free for ages under 6. All events meet at the Jerome Avenue entrance, near Bainbridge Avenue. For more information or to RSVP, call (718) 920-1470/1469.

- Montefiore Medical Center, located at 111 E. 210th St., will host a **farmers** market, Thursdays, through Sept. 29 from 11 a.m. to 4 p.m., outside the main entrance.
- Williamsbridge Oval Park presents Walk NYC, Tuesdays, Thursdays and Saturdays, 8 to 9 a.m., led by a trained walking instructor, through the park (strollers and dogs on leashes are welcome)
- PS 94, at 3530 Kings College Place, offers **free ESL classes**, Tuesdays through Thursdays, 5:10 to 8:30 p.m. To register, come to room 256 or call Miriam Seminario at (347) 563-4772.
- The New York Botanical Garden presents Mario Batali's Edible Garden, through Sept. 25 featured in the Ruth Rea Howell Family Garden, which includes cooking demonstrations. Chef Mario will appear Sept. 24-25 to offer samples, activities, and seasonal treats prepared fresh for visitors. Also at the Garden will be Cooking for Your Health, Wednesdays through October at 12:30 p.m., near the Visitors Center reflecting pool. Grounds-only admission is free all day Wednesdays and from 10 a.m. to noon on Saturdays. For more information, call (718) 817-8700.
- The public is invited to ride the Oct. 5 free Bronx Culture Trolley, which transports visitors on the first Wednesday of every month (except January and September) to Bronx hot spots, all featuring a variety of entertainment options and ends at Sweetwater's Bar & Grill for music, food and drink. Trolley night starts with a 5 p.m. reception at the Longwood Art Gallery at Hostos Community College, 450 Grand Concourse (at 149th St.). From there, the trolley departs at 5:30, 6:30 and 7:30 p.m. New attractions are added monthly; admission to most venues is free. Riders can get on and off at any scheduled stop and spend as much time as they wish at any or all of the featured venues. For more information and a detailed schedule, call (718) 931-9500 ext. 33 or log on to www.bronxarts.org.

Events

■ The Friends of Woodlawn offers several events at Woodlawn Cemetery including a Westchester Tour and Book Signing, with author Patrick Raftrey, Sept. 25 at 1 p.m.; Fall Migrants of Woodlawn, With NYC Audubon, bird walk, Oct. 1 at 7 a.m. (\$20/person; Friends members receive a 10 percent discount; call (212) 691-7483 for more information and to reserve); Author's Tour With Doug Keister, "Stories in Stone NY" (a guide to cemeteries), Oct. 1 at 1 p.m. (Keister will lecture at the Museum of Bronx History, 3266 Bainbridge Ave., Oct. 4 at 6:30 p.m.; call (718) 881-8900 for more information; \$5/adult; \$3/student/senior/child admis-

OPEN 24 HOURS

and students with I.D.

10% off for senior citizens

Exhibits

- The Museum of Bronx History/ Valentine-Varian House, located at 3266 Bainbridge Ave., presents The Civil War Comes Home, through Oct. 2. For more information, call (718) 881-8900.
- Lehman College's Art Gallery, located at 250 Bedford Pk. Blvd. W., presents Sticks and Stones, through Jan. 6, 2012, Tuesdays through Saturdays from 10 a.m. to 4 p.m. Reception is Sept. 26 from 6 to 8 p.m. For more information, call (718) 960-8731.

Library Events

■ The Bronx Library Center, at 310 E. Kingsbridge Rd. off Fordham Road, presents programs for kids including Preschool Story Time, Sept. 22 and 29 at 11 a.m.; Mighty Action Racket Theatre Workshop, for ages 5 to 12 (preregistration required); Film Day, Sept. 28 at 4 p.m.; **Puppet Making**, for ages 5 to 12, Sept. 29 at 4 p.m.; and Stunt Planes and **Gliders**, for ages 3 to 12, (preregistration required), Oct. 4 at 4 p.m. Teens and young adults may attend Wild at the Library, Oct. 6 at 2 p.m. Programs for adults include Hispanic Family History Fair: Discover Your Latino Ancestry, Sept. 24 at 10 a.m.: Understanding Your Social Security Benefits, Oct. 4 at 10

a.m.; and Cell Phone Buying Guide, (preregistration required online). Sept. 22 at 2 p.m. English Language Learners can apply for English Classes for Speakers of Other Languages (ESOL). For more information, call (718) 579-4244/46 or visit www.nypl.org.

- The Mosholu Library, at 285 E. 205th St., offers a free Intermediate Level English Conversation Program for speakers of other languages (ages from 16 years), Tuesdays through Nov. 22, from 6:30 to 8 p.m. (registration and testing is on Sept. 27 at 6:30 p.m.); Knitting Circle at 3 p.m., Sept. 22, 29 and Oct. 6, for adults; and Wii Program, Tuesdays at 3 p.m. for seniors and adults. For more information, call (718) 882-8239.
- The Jerome Park Library, at 118 Eames Place, offers programs for children including Arts and Crafts, Oct. 3 at 4 p.m.; and Cooking at 4 p.m., for teens and young adults, Sept. 22, 29, and Oct. 6. For more information, call (718) 549-5200.

A HAPPY AND HEALTHY ROSH HASHANA TO ALL OUR JEWISH READERS!

NOTE: *Items for consideration may be* mailed to our office or sent to norwoodnews@norwoodnews.org, and should be received by Sept. 26 for the next publication date of Oct. 6. Find more events at www.bronxnewsnetwork.org.







Heel pain . Arch pain Callouses • Flat Feet Ankle Sprains/Sports Injuries Diabetic Foot Infections Chronic Non-Healing Wounds Effective Foot Reconstruction Foot Trauma Management



For your convenience we offer: IN OFFICE & HOSPITAL SURGERY

Please call for an appointment, walk-ins welcomed

JIAN ZHANG D.P.M, FACFAS • DENNIS NACHMANN, D.P.M.

Dr Zhang is certified in both American Board of Foot Surgery and Hyperbaric Oxygen Wound Care!

- TWO LOCATIONS -

3112 WEBSTER AVE. 1619 PELHAM PARKWAY N. **BRONX, NY 10467**

BRONX, NY 10469

Both Locations Call



MEET YOUR FRIENDLY NEIGHBORHOOD MORTGAGE CONSULTANT!



Barbara Mongiello



No one knows mortgages better than Barbara Mongiello. It's Barbara's passion to help you find the right financing to make your dream of owning a home come true.

- Fixed-Rate Mortgages
- Bi-Weekly Mortgages
- Adjustable Rate Mortgages
- Co-op & Condo Loans
- SONYMA & Other Affordable Housing Programs
- Loan Amounts up to \$3.5 million Available

To make an appointment or meet Barbara at one of our Bronx branches, call 347-527-3696

BRONX:

711 Allerton Avenue • 1745 Crosby Avenue • 1770 Gun Hill Road 3445 Jerome Avenue • 1134 Morris Park Avenue • 3899 Sedgwick Avenue 1626 Bruckner Boulevard • 3824 White Plains Road



www.ridgewoodbank.com

