# Be Healthy!

# RWOOD N

**Tips for Taking Meds Safely** page 8

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THE RACE to develop the long-vacant Kingsbridge Armory has come down to two competing proposals — an ice sports complex and mixed-use town square-style market.

# **Kingsbridge Armory Bidders Make Their Closing Arguments**

By ALEX KRATZ

The two competing bidders looking to redevelop the vacant Kingsbridge Armory into something both profitable and beneficial to the community gave their final pitch to local residents last week at a forum hosted by Community Board 7.

During 20-minute presentations inside a Monroe College auditorium on Jerome Avenue, Young Woo & Associates and representatives from the Kingsbridge National Ice Center (KNIC) laid out their proposals in the most detailed fashion yet. The style and substance of their presentations reflected the stark contrast between the two proposals.

While many came out to support one project or the other — including a large contingent representing the Zulu Nation, which is pushing hard for the Armory to become the site for a National Hip Hop Museum, part of Young Woo's town square-style market proposal others left undecided, but encouraged by both presentations.

"Both plans have merit," said Nelson Beltran, 26, a Fordham-area resident. "But I'm probably leaning toward Mercado Mirabo [the (continued on p. 4)

# Zombie Virus Outbreak at the 'Bronx Haunted Warehouse'

## By DANILKA INFANTE

This just in: A mutating zombie virus has contaminated a small section of the Bronx and is threatening to take over all of New York City. At the moment, all those infected are quarantined safely

within the walls of a scary-looking warehouse on Commerce Avenue in the southeast Bronx. The public, or at least those brave enough, is welcome to come and see for themselves the severity of this virus. But, of course, they must enter at their own risk. No one is liable



Photo by Diana Perez

THE BRONX Haunted Warehouse, in the southeast Bronx is hoping to cash in on the popularity of zombies.

for any zombie bites, scratches or missing children.

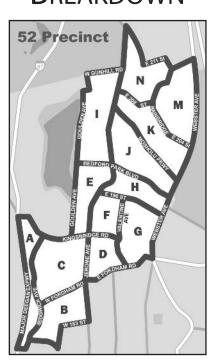
That is the premise behind the borough's biggest Halloween thrill ride, known as "The Bronx Haunted Warehouse." Creators Timothy Haskell, Bobby Ferrara and Steve Kopelman concocted the virus for the love of anything gruesome and everything Halloween.

Haskell is the demented mind behind the number one haunted house in the city, according to CityGuide. His Lower East Side attraction called "Nightmare" has been scaring folks for the past decade. He expanded his spookiness into the Bronx thanks to the encouragement and help of Ferrara, a Bronx native who takes Halloween very seriously.

Before opening a Bronx-based attraction last year, Ferrara would take his kids to different haunted houses throughout the city and even upstate. couple of years ago, Ferrara tracked Haskell down and pitched his idea about collaborating on a haunted house in the Bronx. Haskell accepted and they brought in Kopelman to do all of the house's props.

(continued on p. 6)

# **N**EIGHBORHOOD **CRIME STATS BREAKDOWN**



USING DATA OBTAINED through a Freedom of Information Law request, the Norwood News takes a six-year snapshot of crime trends in each of the 15 designated sectors (neighborhoods) within the 52nd Precinct. See page 10.

## NORWOOD NEWS

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# In The Public Interest

## After Board Saves His Job, District Manager Says **Good-bye**

Last Tuesday, Oct. 9, was Community Board 7 District Manager Fernando Tirado's last day on the job. Exactly three weeks from the day board members voted against terminating him from his position, Tirado announced he would be moving on and taking a job at Sustainable Long Island.

"It has been a pleasure to work alongside many of you and do the things needed to improve the quality of life for our neighborhoods," Tirado said in an email to the Board 7 community. "I will miss many of you deeply, as I have had many positive experiences with you, even thru the challenging times."

This past summer was one of those challenging times. At the June board meeting, a motion was made to dismiss him, but the subsequent vote in favor of his dismissal was not binding because it was held behind closed doors, leading to a summer of uncertainty. In September, the board voted again on whether to remove Tirado. This time, in a public setting, the board voted against his removal, 15-10 (with three abstentions).

Board Chairman Paul Foster, who sent a letter outlining the reasons why Tirado was on the hot seat in July and voted in favor of his dismissal, said Tirado gave the board two weeks notice. Tirado will be taking a leave from his position until Oct. 18, which will be his official last day.

In a brief interview, Foster praised Tirado for his four years of work as district manager.

"He made some good contributions to the board," Foster said. "He's a very com-

Whalen Park Feeling the

Whalen Park (pictured), a favorite

hangout spot for locals looking for a quiet

place to rest and drink low-cost and high-

potency liquor on the corner of East

205th Street and Perry Avenue, is about to

get a makeover, courtesy of local resi-

Oliver Koppell (\$850,000) and Bronx Bor-

ough President Ruben Diaz Jr. (\$400,000),

have allocated \$1.25 million to renovate

the park, including the construction of a

the Williamsbridge Oval, Partnerships

for Parks and Bronx Community Charter

School, will be bringing fresh paint, daf-

fodils and music to Whalen Park. Every-

one is welcome. The groups are asking for

local residents join in the cleanup and

runs until 2 p.m. The plan is to paint the

park benches and trash barrels, plant daf-

fodil bulbs that will bloom in springtime

and weed the garden area. Gloves and tools will be provided, but volunteers should wear clothes they don't mind get-

After the work is done, kids will make musical instruments and grownups can

—ALEX KRATZ

The park cleanup begins at 11 a.m. and

And on Saturday, Oct. 20, Friends of

In this year's budget, Councilman

dents and government funding.

toddler playground.

beautification effort.

join in a drum circle.

ting dirty.

Love

petent individual and a great guy. I'm sure he'll be successful in whatever he

He added: "Was he 100 percent everything? No," he said. "But nobody is. I'm not. But he did some good work. I'd say he's one of the best district managers in the Bronx."

Tirado couldn't be reached before press time.

While the board puts together a search committee and officially opens up the job to applicants, Tom Lucania, who oversees community board affairs for the Bronx Borough President's office, will be helping out. Foster said other board members have also agreed to help in the interim.

The board held a successful community forum on the Kingsbridge Armory redevelopment proposals at Monroe College last Thursday evening (see front page story) and Foster said board business will continue as usual, although official office hours may be tweaked in the coming weeks.

The last time the board needed a new district manager, they hired one of their own — a relatively new and decidedly energetic member who had recently moved to Bedford Park from Queens. His name was Fernando Tirado.

—ALEX KRATZ

Editor's Note: Anyone who needs to contact the board can still call (718) 933-5650. But the official email address will not be monitored. Email inquiries should be sent to mbaez@cb.nyc.gov londy@bronxcb7.info.



Photo by Diana Perez

## **New York Voting** Information

Nov. 6 is ELECTION DAY!

Polls are open from 6 a.m. to 9 p.m. You will receive a postcard from the Board of Elections telling you where to vote and your election district number. You can also find out where to vote at http://gis.nyc.gov/vote/ps/index/htm

At your polling place, you will tell the poll worker your address and they will look it up on the poll list. If your name is in the book, you will sign your name next to the signature on record and vote at the voting machine.

If your name is not on the poll list, ask for an affidavit ballot, which is basically a paper ballot. Ask the poll worker to explain how to fill it out correctly. After the election the Board of Elections will check its records and your vote will be counted if you are eligible to vote and are at the correct polling site.

When you use the voting machine, tell the poll worker that it is your first time voting (if it is) and ask them to explain how to use the voting machine properly. You can take a friend or relative into the voting booth with you if you like.

Do not wear buttons or T-shirts that endorse a candidate to the polling place on Election Day. You may be turned away. If you are turned away, remove your buttons or turn your shirt inside out and insist that you be allowed to vote. DO NOT LEAVE WITHOUT VOTING.

If you are told that you cannot vote and you know that you are at the correct polling place, demand to fill out an affidavit ballot. If you are registered, you have a right to vote, even if your name is not on the poll list.

If you are turned away and not allowed to vote, or you feel you have been harassed or intimidated, call the ACLU Voting Rights Project to register your complaint and find out how to advocate for yourself.

ACLU toll free vote rights hotline: 1-877-523-2792.

# **Public and Community Meetings**

- · COMMUNITY BOARD 7 committee meetings will be held on the following dates at the board office, 229A E. 204th St. at 6:30 p.m. unless otherwise noted: Land Use, Thursday, Oct. 25; Education, Monday, Oct. 29. For more information, call (718) 933-5660 or visit www.bronxcb7.info.
- BEDFORD MOSHOLU COMMUNITY ASSOCIATION will meet at 8 p.m. on Wednesday, Nov. 7 at 400 E. Mosholu Pkwy. So. #B1 (Lobby Floor). All are welcome.



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# **Armory Bidders Make Their Closing Arguments**

(continued from p. 1)

name of Young Woo's project]. It has more to offer, more permanent jobs, that's a big thing."

Young Woo's "Mercado Mirabo" proposal includes the promise of 800 permanent jobs on site, compared to the 175 total permanent jobs included in the ice center proposal. Presenters for the ice center, however, said all of the permanent jobs created at the Armory will pay a socalled living wage of \$10 an hour plus benefits or \$11.50 an hour without benefits. Young Woo says it can't guarantee all of the permanent jobs will pay a living wage, but that its plan will create at least 175 living wage jobs.

The similarities in the number of living wage jobs created — the lack of which proved the undoing of a plan three years ago to turn the Armory into a giant shopping mall — is about the only thing the two proposals share.

One group wants to build the world's largest ice sports complex and marry it with a youth athletic and tutoring program. The other wants to make the Armory a cool, innovative and flexible market space that also offers entertainment, recreational and small business start-up space.

### **Branding the Bronx**

Up first last Thursday evening was Young Woo & Associates, the Manhattan-based firm that created the Chelsea Market. They brought out not only CEO and founder, Young Woo, but also its other partners and the project's entire design team. Dressed in sharp, stylish dark suits (no ties), the Young Woo team exuded an air of modern Manhattan chic, offering the Bronx a chance to join the wave of development that has transformed Brooklyn.

Having a Mercado Mirabo at the Armory would help the Bronx develop its own brand of excitement and attractiveness, they said.

"Why is Brooklyn the only borough with a brand?" said Greg Carney, a partner at Young Woo.

Young Woo called its plan a "futuristic town hall" that would be anchored with a movie theater complex that would include the nation's first 4-D theater (adding the dimension of feel and smell to the movie watching experience), a Crunch gym, the world's largest indoor climbing wall and two "junior" retail stores (they mentioned an Apple Store and Bed, Bath and Beyond as possibilities).

But Young Woo says its true "anchor" would be the flexible market where entrepreneurs and artists could sell their wares without much overhead cost (\$60 would be the baseline entry fee). They also introduced a plan to create "co-working" space that local start-ups could use to build their businesses and, at the same time, network with other entrepreneurs.

During weekdays and down times on the weekends, Mercado Mirabo would include space for other recreational activities, including basketball and indoor soccer. They envisioned the space also being home to regional basketball and soccer tournaments as well as big-time concerts.

Over the past several months, Young Woo's proposal has evolved to include

more specifics and more partners. Last spring, they partnered with the New York Gauchos, a Bronx-based youth basketball program, and Pinta and Grupo Arts, an international arts programming outfit.

One of the proposal's strongest moments came when Rocky Bucano, the head of the Gauchos, which just celebrated its 45th anniversary, talked about the thousands of kids who have developed into stars through its programs, including Hall of Famer Chris Mullin.

# Passionate About Ice and

The group behind the ice center is led by Kevin Parker, a former executive at Deutsche Bank, and is backed by two of the world's biggest stars on ice — Olympic gold medal-winning figure skater Sarah Hughes and New York Rangers hockey legend Mark Messier.

Their plan, presented simply and directly by one of the group's partners, Jonathan Richter (wearing a tie and aided by one person on a laptop), is to retrofit the Armory into a regional ice sports mecca, complete with nine skating rinks, including a 5,000-seat arena and an outdoor rink.

Richter tried to downplay any comparisons with Yankee Stadium, saying the complex would be open 365 days a year (not just during the 81 home games each year), from 5 a.m. to 10 or 11 at night. That type of programming, Richter said, would space out the 3 million expected visitors throughout the day and reduce potential traffic and congestion problems. At the same time, it would offer a steady stream of potential customers for area merchants — parents and kids heading to practice or instruction and adults playing in leagues. (Christian Ramos of the Kingsbridge Road Merchants Association said his group supported the ice project because it wouldn't compete with local businesses.)

The ice group has also pledged to dedicate 50,000 square feet for community space and develop a free youth program based on a successful model created in Philadelphia by Flyers owner Ed Snider.

"We're passionate about ice, we're passionate about kids and we're passionate about making a positive impact in the community," Richter said.

In summing up their proposal, Richter told the story of Messier's first trip to tour the Armory, several months ago. The hockey star arrived about an hour early and just drove around the neighborhood surrounding the hulking Armory. It's an area surrounded by schools and dense housing.

He told the partners: "You know what you're going to do here, right? You're going to transform this community. It will be a magnet for these kids."

Richter's group expressed interest in the Armory last summer, long before the city released its request for proposals earlier this year and their enthusiasm for the project is largely seen as the reason why the city launched another RFP for the Armory.

Another big part of the ice presentation was a plan to build an ice sports and wellness-themed public school where the National Guard currently resides, something the Kingsbridge Armory Redevel-



Photo by Alex Kratz

**CHRISTIAN RAMOS** of the Kingsbridge Road Merchants Association said his group supported the ice sports complex because it wouldn't compete with local businesses.



Photo by Alex Kra

**DOZENS OF MEMBERS** of the Zulu Nation show their support for a National Hip Hop Museum at the Armory, which is part of Young Woo's proposal.

opment Alliance (KARA) has long held as one of its principal goals in any potential Armory project. Plans for a school were not included in the RFP, but they included them anyway. Richter said his group would pursue the school just as hard as they pushed the city to release a new RFP for the Armory.

### Weighing the Benefits

Marlene Cintron is the head of the Bronx Overall Economic Development Corporation, the Bronx borough president's economic development arm. She attended the forum and asked several questions of both developers even though her office, like the borough president, is publicly supporting the ice center project.

Cintron lives near Yankee Stadium. She said her community and the surrounding business district has not benefited from the new stadium's construction, which was pitched to the community as an economic development engine.

"I know what we didn't get [with the stadium]," she said.

Last winter, Cintron visited Philadelphia to check out the successful youth ice sports program that KNIC is modeling its program on. After seeing its benefits in a community similar to Kingsbridge, Cintron said she was convinced it was the right fit for the Armory. The idea behind

the program is simple: bring in a report card and you get free ice time as well as tutoring help.

At the ice facility in Philadelphia, Cintron said she spoke with a mother of three sons who were in the program and benefiting from it. One of the sons no longer needed attention deficit drugs to stay focused; another stopped skipping school; and the third kid, a successful student, was doing even better than before.

How did she find out about the program? She saw kids going into the facility from her window.

After sitting through both presentations, Miguel Rodriguez needed to use the bathroom. Rodriguez, a member of the Northwest Bronx Community and Clergy Coalition and KARA, said he was still "fuzzy" on which project was best for the community. But he did like the fact that the ice center group included the school even though it wasn't part of the RFP.

Rodriguez and KARA asked both developers if they would enter into a binding community benefits agreement and to come out to a rally on Wednesday, Oct. 17. Both said they were open to entering into a benefits agreement and would try to make it to the rally.

"The most important thing," Rodriguez said, "is that we need to hold them accountable."

# **DOE Releases School Progress Reports**

For the past three school years, the Department of Education has released progress reports and assigned letter grades to each school in New York City. On Oct. 1, the DOE released progress reports for all of the city's 1,193 elementary and middle schools.

The reports award letter grades to schools based on student progress, performance, and student attendance, as well as feedback from parents, students, and teachers about their schools. As in previous years, schools received additional credit for progress made with students with disabilities, English language learners, and black and Latino males whose prior performance is within the lowest third citywide. For the first time this year, middle school grades reflect a broader range of data, including middle

school course performance and accelerated high school courses completed in eighth grade. Reports also include new information about how each middle school's graduates go on to perform in high school.

Below, we have compiled the grades for each of the elementary and middle schools considered part of the *Norwood News*' primary coverage area. Each letter

grade is accompanied by its corresponding score, which might give a more accurate picture of a school's performance. For example, PS/MS 15 dropped just four tenths of point but went from an A in 2010-2011 to a B in 2011-2012. For more detail on each school's progress report, visit schools.nyc.gov, search your school's name and click on "statistics."

—Source: Department of Education

	2009-2010	2010-2011	2011-2012
P.S. 8 (3010 Briggs Ave.)	B (51.9)	B (42.6)	A (65.8)
P.S./M.S. 15 (2195 Andrew Ave.)	A (75.1)	A (64.3)	B (64.0)
P.S./M.S. 20 (3050 Webster Ave.)	B (43.5)	C (37.5)	A (64.2)
P.S. 33 ( 2424 Jerome Ave.)	A (62.7)	C (40.0)	C (44.7)
J.H.S. 45 (2502 Lorillard Pl.)	C (34.4)	C (40.4)	D (31.3)
P.S. 46 (279 E. 196 St.)	C (36.2)	C (35.1)	B (52.8)
P.S.51 (695 E. 182St.)	B (44.5)	A (72.0)	A (66.7)
P.S./I.S. 54 (2703 Webster Ave.)	C (31.2)	D (22.6)	C (46.2)
P.S. 56 (341 E. 207St)	A (66.7)	A (67.1)	A (71.7)
P.S.94 (3530 Kings College Pl.)	C (37.5)	C (39.9)	D (27.9)
P.S. 95 (3961 Hillman Ave.)	B (49.5)	C (38.2)	B (55.6)
M.S. 228 (400 E. Fordham Rd.)	A (77.1)	B (47.2)	B (56.9)
P.S.246 (2641 Grand Concourse)	C (38.2)	B (40.8)	C (38.3)
M.S./I.S. 254 (2452 Washington Ave.)	A (66.2)	C (36.6)	B (62.8)
I.S.260 (2280 Aqueduct Ave.)	B (54.2)	C (41.1)	C (41.1)
P.S./M.S. 280 (3202 Steuben Ave.)	A (60.5)	B (44.3)	A (65.7)
P.S. 291 (2195 Andrews Ave.)	B (56.1)	B (41.2)	A (77.0)
P.S. 340 (25 W. 195 St.)	B (51.4)	C (31.7)	A (73.1)
M.S. 80 (149 E. Mosholu Pkwy. N.)	B (50.6)	C (31.2)	B (60.4)

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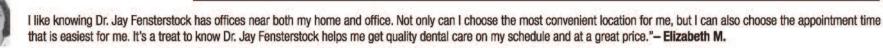


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## **Halloween Safety Tips**

- 1. Avoid trick-or-treating alone. Walk in groups or with a trusted
- 2. Costumes and masks should fit well to avoid blocked vision or trip hazards.
- 3. Use a flashlight while trick-or-treating to help you see and others see you.
- Only walk on sidewalks whenever possible.
- Never walk near lit candles or luminaries
- 6. Examine all treats for choking hazards and tampering before eating them.
- 7. Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

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# **Zombie Virus Outbreak at** 'Bx. Haunted Warehouse'

(continued from p. 1)

Now, the haunted house is a Ferrara family affair. One of his teenage sons works the web page and another does security. His daughter helps the actors get into zombie makeup. (Mom, however, is not involved; too gruesome an undertaking, Ferrara says.)

Aside from changing the name from "Z-Day" to the less esoteric "Bronx Haunted House," Ferrara says they have upgraded this year's haunted house with several new rooms and more authentic and scarier effects. Ferrara is hoping his haunted house can capitalize on its location (it's the only haunted house in the Bronx and relatively close to Westchester County) and the popularity of zombierelated entertainment (AMC's zombie

fable, "The Walking Dead," is the highest rated non-network show on basic cable).

Launched in early October, the Bronx Haunted Warehouse runs through Oct.

Warning: You may enter with friends or family, but once zombies jump out unexpectedly and start chasing you, it is every man, woman and child for themselves. Bring your survival instincts. You will need them to make it out the Bronx Haunted Warehouse alive.

Ed. Note: The Bronx Haunted Warehouse is located at 1157 Commerce Ave. For more information or to purchase advance tickets, visit the website www.hauntedhousebronx.com. See Editor's Pick in Out & About for this and more Halloween happenings (page 15).

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## **Editorial**

# Why can't we have both?

That was a question posed to one of the bidders looking to redevelop the Kingsbridge Armory at a community forum last week (see front page story).

The man with the question, a member of the Zulu Nation, wanted to know why, in the cavernous 700,000-square-foot Armory, there wasn't room for an ice skating rink and a hip hop museum, a free youth ice sports program and business incubator, a 5,000-seat arena and the country's first 4-D movie theater.

The answer, well, there wasn't an answer at the forum. The moderator and presenter both shrugged it off as more of a political statement than an actual question and moved on.

Still, it's a question worth exploring. The pragmatic answer is that the two projects have separate and distinct goals and financing contingent on each going into the Armory as a singular entity. Besides, somebody has to win, right?

The other answer, buried inside of that question, is that we have two exciting and viable development options for a long-vacant structure in the Bronx. That's a good thing. Last time around, a few years ago, when the city released its

first request for proposals to redevelop the Armory, it came down to two relatively similar proposals from two major developers. Both wanted to turn the iconic, castle-like structure into a big mall.

Sure, it would have looked cool and brought in a lot of entry-level mall-type jobs, which isn't a bad thing. But it would have been just that, a mall. Blah. The Bronx needs another mall like it needs another water filtration plant on public parkland.

This time around, however, we have two options, neither of which is a mall. One is a futuristic town hall-style market with recreation and business incubator space. Yes, its retail and food components might bring some competition to local businesses, but it would also house the National Hip Hop Museum. (Did you know hip hop legend Kurtis Blow grew up three blocks from the Armory? You would if there was a hip hop museum there.)

The other option is the world's largest ice sports complex, a regional draw that would hum with activity 18 hours a day and introduce our youth to new exciting athletic pursuits. (Did you know 10 percent of American high school hockey players get college scholarships, while only 2 percent of basketball players get the same free ride?)

No matter which option prevails, the Bronx wins. Here's hoping the loser finds

another long-vacant structure in which to pitch its tent.

# **Crime Briefs**

## Murder on Decatur Avenue

On Saturday afternoon, Oct. 13 at about 1:30 p.m., police responded to a report of a male shot inside 3347 Decatur Ave. in Norwood. When they arrived, they discovered Jesus Avando, 26, with a bullet wound in his head. Avando, who lived at 3347 Decatur Ave., was pronounced dead at the scene. The Decatur building is located between East 209th Street and East Gun Hill Road.

No arrests have been made in the case. One resident of the building who

One resident of the building who declined to be identified said he didn't know Avando at all. At the building on Tuesday afternoon, there was no memorial set up in his honor.

"I'm shocked," the resident said. "It used to be a very quiet block, but these days something has changed here, you know?"

It was the third murder in the 52nd Precinct this year.

**Marion Robbery Suspect** 

Detectives from the Central Robbery

Sought

# Wednesday, Oct. 3, at 10:37 p.m., the suspect forced his way into apartment 6E of 2700 Marion Ave. Once inside, the suspect displayed a gun and demanded money. The occupants complied and the suspect fled with an unspecified amount of cash in an unknown direction.

Squad are looking for help in identifying

the suspect pictured in this photo. On

Editor's Note: Anyone with information should call Crime Stoppers at 1-800-577-TIPS (8477). You can also submit tips by logging onto the Crime Stoppers website at WWW.NYPDCRIMESTOPPERS.COM or by texting tips to 274637 (CRIMES), then enter TIP577. All calls are considered confidential.

10% off for senior citizens

and students with I.D.

## **Letter to the Editor**

### Voters: Don't Be Fooled

Two weeks ago a stack of flyers was left at a community center in Bed-Sty informing "friends" that "if you have not voted since November 2008, you Must preregister to vote 35 days prior to November or you will not be allowed to vote in the upcoming National Presidential Election."

THIS IS NOT TRUE!!!!!

In addition, there is no formal organization or sponsorship on the flyer and the local phone number listed for the Board of Elections is not a valid number.

This could be an attempt to keep people from voting and, at the least, it will confuse voters. The public needs to know that this may not be the only misinformation out there.

If you have any questions about whether you are properly registered to vote you can check by going to www.vote.nyc.ny.us and go to the voter section. You can also call the NYC Board of Elections at 866) 868-3692.

Trust only information provided by reputable organizations such as the League of Women Voters, the NYC Voter Assistance Program, NYC Campaign Finance Board or the NYC Board of Elections.

Should you see any notices providing incorrect information regarding voting, please report it the NYC Board of Elections

Fannie Conner Chair, Voter Services Committee NYC League of Women Voters





# Be Healthy! 100,000 Estimated number of older Americans who are hospitalized each year due to adverse drug reactions.



# Taking Meds: 6 Ways to Keep Your Loved One Safe

As we age, our bodies process drugs differently. The average senior takes more than five different pills daily, not including over-the-counter drugs or supplements, which can leave them more vulnerable to problems. In fact, researchers at the Centers for Disease Control and Prevention found that senior citizens are twice as likely to visit the emergency room due to adverse drug reactions than their younger counterparts.

Patients or their caregivers can do a lot to minimize the risk of a bad event related to a medication, says Registered Nurse Lilliene Mine, a nurse care manager from the not-for-profit Visiting Nurse Service of New York.

Here are six ways to take medications

1. Make a List. Keep a personal record of all the meds your loved one is taking, including the name of the medication, the dosage instructions, the reason it was prescribed and the name and number of the doctor who prescribed it. "Don't for-

herbal supplements, too," says Mine.

2. Take All Medications to the Doctor. An estimated 100,000 older Americans are hospitalized for adverse drug reactions yearly, and three of the most commonly prescribed drugs - insulin, the blood thinner warfarin (aka Coumadin) and the heart drug digoxin – are most often the cause, according to a recent study by researchers at the CDC published in the New England Journal of Medicine. If you're unsure about your meds, put everything in a bag and bring them to your doctor. Ask for help figuring out what your are taking and why so that you'll know how to take them properly.

3. Ask Questions. Don't be afraid to speak up. Every time a new med is recommended or prescribed, it's imperative to ask the physician and pharmacist these key questions: Why has this been prescribed? How does it work? How can I tell if the drug is working? What are the possible side effects? Is this safe to take with other prescriptions and over-the-counter drugs? "Also ask about the risk of mixing food and drink with your meds," says Mine. "Something innocent may cause an adverse reaction. Grapefruit juice, licorice, chocolate, alcohol and other food and beverages are known to increase sideeffect risks with certain medications."

4. Change Dosage. Open a dialogue

† Direct Deposit, Online Banking or a total deposit relationship balance of \$2,500

or more required to waive monthly service fee. See branch for details.

with the prescribing physicians about possibly lowering the number of different pills taken throughout the day. Studies show that the more pills a person takes, the less likely they are to adhere to the schedule and dosage.

5. Store Smart. "Don't keep your meds in the bathroom or the kitchen," cautions Mine. "The moisture and heat can impact potency." Knowing how to properly take and store your medications not only helps them work most effectively, but may save your life.

6. Box Them. Lilliene Mine encourages members to get a pill box that has labeled compartments for each day of

(continued on next page)

## Latino HIV/AIDS Awareness Day

Montefiore Medical Center is hosting the 10th annual National Latino HIV/AIDS Awareness Day on Friday, Oct. 19 from 11 a.m. to 2:30 p.m. It will take place at 111 East 210th St., Cherkasky Auditorium, entrance on Gun Hill Road, between DeKalb and Bainbridge avenues. The event will provide nutritional counseling, free rapid 20 minute HIV testing, blood pressure screening, and raffles. For more information, call (718) 231-3296.



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# Taking Meds: 6 Ways to Keep Your Loved One Safe

(continued from previous page)

the week. "There are even ones labeled 'take with meals' or 'take at bedtime' and ones that beep when it's time for a dose," she says.

—VISITING NURSE SERVICE OF NEW YORK

### **Sources:**

Wall Street Journal Health, Nov. 25, 2011: Common Drugs the Culprit in Most ER Visits by Seniors, Study Finds.

New England Journal of Medicine, Nov. 24, 2011: Emergency Hospitalizations for Adverse Drug Events in Older Americans.



Photo courtesy Montefiore Medical Center

"BE SICKLE SMART About Pain" was the theme of the 2012 Sickle Cell Awareness Day sponsored by the Children's Hospital at Montefiore for young patients with sickle cell anemia and their families. The event featured clinicians from CHAM's Division of Pediatric Hematology who discussed current treatment options, clinical trials, and holistic and psychosocial care options for youngsters with sickle cell disease. A patient panel with speakers describing their personal challenges and strategies for staying pain-free included Bronxites Brandon Sanchez (left) and Keara Bryant.



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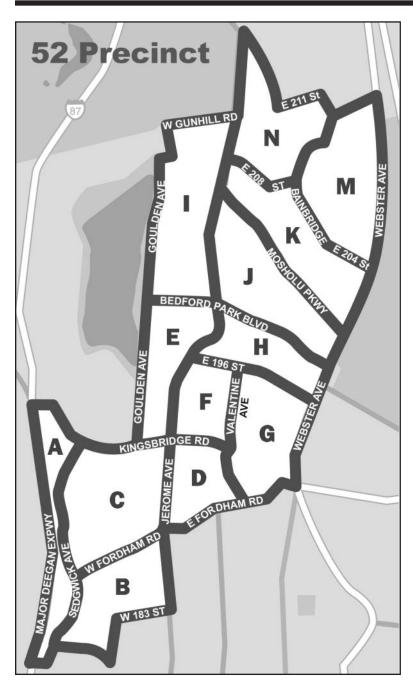
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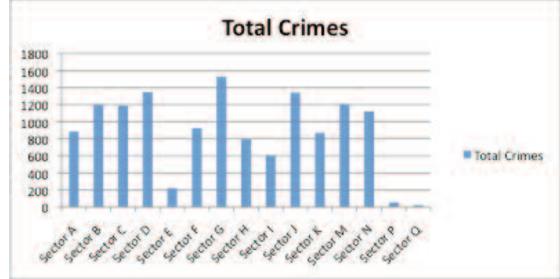
# 52nd Precinct Neighborhood Crime Statistics, 2006-2011

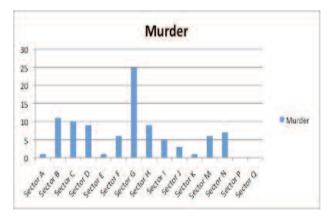
In late September, the *Norwood News* obtained crime statistics for each of the 15 sectors (or neighborhoods) in the 52nd Precinct, which includes all of the neighborhoods that make up the *Norwood News*' primary coverage area, including Norwood, Bedford Park, Fordham, Fordham-Bedford, University Heights and Kingsbridge Heights. The precinct also includes the areas surrounding the New York Botanical Garden and the Bronx Zoo, which have no population and very little crime. Those two areas, Sectors P and Q, are not included in the map to the left

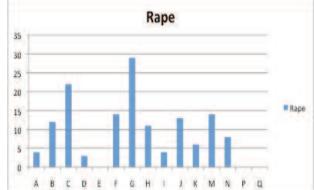
In the graphs below, we have aggregated all of the statistics in each neighborhood to give you a six-year sample of how crime trends compare in each neighborhood. In coming issues, we will break these numbers down even further and, hopefully, provide more insight into the public safety and crime issues that are affecting these neighborhoods.

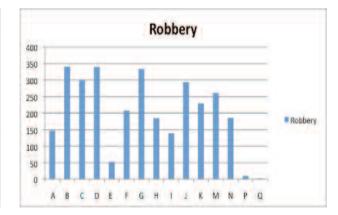
If you would like to request specific numbers from your neighborhood, please send us an email at norwoodnews@norwoodnews.org. If you would like to get a discussion going about crime trends in your neighborhood, please visit our Facebook page, facebook.com/norwoodnews.bronx or send us a Tweet, @norwoodnews, and we'll retweet it to all of our followers.

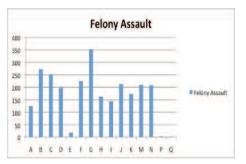
—ALEX KRATZ, editor-in-chief

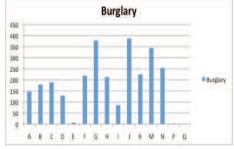


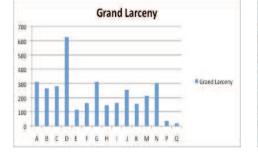














Crime 2006-2011	A	В	C	D	E	${f F}$	G	Н	I	J	K	M	N	P	Q
Murder	1	11	10	9	1	6	25	9	5	3	1	6	7	0	0
Rape	4	12	22	3	0	14	29	11	4	13	6	14	8	0	0
Robbery	147	341	300	340	52	208	334	185	139	294	230	261	186	10	2
Felony Assault	125	273	253	198	18	225	353	163	144	213	174	210	209	3	1
Burglary	147	179	189	129	7	219	378	213	86	387	225	344	254	2	1
Grand Larceny	311	265	280	626	116	163	311	147	164	255	157	213	302	37	20
Auto Theft	151	116	133	41	29	88	98	66	64	176	77	155	154	2	1
TOTAL	886	1197	1187	1346	223	923	1528	794	606	1341	870	1203	1120	54	25





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Easy Choice Health Plan of New York is the marketing name for Atlantis Health Plan, Inc. Atlantis Health Plan, Inc., is a health plan with a Medicare Advantage contract. The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Benefits, formulary, pharmacy network, premium and/or co-payments/co-insurance may change on January 1 of each year. (1) Our HMO-SNP plans are limited to persons with certain chronic conditions. (2) You must continue to pay your Medicare Part B premium. (3) Limitations, co-payments and restrictions may apply. (4) Benefits may vary by plan selected. This information is available for free in Spanish. Please contact our Member Service number at 1-888-300-9320 (TTY/TDD: 1-800-662-1220). Esta información está disponible gratuitamente en español. Para mas informacion, por favor llame a nuestro Departamento de Servicio H9285 News4 CMSAccepted de Miembros a 1-888-300-9320 (TTY/TDD: 1-800-662-1220).



# This week we asked readers their thoughts on the presidential election and what they thought were the most important issues.



Obama has a lot of respect from all over the world... people have a special interest in him. The Republicans are rich and they don't feel what we feel, that's why we like Obama. The most important issue is taxes, we're a small business. Health care is important and he must bring the soldiers home, like he did in Iraq. The President promised to close the military prison on Guantanamo Bay and he didn't do that... it must be closed as soon as possible.

Abdulla Shaibi



I saw the last debate and what I heard is that (Governor Mitt) Romney is going to cut off funding for PBS. That's dumb... I'm a middle class citizen, so you're affecting me. I have a daughter who watches PBS and you're going to cut off her shows because of our problems. It's not right.

Stephanie Abreu



I've been semi-following the campaign because I'm working most of the time, but my biggest issues are health care, my food stamp benefits. and also the war, because my son's father is in the National Guard, so I want to know what's going on with that. Are we going to bring them home? I'm pro-Obama. Mitt Romney is just not saying enough for me.. Nia Robinson



I'm going for Obama because he's for the lower and middle class people. Mitt Romney is not for the middle class. I'm basically concerned because they want to take away everything from us, like food stamps, social security and child care. Issues that affect me. The MTA fare increase, it's ridiculous. I barely have enough to get to work now. Some days I have to walk to work now. so it's like they keep raising everything, but my pay. The Republicans want to help the rich, but how about helping the poor? **Amy Rivera** 



I really do believe that we should put our hopes behind the Democratic Party. We should put our efforts behind Barack Obama and what he's trying to do for the regular American Joe. Who's to say what Mitt Romney can do. [Our priorities should be] jobs and getting the economy on a long-term forward kind of stream. I know everyone is in a panic right now, but the biggest thing we need to do is really hunker down and try and build for the long term because America needs to survive. **Chris Pagan** 

# **Neighborhood Notes**

# **PS 8 Celebrates Lights On Afterschool**

The public is invited to attend "Lights On Afterschool," Thursday, Oct. 18 from 5:30 to 7 p.m. at PS 8, 3010 Briggs Ave. to give thanks and show appreciation for the after-school programs that keep kids safe and inspire them to learn. Events include a dance performance, raffles and light refreshments.

# Free College Prep Fairs for Latinos

Latino students and their families are invited to attend the following two free college fairs to collect information about colleges and careers from numerous college representatives who will assist with admissions and financial aid. The New Futuro College Prep Fair will be held at Lehman College's APEX, 250 Bedford Pk. Blvd. W., Oct. 20 at 10 a.m. Attendees can win thousands of dollars in scholarships. For more information and to register, visit www.NewFuturo.com/Events. The Latino College Fair will be held at Fordham University, Rose Hill Camps, 441 E. Fordham Rd., Oct. 27 from 11:30 a.m. to 3:45 p.m. High

school seniors will have the opportunity to win a \$500 scholarship drawing . For more information or to register, go to www.nycolleges.org., call (518) 436-4781, or contact Susan Nesbitt Perez at susan@cicu.org or Sabra-Joi Dingman at sabra@cicu.org,

## **100 Trees Giveaway**

Woodlawn Cemetery, along with Million TreesNYC and New York Restoration Project, are giving away trees, limited to one per household, Oct. 21 from 9 to 11 a.m. at Woodlawn Cemetery's East 233rd Street and Webster Avenue entrance. Trees will be distributed on a first come, first serve basis. The trees must be planted within the five boroughs but not along streets, in city parks, containers or on roofs. Dates and times are subject to change. For more information and advance registration for a tree, check www.nyrp.org/milliontreesnyc before attending the tree giveaway, or call Michael Mitchell at (212) 333-2552.

## **Free Financial Counseling**

Bronx LIFT, 2381 Belmont Ave. (between 186th and 187th streets), offers free workshops, one-on-one financial

coaching, referrals to credit unions, and free one-on-one assistance with employment, housing, resume help, filling out applications, finding education/job training opportunities and enrolling in public benefits, Nov. 8 and Dec. 6 at 1 p.m. LIFT also offers free assistance to veterans, including legal, financial, employment, health and education. For more information or to make an appointment, call (718) 733-3897, Thursdays from 9 a.m. to 7 p.m.

# **HIV and Domestic Violence Awareness Events**

Bronx AIDS Services, 540 E. Fordham Rd., second floor, offers free HIV testing, Oct. 16 to 19 (call for locations and times). Also offered is the "Travelling Clothes Line" which aims to bring awareness to domestic violence, and offers a documentary screening, "Crime After Crime," as well as a panel discussion, Oct. 25, from 6 to 9 p.m. Show your support for domestic violence survivors by making a T-shirt at Fordham Plaza (East Fordham Road and Third Avenue) on Oct. 26 (all materials are provided; rain date: Oct. 29). For more information, call (718) 295-5605.

### Free Technology Training

Per Scholas, 804 E. 138th St., offers free 15-week technology training, Mondays through Fridays, 9 a.m. to 4 p.m. (high school diploma or GED is required), and includes free tuition, books and exam materials, and free career counseling and job placement assistance. Earn up to 10 college credits. For more information or to register, stop by the office Monday through Thursday, at 9 a.m. or call (718) 991-8400.

# Free Weekly Immigration Services

Councilmember Fernando Cabrera along with CUNY Citizenship Now! will provide free confidential legal services to qualified immigrants to help them in their pursuit of U.S. citizenship, Wednesdays, starting Oct. 3, from 10 a.m. to 4 p.m. at Cabrera's district office, 107 E. Burnside Ave. Personal consultations will be held with attorneys and paralegals. For more information, call (347) 590-2874.

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

# Classifieds

#### **HELP WANTED**

**Experienced Part Time Development** Director: Sought by small, NW Bronx media arts program for teens to research and cultivate funding sources; write proposals and reports; liaison with staff. Strong organizational and writing skills, and not-for-profit experience required. (6 hours a week - salary DOE). Fax resume (including phone #) to (718) 882-2454 or email baylalyn@earthlink.net.

Part Time Administrator: Sought by trainers for peer-mediation and conflict resolution. Requirements: B.A., self-starter, home office, writer/editing skills, recordkeeping and reporting, experience w/foundation and government fund-raising and NYC public schools. (8 hours a week salary DOE). Submit resume (including phone #): baylalyn@earthlink.net or fax to (718) 882-2454.

Accounts Payable/Receivable Payroll Clerk: Requirements: Ability to function independently in a fast paced environment. Good communication and organizational skills. Please send resume to: summittoolsltd@gmail.com.

Personal Assistant Needed: We are looking for an office assistant. Duties include greeting clients, answering phones, and routing mail, data entry and retrieve, scheduling and calendar maintenance. Ideal candidates will have proven customer service skills in an administrative setting and experience with Microsoft Office applications. Email resume to rclayton177@gmail.com if interested.

MC/Visa Card Employees: Part-time accounts bookkeeper and representatives payable/receivable payroll clerk. Good communication and organizational skills. Send resume to turbine1820@gmail.com.

### SITUATION WANTED

Nurse's Aide: With 25 years' experience in hospitals, nursing homes and private residences, seeks employment. Will live in or out. Please call (718) 364-7771.

### **REAL ESTATE**

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# **Professional Directory**

## **Beautician Services**

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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.

## 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 p.m.

Visit us at www.goodnewscc.wordpress.com.

## **Pediatric Services**

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and storage throughout. View photos at www.3281coop.blogspot.com. \$75k, \$458 monthly maint. Income guidelines apply. Less than 38k to qualify. Call Mike at (646) 284-3794.

For Sale: Very Large 3-bedroom Co-op in Norwood: Completely renovated and move-in ready. Low maintenance includes all utilities. Immediate indoor parking available. Tons of storage (8 closets total). Free bicycle room, private park/playground and laundry room. Quiet tree lined street, 3 blocks to Montefiore -East 211th and Kings College Place. Pictures available at www.forsalebyownerhomes.com/5230. Call me at (917) 862-0973. Broker 2.5% commission paid also. Motivated seller!

### RELIGIOUS SERVICES

Glad Tidings Assembly of God: 2 Van Cortlandt Ave. E. and Jerome Avenue. (718) 367-4040. Prayer Wednesdays at 11 a.m. and 7:30 p.m., Sunday School at 9:30 a.m. and Sunday Service at 11 a.m.

## **MISCELLANEOUS**

Cash Paid: For antiques, old items, col-

**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.

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lectibles, artwork, jewelry, books, records, coins, stamps, sports cards, bric-a-brac. Moving sales, estates, contents of homes. (718) 882-0598 (home), or (347) 734-9261 (cell).

Trip to Atlantic City: Showboat Casino, Saturday, Nov. 3. Bus from East 163rd Street and Southern Boulevard, Bronx. 11 a.m. departure. For more information, call Eddie at (718) 757-5485.

Fun Fair and Flea Market: Saturday,

Oct. 27, 2012 from 11 a.m. to 4 p.m., Bedford Park Congregational Church Hall, Bainbridge Avenue at 201st Street. Join us for bargains, raffles, delicious food, fun and fellowship.

Kancella's Travel & Tours: Trip to

Lobster Feast & Sea Food Buffet in Rhode Island. Shopping and Mohegan Sun Casino. Saturday, Nov. 10, 2012. Depart from Bronx and Brooklyn \$159.00. Purchase ticket: call (347) 405-2017.



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\*Affordability is based on 30% of an applicant's monthly income

Pick up application at:

**Fordham Bedford Housing Corporation** 

2751 Grand Concourse, The Bronx 718-367-3200

# Out & About

# **Onstage**

■ The Bronx Arts Ensemble presents: **Peter and the Wolf** at the International Caterers of Distinction, 3243 Ampere Ave., Oct. 21 at 1 and 3 p.m. (\$6/ticket); and **Chamber Music Concert**, 4650 Delafield Ave., Oct 28 at 3 p.m. (\$25/ticket includes intermission reception). For more information and tickets, visit bronxartsensemble.org or call (718) 601-7399.

- Lehman Center for the Performing Arts, 250 Bedford Pk. Blvd., W., presents

  National Symphony Orchestra of Cuba, presenting several genres of music, Oct. 27 at 8 p.m. (tickets are \$20 to \$40, \$10/ages 12 and under). For more information, call (718) 960-8833.
- Bronx Academy of Arts and Dance (BAAD), 841 Barretto St., 2nd floor, presents Kraven Seneca Dance Company: The Legacy Concert, featuring eight dancers

performing a variety of styles, Oct. 20 (\$20); **Butters Papi's MaDHaTters CabArEt**, cabaret including Afro-Latino musical performances, comedy and drag, Oct. 26 (\$15); and **Daring Duo**, featuring artists Lawrence Graham-Brown and Ricardo Muñiz, Oct. 27 (\$20); all at 8 p.m. For more information, call (718) 842-5223.

■ The Bronx Music Heritage Center Lab, 1303 Louis Niñé Blvd. (#2 or #5 train to Freeman Street), presents Bronx Rising!

Music, Film & Spoken Word of the Borough, Oct. 18 to Jan. 19, performed by Bronx artists: Music and jazz, Thursdays from 8 to 10 p.m.; film, Fridays 8 to 10 p.m.; comedy, poetry and literature, Saturdays 7:30 to 9:30 p.m. (visit bronxmusic.org for details). For more information, call (718) 793-2211.

### **Events**

■ The Bronx Tourism Council offers **tours**:
Nature Tour, to walk through the African
Plain exhibit at the Bronx Zoo; then to visit
Little Italy and lunch at Mike's Deli at the
Arthur Avenue Market; ending at the Bronx
River, paddling a canoe on a two-mile guideled tour, Oct. 20 (Bronx pickup at Fordham
University parking lot on Southern Boulevard

## Compiled by JUDY NOY

at 9:45 a.m.); and Food Tour, beginning with a visit to the La Finca Del Sur community garden in the south Bronx; then to visit Little Italy and lunch at Mike's Deli in the Arthur Avenue Retail Market; ending at Bronx Ale House to sample beers and veggie burger sliders (courtesy of the Bronx Ale House), Oct. 27 (Bronx pickup at Hostos Community College, 500 Grand Concourse). Cost of lunch at Mike's Deli is not included in registration. Round trip trolley departs at 9 a.m. from the Visitors Center, 810 Seventh Ave., and returns at 5 p.m., rain or shine, except for nature tour which may be rescheduled in inclement weather. Fee is \$30/adults; \$15/children under 12. Registration required at www.tourdebronx.org). To purchase tickets, log on to www.fallforthebronx.com. For more information, call (718) 590-2502.

■ Bronx Documentary Center, 614
Courtlandt Ave. (151st Street), invites current or prospective Bronx filmmakers to its newly formed free **Bronx Filmmakers**, a group that meets Tuesdays from 7 to 9 p.m. to screen their work, discuss projects, ideas, and experiences. Also offered are **film screenings at 7 p.m.:** "Through the Fire," basketball documentary, Oct. 20; and "Gun Hill Road," about an ex-con who returns home to his wife and teen-aged son in the





Bronx after three years in prison, Oct. 27. Tickets are \$7/adults; \$5/students; and free/under 18. For more information, email info@bronxdoc.org.

- Friends of the Woodlawn Cemetery presents: Celebrate the Trees, at the Jerome Avenue entrance, Oct. 21, for a series of workshops on caring for Woodlawn's grounds Free Tree Giveaway of large canopy trees, fruit trees, and flowering trees, from 9 to 11 a.m.; Fall Landscaping Care & Techniques Workshop, to learn how to care for trees in cold seasons, 10 a.m. at Woolworth Chapel; Cemetery Landscape: Trolley Tour, guide-led tour of trees at 11 a.m. (\$15/adults; \$10/seniors/students; reservations required); The Trees of New York: Trolley Tour, to observe native trees, at 1 p.m. (\$15/adults; \$10/seniors/students; reservations required); and The Trees of New York Workshop, to learn about types of trees being planted, 3 p.m. at Woolworth Chapel. Also offered is Halloween History and Mystery, fall twilight tour, Oct. 26-31 at 7 p.m. at the Jerome Avenue entrance (\$15/adults; \$10/seniors/students; reservations required). Friends members receive \$5 discount. For more information, visit www.thewoodlawncemetery.org.
- Wave Hill, a Bronx oasis at 675 W. 252nd St. in Riverdale, offers Family Arts

  Projects: Fairy Wands and Tiny Houses, to hear stories, then fashion sticks, leaves and bark into a tiny fairy-sized dwelling, Oct. 20 and 21; and The Masked Parade of the Hairy Insects, to use materials to create fuzzy insect masks with a handmade musical insect instrument, followed by a parade, Oct. 27 and 28; both from 10 a.m. to 1 p.m. in the Ecology Building. Enchanted Wave

- Hill Weekend, Oct. 20 and 21 (offers free grounds admission all weekend), including painting activity, part of an art project, 10 a.m. to 2 p.m., on the grounds and in the Ecology Building. Grounds admission is free Saturdays until noon, and in October, free until noon on Tuesdays. Glyndor Gallery tours take place Tuesdays and Saturdays at 2 p.m.; garden walks are held Tuesdays and Saturdays at 11 a.m. (including an additional Family Insect Walk, Oct. 27 at 12:30 p.m., and a Fall Foliage Walk, Oct. 31 at 2 p.m.), and Sundays at 2 p.m., from the Perkins Visitor Center. For more information and a schedule of events, 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 Mosholu 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 Music Heritage Center Lab, 1303 Louis Niñé Blvd. (#2 or #5 train to Freeman Street), presents Community Arts Lab, 4 to 7 p.m.: (through Dec. 19), visual art on Mondays, hip-hop and breakdance on Tuesdays, and percussion and poetry on Wednesdays. For more information, visit bronxmusic.org or call (718) 793-2211.
- Mosholu Montefiore Senior Center, 3450 DeKalb Ave., presents **Harvest Hop**, including luncheon and live entertainment, Oct. 24 from 11:30 a.m. to 1:30 p.m., for seniors ages 60 and over. For more information and fees, call (718) 798-6601.

- Bronx River Alliance presents

  Community Paddle and Bike Loan, for free paddle or free bike ride along the greenway, Concrete Plant Park, from 11 a.m. to 4 p.m. (no registration required); and It's My Park

  Day, to plant, clean and paint the parks along the Bronx River, free (registration required), both on Oct. 20. Also presented will be Million Trees NYC, Oct. 27, to expand the forested buffer in Shoelace Park (gloves and shovels will be provided; registration required). For more information or to
- The Bronx County Historical Society presents Van Cortlandt Park Cemeteries, a tour which meets on Broadway and West 246th Street, Oct. 28 at 2 p.m. (advance reservations required). Take #1 train to Van Cortlandt Park/West 242nd Street. For more information and to RSVP, call (718) 881-8900.

register, call (718) 430-4665 or visit

www.bronxriver.org.

■ The Amalgamated/Park Reservoir Co-op History Club offers a **History Walking Tour** of the Amalgamated and Park Reservoir Housing Cooperatives buildings and court-yards, Oct. 28 at 11 a.m. from Vladeck Hall, 7 Van Cortlandt Park So., corner of Hillman Avenue. For more information, call (347) 602-5592.

## **Exhibits**

- The Bronx Music Heritage Center Lab, 1303 Louis Niñé Blvd. (#2 or #5 train to Freeman Street), presents **Impresión Transitoria**, free, through Oct. 30, showcasing work of Latino artists in a variety of genres and media, Wednesdays and Fridays 6 to 8 p.m. and Saturdays 4:30 to 7:30 p.m. For more information, call (718) 793-2211.
- The Riverdale Yonkers Society for Ethical Culture, 4450 Fieldson Rd., presents painting exhibit featuring four Riverdale artists, weekdays from 10 a.m. to 4 p.m. and Sundays from 12:30 to 1 p.m., through Oct. 31. Call ahead when planning visit. For more information, call (718) 548-4445.
- Bronx Council on the Arts presents

  Puerto Rico in Its Labyrinth, Chronicles of
  a Country and a World in Crisis, through

  Dec. 8, at Longwood Art Gallery at Hostos'
  Center for the Arts' main gallery, 450 Grand
  Concourse (149th Street). Also on view, in
  the Project Room: Public Art Under House

  Arrest, through December 2012. For more
  information, call (718) 518-6728.
- The Bronx Museum of the Arts, 1040 Grand Concourse at 165th Street, presents Rituals of Chaos, an exhibition featuring modern and contemporary art from Latin America, through Jan. 6, highlighting the work of Mexican photojournalist Enrique Metinides and 11 contemporary artists who similarly take the human experience in the city as their subject matter. For more information, call (718) 681-6000.
- The New York Botanical Garden presents Claude Monet's Garden, featuring his paintings, palette, and photographs, in the

Rondina Gallery, through Oct. 21. Additional events include concerts, poetry, tours, film screenings, and family activities. Oct. 21 will feature **Monet's Friends: A Chamber Music Concert Series**, 4 p.m. in Ross Hall performed by the Hartford Symphony Orchestra (tickets are \$25/non members; \$15/members). For more information, call (718) 817-8658/8512.

- The Bronx County Historical Society's Museum of Bronx History at the Valentine-Varian House, 3266 Bainbridge Ave., presents Hail to the Chief and Hooray for Our Side, through April 7, 2013 (opening reception is Oct. 18 from 4:30 to 7 p.m.). For more information and to reserve, call (718) 881-8900.
- Lehman College Art Gallery, 250 Bedford Pk. Blvd. W., presents **Space Invaders**, featuring the work of 18 artists who make use of many spaces both inside and outside the galleries, Tuesdays through Saturdays, 10 a.m. to 4 p.m., through Jan. 9. For more information, call (718) 960-8731.

# **Library Events**

- The Bronx Library Center, at 310 E. Kingsbridge Rd., presents programs for adults including Single Stop/Government Benefits at 9 a.m.: Oct. 18, 23, 25 and 30; Arts & Crafts Workshop: Doll Making (all materials supplied), Oct. 26 at 2 p.m.; Films at 2:30 p.m.: Documentary screening: "Bling: A Planet Rock," Oct. 20, and "The Lady Vanishes," Oct. 27; Voter Machine Demos at 10 a.m.: Oct. 23 and 26; Free **Introductory Computer Class at 10 a.m.:** Oct. 24; and Recordkeeping Requirements by the IRS: (register online required), Oct. 24 at 6 p.m. Teens and young adults can attend Teen Art Club at 3:30 p.m.: Oct. 19. Children can enjoy Preschool Story Time at 11 a.m.: Oct. 18, 25 and Nov. 1; Children **Ribbon Dance:** (ages 3 to 12), all materials provided, Oct. 20 at 2 p.m.; Films at 4 p.m.: Oct. 23 and 30; and Coffin Making: (ages 5 to 12), Oct. 25 at 4 p.m. For more information, call (718) 579-4244/46/57 or visit www.nypl.org.
- The Mosholu Library, at 285 E. 205th St., offers for seniors and adults: Knitting **Circle:** Thursdays at 3 p.m.; **Wii Program:** Tuesdays at 3 p.m.; and Internet Basics: (advance in-person registration required), Oct. 31 at 10:30 a.m. Teens and vound adults can attend: Crafternoons: Oct. 23 at 4 p.m. (all materials provided); and Fashion Club: Oct. 25 at 4 p.m. Children can enjoy Toddler Story Time at 10:30 a.m.: Oct. 18. The entire family can enjoy film: "Monster's House," Oct. 29 a 4:30 p.m. Immigrants can join free English Conversation Program, intermediate level, Oct. 23 and 30. For more information, call (718) 882-8239.

**NOTE**: Items for consideration may be mailed to our office or sent to norwoodnews@norwoodnews.org, and should be received by Oct. 22 for the next publication date of Nov. 1.

# ¥ EDITOR'S PICK

# **Halloween Holiday Happenings**

The Bronx Library Center, at 310 E. Kingsbridge Rd., presents **B00!**, **A Halloween Birthday Bash**, a play for the entire family, Oct. 27 at 2:30 p.m. For more information, call (718) 579-424/46/57 or visit www.nypl.org.

The Jerome Park Library, at 118 Eames Place, offers **Flying Skeletons**, **Snake Sisters and Maybe a Ghost or Two**, storytelling of strange tales from around the world to celebrate Halloween. Bring your ghost stories if you have any, Oct. 23 at 4 p.m. for ages 5 to 12. For more information, call (718) 549-5200.

The public is invited to celebrate Halloween with their dog at **Howl-O-Ween**, Oct. 28 from noon to 2 p.m. at Van Cortlandt Park's Canine Court Dog Run & Playground (enter park at Broadway and 252nd Street). Bring your pet pooch and yourself, both in costume and join the contest for the most original, scariest, pet/owner lookalike. First prize winners receive \$25 gift certificates from Fieldston Pets. Register at event or in advance online at www.pawsacrossamerica.com: \$10/dog; \$5/each additional dog. Proceeds go toward upkeep of the playground. For more information, call (718) 796-4541.

The Bronx Council on the Arts and the Huntington Free Library present **Halloween Arts** & Crafts, to create stuffed ghosts, ghouls or creatures, Oct. 20 from 12:30 to 3 p.m., at the library, 9 Westchester Square. This workshop is part of a free series of Third Saturday Family Craft Workshops through April 20, 2013. For more information, call (718) 931-9500 ext. 33.

NYC Haunt Holdings presents **Bronx Haunted Warehouse**, 1157 Commerce Ave., through Oct. 31, which features rooms with scares and zombies chasing you from every angle, promising visitors plenty of screams. Tickets are \$13 to \$30. For more information, visit www.hauntedhousebronx.com or call (212) 575-0263.

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**OMELETTES** Cheese Omelette ......\$4.99 Onions & Peppers Omelette ......\$4.99 w/fresh Diced Onions & Peppers ......\$4.99 Spanish Omelette w/dicedonions, Peppers, Tomatoes, Salsa...\$5.99 Western Omelette w/Ham & Green Peppers, Onions ......\$5.99 Greek Omelette w/tomatoes, Onions, Peppers, Feta Cheese & spinach .....\$6.50 All omelettes are available in Egg Whites ADD \$1.00 EXTRA

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BottledWater.....\$1.00

Apple				\$2.00
Orange				\$2.00
Cranber	ry			\$2.00
				\$2.00
Soda	Si	M \$1.00	)	Lg \$2.00
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Cheeseburger ......\$4.00 w/French Fries, Lettuce & Tomatoes .....\$7.99 Bacon Cheeseburger ......\$5.00 w/French Fries, Lettuce & Tomatoes . . . . . . \$8.99 Black Angus Burger USDA Premium Beef w/French Fries .....\$7.99 Black Angus Cheeseburger USDA Premium Beef w/French Fries ......\$8.99 **Turkey Burger** ......\$5.00 w/Lettuce, Tomato, French Fries .....\$7.00

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Chicken Parmesan Breaded Chicken Cutlets, Tomato Basil Sauce Cover in melted Mozzarella Cheese .......\$6.99

### Chicken Milano

Pasta Primavera

Grill Chicken, Mozzarella, Roasted Peppers, Pesto Mayonnaise ......\$7.00

#### PASTA

Sauteed in garlic, Olive Oil, Tomato or Alfredo

sauce ......\$11.00 w/Chicken .....\$13.00 Baked Ziti Fresh Marinara sauce blended melted Mozzarella ......\$11.00 w/Chicken ......\$13.00 Fettuccine Alfredo Parmesan Cream Sauce .....\$11.99 w/Chicken ......\$13.99 Penne Alla Vodka Cream Sauce Prepared w/Vodka and Parmesan ......\$11.99 w/chicken ......\$13.99 Chicken Parmesan Chicken Topped w/Marinara Sauce & Mozzarella Cheese, Choice of Pasta ......\$12.00 MD Rigattoni Sauteed Chicken & Shrimp sauteed in Garlic, Olive Oil, Tomato or Alfredo Sauce ......\$13.99 Chicken Francese

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Sauteed in a Lemon and White Wine Sauce,

Palomilla Steak w/Onions	\$9.99
Sirloin Steak	\$11.99
Choice of Baked, Mashed or French Potatoes w	/Vegetables

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Salad Iceberg Lettuce, Cucumbers, Tomatoes, and House Dressing ......\$5.00 Classic Ceasar Freshly cut Romaine Lettuce, Topped w/shredded Parmesan Cheese, Croutons w/Traditional Caesar Dressing .......\$6.00 Cobb Salad Romaine Lettuce, Bacon. Chicken Breast, Crumbled Blue Cheese, Avocado, Diced Tomatoes, Eggs and Your Choice of Dressing ......\$7.99 Chicken ......\$9.99 Intern Greek Salad Julienne Lettuce, Crumbled Feta Cheese, Olives, Peppers, Tomatoes, Onions, Cucumbers, and your choice of Dressing .......\$7.99 ......\$9.99

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