

# NORWOOD NEWS

**Bronx Week Finale**  
**Mosholu Parkway**  
**Sunday, May 19**

**page 14**

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## WHERE THERE'S SMOKE



Photo by David Greene

**INVESTIGATORS CONTINUE** to sift through the ashes from a devastating fire that wiped-out an entire city block in Wakefield, leaving a row of stores and an apartment building in a pile of ash and rubble. Officials say at least 11 shops were destroyed in the fire that broke out sometime just after 6 a.m. on Thursday, May 2. Among the destroyed was a cell phone and check cashing store, a deli, a laundromat and a mosque. For more photos and coverage, visit [norwoodnews.org](http://norwoodnews.org).

## Campaign Violations Put Political Hopeful in Spotlight

By ALEX KRATZ

Yudelka Tapia's path to becoming an elected official hit a massive roadblock last week when a judge upheld the New York City Campaign Finance Board's decision to hold her accountable for more than \$100,000 in violation penalties and reimbursement payments stemming from a troubled and unsuccessful City Council campaign in 2009.

Up until last week, Tapia, the female district leader in the west Bronx's 86th Assembly District, was running in the crowded race for the 15th District City Council seat, which includes the Fordham-Bedford area and is opening up with the departure of term-limited majority leader Joel Rivera.

Tapia is now turning her attention to the open 86th District assembly seat recently vacated by Nelson Castro, who left office in March when it was revealed that he had become a government informant after being indicted himself on perjury charges back in 2009.

But Tapia, a longtime community activist who started the Bronx's first Dominican political club, is now drowning in debt and carries a tainted record of mismanaging

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## For Car Washers, a Life Unaffordable in the Bronx

By SARA REGALADO



Photo by Sara Regalado

**PROTESTERS, ACCOMPANIED** by a large, attention-grabbing, inflatable rat, are pressuring the owners of Sunny Day Car Wash in the South Bronx to negotiate with its newly unionized workers.

A bright and warm morning glare hits Juan Campis' brown skin as he stands near a wall at the back entrance of Sunny Day Car Wash in the South Bronx. He is awaiting the arrival of another dirty car looking to leave clean. But this morning, it is slow.

At the driver's entrance to the car wash, a huge, inflatable rat with red eyes is joined by community group members and union supporters working to convince drivers not to wash their car at Sunny Day until the company signs a fair union contract with its workers.

These protestors are not new to Campis. He was one of them until recently and hopes their presence will help secure higher wages in a borough where workers are seeing their paychecks going more and more to-

ward keeping a roof over their head.

Still fresh in his mind, the 20-year-old Campis remembers the three weeks worth of missing paychecks that sparked these rat-infested protests in the dark of last winter.

Sunny Day owner Frank Roman had not paid them in three weeks, Campis said. When the Sunny Day car wash workers, known as the "Car Washeros" to their supporters, began demanding their back wages, Roman fired them and they began staging protests with the unions and community groups. After the whole crew joined the Retail, Wholesale and Department Store Union, the workers sued for their jobs back and are now negotiating a new contract.

For Campis, the money lost was desperately needed to provide food and shelter for his single mother and three younger brothers. In the

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## Mosholu Parkway Gets Some 'Friends'

By WILL SPEROS

A few years ago, a local advocacy group called Friends of Mosholu Parkway sought to "protect, promote, and beautify" Mosholu Parkway, the tree-lined thoroughfare stretching from Van Cortlandt Park to the Bronx River that includes many open community spaces. The group made the effort to establish itself, but unfortunately never achieved the level of notoriety it had hoped for.

In recent months, a similar group has emerged in the community, with the same goals to help protect and beautify public green spaces in the Bronx. The group, Friends of Mosholu Parkland, was formed in the most grassroots way possible.

A group of locals who regularly frequented Mosholu Parkway began consistently sitting together on the "circle of friends" benches at East 204th Street on East Mosholu Parkway South. They would discuss everything from current events to the demographic and landscape

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## BREAKING BRONX



News • Politics • Policy

By ALEX KRATZ



RUTH HASELL-THOMPSON

**Hassell-Thompson Wants  
to Clear Her Name**

It appears no one in Albany is immune to allegations of wrongdoing. Even showing up for lunch at a colleague's house can now lead to questions about a lawmaker's integrity.

Two weeks ago, Bronx State Senator Ruth Hassell-Thompson, who now represents Norwood and Bedford Park, found herself on the defensive when prosecutors revealed that she had been recorded by federal authorities while speaking to former State Senator Shirley Huntley at her home in Queens.

Huntley was recently sentenced to a year in jail after pleading guilty to embezzlement and bribery charges. A year ago, federal authorities approached her about the charges and asked her to cooperate by recording conversations with fellow lawmakers. Without being specific, prosecutors said the recordings of one senator and two other elected officials "did yield evidence useful to law enforcement authorities."

Then, prosecutors released the names of all seven elected officials that Huntley recorded and Hassell-Thompson was among them.

Although she admitted to meeting with Huntley, Hassell-Thompson immediately denied any wrongdoing in a statement.

"We met and spoke, in general, about matters including our health and our families," she said. "At no time, past or present, did we discuss anything inappropriate, improper or illegal."

Hassell-Thompson is not the only one feeling the heat of association.

Former west Bronx assemblyman Nelson Castro, whose recorded conversations with Bronx Assemblyman Eric Stevenson led to Stevenson's indictment on bribery charges, said he had been secretly recording conversations with colleagues ever since he became an elected official in 2009.

**Fair Elections Act**

Northwest Bronx Assemblyman Jeff Dinowitz says he's supporting new legislation that would create a state system to provide matching public financing for contributions to state campaign.

The system would be modeled after the city's public campaign financing system,

which has proven to increase participation in city elections, but has also come with its share of problems.

The legislation would allow candidates for state office who meet the necessary requirements and reach the eligibility threshold in their fundraising to receive matching contributions of \$6 for every \$1 they raise on contributions of up to \$250.

"I have long been a supporter of the provisions of the legislation and a co-sponsor of a number of campaign finance reform bills, including public financing" said Dinowitz. "I urge my colleagues in the State Senate to join with us in taking this important step towards reform."

**First Time Candidate, First  
Time Mom**

Raquel Batista, a long-time community activist, is joining the crowded race to replace Joel Rivera in the 15th Council District. She's a Democrat, like the other leading candidates in the race. But there's one thing that separates her from the pack — at 38, she's pregnant with her first child.

A former tenant organizer with the Northwest Bronx Community and Clergy Coalition, Batista started the North-



RAQUEL BATISTA

ern Manhattan Coalition for Immigrant Rights, later establishing the group's Bronx Project in the Fordham-Bedford area.

"The time has come for true progressive leadership," she said in statement. "The residents of City Council District 15 — one of the poorest districts in the city — need someone who will put the needs of working and poor people at the top of the city's agenda," says Batista. "I am ready to do just that."

Batista says her priorities include unemployment, healthcare and housing.

"Raquel's campaign shows times have changed. You can be a woman, a mother and respected in politics," says Wanda Salaman, long time resident of Valentine Avenue and community activist. "But of course we still have a long way to go. Raquel is leading the way there."

**Editor's note:** For more information on Raquel's campaign go to [www.raquel-batista.com](http://www.raquel-batista.com).

**Cohen Goes to Bat for PS  
51 Parents**

Andrew Cohen, who is running for the 11th District Council seat, wants the DOE to do something to help former parents of PS 51 students who were exposed to cancer-causing chemicals at its former Bedford Park building site. Last week, following a meeting to discuss the matter with state officials, Cohen sent a letter to Schools Chancellor Dennis Walcott.

"I am writing to urge you to immediately develop and implement a plan to provide sensible medical monitoring for the students, parents, faculty and staff of the former P.S. 51 location," he wrote. "As you know the City failed to provide a safe location for the school and subjected everyone who entered the building to significant exposure to Trichloroethylene (TCE), a known human carcinogen."

He added, "How this could have happened or been allowed to go on for so long is an important question for which the community is entitled to an answer but the City must take immediate action to attempt to mitigate any further damage by instituting a medical monitoring program."

[www.norwoodnews.org](http://www.norwoodnews.org)
**Public and Community Meetings**

- **COMMUNITY BOARD 7's Youth, Public Safety and Quality of Life Committee is holding a special youth forum to talk about bullying in the wake of a severe beating at MS 80 earlier this year. The forum will be held on Friday, May 17, from 6 to 9 p.m. at the St. James Recreation Center, 2530 Jerome Ave. For more information, call (718) 933-5650.**
- **COMMUNITY BOARD 7 is scheduled to hold its general board meeting at 6:30 p.m. on Tuesday, May 21 at Kittay House, Auditorium (Garden Level), 2550 Webb Ave. For more information, call (718) 933-5650 or visit [bronxcb7.info/calendar](http://bronxcb7.info/calendar).**
- **COMMUNITY BOARD 7 committee meetings are held on the following dates at the board office, 229A E. 204th St. at 6:30 p.m. unless otherwise noted: Health & Hospitals, May 20; Community Relations/Long-Term Planning; Land Use & Zoning, May 30. For more information, call (718) 933-5650 or visit [bronxcb7.info/calendar](http://bronxcb7.info/calendar).**
- **THE 52ND COMMUNITY PRECINCT COUNCIL is scheduled to meeting at 7 p.m. on Thursday, May 24, at 2751 Grand Concourse. For location and more information, call (718) 220-5824.**



# Police Report



**THE TATTOO** on the left shoulder of a dead man found floating in the East River behind West 225th Street.

## The Dead Man with a Distinctive Tattoo

On Sunday, May 5, at around 3 p.m., a dead man was discovered floating in East River right behind River Plaza on West 225th Street, which is in the 52nd Precinct.

Police are looking for help identify the dead man, who has a distinctive tattoo on his left shoulder.

Anyone with information in regards to this unidentified person is asked to call the NYPD's Crime Stoppers Hotline at 800-577-TIPS. All calls are confidential.

## Rally Honors the Many Fallen to Gun Violence

Dozens of family members of victims of gun violence were joined by local elected officials in a march through the streets of Mott Haven, once again calling for an end to gun violence this past weekend.

Under the threat of rain, nearly 200 people from such organizations as the New York City Chapter of Mom's Demand Action for Gun Sense in America, the Bronx Chapter of the Million Mom March and New Yorker's Against Gun Violence, Bronx Chapter, for the Annual Mother's Day Eve Anti-Violence March and Rally, held on Saturday, May 11.

Local officials, including City Council

Speaker and Mayoral candidate Christine Quinn, Borough President Ruben Diaz, Jr., and Senator Gustavo Rivera joined the crowd on Saturday, May 11 at East 139 Street and Brook Avenue for the march to the People's Park at E. 141 Street and St. Anne's Avenue.

"The work that you have been doing has enabled us to say that the Bronx is the safest it has been," said Diaz, who first marched with the group during his early years in politics as an assemblyman. "[But] when you have all of the different parents that you have here, it's unimaginable, unconscionable for me to find the words" to make them feel better.

Joanne Sanabria, the mother of 2-year old David Pacheco, who was killed by a stray-bullet as his family drove across West Tremont Avenue on Easter Sunday 2006, in a highly-publicized case, told attendees that those who take a life don't think of the consequences adding, "No one thinks about the people left behind, the families."

Spending her life raising her two surviving daughters Lexsie, 14, and Lezlie, 14, and being apart of the anti-violence movement, Sanabria revealed later, "At one point I gave up because it had been so long."

Last month, police charged 35-year old Daryl Hemphill, who was arrested in North Carolina, with the 7-year old crime. Hemphill pleaded not-guilty and is expected back in court on June 14.

Sanabria credited "a good support group" made up of family members and friends that have got her to this point, and added, "There will never be complete closure, because it's not like it's going to bring my son back."

Others remain without resolution. Mario and Santa Suazo's daughter Eva, 16, was gunned down in Soundview Park in 1996. Her death remains unsolved.

"All of the homicide detectives who worked on my daughter's case have retired already," Santa Suazo said.

Suazo's granddaughter Cynthia, 25, said the family's participation in the anti-violence movement helped "console" her. "Even though there is no way of fixing the issues, there's other families out there going through the same thing," she said.

—DAVID GREENE



Photo by David Greene

**MORE THAN 100** demonstrators marched against gun violence in the South Bronx on Saturday, May 11.

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# Mosholu Parkway Gets Some 'Friends'



Photos by Will Speros

**THE FRIENDS** of Mosholu Parkland say their most urgent concern is stopping the erosion along the parkway (above). Gatherings among local residents on these "circle of friends" benches at East 205th Street (below) led to the formation of the advocacy group Friends of Mosholu Parkland.



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changes occurring within the park itself.  
As a result, an informal union started to form into a formal organization.

Friends of Mosholu Parkland was met almost immediately with support from Community Board 7 and other local community members. The group even received a \$1,200 grant for brochures, t-shirts, and plants.

According to Elizabeth Quaranta, one of the group's founding members, the Friends' main goal is to "advocate for better land management that ultimately will increase the value of the community, bring in tourism, increase business and mixed income housing, and a better, healthier quality of life."

The group's most urgent concern is the erosion that is occurring throughout the parkway. The erosion is caused by insufficient vegetation, Quaranta says, which ultimately causes the soil to be negatively affected by wind and water. However, misuse of the land by those who frequent the park is also to blame for this problem.

Since its inception, the group has engaged a few local projects to help. In 2012, Friends worked, in cooperation with the parks department, to restore the soil in the "circle of friends" garden. They are still mulching, replanting, and tending to the garden, and feel very optimistic about its future.

Friends of Mosholu Parkland also worked with the parks department to insert three 1929 World's Fair benches on East 205th Street and Lisbon Place earlier

this month. They also planted two Yoshino trees in that area near the end of 2012 as a first step in establishing a more substantial garden there.

The group is also hoping to plant a row of shrubs along parts of the sidewalk to help combat the excessive crabgrass on the fringes of the parkway. The shrubbery will also help to deter dogs and humans from littering in the space.

Friends also works with Americana Homestay, an exchange program that Quaranta runs for international students looking to volunteer and become part of a New York community.

They are encouraging any and all members of the community to volunteer with them on projects and help to improve quality of life for all local residents.

**Editor's note:** For more information about Friends of Mosholu Parkland or to find out how to volunteer on new projects, visit [Mosholu.wix.com](http://Mosholu.wix.com) or contact Elizabeth Quaranta at (347) 371-3085 or [mosholuparkland@gmail.com](mailto:mosholuparkland@gmail.com).

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# Inquiring Photographer

By DAVID GREENE

This week we asked readers about a proposal in the City Council that would raise the legal age to purchase cigarettes from 18 to 21.



That would actually be great because, to be honest, you got kids out here that don't even get to be 25 years old. Either they've got lung cancer or throat cancer or whatever smoking does. I quit it. Actually these commercials they have now... are true.

**Jimmy Maldonado**



You can't stop a person from buying cigarettes. They're going to buy them regardless if they buy them or they're going to get someone else to buy them. Yhe government is crazy. You can raise the prices, but people are going to find a way to get cheaper cigarettes.

**Shawn Stewart**



To me, it's a great idea. For me, I will not smoke in my life because I don't want to get sick or get lung cancer.

**Shaine Young**



If that's what it takes to keep kid's from smoking, then go for it, and don't allow someone to buy cigarettes for them. It also brings problems to the store owners. Those that buy cigarettes should even get jail time, if necessary. It's the same as buying liquor, you're endangering the welfare of a minor.

**Ralph Alvarez**



I think it's a great thing and it will cut down cigarette smoking among young people. I think it will help the future of the country, if you want to put it that way. The less people smoking, the better it is.

**Luis Flores**

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# Bronx River Flotilla Shows Off New Starlight Park



**HUNDREDS OF PEOPLE** came out for the 14th annual Bronx River Flotilla event on Saturday, May 11. The event kicked off at the newly minted Starlight Park, which is just off the Sheridan Expressway and adds 13 acres of new and improved parkland and nearly three-quarters of a mile of bike/walk trail to the emerging Bronx River Greenway.

Photos courtesy Bronx River Alliance



## For Car Washers, a Life Unaffordable in the Bronx

(continued from page 1)

Bronx, his story is all too familiar, according to a recent report by the University Neighborhood Housing Program, a north-west Bronx thinktank.

"It's really critical that when we're talking about making sure the Bronx succeeds, that we are talking about what's happening with service workers because these are the people living in our buildings," said Gregory Lobo Jost, deputy director of the UNHP, at the program's 30th anniversary forum on housing and affordability in the Bronx held at Fordham University.

"When you think about people making this small amount of money, we are also talking about the neighborhoods where we have the highest concentration of people, in the nation, living pay check to pay check," he said.

Totaled with the cost of fuel and heating, the average rent in the Bronx is \$1,050, according to UNHP's report. A person spending 30 percent of their income on that rent rate would have to be employed full-time while earning almost \$20 an hour. The report said that the number

of households spending more than half of their income on rent has risen.

At a rate of \$5.50 an hour, Campis works 8-hour shifts earning \$44 dollars a day. That works out to about \$880 to share amongst five mouths, each month, for Campis and his family.

UNHP's report points to the decline of manufacturing jobs as a reason for the rise in low-wage sector service jobs. History shows that laborers without degrees or other forms of education qualified for these medium-wage unionized jobs and made a decent living. The problem is those jobs no longer exist and have since been replaced with low-wage jobs that offer no benefits.

In the recession of 2008, low wage jobs accounted for only 21 percent of jobs lost, but 58 percent of new jobs created in the recovery, according to the National Employment Law Project, which is cited in UNHP's report.

Campis, a high school graduate himself, said that he picked up the job at Sunny Day hoping to save money for a college education. The recession limited his opportunity for a better job and he said he

could not afford to decline the job offer at the car wash.

"The legal minimum wage is \$5.50 plus tip. The employer is also supposed to make sure they make up the difference," said Hilary Klein, a lead organizer for Make the Road New York, a Brooklyn-based community organization supporting the car washeros campaign. "So, if they don't get any tips that day, they [the employers] have to pay them [the workers] the difference between \$5.50 and \$7.25. But minimum wage is still not enough to live off."

Klein explained that before the car washeros campaign began, many of these car wash companies were mistreating their workers by not paying them the difference and harboring dangerous work conditions.

New York Communities for Change and Make the Road (two groups protesting at Sunny Day) have worked hard to unionize several car wash companies.

Though Campis' employer is resisting negotiating a fair contract with the union, which includes a raise in wages and paid days off, six other car washes have signed on to the Retail Wholesale and Department

Store Union. Klein said that in light of the campaign, more car wash companies have started following the law out of fear.

Although rent is relatively-low in Bronx, people already living here are making far less than others throughout the city, making the Bronx almost unaffordable for many of its own residents.

Community groups who help support individuals like Campis are also dealing with high rent space and, in some cases, are facing evictions. UNHP said that apart from raising the minimum wage, a key factor in making the borough sustainable is ensuring these groups do not disappear. Ensuring their survival means standing strong for them, just as they did when the Bronx was falling apart in the 1970s, Jost said.

It's not simply about education, jobs, health, or housing, it's about connecting all these thoughts, Jost said.

Campis still has dream of attending college so he can secure a better job. He knows it can happen. Though Sunny Day has not helped him realize his own college dreams, Campis says he will happily see one of his brothers go to college in September.



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# School Briefs



## Big Plans for PS/MS20's Edible Garden

Vegetables and herbs will soon be growing on the new plant grounds of PS /MS 20's very own school garden. "The Edible Urban Garden" opened last week with the help and efforts of the school's new principal Joan Riley, parent Estela Blandon, Maritz Hernandez of the Mosholu Community Center after school program, along with assistant principal, Juan Flores. By implementing the garden, the school hopes to bring new light to eating habits, healthy lifestyles, and organic gardening. The school plans on conducting a cooking lesson that will use the vegetables grown in the garden to serve parents healthy meals prepared by their children. Once grown, the vegetables will be distributed throughout the school. The PS/MS 20 is in partnership with the Bronx Botanical Garden and two gardening initiatives — Green Thumbs of NYC Parks and NYC'S Grow to Learn.

—SARA REGALADO

## School Success Reflects Student Success at P.S. 94

School administrators will tell every-

one that at PS 94 Kings College School it's all about ensuring the success and happiness of the kids. The ambitious school is hosting a spelling bee next week all while it participates in LeAP's Tomorrow's Entrepreneurs program. But the students really showed off last week when they celebrated two major successes — on the same day!

While the school rejoiced in their raising of over \$4,700 for the Leukemia and Lymphoma Society's Pennies for Patients campaign (making the school the top fundraiser in the Bronx for three consecutive years), parent coordinator Miriam Seminario welcomed parents, volunteers and students into the school's lovely library for their TIGER Day festivities.

TIGER Day — Together in Getting Everyone Reading — is an annual celebratory day notable for its all-day reading schedule. (Volunteers are welcome to read to students in their classrooms). It began in 2003 and has since been a hit with students and families alike. It is an effort to get students to view reading as not only fun, but an essential part of their education and future careers. This year it was coupled with college readiness aspirations.

Jadalyn Beverly, 8, realized she wanted

to be a veterinarian when one of her dogs became sick and was taken to see one.

"My dog needed a shot, and I said, 'You know what? I wanna be a vet when I grow up,'" she said.

Library Media Specialist Joanne Clarke-Condon put together a packet that asked students to reflect on their work habits, research their family's career paths, and explore college and career preparations and selections. Clarke-Condon, the creator of the self-reflective pack-

et, found that many students said they needed to use their time more wisely and that they often follow their parents' successes. These findings suggest that students need to see what they will become in order to become it. LeAp's Tomorrow's Entrepreneur program opened doors to students by connecting them with business professionals.

But it's not just about exposing students to the idea of college; it's also about establishing a sense of community in their minds. School counselor Angela Martinez who led the three-week Pennies for Patients campaign said that hosting such events allows students to give back to their communities. It also fundamentally takes part in setting up these students to become caring, charitable individuals.

"Some kids, every morning they'll go to a store because the store knows to save coins for them. It's really become a community thing. Everybody looks forward to it," Martinez said. "We have kids who have been doing it since kindergarten and who are now in the fifth grade, so they've grown with this fundraiser, and it's become a part of the culture in our school," she said.

Seminario said events like TIGER Day "motivates them (the students) to have goals in life," and with TIGER Day, the LeAp program, the upcoming spelling bee, and the Pennies for Patients campaign under their belt, the students are learning to ensure the success of not only themselves, but the community who supports them.

—SARA REGALADO



Photo by Sara Regalado.

**PS 94 STUDENTS** and staff celebrate TIGER Day, one of the many innovative and exciting programs happening at the school.

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# Be Healthy

# 20%

Of Hispanic New Yorkers have diabetes, according to the American Diabetes Association.

Vital Stats

## Bronx Nurses Offer Tips for Fighting “Diabetesity”

According to the American Diabetes Association, almost one in 10 adult New Yorkers have diabetes, and diabetes has increased 13 percent in New York City since 2002. Almost 20 percent of Latino and Hispanic New Yorkers have diabetes. In New York City during 2007, 23 of every 100,000 Hispanics or Latinos died from diabetes. Contributing to this epidemic? Our soaring rates of obesity.

“Diabetesity” is a preventable but deadly disease. Excess weight destroys the body’s ability to process sugar properly, with life-threatening consequences. While you can’t change having a family history of diabetes, you can do something to combat other risk factors, such as being overweight or sedentary (inactive). If you or a loved one has diabetes, your doctor will suggest lifestyle modifications and may prescribe medications to control blood sugar levels.

The good news is, fighting diabetesity also helps you reduce the risk of long-term complications, such as heart disease, stroke, kidney or nerve damage and vision problems. To get your diabetesity under control, you’ll need to consider a number of factors, including exercise, proper nutrition, monitoring your blood sugar, and taking medications effectively so you can reduce the risk of long-term consequences and feel better. Maife Santillan, a registered nurse with Visiting Nurse Services of New York, has advice to help you with all of the steps involved in managing diabetesity.

### UNDERSTANDING DIABETES

If you have diabetes, your body doesn’t produce enough insulin, or your body doesn’t respond well to insulin—an important hormone. Insulin helps your body move glucose from the foods you eat into your cells for fuel (energy). There are a variety of symptoms of uncontrolled diabetes, from fatigue to increased thirst and urination to slow wound healing. Blood sugar monitoring, healthy eating, exercise and taking doctor-prescribed medications properly are im-



Photo courtesy Montefiore

**MORE THAN 50** chronically ill teens enjoyed music, food and can-can dancing during a Parisian-themed prom at The Children’s Hospital at Montefiore on Saturday, May 4. The teens were pampered beforehand, with the girls will get their hair, nails and make-up done. Dresses and tuxedos on loan were donated.

portant steps in managing this chronic condition.

### THREE STEPS TO BEAT DIABESITY

#### 1. Nutrition

This is the number one issue for someone confronting diabetesity. When shopping and planning meals for someone with diabetes:

- Exclude all refined sugar.
- Eat slowly and chew your food well.
- Add fruits and vegetables to the diet
- Avoid white flour, choosing brown rice and whole-wheat pasta.
- Avoid salt and fat in cooking. Use vegetable spray and add herbs, seasoning and spices to add flavor to food.
- Avoid drinking soda and juice. Eat fruit instead and drink low-fat milk.
- Control portions and don’t skip meals.
- Avoid artificial flavors, colors and food additives.
- Eat fish at least three times a week.

A caregiver should also make sure that a diabetic loved one has sugary items on hand in case of an emergency.

#### 2. Hydration

Water may be the secret weapon in weight loss, say researchers in the U.S. and Germany. Although the impact is modest and the findings are preliminary, the researchers say water consumption increases the rate at which people burn calories which could have important implications for weight-control programs. Drinking water packs a one-two punch for those with diabetes, since insulin dries out the natural moisture of the skin. “Make sure someone with diabetes drinks enough water,” advises Santillan. “Caregivers should check skin for dryness and encourage hydration.” He suggests filling a pitcher to the maximum daily requirement in the morning, dispensing water by the cupful, and making sure the pitcher is empty by bedtime. A minimum of 8 cups of total fluids is recommended in a day unless restricted by other medical conditions.

#### 3. Exercise

Staying active is a critical part of keeping diabetes under control. Interval training — alternating between short periods of high-intensity exercise and longer periods of low-intensity training — can be done at all fitness levels. It burns more fat and calories than trekking along at a constant pace.

Research shows that exercising like this improves endurance, strengthens the heart and has positive effects on metabolism. If you go for a walk, power-walk for a minute or two every five minutes. A minimum of 30 minutes of exercise every day is recommended. If you jog, bike or swim, bump up the intensity every few minutes and sustain that pace for at least 60 seconds. (Always check with your doctor before embarking on an exercise regime.)

To learn more about programs that can help you or someone you love cope with diabetes, visit [www.VNSNY.org](http://www.VNSNY.org) or call (800) 675-0391.

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# Campaign Violations Put Political Hopeful in Spotlight

(continued from page 1)

public funds.

During and following her 2009 run in the 14th Council District, which she lost to Fernando Cabrera, Tapia racked up 12 campaign finance violations for a total of \$47,774 in penalties. The violations included, among other things, making late filings or not making required filings, accepting money from a corporation, not reporting expenditures and not responding to draft reports.

Because she failed to provide documentation on time, the board is also holding her responsible for repaying \$59,930.86 in public matching funds.

"We are pleased that the Court upheld the Board's enforcement actions concerning this campaign," said Matt Sollars, a spokesperson for the campaign finance board. "Candidates who violate the City's campaign finance laws face significant penalties and public funds repayment obligations."

## Sick Days

Though she has already "terminated" her campaign's registry with the city's campaign finance board, Tapia says she will appeal the ruling. Leo Glickman, Tapia's lawyer, said Tapia is being punished too severely for simply being late in filing documentation. He said the delay in filing was due to a severe illness suffered by Tapia's treasurer, who is also her son.

Although the campaign didn't file documentation accounting for nearly \$60,000 in taxpayer funding until this past December (which was not considered by the

board because of its lateness), Glickman says it would show the funds were spent properly.

Glickman declined to provide the documentation to the *Norwood News*, saying the board should have it on file as public record. The board said it would not release the documents without a Freedom of Information Law request, which was filed on Tuesday, but may take several weeks to be answered.

During an emotional appeal hearing in front of the board on Jan. 29, Tapia and her son, Jorge Javier, who was 20 years old and also her campaign treasurer back in 2009, tried to explain the circumstances surrounding their non-compliance.

Like three of Tapia's four sons, Javier said he suffers from kidney disease and began to reject a transplant in June of 2009, causing him to be "severely ill for a portion of this time" that the campaign failed to document its expenditures.

Tapia said Javier's health setback plunged her son into a "deep depression," which also led to therapy. At the same time, she said her husband lost his job and she was forced to take care of her grandson.

The problems coping with the illness and other "family dynamics" reached "a fever pitch and now we're here," Javier told the board.

Tapia, who has been an auditor in the city comptroller's office since 1999, said she "didn't have the knowledge" to respond to requests for documentation on her own campaign's audit.

Tapia and Glickman both said they ex-



File Photo

**YUDELKA TAPIA** is moving forward with a plan to run for an assembly seat after a judge recently upheld the city campaign finance board's decision to hold her accountable for more than \$100,000 in dollars in violation penalties and repayment obligations.

pected to be fined for their mistakes in filing documentation late, but Tapia maintained that "there was nothing wrong with the campaign" itself.

The Board, however, didn't buy the excuse, saying their office gave Tapia more than three years to respond to requests for documentation and held a public hearing last October, which Tapia did not attend, to discuss the matter.

In February, Tapia took the case to State Supreme Court. Last Tuesday, Judge Sharon A.M. Aarons upheld the Board's actions against her, saying regardless of what the documents contained, the board was well within its rights not to accept them.

## An Audit Unanswered

In November of 2009, following the campaign, the board began an audit into how Tapia's campaign used the matching funds she received through the program.

When the board asked for documentation, Tapia's campaign didn't respond. The board granted the campaign four additional extensions to allow them to file the proper documents and the campaign failed to file them. On Dec. 27, 2012, Tapia's campaign filed a petition to appeal her violations. It was at that time, Glickman said, she filed the documentation showing where the campaign funds went.

Victor Solis suspected something was wrong with Tapia's campaign before it received the nearly \$80,000 in public matching funds in August of 2009, which is when the campaign stopped filing disclosure reports to the board.

Solis, an operative in several successful political campaigns, including Mayor Bloomberg's first re-election campaign in 2004, said Tapia approached him to help with her 2009 Council run. He obliged and created a report for her that contained "the menu" for how to get elected. It included extensive demographic and voter information.

While working on the campaign, Solis noticed that "nobody" would show up to her fundraisers. Still, numerous contributors would be registered as coming from those same fundraisers. He said many

of her listed contributors were college students and seniors — both groups of people who don't have money to spend on campaigns, he noted.

"I saw a lot of irregularities," Solis said. "One thing didn't match the other."

Solis, who maintains he was never paid for his work on the campaign, said he asked Tapia about the irregularities and she brushed him off, saying she knew what she was doing.

Under the city's matching funds program, for every donation of \$175 or less reported by the candidate, the campaign finance board matches it 6 to 1. (For examples, a \$100 donation would be worth another \$600 in city funding.)

It is illegal to create the illusion of multiple contributors to boost a campaign's matching funds total. Queens City Council candidate Al Baldeo was indicted by federal prosecutors this past fall on charges that he paid people to donate to his campaign so he could get matching funds from the city.

The campaign finance board would not comment on whether Tapia's case had been referred to law enforcement officials.

That summer, Solis said he helped secure a \$5,000 loan for Tapia that she refused to pay back for more than three years. This past Monday, at 9:30 p.m., she finally paid back the loan, Solis said.

## Switching Races

The campaign finance penalties don't preclude Tapia from running for office at the city or state level, but she won't be able to participate in the city's matching funds program until she repays the matching funds that weren't considered "qualified expenditures" and the \$47,774 in fines. (Because he was treasurer, Tapia's son is also responsible for paying back the fines.)

Last Wednesday, according to the state Board of Elections website, Tapia filed her January 2013 campaign finance report. She reported \$16,378 in contributions and \$1,293.33 in expenditures. The state doesn't have a matching funds program.

Tapia recently hired a political consulting firm called Red Horse Strategies, which is also working on Ritchie Torres' run for the 15th Council District, to help out on her assembly campaign.

Matthew Rey and Doug Forand, both consultants at Red Horse, said it was easy for campaigns to fall into problems and incur penalties considering "the arcane and Byzantine" complexities of the city's campaign finance board regulations. Many campaigns hire experts just to deal with all the paperwork and filing deadlines, they said. Like other candidates who run afoul of these guidelines, they said Tapia would set up a repayment plan.

Anyone insinuating that Tapia was involved in an illegal matching funds scheme (often called a "straw donor scheme") is "unequivocally" wrong, Rey said. Tapia's problems, he added, are "simply administrative."

Solis, who works for the department of education when not moonlighting in politics, said he was happy to see the campaign finance board come down on Tapia. "The people in the Bronx need to know who's trying to represent them," he said. "They need to know."



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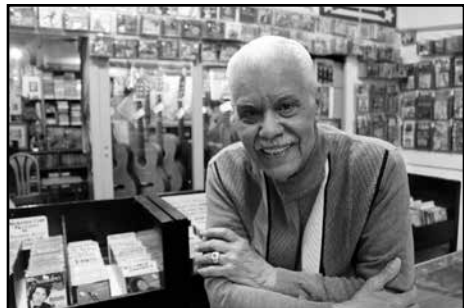
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# Bronx Week Welcomes Three New Stars to Walk of Fame

Bronx Week culminates this weekend, with the Bronx Ball on Saturday, May 18 and the Bronx Week Parade, Festival and Concert on Mosholu Parkway, which kicks off on Sunday, May 19 at noon. Before the parade begins, there will be a ceremony to induct three new Bronxites onto the Bronx Walk of Fame at 11 a.m. on the steps of the Bronx County Building, Grand Concourse at East 161 Street. Here's a look at this year's inductees.



## Miguel Angel Amadeo

Miguel Angel Amadeo was born in Bayamon, Puerto Rico in 1934, the son of composer Alfredo "Titi" Amadeo. He moved to New York as a young teen, settling in the Bronx in 1948. A composer and guitarist, at the age of 15 he wrote his first bolero, "Cruel Desilusion," which was recorded in 1954 by Cheito Gonzalez. His first recorded song was in 1951, "Ciega Humanidad" by Conjunto Carabana when he was 16. Since then, Mr. Amadeo has written over 1,500 songs and recorded over 1,000.

For over 40 years his record store, Casa Amadeo, located at 786 Prospect Avenue

in the South Bronx and a certified landmark on the National Register of Historic Places, has been the mainstay for Latino musicians and music lovers to mingle, jam and learn about the history of Latin music. He continues to compose boleros and guarachas, and his lyrics and arrangements have been recorded and performed by Latin music greats such as Celia Cruz, El Gran Combo, Tito Nieves and Hector Lavoe, among others.

As a young man, Mike worked for Bartolo Alvarez in his famous store in El Barrio, Casa Latina. Later Mike worked for Barolo's nephew, Al Santiago, at his Bronx music store Casalegre, and for his record label, Alegre. Amadeo bought Casa Hernández at 786 Prospect Avenue in 1969 from Victoria Hernández (the sister of Rafael Hernández) and continues to manage the store today, under the name Casa Amadeo.

## Robert Abrams

Robert Abrams' 28-year career in public life was marked by achievement, independence and integrity. He was elected to three terms in the New York State Assembly, three terms as Borough President of the Bronx and four terms as Attorney General of New York State. He joined the prestigious law firm of Stroock, Stroock & Lavan in 1994, following 15 years of distinguished service as Attorney General of the State of New York.

As Attorney General, Mr. Abrams received numerous awards and honors and earned national prominence rarely

achieved by a state-level official. He was widely heralded as a champion and protector of consumer rights. He served as president of the National Association of Attorneys General and was selected by his colleagues to receive the coveted Wyman Award as Outstanding Attorney General in the Nation.

In August 2009, Governor David Paterson issued an Executive Order renaming the Albany Justice Building as the Robert Abrams Building for Law and Justice.

As Attorney General, Mr. Abrams was the head of one of the largest law offices in the nation supervising the work of 1,200 employees, including 475 attorneys in 14 different locations throughout New York State. More than 250 of his legislative proposals were passed and signed into law.



## Ellen Barkin

A Bronx native, Tony and Emmy Award winning actress/producer Ellen Barkin spent her early years on Longfellow Avenue. Her parents and grandparents on both sides lived in the same building on Bryant Ave and 174th Street.

She is a product of the New York City public education system from kindergarten thru LaGuardia high school and Hunter College, from which she also holds an honorary PhD.

Her diverse body of work spans over 50 films, theater both on and off Broadway and television. Barkin received a "Best Actress" Emmy Award for her performance in Oprah Winfrey's "Before Women Had Wings." She has been twice nominated for the Golden Globe Award.

She can currently be seen in NBC's "The New Normal."

Barkin currently resides in the borough of Manhattan.

## ADVERTISEMENT

### Serving the Visual Needs of Bronxites For Thirty Five Years

The year was 1978. The world's first "test tube baby" was born in London. It was a year when the Catholic Church had three Popes, and the leaders of Egypt and Israel signed a framework for peace in the Middle East. Cult leader Jim Jones guided his congregation of more than 900 people to a mass suicide in Guyana. The Dallas Cowboys won the Superbowl, and in the Bronx, the Yankees gave the borough its 22<sup>nd</sup> World Series Championship. Barbara Streisand had the year's number one song with "Evergreen," and while the genre in most night clubs was disco music and ballroom dancing, the birth of a new era in music called "hip-hop" was taking hold in the borough and would eventually take the world by storm. It was a year of new beginnings that would take hold and drive change in so many ways.

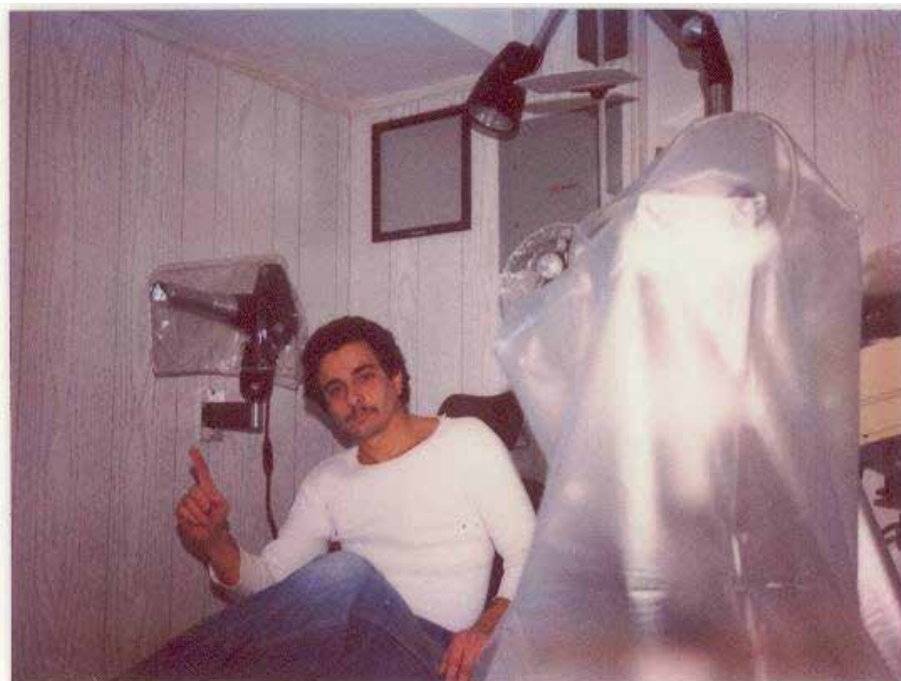
It was also the year that a young Bronx man who had recently returned from Vietnam opened a small eyeglass shop on Metropolitan Avenue in Parkchester. From the very beginning it was evident that this little shop would give birth to great change.

While most other eye shops were satisfied with index card files and run-of-the-mill frame and lens packages, Michael Ungaro was moving his practice forward with new technology and innovation. "Mikey Eyes" stocked his little shop with the newly emerging trend in designer eyewear, and while most of his competitors were using stick-on initials for their eyewear (all the rage at the time, if you can believe it!), Mikey was decorating lenses with a state-of-the-art Hermes engraving machine. He upgraded his filing system with micro-computers while Apple and Microsoft were still in their infancy.

2013 represents the 35<sup>th</sup> year of innovation for Metro Optics Eyewear. So much has changed in the years since Mikey opened that little shop. Today, the company boasts three Bronx locations with the finest service and eyewear products available. Authorized distributors of the top names in eyewear, Metro houses an in-house lens fabrication lab that ensures consistent quality and prompt service. Metro is the exclusive Bronx distributor of high-end brands such as Cartier and Chanel, but stocks thousands of frames for just about any budget. In 2011, Metro introduced the first pair of electronic eyeglasses, just one year after coming in second nation-wide for the optical industry's first "D.A.R.E." award for retail optical innovation.

Nine licensed opticians and seven medical optometrists assure superb eyecare as well as eyewear. This year, Metro is in the process of upgrading its electronic medical records and examination equipment to improve diagnostic and treatment options for its patients. A new location is in the works for early next year, complete with a high-end lounge and sports and electronic eyewear departments.

For further information on these and other products and services offered by this one of a kind Bronx institution, visit their website at [www.metrooptics.com](http://www.metrooptics.com), or stop into one of their three convenient locations at 1332 Metropolitan Avenue in Parkchester, 1038 Southern Boulevard in Hunts Point, or at 25 Westchester Square in the Pelham Bay section.



Michael Ungaro setting up his first exam room in Parkchester in 1978.



# Neighborhood Notes

## Spring Senior Fitness

The City Parks Foundation invites all seniors to participate in City Parks Seniors Fitness, one-hour sessions running twice a week through June 21<sup>st</sup>. The City Parks Foundation aims to preserve neighborhood parks while encouraging people to stay active at all ages. For more information, contact the City Parks Foundation sports department at (718) 760-6999.

## Digital Business Marketing

Daily News Digital Solutions Vice President Michael Flaminio will conduct a workshop on digital marketing and how it can effect your business, on Wednesday, May 22, at Lehman College's Carman Hall (250 Bedford Park Blvd.), room B34. The workshop will take place from 10 a.m. to noon. The event is free, but seats are limited; to register, call (718) 960-8806.

## Mobile Mammograms

St. Barnabas Hospital's new mobile mammography van will be present at the Bronx Health Fair on May 17 to provide breast cancer screenings and education about the importance of detecting cancer in its earliest stages. The Health Fair will take place from 11:30 a.m. to 1:30 p.m. at 183<sup>rd</sup> Street and Third Ave. For more information, call (201) 947-4133 or email hmatzner@andovercommunications.com.

## Bronx Job Fair

On Thursday June 6th from 11 a.m. to 1 p.m., the National Action Network Bronx Chapter will host a job fair at the Classic Center, 286 E. 156th St. (between Morris Ave. and Park Ave.). The workshop will cover solutions for employment and empowerment and help unemployed citizens re-enter the work force. Come prepared to meet potential employers in a supportive environment. For more information, call (212) 533-5300 or email info@cb3manhattan.org

## Universal Pre-K Program

The Catherine Corry Early Childhood Academy at 4321 Barnes Ave. is accepting applicants for Pre-kindergarten for 2013-2014. For more information, call (718) 231-0858 or visit [www.sfabx.com](http://www.sfabx.com).

## Run for Books at Oval

Teens and staff of the Mosholu Montefiore Community Center ISY program are hosting D. Andreassi ISY 2K Book Run For Literacy at the Reservoir Oval Park Track on Saturday, June 1, starting at 9 a.m. Runners will gather sponsors to donate a set number of books to K-5th grade programs for every lap participants complete. The MMCC ISY program is a non-profit organization, and all donations are tax-deductible. For more information, contact Dominique Walker, ISY Program Director at (718) 652-1471/1472.

## Bronx Mentors Sought

Abbott House, a multi-faceted agency that serves families and youth in the New York City, is looking for mentors in the Bronx. If you are looking to make a positive impact on a child's life, call the

Abbott House mentoring coordinator at (718) 329-4968 ext. 3454.

## LGBTQ Coming Out Group

This group offers 13- to 18-year-olds a safe place to talk about gender and sexuality. Meetings take place every Saturday from 7 to 10 p.m. at the Mosholu Montefiore Community Center, 3450 DeKalb Ave. For more information, call (718) 882-4000 ext. 204.

## Literacy Connection

Improve your reading, writing and math skills and work toward your GED with the Literacy Connection, a free education and employment program for young adults aged 16 to 24. The program is offered at the Mott Haven, West Farms, and Bronx Library Center branches of the New York Public Library. For more information or to RSVP, call (718) 401-7453.

## Help for Troubled Adolescents

Berkshire Farm Center's "Power Project" is a free MICA support program that helps emotionally disturbed Bronx adolescents between the ages of 12 and 18 who use and abuse substances. The program runs group and individual sessions Mondays through Thursdays from 4 to 6:15 p.m. at 3464 Webster Ave. (off Gun Hill Road). For more information, call (718) 5515-7970 ext. 3010.

## Stop Smoking Program

North Central Bronx Hospital offers free group counseling and nicotine replacement therapy for smokers looking to quit. No appointments are needed or required, walk-ins are welcome. The smoking cessation program runs weekdays at 10 a.m. and 2 p.m. at 3424 Kossuth Ave., room 13A12. For more information, call (718) 519-2425/2490.

## English Conversation Skills

Speakers of any language (all levels) are invited to join English conversation classes at LIFT the Bronx, 2381 Belmont Ave. (between 187th and 186th streets), Wednesdays from 6 to 7:30 p.m. Topics will range from current events to sports. For more information, call (718) 733-4061 or email [liftenglishconversation@gmail.com](mailto:liftenglishconversation@gmail.com).

## Martial Arts Classes

The Cove & CTM Dreams offer martial arts classes for 5-year-olds up to adults at 3418 Gates Place (in the basement, through the gate on the side of the building). Fee is \$5 per week. For more information, call Starr at (718) 405-1312 or e-mail [anorris@ctmdreams.org](mailto:anorris@ctmdreams.org).

## Free Technology Training

Per Scholas offers free 15-week technology training, Mondays through Fridays, 9 a.m. to 4 p.m. (high school diploma or GED is required), at 804 E. 138th St. Training includes free tuition, books, and exam materials, as well as free career counseling and job placement assistance. Students can earn up to 10 college credits. For more information or to register, stop

## FORDHAM MOVIE NIGHT



Photo courtesy Fordham Road BID

Dozens of people showed up to the Fordham Road Business Improvement District's first-ever movie night at Fordham Plaza. On Friday, April 26, local residents took in "The Amazing Spider-Man," the first of four scheduled showings this spring and summer. The BID's sanitation crew is now cleaning up the Fordham Plaza area in an effort to make the area a gathering spot. The next showing is Friday, June 28 at 8:30 p.m.

by the office Monday through Thursday, at 9 a.m. or call (718) 991-8400.

## Free Job & Career Services

SUNY North Bronx Career Counseling and Outreach Center offers daily tuition free services including career counseling, college, financial aid and resume and cover letter assistance, as well as job readi-

ness training at 2901 White Plains Rd. Computer literacy and GED programs are available during the day and evening. Seats are limited. For more information, call (718) 547-1001.

For more Neighborhood Notes online, go to [www.norwoodnews.org](http://www.norwoodnews.org) and click on "Neighborhood Notes."

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# Opinion

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](mailto:norwoodnews@norwoodnews.org).

## Op-Ed

# Saw Something; Said Something

By JUDY NOY

Many of us are familiar with the statement, “If you see something, say something.” It appears on signs in buses, subways, on TV, radio, and more. In light of the recent tragedy in Boston, this advice becomes even more urgent. Or so I thought...

Recently, as I walked up my block en route to do some shopping, I passed a large package that was left in the gutter behind a parked car. Its height reached the bumper of the car and seemed almost as wide. I waited a moment to see if someone was going to claim it, and when no one did, I hurried to the intersection to check for any passing police car even though that's a rare sight in my neighborhood. As luck would have it, I did see an NYPD Traffic car stopped for a red light and caught up to it before the light changed.

When I reported the suspicious package and its location, the driver turned the car around and drove to the spot while I trotted back there as well. The driver called in my report and was told to remain there to wait for police officers who

handle these matters. I was asked to wait too.

After over a half hour went by with no results, I phoned 911 myself to report the package, spoke to a rep who didn't sound particularly concerned, and was told a vehicle would be coming. After more than

**If someone had called to report the packages at the Boston marathon, and if the response would have taken that long, those bombs would have gone off anyway.**

an hour, I decided to leave to go shopping as originally intended. I was reluctant to leave since I felt that the police would probably show up to check the package while I was gone, and that's exactly what happened. Although an NYPD Traffic car remained at the scene, by the time I returned from shopping, both the vehicle and the package were gone.

When I got home, I called 311 in order to ask about the results of my report and they referred me to the 52nd Precinct, which in turn told me they couldn't give

me the results, only that someone did finally show up to the site. When I asked why this took so long, I was told that there were other crimes that needed checking first. It's not clear to me why, if I made the original report, that I couldn't be informed of its conclusion.

no way to know where this kind of attack will happen next.

The package I reported could easily have been anything from abandoned garbage to an explosive, and those in charge should have responded in a more timely manner. While it may be a good idea for a concerned citizen to err on the side of caution and make such a report, my experience in this instance certainly doesn't make for encouragement for future reporting. Showing up more than an hour after receiving a report is not acceptable. If one of the reasons is because my neighborhood is not considered heavily trafficked, this too is not acceptable. An abandoned package anywhere should get top priority in this day and age.

What is the purpose of the “see something, say something” mantra if the response time is not fairly immediate? Is it any wonder why some people are reluctant to become involved?

*Judy Noy is a Norwood resident.*

## Letters

### Good Things at MS 80

I recently visited MS 80, the Isabel Rooney School, and was very impressed with the Principal, Mr. Polanco, and his efforts to bring about school improvement. I believe he has increased the students' chances for success by extending the school day to expand opportunities for learning. His greater emphasis on the arts, both during the school day and after school, has helped to motivate students and enrich their school experience. During my visit, two members of the school's staff gratuitously offered praise for Mr. Polanco's leadership and his caring attitude towards the students.

I believe the demonstrations at the school were instigated by a very small group of parents and do not reflect the attitudes of the parents overall. I think it would be advantageous to the entire community if *The Norwood News* would focus on the positive happenings at the school rather than highlight the negative occurrences, which, in my opinion, provide a distorted picture.

G. Oliver Koppell  
Council Member

### Amalgamated Unfair

In most co-ops, if the Board approves a maintenance fee or carrying charge increase, the cooperators have to pay it. Income restricted co-ops regulated by NY State such as the Amalgamated have one more step, approval by the NYS Homes and Community Renewal (HCR).

In 2009, the HCR granted the Amalgamated a \$20/room/month permanent carrying charge increase. That was to pay for a two-year heating fuel contract. Because it was a carrying charge increase rather than a utility cost pass through, the Amalgamated operated with significant sur-

pluses of \$510,921 in 2011 and \$315,323 in 2012. These surpluses resulted from lower heating fuel costs whose benefit is likely to continue in 2013 and 2014.

Despite these surpluses, the Amalgamated Board is now asking the HCR to approve a \$14/room/month rent increase. The Board claims it needs \$20,000,000 to make emergency repairs as part of a \$100,000,000 maintenance program recommended by an architectural firm which submitted this proposal without input from cooperators. To this end, the Board has proposed taking a 15-year, 30 million dollar refinancing loan.

Normally, refinancing is done to save money. Because interest rates are historically low, other cooperatives are also refinancing. To get the full benefit of low interest rates, the norm is to lock-in for a longer term rather than a shorter period of time. If Amalgamated's new loan were for the usual 30 years, the annual debt service would be almost the same as that of the current mortgages and so would not require a rent increase.

However, by seeking a 15-year rather than a 30-year loan, it appears that the Amalgamated Board is making an expensive mistake. This mistake will be passed on to cooperators who are already struggling with several recent carrying charges increases.

As a state supervised cooperative, Amalgamated is restricted to low and moderate income tenants. The proposed increases will impose hardship on many families living here.

Will the Amalgamated Board or the HCR acknowledge this mistake? Will the HCR reject the 15-year mortgage request that will be so costly to the Amalgamated cooperators?

Jay Hauben, Amalgamated Cooperator

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# Classifieds

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### Religious Services

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**Discount Store needs experienced:** Cashier, floor person & security person. call Eric for detail 646-552-6337.

**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.

**District Manager Position** available at Bronx Community Board #7. Description and requirements are available at [www.BronxCB7.info](http://www.BronxCB7.info).

### REAL ESTATE

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Montefiore Hospital. Please call owner: (917) 622-5810. Price: \$465,000 (neg.) Lease with option to buy, \$1,800 per month.

**Apt. for Sale:** 1-bedroom apt. near Montefiore Hospital and all transportation. Asking price \$100,000.00. Call Ray (917) 517-0172 or (347) 427-4774.

### 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

**Trip to "Showboat Casino" in Atlantic**

**City:** Sunday, June 2, 2013 From East 163rd St. and Southern Blvd. Bronx. For more information please contact Eddie @ 718-757-5485.

**Vendors Wanted!** Family-friendly. Amalgamated Nursery School's popular Annual Spring Bazaar is Sunday, May 19th. Gale Pl & Orloff Ave. Tables still available! Call 718-543-8688. No food sellers, please.

**Classifieds:** \$12 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.

## RESVERATROL STUDY

(red wine extract and pre-diabetes)

- Are you age 50 or older?
- Have you been tested for diabetes?
- You may be eligible for a free blood sugar test!

Albert Einstein College of Medicine is seeking volunteers for a research study of the nutritional supplement, Resveratrol.



Resveratrol is found in grapes and red wine and believed to promote a long and healthy life. Research is needed to find out if these health claims are true and if Resveratrol improves blood sugar levels and blood vessel function in people who are at risk for diabetes.



If you are age 50 to 80 and in general good health, you may be eligible for a screening visit, which includes blood tests for diabetes (glucose tolerance test) and other conditions. Based on these results, you may be eligible for the study which includes taking Resveratrol and a placebo, each for 6 weeks, plus additional blood & urine tests, EKGs and optional muscle biopsies (2). Participants will receive up to \$300 at study completion and reimbursement is provided for parking and public transportation. Study participation lasts for about 15 weeks.

For more information, call:  
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# Out & About

Compiled by JUDY NOY

## Onstage

■ The Bronx Library Center, at 310 E. Kingsbridge Rd., presents **Latin Jazz Concert** May 18 at 4:30 p.m. For more information, call (718) 579-4244/46/57 or visit [www.nypl.org](http://www.nypl.org).

■ The Lehman Center for the Performing Arts, 250 Bedford Pk. Blvd. W., presents **Lehman College Community Band**, free, May 19 at 2 p.m.; and **Solid Ground**, a play for middle and high school groups about landing on your feet, May 29 at 10 a.m. and noon (see promo video at [mtstv.org](http://mtstv.org); school groups can apply for free tickets at [solidgroundnyc@gmail.com](mailto:solidgroundnyc@gmail.com)), both in the Lovinger Theatre. The Lehman Center also presents **Back to the '80s III**, a salsa concert featuring various performers, May 18 at 8 p.m. (tickets are \$30 to \$50); and comedian/actor **Paul Rodriguez**, June 1 at 8 p.m. (tickets are \$55 to \$85). For more information, call (718) 960-8833.

■ The Bronx Academy of Art & Dance (BAAD), 841 Barretto St., presents **The Boogie Down Dance Series**: Full Circle-isms, featuring hip-hop, May 17 at 8 p.m.; **Physual: 10th Anniversary Concert**, featuring various performances (each \$20); **Bronx Dance Magazine Potluck Brunch**, a free brunch for the dance community, May 19 from 1 to 5 p.m.; and **Pepatian Presents Showing Off**, free performances on May 19 at 6 p.m., at a site to be announced. Also offered: **Capoeira Dance Classes**, May 18 and June 1 from 9:30 to 11 a.m. (\$7/class). For more information, call (718) 842-5223.

■ Pregones Theatre, 571-575 Walton Ave., presents **Neon Baby**, a musical about gays, performed in English and Spanish, through June 2 (recommended for mature audiences). For more information and a detailed schedule, call (718) 585-1202.

■ City Parks Foundation's traveling

PuppetMobile presents **Little Red's Hood**, based on the Little Red Riding Hood fairy tale, free, May 23 at 10 a.m. in the St. James Rec Center, 192nd Street and Jerome Avenue. For more information, call (212) 360-8281 or visit [www.CityParksFoundation.org](http://www.CityParksFoundation.org).

■ The Bronx Concert Singers, accompanied by a chamber ensemble, present **I Dream a World**, their 32nd Annual Spring Concert, featuring songs from around the world, May 19 at 4:30 p.m. at St. Paul's Evangelical Lutheran Church, 1891 McGraw Ave. Tickets are \$20; two for \$35; seniors and students with valid ID \$15; and children through high school \$5. Tickets can be charged at (800) 838-3006. For more information, call (917) 743-4641 or visit [www.bronxconcertsingers.org](http://www.bronxconcertsingers.org).

## Events

■ On May 29, the Bronx Documentary Center, 614 Courtlandt Ave. at 151st Street, presents **A Place at the Table**, a documentary that investigates incidents of hunger experienced by millions of Americans, and proposed solutions to the problem, followed by a panel discussion. For more information and exact time, contact [info@bronxdoc.org](mailto:info@bronxdoc.org).

■ Wave Hill, a Bronx oasis at 675 W. 252nd St. in Riverdale, offers **Family Arts Projects**: Woven Wonders, to create weaving using fabrics dyed using beets and flowers, May 18 and 19; and Button Bouquets, to make a bouquet and add buttons, May 25 and 26 (both are from 10 a.m. to 1 p.m. in the Ecology Building). Also scheduled: **Reptiles & Amphibians of the Lower Hudson Valley**, live presentation, May 25 at 2 p.m. in the Ecology Building (free with grounds admission); registration is recommended at ext. 305 or at [wavehill.org](http://wavehill.org). Grounds admission is free Saturdays until noon and free Tuesdays until noon in May. Glyndor Gallery tours take place Tuesdays and Saturdays at 2 p.m.; garden walks are

held Tuesdays and Saturdays at 11 a.m. and Sundays at 2 p.m., leaving from the Perkins Visitor Center. For more information and a schedule of events, call (718) 549-3200.

The Woodlawn Conservancy invites the public to volunteer in May for **weekend flagging of veterans' graves** at Woodlawn Cemetery. Lunch and refreshments will be provided to eligible volunteers. Also scheduled is a ceremony to unveil the National Historic Landmark plaque commemorating the Admiral David Glasgow Farragut gravesite, May 23 at 10 a.m. For more information, call (718) 920-1469.

■ Bronx Museum of the Arts, 1040 Grand Concourse, presents **Bronx Stories**, featuring storytelling, poetry and music (open mic available), May 17; and **Puerto Rican History Celebration Honoring the Young Lords**, May 31, in the 2nd floor North Wing, both from 6:30 to 9 p.m. For more information, call (718) 681-6000.

## Exhibits

■ The New York Botanical Garden presents **Wild Medicine: Healing Plants Around the World**, featuring the Italian Renaissance Garden, including interactive stations with activities and samples of products made from therapeutic plants, May 18 to Sept. 8. For more information, call (718) 817-8512/8637.

■ Pregones Theatre, 575 Walton Ave., presents **Sinfonía del Color del Trópico**, paintings depicting life in the Dominican Republic, through May 31, Monday to Friday from 9:30 a.m. to 5:30 p.m. For more information, call (718) 585-1202.

■ The Bronx Museum of the Arts, 1040 Grand Concourse, presents **Joan Semmel - A Lucid Eye**, self portraits of a female aging through her 80s, through June 9. Also featured are **Honey, I Rearranged the Collection** (artwork from the museum's permanent collection) and **Bronx Lab: Style Wars** (featuring graffiti and its relation to style), both through June 2. For more information, call (718) 681-6000.

■ The Bronx County Historical Society's Museum of Bronx History at the Valentine-Varian House, 3266

Bainbridge Ave., presents **Pastimes & Pleasures: Having Fun in the Bronx**, through Oct. 23. For more information, call (718) 881-8900.

## Library Events

■ The Bronx Library Center, at 310 E. Kingsbridge Rd., presents programs for adults including **Highlights of Bronx History**: Lecture by Bronx historian Lloyd Ultan, May 18 at 2:30 p.m.; **Learning a Language With Mango**: May 22 at 2 p.m.; and **Computer Basics**: May 23 at 2 p.m.; Teens/young adults can attend **On the Plate at 4:30 p.m.**: cooking workshop (all materials provided), May 23 and 30. Children can enjoy **Stories & Tales From Around the World**: (ages 3 to 12), May 18 at 2 p.m.; **Global Partners Junior at 4 p.m.**, May 22 and 29 (ages 5 to 12: phone or in-person registration required); **Preschool Story Time at 11 a.m.**: May 16, 23 and 30; **Films at 4 p.m.**: May 21 and 28; **Sticking People Making**: hands-on project, May 16 at 4 p.m. (ages 5 to 12); and **Fish Book Making**: May 30 at 4 p.m. The entire family can enjoy **Bronx Literary Festival**, an entire day of fun on May 18, from 11 a.m. to 5 p.m., with a variety of activities, starting with a puppet show at 11 a.m. For more information, call (718) 579-4244/46/57 or visit [www.nypl.org](http://www.nypl.org).

■ The Mosholu Library, at 285 E. 205th St., offers for seniors and adults: **Movie Monday: "Jack Reacher,"** May 20 at 4:30 p.m.; **Wii Program**: Tuesdays at 3 p.m.; **Open Lab at 10:30 a.m.** on May 22; and **Knitting Circle**: May 23 at 3 p.m. Children can enjoy **Game On @ Mosholu at 3:30 p.m.** May 20 (ages 13-18), **Tween Book Club at 4 p.m.** on May 21 (ages 13-18); **Popsqueaks at 11 p.m.** on May 21 (toddlers, age 18-36 months); Speakers of other languages can attend free **English Conversation Program**: intermediate level, Tuesdays from 6:30 to 8 p.m., May 21 and 28. For more information, call (718) 882-8239.

■ The Jerome Park Library, at 118 Eames Place, offers activities for people of all ages. For more information, call (718) 549-5200.

**NOTE:** *Items for consideration may be mailed to our office or sent to [norwoodnews@norwoodnews.org](mailto:norwoodnews@norwoodnews.org), and should be received by May 20 for the next publication date of May 30.*

## EDITOR'S PICK

### Bronx Literary Festival at NYPL

The entire family can enjoy the **Bronx Literary Festival**, a day of fun on May 18, from 11 a.m. to 5 p.m., at the Bronx Library Center, 310 E. Kingsbridge Rd. Activities begin with a puppet show at 11 a.m. For more information, call (718) 579-4244/46/57 or visit [www.nypl.org](http://www.nypl.org).



# BRONX WEEK

11 DAYS OF CELEBRATING THE BEST OF THE BRONX!

## MAY 9th-19th

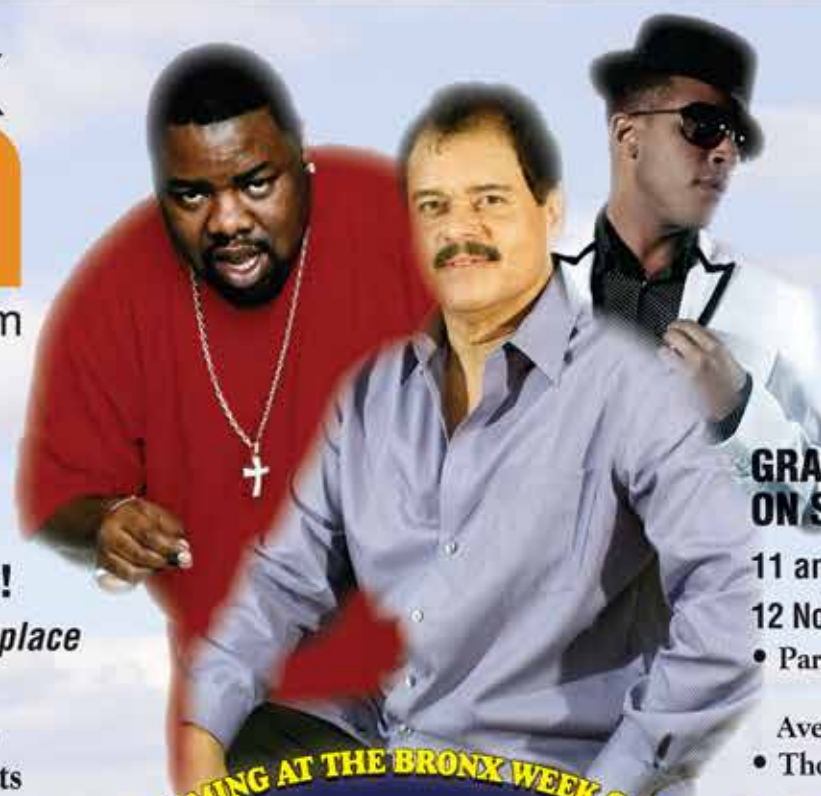
HOSTED BY BRONX BOROUGH PRESIDENT RUBEN DIAZ JR.

**Bronx  
Week  
2013**  
ilovethebronx.com

JOIN US FOR A  
CELEBRATION OF  
THE BEST OF THE  
BRONX DURING  
11 FUN-PACKED DAYS!

*Over 100 events taking place  
across The Bronx*

- Business Conferences
- Festivals • Art Exhibits
- Trolley Tours
- Concerts • Fitness Fairs
- Health Screenings
- Theatrical Performances
- Environmental Events



PERFORMING AT THE BRONX WEEK CONCERT  
**Renowned hip-hop beat boxer  
BIZ MARKIE**  
with Legendary Salsero  
**LALO RODRIGUEZ**  
& Hip Hop Reggae Pioneer  
**NOTCH**

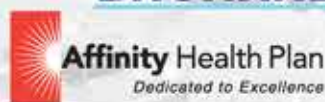
IN CONJUNCTION WITH  
**Montefiore**



**100**  
YEARS *in the*  
BRONX

**GRAND FINALE CELEBRATION  
ON SUNDAY, MAY 19TH**

- 11 am: *Bronx Walk of Fame Inductions*
- 12 Noon: *A Salute to Bronxites*
- Parade on Mosholu Parkway  
(reviewing stand at Van Cortlandt Avenue East)
- Thousands of Bronxites, bands, floats, and community groups show off their Bronx pride
- Bronx Food, Art & Music Festival on Mosholu Parkway
- Live performances throughout the day
- Vendors, health pavilion, entertainment, and more



FOR MORE BRONX WEEK EVENTS, VISIT [WWW.ILOVETHEBRONX.COM](http://WWW.ILOVETHEBRONX.COM)

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