Rent Spikes for Kingsbridge Merchants

By DAVID CRUZ

With 13 merchants facing double the rent for their stores across the street from the Kingsbridge Armory, now slated for redevelopment, those affected are scrambling to find a new place to do business. And many are turning to community stakeholders for help.

A large group packed Community Board 7 on July 22 looking for answers. The Board overlaps with the massive Armory recently cleared to become an enormous ice center. Board members were joined by representatives for local legislators, the Bronx Borough President’s Office, and merchants’ lawyers. Many store owners, all without a lease for some time, discussed the fallout from the rent hikes as purportedly inspired by the Armory project.

The plan has served as a catalyst for major real estate activity in the area, with new property man-

The Norwood News Embarks On A New Beginning

EDITORIAL

It’s not every day you see an editorial on the front page of the Norwood News, but this news is worth it.

Though the paper is now beginning its one-month yearly summer hiatus, our staff is preparing for major change. And we want to take you along for the ride.

But first, we’d like to share some thoughts. There’s plenty to be proud of in this neighborhood—a vibrant park where hundreds of neighborhood kids practice their free throw, their tennis swing or football skills, a hospital that’s delivered quality service, a community board that’s grown by leaps and bounds, and more importantly, neighbors whose passion for positive change is certainly infectious. In so many ways, the community has consistently served as the lifeblood of this newspaper—without your curiosities, your civic-mindedness, the survivability of this newspaper would be nil.

Community-mindedness, therefore, is a frame of mind that’s in sync with the Norwood News. And as we enter this new chapter in Norwood News history, we want to emphasize the importance of providing local coverage in the same vein as we’ve been doing since 1988.

And as we breeze past the mid-year mark, the Norwood News is excited to announce a new milestone for the newspaper. Next month, we’ll be presenting an all-color, all-rejuvenated newspaper with a more portable size for readers, (continued on page 1)

(continued on page 6)

(continued on page 11)
In The Public Interest

Mystery Clothing Bins Swarm Northwest Bronx

By RICHARD BUCEY

For the past few months, several clothing bins claiming to collect for charity have spiked around the northwest Bronx. The only clue of their origins is a phone number with a Newark area code.

Sightings of these mysterious bins have been spotted at a car wash near Bedford Park and Jerome Avenue by the 4 subway station and further south by Sedgwick Avenue and Kingsbridge Road. To many, they’re seen as part of the urban milieu. But Assemblyman Jeff Dinowitz, representing a swath of the northwest Bronx, has remained suspicious of the pink- or blue-colored bins.

“In most cases they don’t go to charitable causes, but they sell them to thrift shops and places like that,” Dinowitz said, adding the bins have also been spotted in Riverdale. “I called one of the numbers on the bins and explained who I am and I said that you’ve placed these bins in various places and I’d like you to remove them. Their response was, ‘how do you know you’re an elected official?’ So I told them to call my office and they never did. I took that as a sign that they were not legitimate.”

It’s hard to say what’s motivating the owners of the bins. A sign on one bin shows Viltex USA LLC, a company based in Newark, New Jersey, to be behind the proliferation of bins. Its purported website sports only a one-sentence explanation of the company indicating it uses “what you no longer need to provide for those in need.”

The popping pink-colored bin shows the bin belongs to Narciso Recycling Company, another Newark-based enterprise with no website. A person who answered the phone refused to comment to the Norwood News.

The city Department of Sanitation does consider the bins illegal, and has launched a major crackdown in the past few weeks. Kathy Dawkins, a spokeswoman with Sanitation, said the only bins that are allowed to be on public property are those issued by a government agency. Sanitation has now begun working to remove two bins from Riverdale in Dinowitz’s 81st Assembly District.

These companies reportedly exploit loopholes by simply relocating the bins a few blocks away within 30 days of receiving a warning.

Responses from locals were mixed. “There are a lot of them. There are probably two more down the road,” said Michael Davis who passes by one of the bins every day before work. “I’ve always thought that if I ever had extra clothes, I’d donate them. I had no idea they [the bins] were illegal.”

Laverne White echoed Dinowitz’s outrage. “They’re everywhere and no good to look at. Plus they never even pick the clothes up in the first place.”

Bronx Borough President To Be Grand Marshal for Dominican Day Parade

By BRITTNEY WILLIAMS

Bronx Borough President Ruben Diaz Jr. has no Dominican blood, but he has been asked to be the Grand Marshal for the 25th annual Bronx Dominican Day Parade this year. He accepted.

“How can I say no, I’m the Borough President,” said Diaz, who was told about the distinction before the official announcement on July 15 at the Bronx Civil Court.

Over 40 floats and 102 groups will march up the Grand Concourse, between 167th Street and Tremont Avenue on July 27 at noon. The borough is home to the most number of Dominicans in the city.

The parade is a culmination of Dominican pride events having started on Friday, July 19 with a festival at Clay Avenue where the first 500 seniors received a free brunch. Other events include a citation presentation, a gala banquet at Marina del Rey on July 24 and the Abrazo Dominicano at Maestro’s Catering on July 25.

The week-long festivities are only part of the celebration. Throughout the year, contests are held to name the Reinas Duartianas, an annual pageant competition involving young ladies representing their provinces in the Dominican Republic and learning traditional Dominican dances. This year, one of the winners was Gaby De Jesus, who represented the province La Romana in the Dominican Republic. “Not only am I representing the Dominican Republic, I am representing the Bronx too,” said De Jesus. “It was an honor winning, especially for the 25th parade.”

The president of the Bronx Dominican Parade organization, Felipe Frebless and the vice president, Rosa Ayala work all year to organize the affair and bring together thousands to celebrate Dominican culture on the Grand Concourse. “I really want to empower the Dominican community in its culture and its roots,” said Frebless, speaking through a translator.

The parade features music, dancing, and dozens of floats with vibrant decorations to add to the festivities. In accepting the honor, Diaz looks upon it as an example of different cultures uniting. “You don’t have to be Dominican to celebrate the Dominican culture,” he said.
Gjonaj Job Fair at DeWitt Clinton H.S. Promises Follow-Up

By DAVID CRUZ and IMANI HALL

As folks from a recent job fair filed out of DeWitt Clinton High School after some on-the-spot interviews with job recruiters, Assemblyman Mark Gjonaj stood by the exit extending a hand. “How’d it go?” Gjonaj asked one Bronxite. “Any prospects?”

The job hunter nodded, leaving the fair with the potential of job offers from several of the two-dozen recruiters in the healthcare, business and law enforcement sectors. And even as Bronxites left with potential leads, the sobering fact remained—very few Bronxites would land work immediately.

But Gjonaj told the Norwood News he intends to track just who received a job following the fair by surveying the type of sector the job fell in. He also wants to see what sectors remained stagnant. “It does not end here,” said Gjonaj, the lead organizer of the job fair, the second annual.

The job fair comes amid Governor Cuomo’s Employment Strikeforce, an endeavor that intends to put a dent in the Bronx’s nagging jobless rate, which has consistently stood as the worst in the state. The latest figures compiled in May show the Bronx with a 10.6 percent jobless rate.

Gjonaj’s job fair is also aligned with Help Identify Real Employment, another state initiative that seeks to link Bronx residents with Bronx jobs while also providing Bronxites with more job training opportunities. The Bronx Chamber of Commerce will help oversee the program that was made possible by funds secured by NYS Senator Jeff Klein in this year’s budget.

“The evidence is there,” said Gjonaj, reflecting on the numbers.

Hundreds File Into Job Fair

But statistics aside, many at the July 10 job fair yearned for a better job to help prop up their lives. The numbers were large—just 200 filed through the door at the start. By the end, the number had doubled. Many had jobs, though they were unsatisfied or underemployed. Some have been on the job hunt for two months, others 11 months.

Bronx resident Dana Smalls recently graduated from Lehman College and has been unemployed for two months. “It can be depressing if you’re out seven or eight months,” she said. “My two months out I took as a vacation, but I need to get back to work.”

Other Bronxites grew impatient with their time off work, as bank accounts and help from family have thinned out. Gerald Mosby of Soundview worked security for 12 years before being laid off work. These days, he has succumbed to desperation. “Right now I’m looking for anything that will pay the bills,” said Mosby, who was the second person in line at the fair. But Mosby’s expectations at the fair weren’t met, pointing out tables that peddled job training or more education over real jobs.

“These are classes they want you to take or money they want you to invest in their companies,” said Mosby, a married father of two. He stressed his need for a job and not an education at the moment. “I don’t need to go to school, I need to feed my family!”

Some Bronxites weren’t as anxious to find a job at the fair. Lanique Rhyne, a 19-year-old Bronx resident, attended the fair to seek a second job. “I’m already working, but I wanted to see if I could get a different job so I could be more interactive with people,” she said.

Another prospective employee sees the job search experience as that old conundrum—how can one find work when job recruiters require work experience?
Inquiring Photographer

By DAVID GREENE

This week we asked readers about Participatory Budgeting, the new city initiative introduced in the northwest Bronx, and what they would allocate $1 million of capital funding of the New York City budget toward.

Ed. Note: To participate in the initiative, call (718) 842-8100.

Il think a teen center because I see a lot of kids hanging out on the corner and if they had a place to go with their friends, their time would be occupied and I don't know of one now. I see a lot of police so I don't think we have a problem with that. I've only been in Norwood for about three months, but I haven't seen anything bad happen here.

Hial Alhamidi

I think we could use job centers and more jobs programs and recreational stuff for kids, like after school programs. I would also see that the local schools receive additional funding. Give them a better gym and sports programs and it won't be like it is now.

Andy Colon

I'm not exactly sure what I would do for Westchester Square where I work, but one thing I would like to know is if the community is adequately funded for daycare centers and homeless shelters and to get money for the people who would otherwise not make it if they didn't have a helping hand.

Michael Drezin

If I had a million dollars I would direct the funds here in Parkchester to the youth for more libraries, community centers and schools and things of that nature, so the children can read and learn how to use the computer. Maybe a program to help conserve our energy resources, maybe some newly paved roads.

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David Brook

I work here in Melrose and they just brought in a bunch of new cops, so we have enough cops already. I think we need more jobs programs and programs for the homeless.

James Conteh

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Picturing the Portrait of a Bronx Artist

By PAMELA SEGURA

The public typically experiences visual art at its conclusion, forgoing the opportunity to see the creative methods, processes and work spaces of artists.

The Bronx Artist Documentary Project, part of the year-long Bronx Centennial celebration, is an arts event altering this trend. The project involves photographers shooting the creative methods and spaces of painters, sculptors and other visual artists working in the borough.

The Bronx Arts Collective and the Bronx Documentary Center, two arts organizations based in the borough, are spearheading the project that consists of 30 photographers and 79 artists. Working on a level that borders on self-awareness, the project showcases the many layers of an artist’s experience and ultimately dispels the divide between the public and the art within it.

A Tale of Two Artists

Creating connections between different neighborhoods within the borough, the Bronx Artist Documentary Project is strengthening artistic ties—from Norwood to Soundview and Riverdale to Parkchester.

Daniel Hauben, a painter hailing from Riverdale, is a member of the Bronx Arts Collective. He has used the borough as his subject for more than 30 years. The concept for the Bronx Artist Documentary Project came to him after meditating on artists' spaces in the Bronx. “I work out on location, which [is favorable] during the time of good weather,” said Hauben. “During the winter, I’m always looking for interior possibilities.” He spent some time at a friend’s art studio loft overlooking the Bronx River and was inspired by the studio.

“For a minute, I had the thought of doing a series of paintings in other people’s studios in the Bronx and making it a theme,” said Hauben. He decided, however, to use his initial idea to craft a larger, more expansive project. He later reached out to Michael Kamber of Melrose, a Pulitzer Prize-nominated photojournalist and founder of the Bronx Documentary Center. “He really felt that this was something that really connected with [the Bronx Documentary Center’s] mission,” said Hauben. “He raised this project to a whole other level.”

Hauben also reached out to the Bronx Arts Alliance, a contingent of various individuals, groups and organizations that aims to promote and enhance arts events in the borough. Through the collective, Hauben expanded his art connections in the borough. “That became the beginning of our database,” said Hauben. “We have the most comprehensive list of Bronx artists.”

Other Participants

Dennesa Usher, a Bronx native, painter and muralist took part in the Bronx Artist Documentary Project. “My art is my life, my life is my art,” said Usher. She was happy to learn that a photographer would shoot her space and process. This project, according to Usher, helps define what makes the Bronx arts community so unique.

“The community that’s surrounding the artist is a lasting one,” said Usher. “In the Bronx, that old lady that is sitting in the window has been sitting in the window for 40 years. These are experiences, I think, that people in the other boroughs don’t normally have.” She added that like an abstract painting, the Bronx is “a place that people come to appreciate over time.”

Photographer Nina Robinson, who has been living in the Bronx now for a year, captured the work and experience of three artists. She anticipates that the show will change the perceptions of the Bronx in the other four boroughs. “When this project does come out for the show, it’s going to definitely highlight artists who have been doing wonderful work for years [in the Bronx],” said Robinson. She says that the borough will no longer be known as “forgotten” because of this project.

The final photographs, which were submitted to the Bronx Arts Collective in the second week of July, will be featured in an exhibition at the Andrew Freedman Home. It will run from Sept. 11 to Oct. 8, with a special reception on Sept. 13.
Rent Spikes for Kingsbridge Merchants

(continued from page 1)

ager Levites Realty Management over-
seeing the corner properties of 2 W. Kingsbridge Rd. and 2640 Jerome Ave. The move foreshadows a possible trend in the working class neighborhood in the next years to come, which could see an exodus of existing retail tenants. At the meeting, George Vangelatos, the 18-year owner of New Capitol Restaurant, voiced concern over the rent hike. His daughter Stephanie told those in attendance that her family is “scared. This is our livelihood.” She was told her the rent at the eatery will go from $7,500 to just over $14,000.

Options were presented to impacted merchants, with representatives from the Moshulu Preservation Corporation offering a list of a dozen vacant stores/ front lots between the borders of the Jerome Gun-Hill Business Improvement District and Webster Avenue as possible relocation sites. The relocation could likely provide a financial shot in the arm for Webster Avenue, now primed for major change in the coming years, thanks to rezoning.

**Notices Sent Out**

As the Norwood News first reported, an agent with Levites sent letters to率达到 tenants in mid-July informing that rents would double come Aug. 1. The businesses include a diner, a natural products store, barber shop, and Chinese food business, many of which have been in the community for over 20 years. The news certainly stunned many business owners in the working class community, unsure of their future at this point.

For Kingsbridge Road, major real estate activity is looming for the area, according to Steven Lorenzo, a realtor with NAI Friedland. Assessing the real estate trend for the neighborhood, Lorenzo expects Kingsbridge to “unquestionably” change the impending Kingsbridge National Ice Center, costing $345 million to build.

“Because of the renewed interest in the Kingsbridge Armory, there has been ancillary [developers] like hotels coming and snapping around the area trying to develop a hotel concept in the area to support the Armory and tourism attraction interest,” said Lorenzo. “We’re gonna start seeing those areas along Jerome Avenue and Kingsbridge being utilized for new retail and housing opportunities, creating a different community.”

The price change adds further proof of major interest along the Kingsbridge corridor, a community where the median income stands at just under $33,000, according to data from the U.S. Census Bureau.

The Armory project, considered one of the biggest in the Bronx in recent years, has become part of the new narrative for the re-surfing Bronx, with borough politicians utilizing the project as part of its talking points.

**Impacted Tenants**

The spike in rent has roiled the neighborhood with merchants rallying with others to seek solutions. Gene Bass, the owner of Forever Young Health Food, sees this as an early sign of gentrification. “It’s frustrating. You don’t know if you’re coming or going,” said Bass, who feels as though it’s a type of legal eviction. “I’m seeing a lot of vacant stores on Kingsbridge.”

The time frame is unfair, according to Bass, who’s owned her shop for 23 years. “That’s just giving us three weeks to increase our rent, make a decision, get out, and stay. This is really horrible. And these are families trying to stay.”

**New Management Moves In**

The new management company of the property is First New Kingsbridge LLC, an offshoot firm belonging to Levites, a Yonkers-based real estate player handling transactions in the Bronx. The firm was extended the lease by Kambria Real Estate and Hiss Real Estate, with a combined mortgage of just over $3 million, according to records from the city Department of Finance. Levites has the option of becoming a full blown owner in the next couple of years.

After First New Kingsbridge LLC leased the property, it began advertising the space while forwarding letters to established owners there. On LoopNet, a real estate website, Levites listed the leasing price as $100 per square foot should new retail merchants sign a one-year lease. The maximum floor space per new tenant would be 1000 square feet. Representatives for Levites did not return repeated calls for comment.

But the Kingsbridge Road Merchants Association, a group working on behalf of tenants, said it intends to stay on top of the changes. “It’s really sad and very unfair, and we are going to do whatever we have to do,” said Christian Ramos, KRMA’s vice president.

**Editor’s Note:** An extended version of this story can be found on www.norwood-news.org.

### Neighborhood Notes

**Civilian Complaint Board Visits**

The public can report complaints of alleged NYPD misconduct to the Civilian Complaint Review Board and receive information at Councilman Andy Cohen’s district office on Tuesday, July 29 from 2 to 5 p.m. For more detailed information, call (718) 549-7300.

**Free Summer Meals**

Free summer breakfast and lunch is available for students ages 18 and younger. For more information, call 311 or text NYCmeals to 877-877.

**Recycle Clothes and Food**

Recycle old clothes, food scraps for compost, and other textiles at GrowNYC’s Poe Park Greenmarket, 192nd Street and the Grand Concourse, Tuesdays from 8 a.m. to 1:30 p.m., through Nov. 25. For more information, call (212) 788-7964.

**Participatory Budgeting Input**

Residents can provide input in how a portion of city tax dollars can be spent for next year’s budget at a series of workshops sponsored by Councilman Ritchie Torres, at the Bronx Library Center, 310 E. Kingsbridge Rd., July 29 and at the Police Athletic League, 2255 Webster Ave., July 30; both at 6 p.m. For more information and locations, call (718) 842-8100.

**Free Financial Education Workshop**

The University Neighborhood Housing Program offers a free 5-week course to help you get in control of your finances with its Getting Ahead Financial Education Workshop, Thursdays from 6 to 8 p.m. beginning Aug. 7, at the Bronx House, 2751 Grand Concourse. Learn about credit building, debt management, and more. Graduates receive help with a savings plan, access to one-on-one financial coaching, and more. For more information, (718) 933-2539 or RSVP at www.unhp.org.

### Back to School Event

North Central Bronx Hospital hosts its annual Community Health Fair “Back-to-School Event” on Wednesday, Aug. 20 from 10 a.m. to 1 p.m. on Kosuth Avenue between 208th and 210th streets. Rain date is Aug. 21. For more information and for a participating table, call (718) 519-2470/3586.

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

### Poe Park Greenmarket

**Tuesdays, 8am–1:30pm**

192nd St & Grand Concourse

*We accept clean and dry textiles like clothing, paired shoes, coats, linens, scarves, hats, bags and belts. Materials will be sorted for reuse or recycling.*

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**Notes:**

*Editor’s Note: An extended version of this story can be found on www.norwood-news.org.*
Business Beat

Originality Found at Fordham BID

By DAVID CRUZ

For Fordham businessman Jason Mizrahi, the secret to operating a successful religious shop wasn’t taught in college, but told by his intuitive father—treat the customer well.

“We have a lot of people come in here looking for certain things, and if we don’t have it, we say ‘I don’t have it, but I’ll try to track whatever it is you’re seeking,’” said Mizrahi. “You go into a big box retail store and you have a bunch of people there that really don’t care about the business, they don’t care about the customers, they don’t even care about their own co-workers. There’s no soul to it.”

It’s a hallmark to a business that’s earned great praise ever since he took over the family business, Original Products Co., an enormous botanica found within the borders of the Fordham Road Business Improvement District.

What’s a botanica? Well, even Mizrahi, the co-owner, admits that even though he’s 30 years into the business he still finds it hard explaining what he does. “Unless you come here,” he noted.

But for the past 55 years, customers from all over the city and country have traveled to the spiritual emporium that offers a wide selection of aromas, oils, statues and its signature candle collection intended to weed out bothersome spirits. Yes, the store is for all types of religions, even those considered unconventional. It even boasts a booth for its in-house psychic, Chris Ochun, also a spiritualist book seller.

Mizrahi serves as the co-owner of the spiritual emporium, though it may not seem the case, given his dressed-down togs, the laid back approach, and his direct interactions with frequent customers who’ve visited the store as far back as the 1980s.

A Family-Owned Operation

Mizrahi inherited the business from his father Jack, known around the neighborhood as Jacko. Back then, the store opened on Bathgate Avenue. The elder Mizrahi soon purchased a building on 189th Street and Webster Avenue. The location is fitting for the spiritual depository, given the property’s history as a former A&P supermarket. Walking into the store, one feels they’re going shopping for groceries, with neat aisles showcasing books on finding fortune, or enormous statues of Jesus Christ.

No religion is favored over the other. Religious items for Catholic, Santeria and even Wicca can be found throughout the store, reserving little judgment. It’s perhaps one underlying component to the store’s success. “I never really had any kind of haters or people who say, ‘you guys are selling voodoo,’” said Mizrahi.

The elder Mizrahi soon named the business Original Products Co., deliberately offering little specifics over what was sold on the off chance the botanica business failed. “At least with Original Products Co., you can really sell anything,” said Mizrahi.

Linked to customer service is expansion, and Original Products Co. has certainly done that on the Internet front. These days, business has boomed for its online orders of its patently drawn candles featuring 150 religious figures sketched by a product designer. “Our sales online have started to be the really driving part of our business,” said Mizrahi, adding the store serves as a supplier for many tinier botanicas around the world.

Original Products Co. is located at 2486 Webster Ave., open from 9:30 a.m. to 5:40 p.m.

The Brew Is Back at One Fordham Plaza Newsstand

By DAVID CRUZ

Following news reports, including those by the Norwood News, the owner of a tiny newsstand in the lobby of One Fordham Plaza is once again cleared to sell coffee following a campaign by online activists. For the past month, the newsstand was allegedly told by management to stop its coffee sales following the opening of a Starbucks just outside the enormous 14-story tower that’s home to city, state and medical offices.

The news, first broken by the Nor-wood News, inspired an online petition requesting that One Fordham Plaza Management Co. reinstate the newsstand owner’s right to sell coffee. While the ban was in place, and acrimony raged, a sign hung up by the tiny stand read, “No More Coffee Being Sold Over Here,” prompting office tenants inside the building to go elsewhere for coffee. Starbucks coffee typically sells brew that averages $4 a cup. The coffee giant has seen moderate success at the latest store, with plenty of folks taking advantage of the comfy chairs and free wifi. A Starbucks had once opened in Fordham over a decade ago, but closed down. This new Starbucks is the seventh in the borough, with other shops found in Co-Op City, Riverdale, Parkchester and Melrose.

The newsstand owner was also forced to take drastic steps, including laying off a five-year employee at the store after coffee sales slumped 80 percent. An online petition on change.org soon circulated, later signed by over 500 people demanding the management firm reinstate the owner’s right to sell coffee.

Many viewed the decision as an example of corporate influence undermining small business shops. But the decision was not backed by Starbucks, who encouraged competition among coffee vendors in a statement given to the Norwood News.

The complex has seen a burgeoning number of establishments in recent years, including an Applebees and Subway. The management company, operated by Tony Wallace, did not return emails requesting comment.

Originality Found at Fordham BID

JASON MIZRAHI STANDS in front of Original Products Co., a botanica that’s been in Fordham for over 50 years.

Mizrahi. The family business really extends back to the 1930s, according to Mizrahi. A store owned by the elder Mizrahi’s father-in-law was operating in Spanish Harlem. But with a wave of an Afro-Caribbean population working its way to the Bronx, with Santeria and other practices to be the dominant religion, the Mizrahis tried their luck in the borough. They soon realized they hit a gold mine. “It was like a new frontier,” said Mizrahi. “There were no botanicas in the Bronx.”

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Patients at the Children’s Hospital at Montefiore learned a lesson on diabetes in a more kid-friendly setting—the Bronx Zoo. Young diabetics were shuttled to the popular attraction on July 15, learning the importance of remaining healthy.

In a field trip that included over 200 patients, their families, pediatricians, nurses and other staff members, participants took part in several activities that included arts and crafts, nutrition classes, and the importance of tracking blood sugar. Wildlife and Conservation artist Allison Nicholls was also in attendance creating artwork with CHAM patients, who were treated to full access to the zoo and a barbecue lunch.

CHAM patients were also treated to a special guest speaker—former NFL football player Kendall Simmons, once with the Buffalo Bills, whose story is similar to CHAM patients. In 2003, during his second season in the NFL, Simmons was diagnosed with type 1.5 diabetes, known in the medical field as Latent Autoimmune Diabetes of Adults (LADA), considered a slower forming version of diabetes. In 2011 he retired from football and has been spreading awareness of diabetes to folks all over the country. At the event he shared his experiences with guests.

Diabetes is a common ailment in the Bronx with 5.4 percent of children suffering from it, according to statistics from the city Department of Health. The disease is known to either produce a lack of or improperly utilize insulin, a hormone that converts sugar and starches into different types of food energy. The disease has two main types: type one and type two. With type one, the pancreas stops producing insulin while type two typically occurs when the body cannot use insulin the correct way.

The city Department of Health estimates that 12 percent of Bronx adults have diabetes compared to the 9 percent of diagnoses in the rest of the city. African-Americans in the United States suffer from disease the most, with about 18 percent. The effects of uncontrolled diabetes can be serious as it can lead to blindness, end stage renal disease, heart disease and extreme amputations in adults. Complications from diabetes can result in death. The number of diabetes cases is expected to increase throughout the city.

The goal of the CHAM event was to raise awareness and encourage treatment for diabetes. In June, the Juvenile Diabetes Research Foundation presented the Educator of the Year Award to three CHAM clinicians.

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Liftoff in August for Kingsbridge Elevator

This black drape is expected to come off to reveal a brand new elevator for straphangers on the Kingsbridge Road subway stop on the B/D line. The new lift will help disabled commuters make it to the underground stop with ease. The project cost about $20 million, according to the MTA.

Photo by David Cruz

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July 24-Aug 20, 2014 • Norwood News • 9
EDITOR’S PICK

Summer Streets 2014

The public is invited to two days of fun, rain or shine, Sundays, July 27 and Aug. 3 from noon to 5 p.m. on East 204th Street between Bainbridge and Decatur avenues. Both days feature numerous events including live entertainers, kids’ activities and games, clowns, face painting, free salsa lessons, hayrides, hot dog eating contest, and more. For more information, call (718) 324-4461.

Onstage

• The Bronx Library Center, 310 E. Kingsbridge Rd., presents Ariadne Aut Naxos, performed by the NY Opera Forum, July 26; Sonido Costeño Trio in Concert, Aug. 2; Eros & Psyche, comedy theatre performance; and Rock-n-Roll Classic Concert, by the Creations, Aug. 16; all at 2:30 p.m. For more information, call (718) 579-4244/46/57 or visit www.nyol.org.

Events

• St. Ann’s Church, 3519 Bainbridge Ave., holds a summer flea market, through Aug. 23, Fridays and Saturdays from 9 a.m. to 5 p.m. Vendors are wanted. For more information, call (718) 547-9350.

• The COVE hosts a Block Party/Harmony Day, Aug. 9 from noon to 7 p.m. on Gates Place between Moshulu Parkway and Gun Hill Road. Events include music and live DJ, martial arts demo, games, and free food. Rain date is Aug. 10. For more information, call (718) 405-1312.

• Community Board Athletic Leadership Conference (CBALL) presents a free day of fun on Saturday, Aug. 2, at Agnes-Haywood Park, Barnes Avenue (between 215th and 216th streets). Rain date site is Richard R. Green Middle School, 3710 Barnes Ave. Events include Youth Clinic (pre-registration is 11 a.m.; female game is 1:30 p.m.; male game is 3 p.m.); NYC Department of Sanitation vs. Bronx Celebrities; live DJ; performances; and more. For more information, call (718) 583-7017 ext. 150.

• Van Cortlandt Park presents several events including Pool’s Open, offering swim instruction, lap swim, and water aerobics, through Sept. 1; Barefoot Dancing, to learn traditional dances with live music, through Aug. 7 at 6:30 p.m.; Summer Stage Kids, for free dance, music, puppet and sing-along shows (visit calendar for locations), through Aug. 14 at 10:30 a.m. For more information, call (718) 780-6969.

• City Parks Foundation presents free Summer Stage Kids, through Aug. 15, featuring music, dance, circus and performances. Performances are at 10:30 a.m. at: Van Cortlandt Park’s Southwest Playground (VC Park South and Broadway), July 24 and 31; Poe Park (Grand Concourse at East Kingsbridge Road), Aug. 1, 8 and 15; and VC Park (Sachekah Woods Playground, Jerome Avenue and Gun Hill Road), Aug. 7 and 14. Schedule is subject to change. For details, more information, and events in other locations, visit www.cityparksfoundation.org.

• The Police Athletic League (PAL) offers its free Playstreets Program, weekdays from 9 a.m. to 5 p.m., through Aug. 22. Locations include 182nd Street between Valentine and Ryer avenues and 196th Street between Briggs and Bainbridge avenues. There will be no event on Friday, Aug. 1. For more information, call (212) 353-9585.

• Bronx Community Health Network, Inc. presents free, “Celebrating Health and Well” Health Fair, Aug. 12 from 11 a.m. to 3 p.m.; at Poe Park, Grand Concourse at East 192nd Street. Events include fitness, HIV & STD testing, health screenings, zumba dance party, and more. For more information, call (212) 415-3729.

• Bronx Museum of the Arts, 1040 Grand Concourse (165th Street), presents free First Friday, Aug. 1, 6 to 10 p.m., featuring film, art performances, music and other special events. For more information, call (718) 681-6000.

• The public is invited to ride the Aug. 6 free Bronx Culture Trolley, which transports visitors on the first Wednesday of every month (except January and September), to free Bronx hot spots. Trolley night starts with a 5 p.m. reception at the Longwood Art Gallery at Hostos Community College, 450 Grand Concourse (at 149th St.). From there, the trolley departs at 5:30, 6:30 and 7:30 p.m. Riders can get on and off at any scheduled stop and spend as much time as they wish at any or all of the featured venues. For more information and a detailed schedule, call (718) 931-9500 ext. 33 or log on to www.bronxarts.org.

• Wave Hill, a Bronx oasis at 675 W. 252nd St. in Riverdale, offers Family Arts Projects: Fancy Fireflies, to make a firefly to hang on a stick, July 27 and Aug. 3; and Amandine River Parrots, to collage and sculpt a float, Aug. 2 and 3; Spray a Garden, to use watercolors to fashion blooms, Aug. 9 and 10; and Flutter With the Butterflies, to sketch and make a butterfly hat, Aug. 16 and 17; all in WH House from 10 a.m. to 1 p.m. Also scheduled is Stories in the Garden at 2 p.m., featuring interactive readings, sing-alongs, and puppets for ages 3 to 6; Six Legs Too Many, July 24; Creepy Crawlies and Wiggly Worms, July 31; Flutterby Butterfly, Aug. 7; Bears and Berries, Aug. 14; and Animal Antics, Aug. 21. In addition, there is Sunset Music from 7 to 8 p.m.: Kora Musicians, July 30; and Los Monstritos, Aug. 6. Another event includes the Sunroom Project which offers a series of events through Nov. 20 (call for a detailed schedule). Grounds admission is free Saturdays until noon all year, and free Tuesdays all day in July and August. 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. from the Perkins Visitor Center. For more information and a schedule of events, call (718) 549-3200.

Library Events

• The Bronx Library Center, 310 E. Kingsbridge Rd., presents programs for adults including: Advanced MS Word: Aug. 19; Computer Basics: Aug. 5; MS Word for Beginners: Aug. 8; and Learn About Tablets: Aug. 15 (all at 2 p.m.); and all require advance in-person registration; and Mask Making Workshop: July 25 at 4 p.m. Children can enjoy Summer Frame Making: July 31; Puppet Making Workshop: Aug. 1 (ages 3 to 12; phone or in-person registration required); films: July 29, Aug. 5 and 12; Jewelry Box Making: Aug. 14; Abracadabra: (magician performs), Aug. 19; and Summer Magnet Making: July 24 (all at 2 p.m.); and Reading Aloud at 11 a.m.: (weekdays: July 24 to Aug. 21. Teens/young adults can attend: Hands-on Science-Based Workshops at 5 p.m.: July 24, 31, Aug. 7 and 14. For more information, call (718) 579-4244/46/57 or visit www.nypl.org.

• The Mosholu Library, 285 E. 205th St., offers for seniors and adults: Knitting Circle: Thursdays at 3 p.m.; Wii Program: Tuesdays at 3 p.m.; and Zumba: Fridays at 10:30 a.m. Children can enjoy Toddler Story Time at 10:30 a.m.: (18 to 36 months), July 24; Reading Aloud Story Time at 2 p.m.: (ages 3 to 12); July 28 and 30; Bilingual Birdies at 11 a.m.: (Spanish; ages to 12 years), featuring music, puppetry, games, and a bubble dance party. July 29: Puppet Making Workshop: (registration required); and Aug. 5: (ages 3 to 12). July 28 and Aug. 11: Advanced MS Word: (in-person registration required); and Aug. 8: (ages 3 to 12). For more information, call (718) 882-8239.

• The Jerome Park Library, 118 Eames Place (near Kingsbridge Road), offers for kids: Tipinje, Brer Rabbit and the Mouse That Barked: (ages 3 to 12), July 25 at 2 p.m.; Active Health at 2 p.m.: (ages 5 to 12), yoga and zumba, Aug. 1, 8 and 15; and Chess Program at 2 p.m.: (ages 5 to 12), July 29, Aug. 5 and 19; Toddler Time at 11 a.m.: (ages 18 to 36 months), July 30, Aug. 6, 13 and 20; and Pajama Party: (ages 5 to 12), Aug. 18 at 6 p.m. For adults: Computer Basics: Open Lab at noon: July 24, 29, 31, Aug. 5, 12, 14, 19 and 21. For teens/young adults: Hands-on Science-Based Workshops: July 31 at 3:30 p.m.; and Aug. 7, 14 and 21 at 2 p.m.; and film: Aug. 14 at 2 p.m. For foreigners: English Conversation Groups at noon: July 25, Aug. 1, 8 and 15. For more information, call (718) 882-8239.

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OUT & ABOUT

Compiled by JUDY NOY

NOTE: The Norwood News will be on hiatus until Aug. 20. Items for consideration may be mailed to our office or sent to norwoodnews@norwoodnews.org, and should be received by Aug. 11 for the next publication date of Aug. 21.
Change at the Norwood News

(continued from page 1)

all while maintaining the spirit of a paper that’s given a voice to a portion of the borough that at times felt forsaken. Pages will be bright and crisp, and pop, giving photos and local advertisement the extra panache it deserves. Comparatively, we view the impending change like that of a seasoned resident who’s discovered the Fountain of Youth. The revamp is by no means a retreat of our editorial values.

The brightly colored newspaper will be available, as usual, at all of the near 200 familiar neighborhoods and commercial corridors in the northwest Bronx. Don’t be surprised to even see the editor-in-chief, David Cruz, hand out these freshly published newspapers on the streets with his team of interns.

Now, one thing that was asked was whether this was the right move. After much back and forth in weighing the pros and cons, the answer was yes. After all, the makeover is purely cosmetic. The familiar hallmarks of the newspaper will remain. We’ll still gauge the neighborhood with Inquiring Photographer, preview some fun and local goings on with Out & About, and emphasize the importance of your well-being with Be Healthy. And not to worry, the editorial approach will remain the same—delivering news that matters to Norwood and the surrounding communities like it did when we began over 25 years back.

This hiatus is by no means a vacation at the Norwood News. Like revelers celebrating New Year’s Eve, there will be a countdown. In our case, it will be the eve of Aug. 20, when we go to press with this great paper again. Spreading the news about this paper can’t happen in a vacuum. The Norwood News encourages you to share this information with your neighbors, friends, and new folks unaware of a newspaper that grew from a newsletter a quarter-century ago. We, of course, will be spreading word of this change we’re certainly proud to be executing. And input is always welcomed. So feel free to call the Norwood News at (718) 324-4998 and offer some thoughts.

Let the countdown begin!

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