

NORWOOD NEWS

Vol 28, No 7 • PUBLISHED BY MOSHOLU PRESERVATION CORPORATION • APRIL 2-15, 2015



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BE HEALTHY BRONX:
A SPECIAL HEALTH SECTION | PGS. 11-16

REVISITING PLAN FOR MOSHOLU PKWY

Institutions hope \$53 Mil can be reserved to fix aging parkway



Photo by Adi Talwar

THE LUSH MOSHOLU PARKWAY has long been a heavily traveled thoroughfare showing signs of wear and tear. Community activists and some of the borough's institutions look to reverse the trend.

By DAVID CRUZ

Community institutions, park advocates and neighbors are coming together with a shared goal in mind—pushing the de Blasio Administration to consider revitalizing Mosholu Parkway.

For the Four Bronx Institution Alliance (FBIA), a body made up of Montefiore Medical

Center, Fordham University, The New York Botanical Garden and The Bronx Zoo, seeing the major project through requires coalition building. Community Board 7 agreed, a reason why the Board's Parks & Recreation Committee voted to draft a letter to their city legislators, hoping they can impress upon the de Blasio Administra-

tion the urgency in earmarking monies for the project. The votes were cast at a packed committee meeting on March 25.

"And that's really why we're here today—to really try to strengthen this partnership system so when we approach the administration, they rank this higher on their list," said Eric Henry, Director of Govern-

ment Relations for NYBG, who led a presentation at the committee meeting that also served as a type of brainstorming session.

The project was originally designed by the New York City Department of Design and Construction in 2007, following an original request from the com-

(continued on page 23)



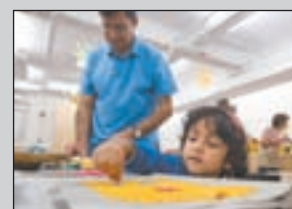
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Criticizing West Bx Housing

Although I agree that Ms. [Sally] Dunford [executive director of West Bronx Housing] is “on the ball,” there are many factors that disagree with my experiences recently.

The first is that Ms. Dunford or the Mosholu Preservation Corp., did not tell the people of Norwood that they were moving their office to Bedford Park. The new location is also difficult to get to. Having been healing from severe injuries does not make this trek any easier nor were maps indicated in your paper.

Also, I believe the organization is primarily (or was) focused on tenant advocacy, **NOT** landlord advocacy. I happen to know that Ms. Dunford told a landlord in the Norwood area to “wait until the warmer weather” so that he could procure an MCI loan, raising rents for new windows to the building.

Well, well, well! This landlord has been aware for over two years that many windows in an apartment were broken; two windows on a fire escape, in particular, DO NOT LOCK. Well, (said the landlord) put “sticks in them!”

And then, after break-ins, Ms. Dunford informed him of the MCI benefits. How nice. If this were her apartment, would she have voiced the same opinion? I think not, aside from the landlord’s foreknowledge of aforementioned problems.

Yes, Ms. Dunford has helped (for over 30 years) the people for Norwood. Now, she’s Bedford Park and has distanced herself and her staff from the people who have helped to keep her flame for justice ignited.

Pro-landlord? Shame on you, Sally!

*Name withheld upon request
Norwood Resident*

Test Prep Is Not For Everyone

The thought of offering test prep courses to 8th graders so that they will have a better chance of passing the required entrance exam to spe-

Letters To The Editor

cialized high schools is a great idea. On paper.

Whether or not a student joins a course for test prep, free or otherwise, in order to take and pass the required exam for specialized high schools, if the student hasn’t acquired and retained enough knowledge after eight years of schooling, one course is not likely to put him over the top.

Passing the entrance exam and being accepted into a specialized high school is only the beginning. In order to remain in the school, the student would have to keep up with the school’s curriculum, which offers advanced placement and honors classes. If the student’s natural academic ability is not strong enough, he would struggle to keep up and possibly not succeed. Such a student might be more successful in a non-specialized school where he may have a better chance of excelling.

In your article about test prep in your March 19 - April 1 issue, Marvin Shelton, president of the Community Education Council in School District 10, said it best: “Test prep is test prep. It’s not knowledge.” My sister, a professional schoolteacher, would say, “You can’t put brains where there aren’t any.”

Ability can be detected in the early grades. If it’s not there, one course after eight years of schooling will hardly make a difference.

*Judy Noy
Norwood resident*

Solar Energy and Jobs Our Future

With the start of the new season, sunny skies are ahead of

us. Spring is all about renewal and re-growth. We should start spring by renewing our commitment to solar energy and growing the industry here in New York. Our solar industry employed 7,284 New Yorkers in 2014, according to the Solar Foundation’s new solar jobs census.

Nationwide, solar jobs grew by over 20 percent for the second year in a row, now totaling over 170,000 jobs. The annual solar jobs census demonstrates that not only is solar good for New York’s environment “for reducing air pollution and tackling global warming,” but it’s also a major economic driver.

Smart, forward-thinking policies have done much to pave the way for the solar industry’s expansion and we have vastly more room for growth. In fact, New York has the technical potential to generate 11 times the amount of electricity consumed in an average year from solar power alone.

With a large and well-trained workforce prepared to advance solar energy in New York, all we need is for our policymakers to lead in order to take solar to the next level. To reap the full economic, public health, and environmental benefits of solar, I urge Governor Cuomo to set a goal of generating 20 percent of New York’s electricity from solar by 2025.

*Heather Leibowitz, Director
Environment New York*

Our readers are encouraged to express their opinions by sending a letter to the editor by mail to:

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Or via email: dcruz@norwoodnews.org

New FOTWO Prez a Familiar Face in Norwood Community

By **KIMBERLY JACOBS**

In March, the Friends of the Williamsbridge Oval (FOTWO) named a new president of the organization: Sheila Sanchez.

As a resident of Norwood for 15 years, Sanchez is very involved in the community in several aspects and appreciates the beauty Williamsbridge Oval Park adds to the area. Accepting the new position allows Sanchez to continue making the park a place for residents, families, and children to enjoy and relax. "This is a place where [residents] can come and enjoy with their family and kids as a restful place, listen to the trees, and just calm down for a couple of minutes in all the madness of living in the city," she said.

As a member of FOTWO for a few years, Sanchez is aware of the group's priorities. One of them is ensuring projects such as an impending skateboard park and other initiatives to improve visitors' experience sees completion. "We want to keep going with the projects we have already like the skate park," she said. "The money has been allocated already and that



Photo by Kimberly Jacobs

SHEILA SANCHEZ IS the new president of the Friends of the Williamsbridge Oval Park, a grassroots group that improves Williamsbridge Oval Park (background).

is something that we're going to keep talking about to see it happen."

Along with the skate park, which was funded by Councilman Andrew Cohen last year, she also wants to see new trees planted since so many are showing signs of decay.

FOTWO's former president, Elisa-

beth von Uhl, agrees that these projects do need to continue moving forward and is confident Sanchez can get the job done. "I really hope they get new trees planted in the Oval," said von Uhl, whose tenure saw the re-opening of the long awaited Oval Recreation Center. "For the last cou-

ple of years now I've been trying to get new trees. The Oval has a specific tree planting plan."

Sanchez agrees, noting, "There's a huge need of more trees."

Sanchez understands being the president of FOTWO is a lot of responsibility, but she's excited about taking on the position due to her love for Williamsbridge Oval.

"This is a great park and one of the focal points of the community and it's a beautiful park, so it deserves to be treated with respect," she said. "I saw and admire the work of Elisabeth and I need to honor the work that she did by doing as good of a job as she did."

As the group continues with major events such as the yearly Easter Egg Hunt and Halloween Festival along with endless cleanups and gardening events, volunteers like Sanchez will be on hand. She also wants to make sure the New York City Parks and Recreation Department, the agency that oversees the park, does its job.

To join FOTWO in its efforts to sustain the park, you can find out more information on its Facebook page: Friends of the Williamsbridge Oval.

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INQUIRING PHOTOGRAPHER

By DAVID GREENE

This week we asked readers to pick out where some of the borough's most harrowing potholes can be found following a dismal winter.



Personally, I think the worst potholes are in the Boston Road area in the South Bronx. It's pretty bad especially in the winter time. The potholes can be treacherous. It's gotten better, but still some areas are still really, really bad. I think most of it comes from all of the construction going on. It's gotten a lot better, but there can still be some improvement.

Dwayne Gittens
Melrose



There are a lot of holes along the Major Deegan Expressway from Van Cortlandt Park all the way upstate in Westchester. They haven't been fixing them. Many of the local streets are bad; the balance of my tires is off from hitting all the big potholes. I think it's been a harsh winter, but they're also not fixing them fast enough.

Daniel Gavalines
Riverdale



Bedford Park by Lehman College is pretty bad. It's been a harsh winter, but I don't see them out here making the repairs.

Name withheld
Bedford Park



I know I go down Goulden Avenue every day and that street is pretty bad. Fordham Road, Kingsbridge Road, they're all in bad shape. I have to avoid potholes and cars have to avoid potholes and it makes for a dangerous situation. Sometimes cars just decide to go to the other side of the street to avoid the pothole, so they play chicken with me. If people could report the biggest potholes, maybe we can get them repaired.

Danielle Ranells
Kingsbridge Heights



Mosholu at Jerome Avenue and all the way down. It's bad there every year. Every winter it's the same. Van Cortlandt and Bainbridge Avenue, that corner, is always a problem every year. I guess they need better materials to fill the holes. I guess whatever they use is a cheap material and they need to find a better solution. I haven't seen any road crews making repairs, it's very rare.

Leon White
Norwood

Editor's Note: Have an idea for an Inquiring Photographer question? Send suggestions to dcruz@norwoodnews.org.

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FBCS Celebrates 25 New U.S. Citizens

By VIVIAN CARTER

For the fourth year in a row, Fordham Bedford Community Services (FBCS) celebrated another class of new U.S. citizens, who achieved this milestone, passing the citizenship test, with the expert assistance of FBCS.

The event, held on the evening of March 25 at Refuge House of Our Lady of Refuge parish, included certificate presentations to the graduates who

had taken part in weekly classes for eight months, before taking and passing the exam.

There was an opportunity for each graduate to say a few words about their experiences. A complimentary buffet dinner for graduates and their family and friends followed. John Garcia, FBCS executive director, said: "this ceremony represents the culmination of a journey that begins with a dream and takes years of dedication

and persistence to fulfill." He noted that each of the graduates had worked hard to achieve the right to participate in society by attending weekly classes, studying to pass the examination, registering to vote, filing taxes, and participating in democracy.

"My own parents always gave me a good example of how to be a good citizen," he said.

At least half a dozen graduates took the microphone to describe their experiences, including one mother who recently purchased a home for herself and her family.

More than 25 residents of Serviam Gardens, a senior citizens only apartment complex affiliated with FBCS, have graduated from the program in the past three years.



Photo by Vivian Carter

A GROUP ATTENDING the FBCS citizenship celebration recites the Pledge of Allegiance.



Photo by Vivian Carter

FBCS EXECUTIVE DIRECTOR John Garcia (left) stands with Altigracia Nuñez, a former graduate of the citizenship class and her son Geraldo who received a certificate.

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Landmarks Book to Feature 30 Bronx Hidden Gems, and Raise Borough Pride

By DAVID CRUZ

The Keeper's House in Norwood has long been a source of intrigue by history buffs who've come as far as Queens to admire its granite stone structure. Deemed a landmark by the New York City Landmarks Commission, the house once served as the home to ever-present maintenance men overseeing the reservoir that's now home to Williamsbridge Oval Park. Its landmark status protects it from ever being bulldozed.

But the house has also fascinated Steven Mager and Howard Kaminsky, two retirees who look to raise the image of the house, considered a hidden cultural gem in a borough whose past aligns with its present these days.

"I know this neighborhood, my parents spent a lot of time. I didn't even know there was a Keeper's House," said Kaminsky, a native and principal of City Landmarks Publishing Inc. "I didn't know that a reservoir was there."

The pair has now embarked on an ode to Bronx landmarks, which include the Keeper's House, by producing a book immortalizing 30 of the borough's landmarks. At least on paper.

"It's not a testament to the build-



Photo by Adi Talwar

STEVEN MAGER AND business partner Howard Kaminsky (l-r) in front of the Keeper's House look to showcase some of the borough's landmarks with a book due in May.

ings," said Kaminsky, a Hunts Point native who settled in Westchester County. "It's a testament to the tradition and to the people who are living here today. They can take pride in these historic landmarks that are still around."

The Bronx Landmarks Book is part inspiration and part series, modeled after *The New York City Manhattan Coloring Book* of the same style. The original book was published in 1975, with

Mager retaining exclusive rights.

"The Manhattan book has always been marketed as a book," said Mager. "The Bronx landmark book is being marketed as an event."

The coffee table-style book will feature 30 familiar Bronx landmarks professionally hand drawn, with a short explanation of the building's historical value. Some finalized structures include Poe Cottage in Fordham and The Banknote Building in Hunts Point.

It's a rah-rah of sorts, but also one that underscores landmarks often overlooked by passersby, often with a gaze and that's quickly dismissed. For Kaminsky and Mager, the pair didn't

know much about the Bronx's history, never learning it during grammar school.

"In the Bronx you studied Manhattan," noted Mager. "What is with that?"

The duo admit to having expended plenty of "sweat equity" to launch the book. They scoured the Bronx to vet 92 buildings, boiling it down to 30 landmarks that include the Keeper's House. Cobbling strategic partners has drawn some challenges, though the pair has secured sponsorships from Mosholu Montefiore Community Center on DeKalb Avenue.

The book is due out in May, with a book tour slated for several upcoming events that include the annual Bronx Week celebration, a 10-day extravaganza with sponsored celebrations held across the borough.

The going price is \$14.95 for a single book. Reduced rates are available to readers who donate \$50 or more to be considered a sponsor. The book project is for profit, yes, though an educational component geared for younger Bronxites courses through the project largely after the two men realized that Bronx history is sometimes put off.

"I went after George Steinbrenner when he was alive with the New York Yankees, and I chided him for giving out caps, and bats and bobbleheads," said Mager. "Why not give out something educational?"

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Image still courtesy City Landmarks Publishing Inc.

THE BRONX LANDMARKS BOOK draws inspiration from *The New York City Manhattan Coloring Book*, featuring 30 hand drawn Manhattan landmarks.



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Easter Egg Hunt Hops to Oval Park

By KIMBERLY JACOBS

The excitement of spring continues in the Bronx with the Jerome-Gun Hill Business Improvement District's annual Spring Egg Hunt. On Saturday, April 4, from 11 a.m. to 2 p.m. at Williamsbridge Oval Park, 3225 Reservoir Oval East, a family fun day is planned with plenty of day long events for children to participate in.

In conjunction with the New York City Department of Parks and Recreation, Friends of the Williamsbridge Oval, and Image Marketing, residents can enjoy free arts and crafts, face painting, story time, carnival games, magic shows, and games such as potato sack and egg and spoon races.

"Last year was very well received and this year we're hoping to get the same amount of people or more," said Sheila Sanchez, new president of Friends of the Williamsbridge Oval (FOTWO).

Based on last year's turnout, organizers are preparing to accommodate hundreds of people on and around the field with most activities taking place near the recreational center on the southern end of the park. The main event, the spring egg hunt, will only allow children ages 3 to 11 years old to participate. Parents can begin to register their child(ren) for the egg hunt at 11 a.m., it's on a first-come, first-serve basis.

As children hunt for eggs on the soccer field, they'll find prizes inside their eggs, and may even find a golden ticket. "In some of the eggs we're going to hide a golden ticket which will allow them to get a bigger prize," said Karen Pedrosa, deputy chief of recreation for New York City Parks Department.

The Easter Bunny will be making an appearance, taking photos with children throughout the day. The entire event is free and open to the public.



File Photo/Adi Talwar

THIS YOUNGSTER DRESSED fittingly for last year's Spring Egg Hunt tries her luck at the ring toss.

Monroe College Women's Empowerment



Photo by Vivian Carter

A MENTOR FACILITATES sharing of participants' views and definitions of positive self-esteem, relying on photos of female athletes and entertainers to generate lively discussion of what it means to feel empowered.

By VIVIAN CARTER

Monroe College recently welcomed hundreds of Bronx and Brooklyn high school female students to the Jerome Avenue campus for their annual "Aspire to Inspire" female empowerment event. The students were seated at more than 40 festively

decorated round tables staffed by accomplished professional women. Colorful balloons, banners, flowers, photos, and posters featured inspirational quotes and images. Then, words of wisdom from the podium were shared by Sade Baderinwa, popular WABC-TV Eyewitness

News anchorwoman. Following the speech, mentors presented ceremonial strands of simulated pearls to each participant, with the acronym P-E-A-R-L-S reminding participants of the concepts of personal responsibility, empathy, awareness, respect, leadership and support.

New Bus Schedules for BxM4 Riders to Manhattan

The stress of the morning rush, where minutes matter and a mad dash to the bus is the norm, might become a bit easier for some north Bronx commuters. This comes after the MTA agreed to reschedule BxM4 buses a cool 10 minutes earlier. The buses take riders from Woodlawn to midtown Manhattan in just over an hour. The goal was to resolve a tardiness issue for passengers slated for work at 7 a.m. For afternoon rush commuters taking the BxM4 back to the Bronx, departure times will also be 10 minutes earlier. The changes, set to take effect April 6, were achieved after Assemblyman Jeff Dinowitz and Councilman Andrew Cohen got wind of the schedule defect. In a joint statement, the Norwood reps said, "These small changes will make a big difference..."

Public and Community Meetings

COMMUNITY BOARD 7 meetings are held on the following dates at the board office, 229 E. 204th St., at 6:30 p.m. unless otherwise noted: Public Safety & QOL meets April 2; Executive Committee meets April 7; Senior Services meets April 8; Traffic & Transportation meets April 9; Environment & Sanitation meets April 14; Health & Hospitals Corporation meets April 14 at 7:30 p.m.; Housing/Land Use & Zoning Committee meets April 15. For more information, call (718) 933-5650.

Firebug at Hull Avenue



Photo by David Greene

AUTHORITIES COMB THROUGH what's left of a Honda SUV found torched in front of 3349 Hull Ave. near East 208th Street and East Gun Hill Road on March 19. The car was one of two that burnt to a crisp in the Norwood neighborhood. In a separate incident, a fire marshal and NYPD officers determined a discarded mattress found next to a black BMW was set fire at the same address.

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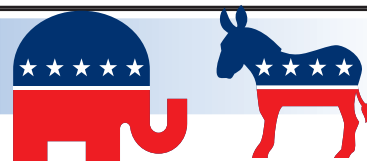


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THE BRONX BELTWAY

By DAVID CRUZ



Where's the Love, Mr. Mayor?

Notice these days that appearances from Mayor Bill de Blasio are next to nothing in the Bronx this year? Looking at the first quarter of 2015, Mayor de Blasio has made four appearances in the Bronx compared to 19 in Brooklyn and seven in Queens. Staten Island, heavily Republican, placed last with only one visit. Manhattan was discounted since it's his home base, but if one were counting, there were about 50 appearances. Our guess. He has roots in Brooklyn, which he could no doubt need for another go at Mayor in 2018, and perhaps is friendlier to a Mayor who resided in the borough. Hey Mr. Mayor! Show the Bronx some love!

Dream Act

It's déjà vu all over again.

The Dream Act has once again remained in, pardon the pun, Democrats' dreams. Not even Governor Cuomo's ploy to link it with

an education scholarship bill that favored rich philanthropists could see it through. The Dream Act, which would have given tuition assistance programs access for the children of undocumented New Yorkers, was scrubbed from the budget two days before it was due. About 4,000 students of illegal immigrant parents would have benefitted.

This upset some establishment Democrats such as Senator Gustavo Rivera, a staunch progressive, who knew the likelihood of it passing was "not looking good" ahead of the news.

The budget was due April 1, though Rivera had wished more time was invested to delay the budget. "I don't think it's a killer thing to say, 'Hey, let's put in a couple days of negotiation so we can get the right production out,'" said Rivera, calling the Dream Act a "small investment," about \$21 million, to the estimated \$150 billion budget.

On a separate note, one Bronx Democrat, who asked for anonymity so as not to roil the Cuomo administration, said Governor Andrew Cuomo "doesn't know what he's doing."

"This guy--he is not making any friends right now," said the source of Cuomo. "Everybody has issues with this guy, everybody has an issue with the way he's doing things. Completely nonsensical as it relates to education."

One glimmer of hope etched in the budget is true ethics reform, which offers little wiggle room for rogue legislators. Some of the measures include wiping out pension funds for convicted Albany legislators, limiting personal use of campaign funds, and more disclosure of outside income.

Crespo's Futuro

The Bronx political establishment pulled into Albany with some swagger at the 2015 Somos El Futuro conference in mid-March, with plenty of props going to newly named Bronx County Leader, Assemblyman Marcos Crespo, who organized the weekend gathering.

"No more Somos El Futuro, Somos now," Crespo was heard saying to a crowd.

The *Norwood News*, sadly, was not there to see any of the action that often involves closed-door deals, whispers, and plenty of pats on the back. But the politicians certainly took to Twitter for some of the highlights that included a look at Assembly Speaker Carl Heastie's new office. Posing for a shot with Bronx Borough President Ruben Diaz Jr., one can see an enormous sign reading "The Bronx" in the background. Good to see some representation beyond titles.

Sen. Rivera plugged the mock debate he led with younger guests debating on the Senate floor. It was a culmination of the Model State Senate Program, which puts CUNY/SUNY students inside a district to soak in an issue and verbally joust its merits or lack thereof.

A number of sources said Crespo managed to draw a bigger crowd than last year when Brook-

lyn Assemblyman Felix Ortiz was at the helm. Between Crespo's new title, and his chairmanship for the New Americans task force, the building blocks of leadership are certainly mounting.

Domestic Violence Bill

Assemblywoman Latoya Joyner filed her first bill, with a Senate equivalent, that fast tracks temporary orders of protection for victims of domestic violence. With the court system often delaying orders of protection--many times an execution of the order requires the victim's presence, holding it up long enough for the victim to bow out of the request--Joyner noticed a fix was needed.

"Victims of domestic violence will now be able to electronically file temporary orders of protection and eliminate unnecessary obstacles in these very dangerous situations," she said.

Joyner's first bill could languish in committee for a while since bills of some freshman legislators never quite seem to make it out of committee. But maybe not. After all, she was in league with Heastie, who handpicked Joyner to run for the vacant 77th Assembly District seat, left vacant by former Assemblyman/informant and now light bulb salesman Nelson Castro. Joyner's people also insist the bill's gaining traction thanks to other fellow Assembly members.

Prayer in Schools

Thou shalt not worship in public schools. That's the position the U.S. Supreme Court took after declining to hear a case that asked whether after hours worship services in schools is okay with the First Amendment. According to a lower court, it's not, and the U.S. Supreme Court upheld it.

Plaintiffs in the 20-year case are said to take it to Assembly Speaker Carl Heastie, to find a legislative channel that could see this through. Heastie has supported the policy before, which could give the right to worshippers a leg up needed to see the bill's passage.

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NORWOOD NEWS

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VITAL STATS OF BRONX HEALTH | PG. 12

MEET YOUR OVAL PHARMACY | PG. 13

METROPLUS TO YOU: ENROLL IN HEALTHCARE | PG. 14

Special Health Section to the Norwood News Pages 11-16

REPORT: Bronx Edging Out of Health Disparities

In a report issued last week, the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute ranked the nation's counties on various measures of health, and the Bronx ranked 62nd out of all 62 counties in New York State. But the Bronx outperformed more in 2015 than in 2014 for a higher number of positive health outcomes and health factors, including fewer premature deaths, improved food environment, fewer sexually transmitted infections, a lower teen birth rate, more mental health providers, fewer preventable hospital stays, and a lower jobless rate.

The New York City Health Department, Montefiore Health System, the Bronx Borough President's office and other partners have teamed to highlight the programs that led to these improvements. They've created a new social media hashtag #Not62 to encourage community partners and residents to join the discussion about creating a healthier Bronx.

"The rankings are a call to action on the generation-spanning obstacles to good health that continue to face



File Photo

STAYING HEALTHY OFTEN involves just riding your bike. Here this gentleman registers for the free Tour de Bronx, an event that promotes exercise.

the Bronx, including poverty, unemployment and underemployment, and diminished access to education. Every day, we see that improving health outcomes in the Bronx takes more than excellent health care," said Steven M. Safyer, MD, president and CEO of Montefiore Health System.

"We are fortunate to have the commitment of partners like the Bronx Health Reach and the CUNY Insti-

tute for Health Equity, in addition to the partners named here, to launch #Not62," said Bronx Borough President Ruben Diaz Jr. "This campaign aims to engage major stakeholders across multiple sectors to address the determinants of health, improve the health outcomes of Bronx residents, and have the Bronx move up in the county health ranking in 3 to 5 years. In order to reach every person

who lives, works, plays and prays in our borough, #Not62 employs social media encouraging all Bronxites to use Twitter, or Facebook, or Instagram to post pictures of healthy habits on a daily basis. I am confident that we will continue to make progress and get ourselves out of last place!"

Montefiore Health System and its academic partner, the Albert Einstein College of Medicine, commit to values of social justice and community service. Montefiore provides care through a network of more than 150 ambulatory sites, a home health agency, and eight hospitals.

For almost 20 years, Montefiore has pioneered programs to address the socioeconomic determinants of health, dedicating resources to help people obtain stable housing, access transportation, and navigate benefits programs. Montefiore's School Health Program is a model for the nation, providing comprehensive preventive, primary, behavioral, and dental care to more than 27,000 children – helping children spend more time in school and achieve their full potential.



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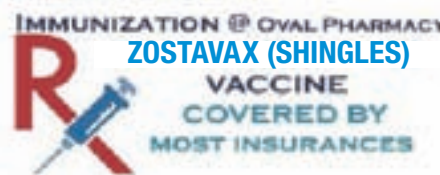
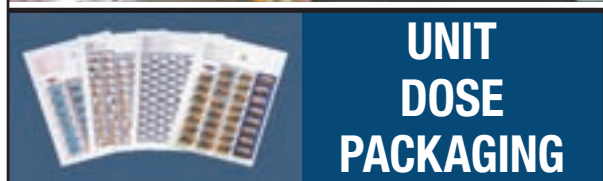
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Extended Enrollment Period for Affordable Care Now in Effect

New York State of Health, the State's official health plan marketplace, announced a special enrollment period (SEP) for uninsured individuals and families who can attest that they were unaware of the tax penalty for being uninsured when they filed their 2014 tax returns. This extended enrollment period started on March 1 and ends at 11:59 p.m. on April 30.

"This is an excellent opportunity for New Yorkers who might otherwise face a tax penalty for not enrolling in a health plan for 2015," said Seth Diamond, Chief Operating Officer at MetroPlus Health Plan.

MetroPlus enrolled more New York City residents than any other health plan during the 2013-2014 debut of New York State of Health's online marketplace. "The marketplace offers a choice of low-cost, quality health plans," said Diamond. "It's also the only place you can receive financial assistance based on your income to lower your costs even more. We strongly urge people who are eligible to sign up before the deadline, regardless of which insurance provider they choose," he added.

The Affordable Care Act imposes federal tax penalties on individuals



File Photo

BUILDING RELATIONSHIPS WITH your doctor can steer you to a better state of health, according to experts.

who do not have health coverage. The penalty for those who are uninsured in 2015 and do not have an exemption will be the greater of two percent of income or \$325 per adult. That will increase to the greater of two-and-a-half percent of income or \$695 per adult in 2016.

"We know that doing your taxes is difficult enough for many New Yorkers, so understanding the tax implications associated with health coverage can

make it all the more confusing, said Diamond. "There are resources available to help simplify this, he added.

Many insurers offer help over the phone. MetroPlus customer service is available Monday through Saturday at (855) 809-4073.

There are also marketplace Facilitated Enrollers (FEs), navigators, brokers, agents and assistors available to help people enroll in the exchange

in many different languages. The online marketplace or an insurer like MetroPlus can help consumers locate these resources.

"You don't need a computer to apply for coverage," Diamond said. Consumers are encouraged to apply online, but they can also apply over the phone or in person. New York State of Health, the State's official health plan marketplace, is online at <https://nystateofhealth.ny.gov>. The marketplace also has a help line available Monday through Saturday at (855) 355-5777.

In addition to those who have filed their 2014 taxes and paid a penalty, other New Yorkers are still eligible to enroll and receive health insurance, even though the open enrollment period has closed. Anyone who has had a qualifying event can still enroll through the marketplace. Qualifying events include: getting married, having a baby, adopting a child or placing a child for adoption or foster care, losing other health coverage, permanently moving outside your plan's coverage area, and gaining citizenship or lawful presence in the U.S. Individuals who are eligible for Medicaid and Child Health Plus can also enroll, year-round.

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Be Healthy 80

Percentage of Americans over age 60
who have not received the shingles shot.

(Source: Centers for Disease Control)

Vital
Stats

Warding Off Shingles Takes a Shot in the Arm

By KIMBERLY JACOBS

After getting over the chickenpox, don't be relieved just yet. The chickenpox virus, varicella zoster, lies dormant in the body, leaving us vulnerable to getting shingles as people get older and the immune system becomes weaker after age 60.

Many may be uneducated about what shingles is until the excruciatingly painful rash appears on their body, causing some of them to be debilitated. A cluster of bumps typically appears on one side of the body's nerve pathway, causing the skin to inflame. The shingles lasts in the body for two to four weeks.

"The rash begins with a tingling of extremities at the rash area where the rash occurred, then forms a cluster as a small red spot that looks like a blister," said Renata Gelman, a nurse at Visiting Nurse Service of New York. "Its very, very painful."

After the rash has gone away, the painful symptoms may never go away.

"Some people have such excruciating

pain called peripheral neuropathy that it leaves them debilitated for the rest of their life and the pain never goes away," said Gelman about the severity of getting shingles.

Preventing people over the age of 60 from getting shingles or having a very mild case that is less harmful is possible with the new vaccine made available. "The vaccine doesn't eliminate the virus altogether, it prevents the risk of having outbreaks," she added.

The New York Foundation for Elder-care (NYFE) has a vaccination program in Norwood for the elderly to be vaccinated for shingles. On March 24, the organization held one of its programs at Vladeck Hall, 74 Van Cortlandt Pk. So., between Hillman and Saxon avenues, educating the elderly and offering free shingles vaccinations.

The Center for Disease Control recommends adults over 60 years old receive the vaccine, but only 20 percent of this group has been vaccinated. Among African-Americans and Hispanics, nine percent



Photo Courtesy of Richard Henry, New York City Department for the Aging

PARTNERS IN CARE nurse Matthew Gottlieb prepares to administer a free shingles vaccination to Jeannette Rankin at a program funded by a New York Foundation for Elder-care grant to the Visiting Nurse Service of New York and coordinated with the New York City Department for the Aging on Tuesday, March 24 at Amalgamated Park.

have already been vaccinated and 12 percent of Asians also received the shingles shot. One out of three people will get shingles, but education about shingles among this group is low, according to NYFE.

Shingles is affecting this particular group of people since the chickenpox vaccine was not available when they were young. Although this has no bearing on

whether a person had chickenpox or not, those who did are at risk of having shingles.

For adults who received the chickenpox vaccine as a child, they will not need another vaccine against the virus. It's advised for middle-age and young adults to get the chickenpox vaccine for early prevention of shingles.

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SCHOOL BRIEFS

PS/MS 95 Intertwines Teacher Collaboration to Meet Common Core

Under the leadership of Principal Serge Marshall Davis, teachers at The Sheila Mencher School in Van Cortlandt Village continually immerse themselves in professional planning to help students learn. Schools have changed enormously since parents of today sat in the classroom. Curriculum is fluid, a work in progress built element by element utilizing best practices to meet the standards of Common Core, rigid academic guidelines set forth by the U.S. Department of Education.

Teachers work their magic with the support and ideas from their colleagues, and other school staff. Through collaborative efforts, teachers weave facts and concepts, interconnecting various subjects, particularly English Language Arts, mathematics, science and social studies into the school day, planning various activities for children and youth to explore and practice what they are learning. Words such

as scaffolding, questioning and differentiation take on extended meaning, bringing any subject matter to life.

Diandra Salmeri, a teacher, says classroom instructors should anticipate the student readiness to approach the skills to be introduced, through formal or informal assessment of their prior knowledge. She approaches the construction of lessons as a process and a product. Kevin McMahon, another teacher, develops different “access points” for students to make connections with a subject and to help them with what they are struggling with.

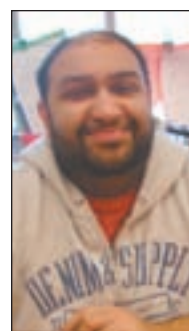
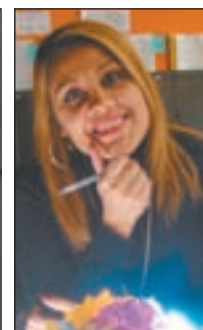
Jessica Rivera, an experienced teacher, indicates that curriculum building, or scaffolding, is a complicated process, both constructing, block-by-block, the sequence of what students need to know, as well as deconstructing the sequence, to rebuild the lesson with different activities for different students at different levels of ability. She calls this

“chunking the tasks.”

Differentiation is a logical process of engaging and motivating students, since students learn in different ways and this planning specifically has the students, as individuals, in mind. She bases her lesson planning with the zone of proximal development in mind, that is, starting the sequence of learning from the point the student has reached then adjusting the task so that it is manageable for the student to be able to do independent work. With multiple sequences designed for specific students or groups of students, all students can reach the same end point.

Nadim Farooqi, another teacher, adds that complex thinking is needed to design multi-tiered questions to promote deeper learning for all students.

Teacher collaboration is a big part of the ongoing creative process at PS/MS 95, through extensive, frequent sharing of ideas.



Photos courtesy PS/MS 95

SOME OF THE teachers that helped flesh out Common Core at PS/MS 95 include (clockwise) Deandra Salmeri, Jessica Rivera, Kevin McMahon, and Nadim Farooqi.

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Free Legal Help

Free legal services are available at the office of Councilman Andy King, 940 E. Gun Hill Rd., Fridays through June 26. Legal consultations include criminal, NYCHA, tenant/landlord, public assistance, wills, healthcare proxies, contract disputes, family law issues, and civil litigations. For more information and to schedule an appointment, call (718) 684-5509.

Veterans Health Fair

The Bedford Park Seventh Day Adventist Church and James J.

Peters Veterans Hospital will host a free health fair for U.S. military veterans in need on April 4 from 10 a.m. to 5 p.m. at 3008 Bainbridge Ave. (at 201st Street). Hot lunch will be served. Free transportation buses will be provided to veterans. For more information call (646) 296-9256.

SYEP Applications

NYC's Department of Youth and Community Development is accepting applications for the 2015 Summer Youth Employment Program through April 10. SYEP is available for young people ages 14 to 24 with up to six weeks of entry-level experience at worksites in the city. Participants are selected by lottery for the program, which runs from July 6 through Aug. 15 and are compensated for their work. Work-sites interested in providing jobs have until May 16 to apply. For more information, call 311 or DYCD Youth Connect at (800) 246-4646.

Norwood News Grabs Prize at NYPA Awards

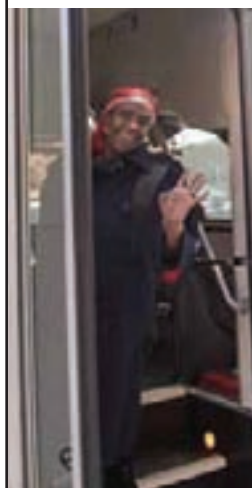


Photo by Vivian Catrer

THE NORWOOD NEWS traveled to Saratoga Springs for the New York Press Association 2015 Convention and Trade Show. The paper picked up a prize for its Coverage of Business, Financial and Economic News for the Better Newspaper Contest Awards. The prize went to editor-in-chief, David Cruz (pictured), who submitted five articles from 2014. The *Norwood News* is immensely proud of this honor. Here's to the next round of recognition awards.

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Fundraising Function for FVCP



Photo by Vivian Carter

A MARCH FUNDRAISER brought together park advocates from two groups- Friends of Van Cortlandt Park (FVCP) and Friends of Pelham Bay Park (FPBP). Standing outside the event location, Bronx Ale House, are (l-r) Christopher Rizzo, FVCP chairman; Christina Taylor, FVCP executive director; Lizabeth Gonzalez, FPBP president; Danielle Sciortino, Bronx Design Group; Geri Sciortino, Bronx Design Group; Marianne Anderson, administrator, Pelham Bay Park; and Liam Kavanaugh, deputy director, NYC Parks.

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Out & About

Compiled by JUDY NOY

EDITOR'S PICK

Easter Egg Hunt at the Oval

The Williamsbridge Oval will hold an **Easter Eggstravaganza** on April 4 from 11 a.m. to 2 p.m. Events include music, games, potato sack races, egg spoon races, story time, arts and crafts, face painting, and more. The egg hunt is limited to children ages 3 to 11. There will also be a visit from the Easter Bunny. For more information, call (718) 324-4946. Also see story on page 8

Onstage

• The Bronx Library Center, 310 E. Kingsbridge Rd., presents **Four-Hand Band**, duo pianists featuring Broadway to classical, April 4; and **Ariodante by Handel**, performed by the NY Opera Forum, April 11; both at 2:30 p.m. For more information, call (718) 579-4244/46/57 or visit www.nypl.org.

• Lehman Center for the Performing Arts, 250 Bedford Pk. Blvd. W., presents **Swan Lake**, presented by the Russian National Ballet Theatre, April 12 at 4 p.m. (tickets are from \$25 to \$45; \$10/12 and under). For more information, call (718) 960-8833.

• The New York Botanical Garden presents **Hansel and Gretel** performed by the Bronx Arts Ensemble, April 4 at noon and 1:30 p.m. For more information, call (718) 817-8687.

Events

• The Williamsbridge Oval offers free activities including **Tiny Prints** (ages 5 and younger) featuring play, yoga and art; **Shape Up Family Fitness**, featuring aerobics; and **Family Fun Night**, featuring use of game room and arts and crafts. For more information and a detailed schedule, call (718) 543-8672.

• Wave Hill, a Bronx oasis at 675 W. 252nd St. in Riverdale, offers **Family Art Projects**: Eco Fair, to make new items out of used materials, April 4 and 5; and **A Nest for Song Birds**, to make a giant outdoor bird's nest from NYBG materials, April 11 (followed by Owl Pellet Dissection, to learn about food that owls regurgitate (2 to 4 p.m.) and April 12; all in WH House from 10 a.m. to 1 p.m. Also offered are **Drop-In Science Explorations** (for ages 5 to 10): Shells and Feathers, to learn about eggs and feathers, April 7; Bird Calls, to learn about birds' voice boxes, April 8; Fasten Seatbelts!, to learn about birds in flight, and make paper airplanes, April 9; all on the grounds, 2:30 to 3:30 p.m. Additional events include: **Live Bird Demonstrations**: to see live birds up close, April 11 at 2 p.m. on the grounds;

and **Brasil Guitar Duo**, concert, April 12 at 2 p.m. in the WH House (tickets are \$28; \$15/ages 8 to 18; \$22/WH member; \$12/WH member child; registration required online at www.wavehill.org or at the Perkins Visitor Center). Grounds admission is free until noon Saturdays and Tuesdays all year. For more information and a schedule of events including tours and walks, call (718) 549-3200.

• Bronx Museum of the Arts, 1040 Grand Concourse (165th Street), presents free **First Friday**, April 3, 6 to 10 p.m. For more information, call (718) 681-6000.

Library Events

• The Bronx Library Center, 310 E. Kingsbridge Rd., presents for children: **Preschool Story Time at 11 a.m.**: (ages 3 to 5 years); and **Toddler Play Time at noon**: (ages 18 to 36 months); both on April 2, 9 and 16; **Hands-On Projects at 4 p.m. (ages 7 to 12)**: Funny Bunny Basket Making: April 2, and Umbrella Making: April 16; **Blown Away By Poetry**: (ages 3 to 12), poetry using puppets, April 4 at 2 p.m.; and **Family Time**: (ages 3 to 6), reading aloud and crafts, April 11 at 11 a.m. Adults can enjoy **Microsoft Word at 2 p.m.**: (April 13/beginners, and April 16/advanced; in-person registration required for both). For more information, call (718) 579-4244/46/57 or visit www.nypl.org.

• The Moshulu Library, 285 E. 205th St., offers for children: **Toddler Story Time at 10:30 a.m.**: (ages 18 to 36 months), stories, songs, and rhymes, April 2, 9 and 16; and **Bilingual Birdies: Spanish at 11 a.m.**: (ages from birth to 12 years), live music, dance parties, and theatre-based games (instruments are provided), April 7 and 14. For teens/young adults, there is **So Fresh and So Clean**: to make deodorant and body wash and learn about personal hygiene, April 10 at 3 p.m.; and **film**: "Big Hero 6," April 11 at 1:30 p.m. Adults can enjoy **Jewelry Club at 11 a.m.**: bring your own materials to create original jewelry, April 2 and 16; **Introduction to Belly Dance**: April 4 at 2:30; and **Knitting Circle**: Thursdays at 3 p.m. For more information, call (718) 882-8239.

• The Jerome Park Library, 118 Eames

Place (near Kingsbridge Road), offers for kids: **Natural History of Owls**: (ages 18 months to 12 years; phone or in-person registration required), see live owls, April 3 at 3 p.m.; **Puppet Youcan's Sense of the Rainforest**: (ages 3 to 12), explorer Jungle Jane and puppet join kids for jungle exploration featuring drama and storytelling, April 8 at 11 a.m.; **The Pura Belpré Project**: (ages birth to 12 years), bilingual story hour featuring puppets, April 9 at 3 p.m.; and **Kids Get Active Fridays**: (ages 5 to 12), dance and zumba, April 10 at 3 p.m. For adults, there

is **Crochet Family Time**: (for kids and adults), April 4 and 11 at 2 p.m. For more information, call (718) 549-5200.

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NOTE: Items for consideration may be mailed to our office or sent to norwoodnews@norwoodnews.org, and should be received by April 6 for the next publication date of April 16.

EASTER EGG HUNT IS ON AT THE OVAL



File Photo/Adi Talwar

LAST YEAR'S EASTER Egg Hunt at the Williamsbridge Oval drew hundreds of people. Here a young neighbor tries her hand at a ball tossing contest. Sarah Bishow, deputy manager for the New York City Parks & Recreation Department, cheers on the contestant. The Jerome-Gun Hill Business Improvement District and the New York City Parks Department are key sponsors.

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Revisiting Plan For Mosholu Pkwy

(continued from page 1)

munity and FBIA. That 2007 project was priced at \$23 million. Current estimates, when taking into consideration eight years of inflation, put the project at \$50 million. But the plan, once touted by the Bloomberg Administration, fell by the wayside. The de Blasio Administration, whose efforts have greatly focused on its signature Vision Zero Plan, has also shown little interest. The administration did not return emails seeking comment.

“We think it’s sort of a shame that so much work has gone into it and it’s sort of been on the back burner,” said Aaron Bouska, NYBG’s vice president, in attendance.

FBIA representatives took the initial steps in revamping the plan, meeting with officials and legislators that included Councilman Andrew Cohen, whose 11th Council District largely represents the Mosholu Parkway area. Cohen shares the parkway with Councilman Ritchie Torres of the 15th District.

Signs of Age

Mosholu Parkway serves as a preferred recreational spot for hundreds of neighbors known to take leisurely

strolls, sleigh down the parkway’s hills in winter, or simply take pride in the grassy dale’s prominence. It doubles as a leafy nexus that takes drivers from the Bronx River Parkway, cutting through Norwood/Bedford Park and to the Henry Hudson Parkway, making it an essential roadway to community residents and out-of-towners alike. The parkway’s southern and northern service roads crisscross 12 streets, including some major ones—Jerome Avenue, Webster Avenue and East Gun Hill Road.

But the aging signs of the roadway—crumbling sidewalks, lack of lights, torn down benches and nagging potholes—have become a bane to community residents. It’s regressing to its natural state some (it’s built on top of a brook) with the side pavement of the two-, three-, and four-lane stretch eroding from wear, tear and winter seasons. Multiple agencies are tasked with the upkeep, including the New York City Park & Recreation Department, New York City Department of Transportation, and New York State Department of Transportation, often blurring the line over who’s in charge of the parkway.

“The plan is mainly geared towards

safety, increasing the amount of usable sidewalk and pedestrian paths and storm water routing and prevention,” said Henry, adding that bike paths are also in order.

A sidewalk by an overpass on Jerome Avenue would also see a new sidewalk, according to the conceptual plans. It’s currently a grassy patch, with pedestrians often having to walk at their own risk.

The plan only showed some of the changes that the Friends of Mosholu Parkland, a volunteer group serving as sentinels for the park, would want to see. Elizabeth Quaranta, who leads the group, charged that one request not mentioned were guardrails for the parkway, intended to safeguard students who jaywalk to DeWitt Clinton High School or MS 80 that abut the highway.

Indeed, traffic accidents and near-misses have been the norm. Two years ago, Sook-Ja Kim, a Bedford Park woman crossing Mosholu Parkway on March 17, was struck and killed by a driver.

“These intersections, these roadways are dangerous so I think that’s something that we have to keep in the

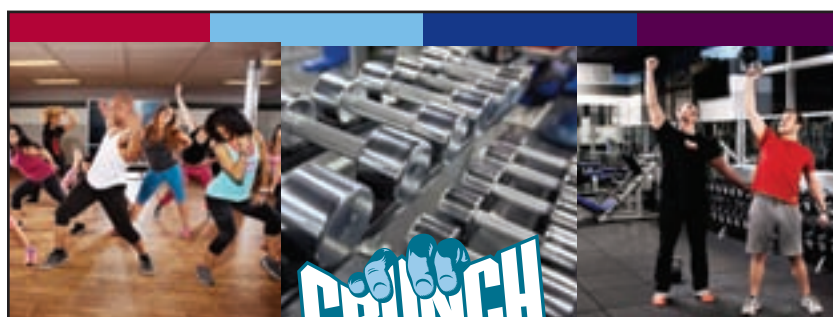
back of our minds aside from the cost factor,” said Roberto S. Garcia, senior director of community and economic development for Montefiore and executive director of Mosholu Preservation Corporation (the *Norwood News* is published by the Mosholu Preservation Corporation).

But Jay Shuffield, a resident of Norwood, suggested the FBIA group look to use its influence to ensure the roadways that take passengers to and from FBIA’s bloc of institutions would take priority over the rest of the parkway. Two FBIA members called the criticism a “mis-characterization,” since any city project requires full funding and a plan.

For now, Cohen and Torres, who are on board with seeing the project through, have scheduled a forum this month seeking community input on the plan. “We want to make sure this is an open and inclusive process,” said Cohen in a statement.

Sheila Sanchez, newly appointed president of the Friends of the Williamsbridge Oval, ensured she would keep on Cohen and Torres to ensure the project is considered.

Editor’s Note: *The forum takes place at the Bedford Park Senior Center, 243 E. 204th St., April 29 at 6:30 p.m.*



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