COMM. BD. 7

DM TO RETURN?

District manager slated to come back after four month medical leave

By DAVID CRUZ

Andrew Sandler, Community Board 7's district manager who took a leave of absence in late January for an undisclosed medical condition, is expected to return to his post next month. The timing comes as the board faces an election season that could see a minimal shift in its executive board.

"Andrew Sandler has notified the board that he intends to return to work by mid-June. According to protocol, we have sent Mr. Sandler today the appropriate forms to be completed in order for the board to consider his reasonable accommodation request. Once he returns the forms, the reasonable accommodation request forms for him and the doctor, the Personnel Committee will review it and report back to the board. That’s all we could share at this point," Adeline Walker-Santiago, the board’s chair, reading from a statement presented to a hushed crowd at the latest general board meeting at Tracey Towers. It remains unclear the nature or status of his medical condition...
IN THE PUBLIC INTEREST

Norwood Assemblyman, Running for Council, Gets Democratic Party Backing

By DAVID CRUZ

With signs backing Assemblyman Mark Gjonaj for the 13th Council District wallpapered around the Bronx Democratic County Committee’s headquarters, the endorsement was clear well before a bevy of legislators officially threw support to the Norwood legislator.

“We work really hard at judging people by the body of work they put out. We work really hard to listen to the people in those communities. And we listen to each other as colleagues, ‘who do we believe is going to bring that commitment to the job,’” Assemblyman and BDCC chair Marcos Crespo said at an endorsement “and make no mistake about it. We are standing here as a united coalition of Democratic leaders in the Bronx, as the Bronx Democratic Party to unequivocally support who we believe is the best candidate in the race. And who we believe will be the best Council Member for the 13th District...”

The official backing strengthens Gjonaj’s chances at winning the seat for the 13th Council District, which blankets most of the East Bronx. It could also see a boost to his already robust campaign coffers, which now stands at $352,000. The race is crowded, with the Democratic candidates including Marjorie Velazquez, John Marano, Victor Ortiz, John Doyle, Alex Gomez, and Muhammad Abuaikal joining the race. This could very well split the Democratic vote, hurting their chances at coming out on top. Running on the Republican ticket is John Cerini.

Should Gjonaj win, it leaves his Assembly seat, which covers Norwood, open. It remains too early to know whether Governor Andrew Cuomo will call for a special election.

Social Conservative Bloc

His win would also add another social conservative to the Bronx Council delegation, with Councilman Fernando Cabrera labeled so. Gjonaj, a businessman who’s largely championed for landlord rights, is a registered Democrat, though he voted Republican in the 2009 presidential race. He’s also received political contributions from mainly right-leaning political action committees organized by the Rent Stabilization Association and Renew New York PAC, which is linked to Republican and former US Senator for New York Alfonse D’Amato. His right-leaning contributions have been balanced by largely pro-Democrats PACs including Local 32BJ.

Strengthening that conservative tone further is State Senator Ruben Diaz Sr., a social conservative minister vying for the 18th Council District seat currently held by the term-limited Councilwoman Annabel Palma.

The social conservative legislators would remain a minority when compared to Council members who peg themselves as progressive Democrats.

Gjonaj’s Republican past prompted Doyle, a rival candidate, to label Gjonaj a “closet Republican” in a statement sent to the Norwood News. Doyle, who had worked for Gjonaj’s key ally and supporter, State Senator Jeff Klein, framed himself as a politico who will not go along to get along. “Our neighbors know my record of standing up to party bosses and working in their best interest. If that means standing up to the powerful and the politically connected, then that is what I will do.”

Doyle also pointed out Gjonaj’s $7,000 political contribution to the 2008 presidential campaign of Republican John McCain.

At the endorsement, Gjonaj said, “I know who I am. I work hard for this district. If being a strong advocate for (continued on page 10)

Public and Community Meetings

COMMUNITY BOARD 7 committee meetings are held on the following dates at the board office, 229 E. 204th St., at 6:30 p.m. unless otherwise noted: Website, Acknowledgement & Media Committee meets on May 31; Public Safety & Quality of Life Committee meets on June 1; Education, Youth & Libraries Committee meets on June 1 at 7:30 p.m.; Senior Services Committee meets on June 8 at 10 a.m. at RAIN Bailey Senior Center, 2660 Bailey Ave.; Traffic & Transportation Committee meets on June 8; and Veterans Committee meets on June 8 at 7:30 p.m. For more information, call (718) 933-3650.

The BEFORD MOSHULU COMMUNITY ASSOCIATION will meet on Wednesday, June 7 at 8 p.m. at 400 E. Moshulu Pkwy. So., Apt. B1. For more information, email bedfordsmoshula@verizon.net.

Officers from the NEIGHBORHOOD COORDINATION OFFICER program of the 52nd Precinct will hold a “Safety Summit” on June 6 at Moshulu Preservation Corporation, 3400 Reservoir Oval E. More information can be found on page 5.
Promoting Healthy Eating, Montefiore Enlists Bodegas

By DAVID CRUZ

As one of the few grocery stores within walking distance of the neighborhood, Mango Grocery & Meat Market seems to carry the must-have foods. And that includes fruits and vegetables.

And it’s hard to miss. Even before entering the store, one can easily spot a robust spread of oranges, apples, peppers and plantains stacked neatly on the display rack. The owner, Sandy Ortiz, intended to make its presence clear.

“Customers should be more health conscious about what they’re eating,” Ortiz told the Norwood News from his store at the corner of Creston Avenue and East 196th Street. “We added the smoothies, doing more salads, different kinds of wheat bread, whole wheat bread.”

Ortiz is doing his part. And so is Montefiore Health System. In the last two years, the hospital giant has enlisted the Bedford Park grocery store and eight others to strategically bring healthier food options to the forefront. The cause is part of Montefiore Healthy System’s Healthy Eating Initiative, hoping fresher foods can reverse the stubbornly high rates of obesity, diabetes, and heart disease that make the Bronx the state’s unhealthiest county.

But just nine stores won’t do. Aneke Wynter, Montefiore’s outreach representative for the initiative, falling under the Office of Community and Population Health, looks to ramp up participation. So far, she and the team have gone on a fact-finding tour around the northwest Bronx to determine what it will take to get bodega owners on board to revamp their bodegas to include healthier foods. This can range from identifying loans needed to reconfigure the store to retrofit a smoothie section or providing fruit baskets for better storage.

But despite the noble cause, stores have turned away Montefiore’s initiative, citing the initiative’s profit risk.

“The demand has to be there. So [owners] would always say, ‘You know, we bring bananas and we’ll buy apples, but if the customers are not purchasing this, it’s a waste of money,’ and they’re going to take it out,” Wynter said. “We have to work with them and say, ‘Okay, if you’re willing to sell these bananas and produce, we’ll get you some customers.’”

They did so the week of May 15, with patients from several Montefiore Medical Group sites visiting bodegas. The outing was part of Bronx Week, where Montefiore is a lead sponsor. They stopped by four stores within the week, including Mango Grocery & Meat Market, where Ortiz prepared individual fruit bowls and smoothies. Wynter sees the initiative as a win-win, drawing customers to support local stores. It seemed to work for the visit to Mango Grocery on May 16.

“(The patients) ended up spending their own money buying other things in there because they didn’t know that there was another bodega within their area that sold these things,” Wynter said.

Editor’s Note: Bodega owners in the Bronx interested in joining the initiative can reach Aneke Wynter at MHSI@montefiore.org or (718) 920-6058.

MONEY MATTERS

WORKSHOP

June 7th | 6:15–7:45 p.m.

Learn how to save and manage your money better. Discover the benefits of using bank savings and checking services at our FREE financial education seminar.

CROSBY AVENUE BRANCH
1745 Crosby Avenue, Bronx, NY 10461
6:15–7:45 p.m. | RSVP: (718) 931-7060

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FDIC
This week we asked readers their thoughts on the performance of the Metropolitan Transportation Authority (MTA) subway and bus service in light of a six-point plan to decrease delays.

I spent four hours this weekend on the train and it should have taken less than two. The D train was re-routed; there was no messages posted, so I didn’t know where I was going to get back to the Bronx. So it took me four hours. There seems to be some consistency because it’s always happening. You pay more, but the service stays poor.

Lola Ferrer
Norwood

I think it’s remained pretty much the same, honestly. It’s hard to hear the announcements, so you could get lost. I have to pay attention on the weekends to make sure I don’t get lost. Even though I’m from here, I can still get lost. I feel like they do a lot of unnecessary things, like we don’t need to charge our phones, it’s not a priority. Keeping the fare low, yes. Yes because I think it’s going to be $3 soon. It’s way too much.

Kayla Brun
Hells Kitchen, Manhattan

First of all, it’s too expensive. I think they actually should roll back the fare like it used to be; 25 cents, or even 10 cents. The D train is always great, but when it comes to transferring, you’re stuck. We all have lives and the MTA is screwing all of us over.

Geovanni Cedeno
Burnside

There’s just too many things going on with the transit system, so you’re late for work. There’s always some kind of mischief or some type of new construction causing delays. They raise the fare and the service gets worse. Last night I had to take the 4 train downtown just to come back uptown. It’s crazy, the MTA just has to do better.

Elijah Reel
Van Cortlandt Park

The system is runninghorribly. They keep raising the price and nothing has gotten better on the buses or especially the trains. The trains are worse than the buses, especially in the Bronx. They need to upgrade the D train; those are old trains. There’s always train traffic delays on the D train and you have the kids dancing, performing. It’s terrible.

Shadasia Glenn
Fordham Heights

INQUIRING PHOTOGRAPHER

By DAVID GREENE

Attention Businesses!
Got Fliers? Circulars? Promotional Cards?
PLACE THEM IN THE NORWOOD NEWS
Reach a BIG Audience
CALL (718) 324-4998 FOR DETAILS
when they fired several shots, according to police.

Surveillance video helped police quickly catch two of the suspects, 21-year-old Brandon Santiago and 18-year-old Heriberto Maldanado. They were charged with reckless endangerment, criminal mischief, criminal trespass and criminal possession of a weapon. A 16-year-old, whose name is being withheld by the Norwood News, was also arrested and faces the same charges.

**Suspect Steals $5K**

Police have released images of an employee who made off with $5,000 at a store in Bedford Park. The employee, known to the bosses as “Mr. Abdul,” removed a black plastic bag filled with the cash behind the counter and taking off. It happened at the Bedford Deli at 26 E. Bedford Pk. Blvd. on May 6 at around 11:30 a.m.

The individual is described as an Arabic male, who is approximately 5’9” and was last seen wearing red sneakers and a blue shirt with the deli’s logo on the chest.

**Car Thief Wanted**

Police need help tracking a person caught on video using the credit card of a Norwood man whose car was broken into the day before. Police say the victim, 43, had parked his car in the vicinity of East 194th Street when the two suspects punched him, took his pit bull, before running off. The victim suffered minor injuries.

Police have identified one suspect, Brian Cohen, (pictured top right) described as a white man, 5’ 5” tall and weighing 180 pounds. He was last seen wearing a grey hooded sweatshirt, dark pants and dark shoes. The second suspect has not been identified by name, but is described as a black man, also standing at 5’ 5” tall and weighing 180 pounds. He too was last seen wearing a grey hooded sweatshirt, dark pants, and dark shoes.

Anyone with information on any of the above incidents is asked to call CrimeStoppers at 800-577-TIPS or for Spanish 1-888-57-PISTA (74782). The public can also submit their tips by logging on to the Crime Stoppers Website at WWW.NYPDCRIMESTOPPERS.COM or texting their tips to 274637 (CRIMES) then enter TIP577. All contacts are kept confidential.

**Dog Snatchers on the Loose**

Two suspects are wanted for attacking a military veteran before stealing his service dog in Bedford Park on May 14. They say the victim was walking near Valentine Avenue and East 194th Street when the two suspects punched him, took his pit bull, before running off. The victim suffered minor injuries.

The individual is described as an Arabic male, who is approximately 5’9” and was last seen wearing red sneakers and a blue shirt with the deli’s logo on the chest.
For Bronxites, By a Bronxite
BronxNet TV Host and Journalist Launches Website

By TATYANA TURNER

Long time BronxTalk host, Gary Axelbank, a veteran newsman who spent more than two decades leading many televised discussions of Bronx issues, launched a new website devoted to a variety of Bronx-specific news.

Several dozen guests from organizations such as BronxWorks and SoBro, gathered at Bronx CoWorks, a shared office space at the Third Avenue HUB, providing a setting for start-ups and small businesses.

In mirroring the concept of a daily newspaper, thisistheBronX.info will also collate content from multiple publications around the Bronx, allowing visitors to read a range of borough-related stories from different news sources.

“Part of the reason for poverty in the Bronx is a poverty of information and if we could provide people in the Bronx with good information, they can do better; they can fend for themselves, they can empower themselves in many different ways,” said Axelbank. “And so part of this is to use the resource that I have developed over many years to help people in the Bronx do better, which is my hometown.”

This interactive website will allow all visitors to post photos or pictures of their artwork, publically promote an event and get a free listing for a business or group organization.

To ensure that all interests are covered, the website will load information in two different phases. The first phase, which launched on May 17 will display features such as breaking news, restaurant and nightlife, as well as arts and culture. The second phase will be implemented in the fall and will feature resources for families, government and communities, education, health care, housing, and careers.

“Before thisistheBronX.info, anyone interested in the Bronx would need to check many different sources for information about the Bronx,” said Axelbank.

Axelbank has been in the media business for more than four decades, working in the radio markets of Maryland and Delaware. He worked alongside unknown shock jock Howard Stern, who was then a program director at the former WRNW.

In 1994, BronxNet began airing BronxTalk, a program that explores Bronx issues and happenings through a myriad of guests that include politicians, artists, community stakeholders, and educators.

With nearly 1.5 million residents living in the Bronx, Axelbank sought to create a space that would accurately represent the borough and the people who live in it.

“We’ve been fighting an image that’s been accurate in some ways; we do have crime, we do have drugs, we do have poverty…but when you take a step back, there is so much going on in the Bronx that is positive, that is unique, that is different from anywhere else,” said Axelbank. “I hope [Bronxites] will go to the site and say, “Oh wow, this is the Bronx!”

Norwood News Picks Up Independent Press Awards

The Norwood News was recognized for several awards, continuing its streak in producing award-winning community journalism.

The paper was recognized on May 18 at the Independent Press awards, commonly known as the “Ippies.” There, the paper took home a second place prize for Best Small Circulation Publication, adding to the first place prizes it received for the category in 2015 and 2016, a veritable 3-peat.

“This feisty little bi-weekly produces an impressive variety of original stories with just one full-time staffer,” read Tom Robbins, lead judge and investigative journalist in residence for the CUNY School of Journalism, which sponsors the Ippies.

Its editor-in-chief, David Cruz, also won a second place prize for Best Investigative/In-Depth Story, his second consecutive prize in the category (he had won first place last year). The award went for his work on the ongoing culture of noise in the Bronx.

“New York is generally a noisy place and how to make that subject into a good news story is a tough sell both to the editors and reporters, not to mention to readers,” read Robbins. “But this reporter did just that, taking a long hard look at what north Bronx neighbors say about their urban war around them. And he found that while police and other authorities rarely respond to citizen complaints, some residents cite a ding loud enough as one long suffering Bronxite put it in the story, ‘To raise the dead in Woodlawn Cemetery.’ In a vivid and comprehensive story that included statistics and explanations from law enforcement and officials about why they can’t do anything about noise problems and why it’s so hard to fix, the Norwood News demonstrated that no story is too basic to tell.”

Meantime, regular freelance photographer Adi Talwar took home a first place prize for Best Photograph. He was recognized for a photo he took at St. Ann Catholic School’s recruitment pep rally on March 18, 2016. “This energized image illustrates a community flair. Near perfect timing and an unusual angle of view,” Randall Pinkston, host of the Ippies awards, said of the photo.

“I’m so proud of all my colleagues who share in the prize,” Cruz said. “They include my proofreader Judy Noy, freelance designer Mauro DeLuca, and freelance photographers/reporters David Greene, Miriam Quinones, Deborah Cruz, Tatyana Turner, and Wendy Joan Biddlecombe. I also want to recognize my former reporter and colleague Daniela Beasley (former reporter), and supervisors Melissa Cebollero and Jennifer Tausig. Other colleagues who deserve name dropping include Dawn McEvoy, Cid Rivera, Jason Caraballo, Mariela Salazar, and Luz Martinez.”

The paper received an inaugural award for Community Coverage by the New York Press Club, the oldest journalism club in New York City. The award recognized David Cruz, Daniela Beasley, Deborah Cruz, and Adi Talwar for their continuing coverage on efforts to downzone parts of Bedford Park in the Bronx following major real estate interest for the neighborhood generated over the last few years. The stories looked at how city policy impacts a community on a micro level, talking to residents who prefer a suburban-like setting over massive development.

The awards show takes place on June 5.
The Fourth Annual Family Fitness Festival
Healthy Alternative Eating
Saturday
June 17, 2017
12:00pm-3:00pm
At Williamsbridge Oval

Fun Activities:
Zumba
KickBoxing
Yoga and Healthy Cooking Demonstrations

Raffle Prizes Gifts and Giveaways!

El Cuarto Festival Anual De La Salud Familiar Alternativas Saludables al Comer
SÁBADO
Junio 17, 2017
12:00pm-3:00pm
Al Williamsbridge Oval

¡Rifas, Premios, Regalos, y Otras Sorpresas!

¡Caritas Pintadas!
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¡Música!

Activities Divertidas:
Zumba
KickBoxing
Yoga y Demostraciones de Cocina Saludable

Contributions from:
Fidelis Care, Healthfirst, Metroplus, Ridgewood Bank, Crunch Norwood, Mentoring in Medicine, FoodTown, Isabel’s Pharmacy, LeMed Pharmacy, All Medical Billing, MMCC

Presented by:
Photo courtesy Bedford Mosholu Community Association

ROBERT HAMILL (FRONT), a member of the Bedford Mosholu Community Association (BMCA), and a volunteer from the environmental group Cristadora, spruce up Mosholu Parkway. The cleanup event was part of the citywide “It’s My Park Day” initiative, where groups improve parklands through various activities. BMCA spearheaded the volunteer effort at Mosholu Parkway, coming a day before hundreds marched through the parkway for the Bronx Week Parade (see pictures on page 9).

Photo courtesy Bronx Borough President’s Office

TEN BRONX-BASED BUSINESSES were honored by Bronx Borough President Ruben Diaz Jr. at a Business Day Luncheon sponsored by Diaz’s office and the Bronx Overall Economic Development Corporation. The honored businesses include Grady’s Cold Brew, Sicis North America, Bronx Alehouse, Bronx Design Group, Baldor, Jetro, Sell-Mar Enterprises, Marley Spoon, Woops! And DOYLE/Hayloft Auctions.

Photo courtesy Office of Councilman Fernando Cabrera

MEMBERS OF COMMUNITY Board 7 share a moment with Councilman Fernando Cabrera (third from right) who honored them for their contributions to the civic body’s Women’s Empowerment Event they organized and held in April at Lehman College. The board was honored at the latest CB7 general board meeting on May 16. CB7 chair Adaline Walker-Santiago (second from right) was given a special proclamation from Cabrera for being a “mentor to her team.”

Photo by Miriam Quinones

(L-R) EXECUTIVE DIRECTOR of Community Organized with a Vision of Excellence (COVE) Lyn Pyle, Namelofy Pineda, and DREAM! co-founder Aisha Norris celebrate the merger of the two nonprofits at an event held at the Bronx Museum of the Arts on May 18. DREAM! will build on COVE’s past success as an outlet and haven for Bronx teens.

Photo courtesy Montefiore Health System

THIS LITTLE GIRL brings her teddies to a medical staffer from Montefiore’s Wakefield campus who notes “medical information” at the annual Teddy Bear Hospital event. The event, intended for children to understand the medical treatment process when in a hospital, saw some 200 children and their teddy bears or stuffed animals undergoing mock triage, medical exams and x-rays by doctors, nurses and other clinical staff.

Photo courtesy Homes and Community Renewal

COMMUNITY STAKEHOLDERS AND officials from Concern for Independent Living and state Homes and Community Renewal cut the ceremonial red ribbon to Norwood Terrace, which opened several months ago. The housewarming celebration happened May 19, ushering in the $36 million supportive and housing development complete with 115 apartments. The building can be found at the corner of Webster Avenue and East Gun Hill Road. Some of the building’s features include a computer room, exercise room, children’s library and rooftop garden.
Bronx Week capped its 11-day celebration with its annual parade that went up Moshulu Parkway between Webster Avenue and Van Cortlandt Avenue. Groups from all over the borough chugged along the grassy parkway on May 21, hours after four accomplished Bronxites—Selenis Leyva, DJ Funkmaster Flex, Dr. Manny Villafaña, and Prince Royce—were honored at the Bronx Walk of Fame. Montefiore Health System was the major sponsor for the parade.

Bronx Week Parade Highlights

(1) A SEA OF SPECTATORS check out the free concert happening on Moshulu Parkway at Bainbridge Avenue on the final day of Bronx Week. Headliners included TKA, Doug E. Fresh, Los Adolescentes, and Slick Rick.

(2) SELENIS LEYVA, AN actress from “Orange is the New Black” and a Norwood native, gets out of this convertible car to revisit her old neighborhood during the parade. She tells the Norwood News, “Norwood was my home. Oval Park was my backyard. I grew up in a beautiful house in a tree-lined avenue...And I love the idea that people think of the Bronx as one way, and when they enter it they see that it’s so much more.”

(3) BRONX BOROUGH PRESIDENT Ruben Diaz Jr. (pictured) doubles as the parade’s master of ceremonies, ushering PS 76’s band of musicians to the finish line.

(4) MEMBERS OF PHIPPS Neighborhood House, which offers social services to low-income neighborhoods, strut their stuff at the parade.

(5) MEMBERS OF THE Hare Krishna Movement play on as they work their way up the Bronx Week Parade route.

(6) HAIL TO THE CHEF! This man works the fryer at the Bronx Week Parade’s walkthrough festival, with vendors selling a variety of foods, knickknacks and other wares.

(7) FUN FACT: This is the official Bronx flag.

Image courtesy Bronx Borough President’s Office
Gjonaj Gets BDCC Backing
(continued from page 2)
middle class families, hardworking families, including small business is defined by a party, then so be it,” he added.

Shortly after the online version to this story ran, a spokesperson for Gjonaj sent a statement defending his Democratic stance. “John McCain is a great American and a friend of mine. Today, under President Trump, I say we need more Republicans like him. I never cared about politics much until I saw President Obama and the Democrats try to pass healthcare. It was clear to me then which party cares about our families and my neighbors here in the Bronx,” Gjonaj said in the statement.

But Councilwoman Vanessa Gibson countered that Gjonaj’s social conservatives mirror the 13th Council District’s term-limited Councilman Jimmy Vacca. “I see Mark and Jimmy having a lot of similarities and a lot of the issues that Jimmy championed before I believe Mark will champion as well,” Gibson said. “Even the candidate, Senator Díaz; while he is conservative on certain issues, I would argue he is progressive on every other issue.”

Like Gjonaj, Gibson was an Assembly Member for the 77th District until she eyed a seat in the 16th Council District and won it. Indeed, it’s common for an Albany legislator to make the shift to city government. The long hours driving to Albany, the comparatively paltry salary, and no member items can be a burden to legislators. Crespo said Gjonaj’s case is different. “If Mark is interested in money, he would’ve stayed in his private business and made a whole lot more than what he now makes as a public servant. So it is absurd for somebody to suggest that he’s doing this for money,” Crespo said.

Councilman Rafael Salamanca, who attended the endorsement, seemed to underscore the Council body’s stronger influence on neighborhoods when compared to the Assembly. “You get member items where you can really make a change respectively in your communities,” Salamanca said.

“Listening to Raf, I may have to reconsider what I’ll do next,” Crespo jokingly said.

The 13th Council District represents a larger swath of the Bronx, covering the neighborhoods of Morris Park, Throgs Neck, Edgewater Park, Silver Beach, City Island, and Pelham Parkway. The area has a high concentration of registered Republicans.

Vacca, who’s held the seat since 2006, has opted to back Velazquez, district leader for the 82nd Assembly District. The two have a close relationship, thanks to Jeff Lynch, Vacca’s former chief of staff and Velazquez’s husband.

One political insider pegged Gjonaj to be the winner. “Obviously, he is steamrolling with his campaign. He’s bringing in big bucks. He’s got County, including [Bronx Borough President] Ruben Diaz Jr. It’s his race to lose.”

The primary is scheduled for Sept. 12.

Editor’s Note: An expanded version of this story can be found online at www.norwoodnews.org.
Over-the-Counter Ways to Quit Smoking

Are you trying to quit smoking? If so, there are many over-the-counter cessation aids available in many stores and pharmacies that can help you stay quit. Nicotine Replacement Therapy (NRT) options help replace the nicotine from your cigarettes and helps prevent cravings. You don’t need a prescription for these but if you get a prescription from your doctor, the cost of the medication can be reduced. There are long-acting and short-acting options, and it is recommended that you have one of each.

The long-acting option is the patch, which comes in strengths: Low (7 mcg), Medium (14 mcg) and High (21 mcg). If you smoke 10 cigarettes a day or less, you should start with the medium patch for six weeks and then the low dose for two weeks. If you smoke more than 10 cigarettes per day, you should start with the high dose patch for six weeks, then the medium patch for two weeks, and then the low dose patch for two weeks. You use a new patch daily, which you apply after waking up (remove the old one!) to clean, dry, hairless skin (like upper arms, back of shoulders, lower back or hip). Try to use a different site each time.

There are several short acting options: NRT gum, lozenges, spray or inhalers. Most people use the gum or the lozenge unless they have dental work that would interfere. There are two doses of the gum and the lozenges: low (2mg) and high (4mg). Use the low dose if you usually smoked your first cigarette more than 30 minutes after waking, but the high dose if you smoked within the first 30 minutes of waking. For the gum, you chew it until you sense a peppery taste and then park it between your cheek and gums. When the taste fades, chew and park it again. You can use up to 24 pieces per day. For the lozenge, allow it to dissolve slowly in your mouth without chewing or swallowing. You can use up to 20 lozenges per day. For both the gum and the lozenge, avoid eating and drinking for 15 minutes before and after use. The lozenge gives you a higher dose of nicotine than the gum.

Good luck and stick with it!

Source: Montefiore Health System’s Office of Community & Population Health.
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Discover the Stores, Quality Service
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Phone: (718) 652-6839  Web Site: www.epiphanybx.org
WORSHIP - Sundays at noon BIBLE STUDY - Wednesday nights at 7 p.m.
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Kancell’s Travel & Tours presents “Tour 2017”
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For more information and reservations, please contact Kancell’s Travel & Tours at
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LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY.
NAME: Kingston Eight Project Management Consultants, LLC. Ar-
ticles of Organization were filed with the Secretary of State of New York
(SSNY) on 1/17/2017. Office location: Bronx County. SSNY has been des-
ignated as agent of the LLC upon whom process against it may be served.
SSNY shall mail a copy of process to the LLC, United States Corporation
Agents, Inc., 7014 13th Avenue, Suite 202, Brooklyn, NY 11228. Purpose:
For any lawful purpose.
Tour MMCC Camps  
Free transportation will be provided to take a tour of Mosholu Montefiore Community Center’s Mosholu Day Camp at Harriman State Park on June 10. For more information about the camp, or to schedule the visit, call (718) 882-4000 ext. 0 or www.mosholudaycamp.com. Another tour with no free transportation available, is scheduled for June 4.

Free Education Program  
Free classes to improve reading, writing, and math are available at the Bronx Library Center, 310 E. Kingsbridge Rd. The classes are open to young adults ages 16 to 24 or currently in an “out of school” or “out of work” program. For more information and to enroll, call (718) 579-4208 or email litconyalp@gmail.com.

Personal Finance Classes  
University Neighborhood Housing Program (UNHP) offers a free personal finance class for five consecutive Thursdays beginning June 1 at Concourse House, 2751 Grand Concourse (entrance on East 166th Street) from 6 to 8 p.m. The course covers financial worries around debt, credit, garnishment, banking products, savings, and more. Participants receive a free copy of their credit report. For more information, and to register, call UNHP at (718) 933-2539.

Preserving NCBH  
Volunteers are needed to join the Bronx Healthcare Coalition, which seeks to ensure North Central Bronx Hospital remains a public hospital. For more information and to join, email Bxhealthcoalition@gmail.com.

Bird Walks  
Free bird walk tours, sponsored by Councilman Andrew Cohen with guides provided by the New York City Audubon Society and Van Cortlandt Park Conservancy, are scheduled for every Saturday from June 4th to 30th at the Van Cortlandt Park Conservancy. Meet at the VC Nature Center. For more information, contact Joseph McManus at mcmanus638@aol.com.

Fresh Air Fund  
Registration is open for the Fresh Air Fund, which offers free summer experiences for children from low-income communities throughout the city for ages 7 to 12 with volunteer host families and sleep-away camp for ages 8 to 15. For more information, visit www.freshair.org or call (800) 367-0003.

Safety Summit  
Residents living within Norwood, specifically Webster Avenue from East Mosholu Parkway North to Jerome Avenue; Jerome Avenue to Bainbridge Avenue; Bainbridge Avenue to East Gun Hill Road and down to Webster Avenue, are encouraged to attend a “Safety Summit” meeting on June 6 at 7 p.m. at 3400 Reservoir Oval East where they can talk with NYPD officers over safety issues in the neighborhood. For more information, call Police Officer Marileena Reilly-Derasmo at (929) 499-7027 or email marileena.reillyderasmo@nypd.org.

Immigration Services  
Free immigration services ranging from naturalization, citizenship, visa renewals, and information on DACA are available by appointment at the office of Councilman Ritchie Torres, 573 E. Fordham Rd. (entrance on Hoffman Street) Mondays and the first and third Wednesday of every month from 9:30 a.m. to 5 p.m. For more information or to schedule an appointment, call (718) 842-8100.

No Garbage Pickup  
In observance of Memorial Day, the New York City Department of Sanitation will suspend garbage collection on May 29. Residents who normally receive Monday trans, organics or recycling collection should place their material out at curbside after 4 p.m. on May 29.
EDITOR’S PICK

Yiddish Klezfest
The public is invited to attend the 5th annual Yiddish Klezfest, including music and dance, at Sholem-Aleichem Cultural Center, 3301 Bainbridge Ave. on June 4 from 1:30 to 4 p.m. Admission is $10. For more information, call (917) 930-0295.

Onstage
The Bronx Arts Ensemble presents a free Memorial Day Weekend concert, May 28 at 2 p.m. featuring tango songs and movie music, at Van Cortlandt Park, slightly east of the VC House Museum. For more information, call (718) 601-7399.

The Bronx Library Center, 310 E. Kingsbridge Rd., presents Let's Do It, featuring songs by Cole Porter, June 10 at 2:30 p.m. For more information, call (718) 579-4244/46/57 or visit www.nypl.org.


The New York Philharmonic Concert & VIP Reception on June 13 at 6:30 p.m. For more information, call (718) 980-6375.

Riverdale Choral Society presents Come Sing With Us!, a summer sing performance of Brahms Ein Deutsches Requiem on June 14 at 7:30 p.m. at the Christ Church Riverdale, 5030 Henry Hudson Pkwy. at 252nd Street. Tickets are $15. For more information, call (718) 543-2219.

Friends of Van Cortlandt Park presents the New York Philharmonic Concert & VIP Reception on June 13 at 6:30 p.m. on the lawn of the VC House Museum preceded by drinks and hors d’oeuvres. For more information and tickets, visit www.vancortlandt.org.

Events
St. Barnabas Hospital and the Belmont Business Improvement District will hold a street fair, “Picture a Healthier You,” which will include fun and healthy activities, June 4 from 10 a.m. to 2 p.m. on Crescent Avenue between Adams Place and Belmont Avenue. Events include blood pressure, mammography screenings, healthy cooking demos, exercises, raffles, and giveaways. Hospital doctors, nurses and dietitians will be on hand, and healthy snacks and health care materials will be distributed. For more information, call (718) 980-6375.

Saint Ann's School will hold its Spring Show at PS 94, 3530 Kings College Place on May 25 at 6 p.m. only for parents of children who attend Saint Ann’s. The event is not open to the public. For more information, call (718) 655-3449.

University Neighborhood Housing Program (UNHP) will hold its free ViewsNWBX Affordable Housing Forum on June 15 from 8:30 to 11 a.m. at Serviam Gardens, 323 E. 198th St. to discuss Bronx happenings including community development, demographics, multifamily housing sales, and more. Breakfast is at 8:30 a.m. followed by presentation and panel discussion at 9 a.m. Seating is limited and reservations are required. For more information and to RSVP, visit UNHP.org.

People Power Movement will perform guerilla theatre to illustrate the criminality of negligent landlords and protest community displacement. The street performance and community speak out is on June 2 from 5 to 7 p.m. at Hunts Point Plaza, and June 3 from 3 to 5 p.m. at Graham Triangle. Free reading materials will be distributed. The performances are meant to dramatize the failure of the justice system to properly deal with landlords who disregard their tenants, many of whom are working poor and minorities. For more information, call (718) 288-2217.

The Jersey Park Library, 118 Eames Place (near Kingsbridge Road), offers for children: Knitting Circle: Thursdays at 3 p.m. For more information, call (718) 882-8239.

NOTE: Items for consideration may be mailed to our office or sent to norwoodnews@norwoodnews.org, and should be received by May 29 for the next publication date of June 8.
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condition. Privacy laws bar community boards from revealing the medical status of a volunteer member or paid employee. Reasonable accommodation requests require employers to offer a comfortable work space to employees to “perform the essential functions of the job in connection with disability, religion, pregnancy, childbirth or a related condition,” as laid out in the city’s official “Reasonable Accommodation Procedural Guidelines” book drafted by the New York City Department of Citywide and Administrative Services.

The procedural book continued, “There is no one-size-fits-all formula for deciding when to grant a reasonable accommodation. Rather, the reasonable accommodation process must be flexible, interactive, and individualized with meaningful, cooperative and timely communication between the individual requesting the accommodation and the agency.”

Agencies can deny the reasonable accommodation request, but the burden of proof is very high given the city’s broad protections for infirm employees. The agency, acting as employer, must prove that while it made a good faith attempt at accommodating an employee’s request, following through with it can present an undue hardship.

Though laws are in the books to meet special accommodations, Sandler’s request is somewhat unprecedented for a community board. As of press time, the Bronx Borough President’s Office, which oversees community boards across the Bronx, could not determine other instances where a reasonable accommodation request was made for a paid board employee.

Should Sandler return, the board will likely be able to respond to constituent complaints in a more timely manner. Community Board 7 covers the northwest Bronx neighborhoods of Norwood, Bedford Park, Kingsbridge, Fordham and University Heights. District managers are hired by community boards following an interview process and finally a yes or no vote by the full board, cementing the premise that DMs usually serve at the pleasure of the board and can be fired at will. They usually serve as a liaison between the community, largely its members, and New York City government agencies, conveying neighborhood issues to the appropriate agency.

Compounding Sandler’s absence is his active probationary status with the board. Board members cited procedural missteps in their decision to place Sandler on probation. Individual boards are allowed to place district managers on probation until further notice. Sources had told the Norwood News the probation was payback against Sandler who had informed the Bronx Borough President’s Office of certain office procedures that were deemed questionable.

Sandler did not respond to a request for comment. On his personal Facebook page, which features a profile picture of him standing outside CB7’s office, Sandler had thanked supporters for seeing him through a tough time. “It feels good to know that I am not alone and to be surrounded by so many good, decent and honest people who have sacrificed their time and energy to be by my side, to lend a helping hand or just to listen to what I have to say,” Sandler wrote.

Sandler’s presumed return comes as the board holds elections for positions of the entire executive board, though changes are scant.

Terms for chair, first vice chair, second vice chair, third vice chair, secretary, and treasurer are expiring. But the current secretary Nora Feury, current first vice chair Barbara Stroncer, and current second vice chair Robyn Saunders will not face challengers.

Meantime, board member Anthony Perez is expected to assume the role of treasurer currently held by fellow member Jean Hill, who did not seek another term and was nominated for chair instead. She’ll square off against Walker-Santiago, who received nods for chair and third vice chair, currently held by longtime board member, Andrew Laiosa.

The tenor of this election cycle is less contentious than in previous years when board members have often been evenly split over who will lead the board. Two years ago, the closely watched race for chair ended with Walker-Santiago securing a win by one vote. Her challenger was William Francis, who accused the board of losing “sight of the well-being of our community.” Francis eventually left the board.

Elections will be held on June 20, the last meeting before the board goes on its summer hiatus.
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Saturday, May 27, 2017