

AN ISLAND OF SAFETY

Pedestrian enhancements improve crossing options

BY STEVEN GOODSTEIN

A busy portion of the Bronx will soon include pedestrian islands and other safety enhancements to improve both traffic and pedestrian safety.

A DOT spokesperson recently confirmed the current installation of five pedestrian islands and other safety enhancements in Westchester Square as part of the East Tremont Avenue Traffic Study, years after numerous complaints from community members and political leaders.

The installations, which will take place on East Tremont Avenue between Ericson

Place and Westchester Avenue, will provide a multitude of benefits to an area of the Bronx that has previously suffered from a lack of safe crossing options and sees over 25,000 bus riders from the Bx40 and Bx42 daily.

The existing issues in that southern portion of Westchester Square includes wide, undefined moving and parking lanes, speeding, long diagonal crosswalks and lack of crosswalks at various locations.

According to the NYS DOT, 218 motor vehicles injuries, 59 pedestrian injuries and 10 bike injuries took place on the stretch of East

Tremont Avenue between 2009 and 2013.

Pending installation, the new pedestrian islands and safety enhancements should assist the current travel problems in the area.

Specifically, the pedestrian island installations will take place just past Frisby Avenue, just before Ponton Avenue and just before Ericson Place.

Two pedestrian islands will also be installed at the intersection of East Tremont Avenue and Westchester Avenue.

This particular project, which also includes the in

Continued on Page 99



Cheers For The Winner

Labor Day activities for the whole family were held in Edgewater Park. The three-day weekend was filled with athletic competitions, awards presentations, and a baby float parade.

(Above) Mallory Wessels, talent show and cheerleading winner, poses with her trophies during the awards ceremony. More photos on pages 22, 23 and 26. Photo by Laura Stone

Mercy hires former Chamber CEO

BY ROBERT WIRSING AND PATRICK ROCCHIO

The Bronx Chamber of Commerce's former president has stepped down after its board changed his title.

After 13 years of service to the chamber, most of them as president and CEO, but recently as its events director, Lenny Caro was recently hired by Mercy College to serve as its chief of Government and Community Relations.

The new position, according to the college, will help strengthen the college's existing relationships while also building new ones with businesses, elected officials and ed-

ucational organizations in the borough.

Caro officially began his new position at the college's Bronx campus on Tuesday, September 8, according to Catherine Cioffi, a Mercy College spokesperson,

The campus is located at the Hutchinson Metro Center, in the same office complex where he performed his chamber duties.

Caro will be in charge of fundraising, finding business partners that could enhance internship and employment opportunities for Mercy College students.

He will also be tasked with

driving enrollment at their borough campus located at 1200 Waters Place

Cioffi spoke of Mercy College's involvement with the Bronx Chamber of Commerce serving as a member of the chamber's board.

The college has been familiar with Caro for years, she said.

When looking to fill the position, Caro came to mind after some searching, she added.

Caro's educational background was not an important factor in filling the position, the spokesperson said.

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Bronx Columbus parade grand marshal named

BY PATRICK ROCCHIO

A labor leader who grew up in Morris Park has been selected as the grand marshal for the 2015 Bronx Columbus Day Parade.

Mario Cilento, president of the New York State AFL-CIO, was selected as the grand marshal of the parade, which will make its way on Morris Park Avenue from White Plains Road to Williamsbridge Road on Sunday, October 11 at noon.

Parade coordinator Tony Signorile said that Cilento was selected because he is an important voice statewide as president of New York's largest labor federation, representing some 2.5 million members.

"He was not selected because he lived and was raised in Morris Park," said Signorile. "He was selected for what he does for families."

For many years, the parade dignitary lived in a building at the corner of Williamsbridge Road and Lydig Avenue, said Cilento.



Mario Cilento, president of the New York State AFL-CIO, has been selected as the grand marshal of the 2015 Bronx Columbus Parade.

Photo courtesy of the New York State AFL-CIO

grand marshal said.

The elder Cilento has a street corner near where the family lived at 1144 Lydig Avenue named after him.

The parade committee selected two honorees in addition to Cilento, said Signorile.

It selected Josephine Fanelli, St. Theresa School principal, as its honorary grand marshal. The award usually goes to an educator.

She was selected for her dedication to young people, and also because she helped judge the Miss Columbus entrants for last year's parade, the coordinator said.

"Josephine goes above and beyond," said Signorile, adding that many educators are not fully appreciated for all they do on a daily basis to educate and protect children.

Fanelli is the recently-elected president of the Forum of Italian American Educators.

She has 28 years of experience with Archdiocese of New York schools.

"I was delighted and honored to be the honorary grand marshal," said Fanelli. "I am following the footsteps of my former superintendent, Roseann Carotenuto, who was my mentor and role model for the past eight years that I have been principal."

For the parade's business award, Signorile said it would go to Joseph Lucchese of Joseph A. Lucchese Funeral Home at 726 Morris Park Avenue.

"He was chosen because he is a professional and a community-oriented person," said Signorile of Lucchese. "When I need something, he is always the person who steps forward."

Signorile added that the parade's annual dinner dance would be on Sunday, September 27 from 3 to 9 p.m. at Maestro's Caterers. Tickets for the event are \$85.



Josephine Fanelli

Photo courtesy of St. Theresa School

Being named grand marshal was a surreal moment, and a chance to show his pride in being an Italian American and that the labor movement is part of the larger community, he said.

"I am honored as an Italian American, a labor leader, and as someone who marched in that parade when I was 10 years old," said Cilento, adding "To lead this parade, all of those years later, is a remarkable honor."

Being an Italian American plays an important role in his life, said Cilento, explaining that it was important in shaping his thinking, and on placing an emphasis on family and encouraging close communal bonds.

Cilento attended local schools: P.S. 108, I.S. 144, Christopher Columbus High School and Fordham University.

His father, Ray Cilento, was involved in his community and was a long time little league volunteer, the



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by Patrick Rocchio

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Bronx Times Reporter (USPS #730390) is published weekly by Bronx Times Reporter, Inc., a subsidiary of News Community Newspaper Holdings, Inc. Copyright © 2015. Periodicals postage rate is being paid at the Bronx, N.Y. Post Office. Subscriptions \$15.00 per year. Postmaster, Send address changes to Bronx Times Reporter, 3604 East Tremont Avenue, Bronx, NY 10465. ISSN #8750-4499.

BY PATRICK ROCCHIO

The Bronx Times Reporter will publish your announcements. Send announcements along with photo, to: Bronx Times Reporter, 3604 E. Tremont Avenue, or e-mail bronxtimes@aol.com. Please include a phone number or a way to contact you in case of questions.

Pelham Bay Singer's New Tune

Herb Stark sent us the following about country music singer **Billy Jon Coogan's** new single: *The Bronx's very own Billy Jon Coogan's lively and danceable 'Close Your Eyes On Love,' a perfect blend of disco and pop-rock getting lots of airplay and heading up the MP3 charts. Coogan and his lovely wife Cheryl and their son Jon are celebrating their 24th wedding anniversary. Give a listen and it's well worth your time!*

Bronx-Native Serves Aboard USS Gladiator

A borough native is keeping the high seas free in the Middle East, the U.S. Navy reports. Master Chief Petty Of-

ficer **Igor Vargas** is serving aboard the U.S.S. Gladiator, a mine sweeper.

Vargas is a master chief who

lives and works at a U.S. Navy base in Manama, Bahrain, where the Gladiator is based.

Bahrain is a small island country on the western shores of the Arabian Gulf.

As a master chief, Vargas is responsible for the development and growth of sailors. He said it was a joy to interact with the sailors, and to mentor them.



Igor Vargas

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The Bronx Times, part of the Community News Group, is seeking an entry-level reporter to cover several urban and community issues.

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- Assign and shoot photos to accompany stories or to standalone
- Maintain routine weekly news reporting tasks
- Read and interpret submitted news releases, and gather from appropriate offices and agencies, statistical reports and other printed resources that form the basis for news stories, judgment necessary
- Attend scheduled meetings of governing bodies at the times they normally meet, including nights and weekends
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CEC 11 member named new president

BY JAIME WILLIAMS

Meet Steve Miller, the newest president of Community Education Council 11.

Elected over the summer by fellow council members, Miller is in his third two-year term with CEC 11.

Miller first got involved with school leadership about six years ago when his youngest of four children entered kindergarten at the new P.S. 169, the Baychester Academy.

Both he and his wife helped form the school's Parent Teacher Association, which he became president of the following year.

The experience showed him how important strong parental involvement is in the success of a school.

"It's a night and day difference, where PTAs are involved," said Miller.

He was PTA president for five years, as well as president of the President's Council, where PTA leaders come together to share best practices.

Strong leadership groups create stronger school communities and improve relationships between parents,

teachers and administration, said Miller.

"You're going to get a better flow of information back and forth," said Miller.

On the advice of his daughter's principal, Miller ran for the CEC several years ago, and has since worked to elevate school leadership across the district.

The CEC is an advisory board akin to the old school boards, and is comprised of 11 elected parent members and two community leaders appointed by the Bronx borough president.

There is currently a vacant seat for a parent of an English Language Learner on the council, said Miller.

Each school in the district has a dedicated CEC member as a liaison to ensure their needs are being heard, he said.

District 11 includes the neighborhoods of Van Nest, Morris Park, Pelham Parkway, Allerton, Pelham Gardens, Baychester, Williamsbridge, Wakefeild and Co-op City.

Miller himself is a product

of District 11 public schools, attending Michelangelo Middle School and Truman High School, before going to Hunter College and then working in civil service.

"I've been public school raised, and I think it's important," said Miller.

While the CEC deals with a myriad of subjects including school zoning, two issues have emerged in recent years as hot topics.

The district is underserved in middle school seats, said Miller, and each year pushes for more as elementary schools keep opening.

And the CEC also has found itself fighting the colocation of charter schools in buildings where it feels the placement is not appropriate or the space could be better used by public schools, an issue the CEC confronted most recently at the Michelangelo Middle School building.

But the disagreements with the Department of Education are all done with the kids in mind, said Miller.

"We want the best education for the students of the dis-



Steve Miller, president of Community Education Council 11.

Community News Group / Jaime Williams

trict," he said.

The CEC meets twice a month throughout the district, and all meetings are open to the public. Miller urged parents and guardians to attend and contribute to the discus-

sion.

"Come out and get involved."

For more information about CEC 11 and the meeting calendar, visit www.Bronx-NewsSD11.org.



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Ring 10 hosting gala for retired boxers

BY STEVEN GOODSTEIN

A local organization is hosting an annual fundraising event to assist boxers who have fallen on hard times.

On Sunday, September 13, from 11 a.m. to 4 p.m., the Ring 10 Veterans Boxing Foundation of New York will host their fifth annual fundraising gala at Marina del Rey, 1 Marina Drive, to support retired professional boxers, even former world champions, who lost their fortune after their fighting careers ended.

The gala will include a brunch, cocktail hour, dinner and dessert as.

The event, which has previously been attended by former fighters and world champions such as James 'BoneCrusher' Smith, Livingstone Bramble, 'The Silk' Michael Olajide and Iran 'The Blade' Barkley, among others, provides money and aid directly to the retired boxers and their families, paying for expenses such as housing and medical aid.

"This is our number one fundraiser throughout the entire year," said Mike Bernard, vice president for Ring

10. "This is an event where we (Ring 10) can give back to the boxers that entertained us so much when we were younger, and what better way to do so by holding this gala and providing them with the finances and assistance they need - and retired boxers should know that they didn't need to be world champion for our organization to help them out."

Bernard also said that Ring 10 meets the second Tuesday of every month at Rino's Italian Restaurant, located on 3938 E. Tremont Avenue, along with cops, lawyers, local politicians and residents to discuss event and fundraising ideas for the retired boxers in need.

Ring 10 also holds the Breakfast of Champions, a walk and Jog-A-Thon that usually takes place every July.

"These boxers entertained us throughout the years, and it is certainly right that we support them in their later years when they are in a time of need," said Ed Delatorre, assistant chief of NYPD and annual supporter of the event. "It's also a great opportunity for the fans to meet their he-

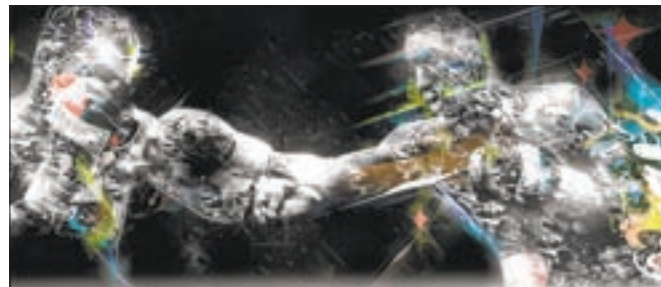
roes."

Ring 10 was founded in 2010 by founder and president Matt Farrago, a retired professional fighter, after developing a relationship with former world champion Iran Barkley, who grossed \$6 million during his career but ended up homeless after his career ended.

Farrago, along with other local boxing fanatics, then started an organization based on Barkley's struggles with finances.

"He started fighting on the streets at a young age and, unfortunately, he became broke because he was never properly taught how to spend and save his money," said John Marano, member of Ring Ten. "Barkley's scenario is a prime example of why Ring Ten helps these retired boxers out and fundraisers like this gala are a great way to give back to them, especially considering that some of them are in need of assistance."

"He has become a very close friend of mine, my family, and he's been a regular volunteer at Villa Maria Academy for over ten years - he's really a great individual," Ma-



This year's annual fundraising gala poster.

Photo courtesy of Ring Ten / File photo

rano added.

Each year, the fundraising gala also honors various retired boxing legends.

Honorees at the upcoming gala will include Teddy Atlas, a former trainer for Mike Tyson who currently serves as

the commentator on ESPN2's Friday Night Fights.

This year's gala will include a brunch, cocktail hour, dinner and dessert as well as an open bar and a silent/live auction. HBO's Harold Lederman will host the event.



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Cindy Vogler, ESASC administrator (front row, l); BK Moon, DON; Doyle Hemphill, CST (back row, l); Elisa Schreiber, CSPD; Shirley Infante, RN; Jamie Lee, RN and Aileen Urban, RN.

Photo courtesy of Empire State Ambulatory Surgery Center

New ambulatory surgery center to open Sept. 16th

BY ROBERT WIRSING

Bronxites will have a new choice for quality healthcare services starting next Wednesday.

Fifteen of the area's top surgeons collaborated with New York Eye and Eye Infirmary of Mt. Sinai and Ambulatory Surgical Centers of America to form the Empire State Ambulatory Surgery Center, a state-of-the-art free-standing outpatient surgery center located at 3170 Webster Avenue.

Empire State Ambulatory Surgery Center will host a 6 p.m. ribbon-cutting ceremony on Wednesday, September 16 at the new facility.

Prior to this ceremony, the center will also host an open house for community leaders, healthcare professionals and business associates from 5:30 until 8:30 p.m. that same evening.

In addition to a promise of providing outstanding surgical services, the new center will create over 40 new job opportunities for professionals within the local community.

Completed at the end of 2014, the ambulatory surgery center is an 11,000 square foot facility comprised of four operating rooms, pre-operative and recovery areas, sterilizing rooms, business office, reception area and 31 complimentary underground parking spots.

Empire State Ambulatory Surgery Center will be operated by the local physician partners with ASCOA providing administrative services.

The facility's physicians are experienced professionals from major New York metropolitan area academic institutions and perform outpatient surgical procedures in orthopedics, ophthalmology and podiatry.

The first surgical case at Empire State Surgery Center was an orthopedics surgery performed this past March 11.

"We are committed to providing the finest healthcare services at Empire

State Ambulatory Surgery Center and offer a minimally invasive approach to complex problems," stated Dr. Arnold Wilson, ESASC medical director.

"For example, in orthopedics we offer arthroscopic procedures to the shoulders and knee which allow professional athletes or weekend warriors a quick return to sports," he added.

Dr. Wilson explained that many of ESASC's patients are accustomed to receiving their medical care from larger medical institutions such as Montefiore and Jacobi, but they can expect that same level of healthcare at this smaller facility.

"Patients here have the advantage of receiving care from well-trained doctors with university backgrounds working at this conveniently located center that's accessible by public transportation," he said.

Tyler Merrill, ASCOA Business Development executive vice president describes this new facility as being "conveniently located right off of the Bronx River Parkway and equipped with today's most advanced surgical equipment."

According to Barry Finkelstein, Doctor of Podiatric Medicine, Fellowship of American College of Foot and Ankle Surgeon, the new Empire Surgery Center set to open soon will specialize in ambulatory surgery including bunion and hammertoe corrections.

Finkelstein, one of the partners at this surgery center, added treatment methods for these deformities may include anti-inflammatory medication, physical therapy and/or shoe wear modification and surgery by a podiatric surgeon is frequently recommended to correct the problem should conservative treatment not alleviate the pain.

He said ESASC will provide patients with a friendly, professional staff in addition to expert surgeons and nurses for all of their needs.

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POLICE BLOTTER

41st PCT.

Tuesday, September 1, 3:57 a.m. -- Police responded to a 911 call of a male shot in front of 1023 Rev. James Polite Avenue and found a 22-year old male unconscious after being shot in the head and torso. The victim was pronounced dead at Lincoln Hospital. A second victim also was also wounded.

the deli through the hole and then removed an undetermined amount of cash, baby formula and calling cards. The suspects then fled back through the hole and set the store on fire.

45th PCT.

Monday, August 24, 2:00 a.m. -- Suspects, described as two male blacks wearing masks, approached a 27-year-old male victim at 3571 E. Tremont Avenue and displayed firearms. The suspects removed the victim's property: an iPad Air and iPhone 5, and more than \$1,000 cash. The suspects then fled eastbound on Lafayette Avenue.

42nd PCT.

Monday, August 31, 1:30 p.m. -- Police responded to a 911 call of a male shot in front of 957 Kelly Street, an upon arriving, found a 33-year old male shot in the buttocks. The victim was engaged in a verbal dispute with an adult male suspect, which escalated and led to the victim being shot before the suspect fled. As of press time, there are no arrests in regards to this incident.

47th PCT.

Thursday, August 20, 3:45 p.m. -- Suspects approached a 32-year-old male victim in the vicinity of 4617 Matilda Avenue and displayed firearms. The suspects ordered the victim to get inside his vehicle and then demanded cash from him as well as his cell phone. The suspects removed an LG cell-phone and approximately \$27 in cash from the victim and fled in a black car eastbound on E. 241st Street. Police believe this to be part of a larger robbery pattern in the Bronx.

43rd PCT.

Wednesday, September 2, 3:26 a.m. -- Suspects broke into a vacant apartment at 1539 Watson Avenue. Once inside, the suspects cut a hole in the floor which was the ceiling of a deli below. The suspects entered

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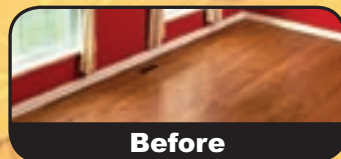
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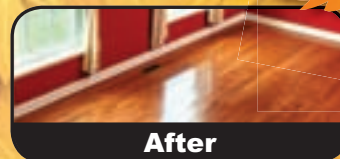
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Sister Jean Thomas (c) with the group of St. Helena Business School Alumni during a reunion at Monsignor Scanlan High School in May. Photo courtesy of Monsignor Scanlan High School

St. Helena Alums Donate stone marker

BY PATRICK ROCCHIO

Alumni of a shuttered Bronx high school have come together to remember the learning center that shaped their futures.

Graduates of St. Helena Business High School, which from 1957 to 2002 was co-located on the campus of St. Helena/Monsignor Scanlan High School, have reactivated their alumni association.

They have a memorial stone dedication planned at the location on the grounds where their school once stood.

The monument to the school, known first as St. Helena Business and later as St. Helena Commercial, will be dedicated at Msgr. Scanlan at 1 p.m. on Saturday, October 3.

The group of dedicated alums from 1964 to 1966 raised funds for the marker and contacted their fellow classmates, in the process adding contact information for roughly 250 graduates of St. Helena Business from the school to the Msgr. Scanlan High School development office.

Karen Gennarelli, Scanlan's director of development, said she had long sought to add graduates from the St. Helena Business/Commercial High School to the alumni database, but few were ever added because during most of its existence it was really considered a separate entity.

"For whatever reason, the business school students...were treated differently from other students," she said, explaining that the students were not given the respect they deserve by being included as Scanlan alumni after the school closed.

They were kept mostly separate from students in the boys and girls high schools, which later became the coeducational Msgr. Scanlan, who were on a college prep track.

The business school was seen mostly as a work force ready curriculum, and in the 1960s, they were not expected to attend college, though many eventually did.

"The work that these gentlemen

have done added 250 names to our (alumni) database," said Gennarelli, adding "They have been most successful in their endeavors, and we are now getting phone calls every day about the business school."

The effort was spearheaded by Bob Louittit, who lamented the loss of regular reunions after 2002.

He put together a team that came to include business school alumni James Appollo, Roy Casse, Fred Driehl, Jerry Kroner, Kevin O'Kane and Bob Spinicchia.

"When I called them up and told them what I wanted to do, they didn't need to be convinced," said Louittit. "Everybody had the same reaction -- 'let's do this,' --because everybody loved the place."

Driehl recalled his experience at the business school as a formative one, and credited a teacher and principal, Sister Jean Thomas.

"Sister Jean Thomas was a unique person," said Driehl. "She was a young nun at the time who was the original tough love practitioner, and held everyone to a high standard, but at the same time pushed everyone to achieve at higher levels than we had set (as goals) for ourselves."

The group chose to honor Sister Jean Thomas with a holiday dinner recently and again at a school function in May.

The dedication of the memorial should mark a rebirth of the St. Helena Business/Commercial High School's alumni effort.

It will be situated near a group of buildings that once housed the former high school on the Msgr. Scanlan campus in Throggs Neck. It will be made of granite.

"We felt that there should be some memorial at the location that states that the school was there," said Louittit.

Anyone who is interested in attending the dedication should visit the Scanlan website, www.scanlanhs.edu. Click on 'Alumni Events' and then 'Business/Commercial School Dedication.'

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LETTERS TO THE EDITOR

BRONX Times Reporter

Where is the bloat?

Dear editor,

According to a recently released New York City Citizens Budget Commission report, it will take 52 years or until 2067 when all 468 NYC transit subway stations reach a state of good repair.

If so, how could Governor Cuomo previously state that the proposed MTA \$32 billion Five Year Capital Plan was bloated by billions. To this day, Cuomo has never identified which projects and programs are bloated that he would support being cut.

Who has seen the details of what was reduced in scope, cost or postponed to the next 2020-2024 Five Year Capital Plan that justifies reducing the program by \$5.2 billion to \$26.8 billion?

Who has seen the source of Cuomo's proposed additional \$7.3 billion contribution over five years to support the program?

We will have to wait until the State Legislature reconvenes in January 2016 before any of these dollars possibly become real.

The original NYC Transit proposed 2015-2019 Capital Program request of \$2,989 billion for improvements to many of the 468 subway stations is clearly insufficient to get the job done.

Larry Penner

Drug plan restored

Dear editor,

I wanted to express my gratitude to the office of Senator Jeffrey Klein for their assistance in helping me to recertify for the Elderly Pharmaceutical Insurance Coverage (EPIC) program.

As you know, the cost of prescription drugs continues to rise, especially for seniors who often rely on these vital drugs to keep them healthy and strong.

Senator Klein's office graciously assisted me when I faced an enormous healthcare bill and didn't know where to turn. When I reached out to his office, I was met with a quick response. They were even quicker in reducing my bill.

The senator's office worked

diligently to inform all parties that I was indeed an EPIC enrollee and to that effect, eligible for a significant reduction in the costs associated with my prescriptions.

My bill is much lower today thanks to Senator Klein. Any amount I was overcharged during my lapse in enrollment was waived and my monthly premium was instantly reduced..

Beatrice Sandok

Discourteous parking

Dear editor,

Every morning as I leave my home to go to work, I witness that the fire hydrant across the street from my home is always, without exception, surrounded by cars in violation of the rule that states cars must not park within 15 feet in either direction of a fire hydrant.

Violations to this rule is committed with impugny because a sense of anarchy pervades our landscape, and things are going from bad to worse, I regret to say. Illegal parking at the fire hydrant or within 15 feet in either direction is like a cancer that grows voraciously, please pardon my choice of words.

Illegal parking of this nature is prevalent on Taylor Avenue, especially where Taylor Avenue crosses Westchester Avenue.

The fire hydrant located on Taylor Avenue, across the street from the Porta Coeli Funeral Home is constantly blocked.

I recall the near tragic fire we experienced on October 28, 2013 when a boiler exploded in the basement of 1126 Taylor Avenue. I live at 1130 Taylor Avenue. The fire hydrant in front of 1128 Taylor Avenue was pivotal in saving the resident's lives. That particular fire hydrant is always blocked by inconsiderate drivers.

On Saturdays, motorists come with huge wrenches to wash their cars there with arrogant indifference!

When I begin my morning drive to work, I have to back out with caution because a motor vehicle is always parked at the fire hydrant I just described above, often with barely a foot separating it from the fire hydrant.

A solution to the problem with the notorious parking at

the fire hydrants, and there are two hydrants on my block would be to have the city's Department of Transportation paint yellow lines on the fire hydrant sidewalk, defining 15 feet in either direction. A parking sign alerting motorists of the 15 foot rule is needed ASAP.

Additionally, drivers with brazen impunity, have been parking directly in people's driveways, mine included, and quite often, even lazy homeowners park in front of their own driveway at night, because they don't want to expend energy to open their gates to their driveways, and this creates the big problem that motorists who don't live in the neighborhood, have followed suit by parking their cars in our driveways even when they can see our car is parked in the driveway.

Local homeowners on Taylor Avenue, and Gleason Avenue have expended their own monies to paint a yellow line defining their driveway's entrance-width to ensure all motorists respect the rule long ignored by all that you never park directly in the entrance to someone's driveway.

The solution to curb illegal parking that blocks people's active driveways, would be to issue tickets to the scofflaws, and after this is done for a few weeks, word will get out that if you engage in this defiant behavior, you will pay a price....a

stiff fine, or...if necessary...being towed at the expense of the violator.

A little less than a year ago, I had an unpleasant encounter with a motorist who was visiting a neighbor. He brazenly parked in front my driveway even as my car was resting in the driveway. When I politely asked him to move his car the fellow barked at me, and curtly said that he saw nothing wrong by blocking my driveway because, "...your car is parked, you're not going anywhere, so what's the problem? When you decide to take a drive, I'll move my car away from your driveway!"

When I replied that his brazenness does not define for me when he will move, he got flip-pant with me, at which point I replied, "I'm not going to argue with you, if you refuse to move your car I will call 311". At that point, the fellow then got in his car, and drove off.

My neighbor got sassy with me because her visitor had to move his car, but I ignored her, and I replied, "Parking laws must be respected without exception, madam."

I have not painted a yellow line to define my driveway yet, but if the City of New York ignores my concerns, I filed a complaint this evening, I may have to consider doing so to avoid a problem which could one day escalate into an unforeseen cataclysmic incident.

Franck L Strongbow

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Residents would like to see deer crossing signs installed along City Island Road, among other areas in Pelham Bay Park. Steven Goodstein / Community News Group

Push for deer crossing signs in Pel Bay Park

BY STEVEN GOODSTEIN

The borough of the Bronx is deer country, or at least a proposed sign installation would suggest that.

For almost a decade, Bronx residents have been pushing for the installation of deer crossing signs on roads in Pelham Bay Park to protect the safety of both motorists and wildlife.

The deer crossing signs would provide a level of caution after two car crashes involving deer took place this past summer, according to local residents.

A NYC Department of Parks and Recreation study on the wildlife of Pelham Bay Park, conducted as recently as last December, seems to support the idea.

These studies have concluded that the deer population in the Bronx, or at least Pelham Bay Park, is increasing.

With the deer population on the rise, along with this past summer's incidents, it would seem that deer crossing signs on these roads would increase safety for everybody.

"I'm sure there were more than two incidents," said John Doyle, corresponding secretary for the City Island Civic Association, referring to the car crashes involving deer this past summer. "When you have drivers, especially drivers not familiar with these surroundings at night, traveling well over the speed limit (35 mph), the situation can turn dangerous and deadly very quickly."

Doyle, who has been pushing for the installation of these signs since 2007, also said that Pelham Bay Park has seen an increase in coyotes.

He added that the CICA offered to pay for permanent signage on the park's roads after the DOT considered temporary signage in past years.

"When these incidents occur, the drivers won't go through their insur-

ance or report the incident because their rates will be raised," Doyle said. "We need to get these signs installed before a fatal or serious accident occurs again."

Doyle added that it would be helpful if the signs were also stationed at the entrance of Pelham Bay Park, the Pelham Bridge and the on and off ramps of the Hutchinson River Parkway, along with City Island and Shore roads.

"The Bronx is very different from the movie stereotypes with which we are associated," said Lizbeth Gonzalez, president of the Friends of Pelham Bay Park. "Striking a deer while driving can result in a fatality or serious injury so signage that reminds drivers to slow down is good for both the deer and drivers."

"These signs are needed, due to the increase of the deer population in Pelham Bay Park over the years," said Assemblyman Michael Benedetto. "The results of these incidents are obviously tragic for the deer but also for the driver. If signs are installed, they should be permanent - why temporary? If the deer population decreases in the next decade, then adjustments can be made."

There are currently no plans for installation of temporary or permanent deer crossing signs.

"Various studies have shown that signs that alert drivers to infrequent encounters or possible situation, such as deer crossing, do not have a consistent impact on driver behavior," a DOT spokesperson said. "In addition, support research has shown that deer crossing warning signs do not reduce deer vehicle crashes. DOT is aware of community concerns regarding deer in the area and have reminded the general public that driving at the posted speed limit gives them sufficient time to manage any wildlife interactions on the road."

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Indian Village vexed by influx of parking

BY STEVEN GOODSTEIN

A residential neighborhood in Morris Park continues to be inundated with parkers using nearby health-related facilities.

Indian Village, a quiet, quaint neighborhood of Morris Park, has become a parking lot primarily for many employees who work at Jacobi Medical Center and students attending Albert Einstein College of Medicine who choose not to park in their facility's lot, the residents charge.

According to many residents, employees and students from these establishments park their vehicles for two to three days, sometimes a week at a time, on their block.

There have even been instances where vehicles have been parked in the same spot on the street for two weeks straight.

Employees and students have been seen parking their vehicles on Seminole Avenue, which borders Jacobi, along with Neill Avenue, Choctaw and Pawnee places along Naragansett Avenue, and other locations in the neighbor-

hood.

Although local residents are upset with these occurrences, they have mentioned that their frustrations have to do with parking on the quiet neighborhood's roads, not Seminole Avenue, which sees more traffic on a daily basis.

"We'll give them Seminole Avenue to park their vehicle," said resident Frank Vignali, who has lived in Indian Village for over 30 years, and has witnessed this problem for nearly a decade.

"This is a constant problem that continues to get worse - why do they have to use our streets to park when these students and employees have parking lots of their own that they can use."

"Many local residents, myself included, can tell that these vehicle belong to employees and students of the nearby medical facilities from the attire they wear and the backpacks they carry," Vignali added.

"Parking on the street is not illegal, but the people parking need to have some common sense and not park

for extended periods of time."

As Vignali cited, parking on a residential street, with the exception of street cleaning, is not illegal unless otherwise posted.

However, parking in driveways, on the cusp of a driveway and in front of fire hydrants is illegal, and various vehicles in the neighborhood have broken each of these laws.

Residents confirmed that a red Nissa Sentra has parked in front of a fire hydrant on Neill Avenue on several occasions.

Local residents who choose to park their vehicles on the street have also said that their spots are taken as soon as they vacate them.

"As soon as you pull out of a parking space on the street, it is gone right away," said Joe Chiariello, a life-long Indian Village resident. "There has also been a recent influx of gypsy cabs and they also park on the street overnight."

"Some of these drivers can be arrogant," said Florence Chiariello, Joe's mom, a resident for almost 50 years. "They don't care how they park - and



Employees and students from Jacobi and Einstein have been seen parking their vehicles on Choctaw Place, among other Indian Village streets, sometimes for days and weeks at a time.

Community News Group / Steven Goodstein

if you tell them they're on the curb or in the driveway, they respond with something like, 'I'm not in your driveway,' or 'you'll be able to exit the driveway just fine,' when that is not the case. It's complete madness."

A spokesperson for Jacobi has said that although they can't force their employees to park in their parking lots, they can persuade more employees to park there with affordable parking fees.

"Over the years, we have had many meetings and a

continuous dialogue with our neighbors about parking issues in Indian Village," said John Doyle, for Jacobi. "While we cannot compel our employees to purchase parking, we do offer on-campus parking options for all employees at an extremely affordable rate of about a dollar a day, and we will continue to do everything within our power to promote this with our employees and patients."

Albert Einstein College of Medicine could not be reached for comment.

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Captain Danielle Raia is the new commanding officer of the 45th Precinct.
Community News Group / Patrick Rocchio

Danielle Raia named newest commander of the 45th Pct.

BY PATRICK ROCCHIO

The new commanding officer of the 45th Precinct always admired the strength and the helpful nature of police officers, and it drove her to join the NYPD.

Now Captain Danielle Raia, who has served in a variety of capacities in the NYPD including assisting commanding officers, narcotics and intelligence, took over command at the 45th Precinct from outgoing Deputy Inspector James McGeown, who went to Bronx Borough Command.

Joining the NYPD before the 9/11 attacks, Raia has steadily risen through the ranks, being promoted to a captain in 2014 and serving as an executive officer, the second in command at a precinct, before taking over the reins several weeks ago.

"It is definitely a transition; there is a lot more to be concerned about, to handle and supervise," she said of being the 45th Precinct's commanding officer. "But it is definitely rewarding, and I am having a good time and enjoying it."

She has yet to have a bad experience, she said in an interview shortly before her first 45th Precinct Community Council meeting on Thursday, September 3, adding that working with the community was also making the experience what it is.

"It is a great community; they are very involved, which is important," said the captain. "If they need me, they can call on me at any time."

She added of her reception: "It is just a really good vibe."

Raia started as a beat cop and subsequently worked narcotics in Brooklyn's 90th Precinct in Williamsburg, and was a sergeant in Richmond Hill, Queens 102nd Precinct when she was

assigned to the Intelligence Division in 2006. As part of that assignment, she ran search warrants, spoke to prisoners and had confidential informants.

She was promoted to lieutenant in 2011, and served on a boroughwide anti-crime task force based in East New York, Brooklyn's 75th Precinct.

Raia is the first in her family to become a police officer, and said that she wanted to do something different than many in her family.

"I am the first in my family," said Raia, who added that as 45th Precinct commander she would focus on quality-of-life complaints, including noise complaints and traffic concerns.

Then, of course, Captain Raia said that she would be focused on keeping the precinct safe and deploying resources where they are needed.

"It is definitely one of the best places in the Bronx for sure," she said, adding that one of the strengths of the command is that the public works together and contributes to their safety.

The captain appears to want to engage with the community, highlighting an open-door policy.

When asked about her philosophy of policing, she cited what many people refer to as the 'Golden Rule,' an ethic of reciprocity.

"Treat others how you would like to be treated," she said, adding "no one is above anyone else."

At her first council meeting, Raia seemed to have been well prepared, said council board member John Doyle.

"It seemed like her responses were very detailed oriented," he said of questions asked during the meeting, adding that she used 911 data and other detailed factual information.

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Annual Orchard Beach classic car show

BY ROBERT WIRSING

A time honored Bronx classic car and motorcycle show is bound to have more than a few hearts and engines racing this year.

The 15th Annual Orchard Beach Classic Car and Motorcycle Show 2015 set for Sunday, September 20 from 8 a.m. to 5 p.m. inside the beach's parking lot.

The rain date for this show is set for Sunday, September 27.

Hosted by the Eastcoast Classic Car Association, this dynamic car show usually attracts thousands of people, classic cars and motorcycles, according to John Monsolino, ECCA president.

He added, there is a \$10 entry fee for each spectator, \$20 per classic car with one person and \$10 each passenger.

In addition, there is a police-escorted motorcycle run to the World Trade Center site which is \$30 plus \$10 extra for any passenger and this price includes re-entry into the car show.

A portion of the proceeds will be donated to the New

York City Patrolmen's Benevolent Association Widows and Orphans Fund and St. Jude Children's Hospital.

In addition, proceeds will also be donated to St. Mary's Children's Hospital and Little People of America, said Monsolino.

"Last year, we added a new charity, St. Jude's Children Research Hospital which we donated \$5,000 to and we will be donating to them once again this year," said Monsolino.

Sports and entertainment celebrities expected to attend this year include WCBS-FM DJ Joe Causi serving as Master of Ceremonies; the heavy metal tribute band Kiss Alive; Showtime Dance Band performing Doo Wop and Motown hits; 'Sons of Anarchy' star Chuck Zito; comedian Victor Dibitto; cast members of the reality television show, 'Jerseylicious' and other celebrities yet to be announced.

Celebrities are expected to sign autographs on one stage, with the other stage reserved for comedic and live musical performances.



Spectators at last year's classic car and motorcycle show gather around to get a closer look at various eye catching cars.

Photo courtesy of John Monsolino

However, the real stars are the vintage autos ranging from the Ford Model T to muscle cars.

Those who attend will have the chance to fully check out and appreciate these horsepower marvels and enjoy a meet and greet with their owners.

Most notable at this year's

show will be all of the Batmobiles spanning from the classic 1960s 'Batman' television show starring Adam West to those most recently featured in the top grossing 'Dark Knight' film trilogy starring Christian Bale.

This annual classic car and motorcycle show was first started in November 2001 at

Orchard Beach.

The show was founded by former NYPD Highway patrol officer Joe Caldwell who worked at Ground Zero following the terrorist attacks, partnering with Monsolino in 2005 to continue the annual show.

The Orchard Beach Classic Car and Motorcycle Show has since then become one of the most successful shows of its kind.

"It's one of the biggest one-day car shows here on the east coast and it's a great family outing which helps benefit those who are in need," said Monsolino.

"If you want to have a great day at the beach, come to the Orchard Beach Classic Car and Motorcycle Show," he added.

Disciples of the roadway beasts of yesteryear travel from New Jersey, Connecticut, New Hampshire and in some cases in trailers as far as the south to visit the annual Bronx event, shared Monsolino.

For more information, visit www.orchardbeachcarshow.com.

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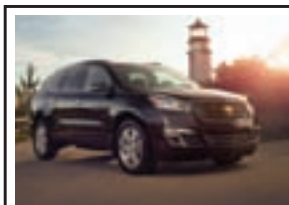
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Lt. Clesse Memorial 5K Run/Walk set

BY ROBERT WIRSING

Community and law enforcement members will be honoring the memories of 9/11 victims and a late 49th Precinct lieutenant this Saturday.

The 49th Precinct's 14th annual Lieutenant Thomas Clesse 5K Run/Walk Commemorating 9/11 will make tracks this Saturday, September 12 at 10 a.m. from Eastchester Road to White Plains Road and back on Pelham Parkway with all proceeds to be donated to the Widows and Orphans of Fallen Police Officers Fund.

This annual event honors the memories of the victims of the September 11, 2001 terrorist attacks as well as the late Lieutenant Clesse who served and protected the community while working at the 49th Precinct for over 35 years before passing away from cancer in 2000.

This yearly event was created in 2001 to honor both victims of the terrorist attacks and of the late Lieutenant Clesse who was considered by many in the precinct to be an

exceptional example of a dedicated police officer willing to give his time to help others.

Sponsored by the 49th Precinct's Captain Keith Walton, 49th Precinct Community Council president Joseph Thompson and Simone Development at Hutchinson Metro Center president Joseph Keller, the 5K race includes under 50/over 50 male and female categories, trophies awarded to 1st, 2nd and 3rd place winners, a free T-shirt as well as a free lunch provided at Gleason's Cafe located at 2040 Eastchester Road after the race for all runners and walkers.

Tickets for the 5K run/walk cost \$20 for all participants over age 13 and registration will take place this Saturday at 9 a.m. in front of the precinct's 2121 Eastchester Road location.

Those who wish to pay the entry fee using a check are asked to make them out to '49th Precinct Club'.

As a safety precaution, the roads will be closed to everyone excluding the event's runners and walkers.

Thompson said a 5K run

for children under age 13 is planned for Saturday's event.

Children under 13-years old involved in the 5K Run/Walk will receive medals for their participation and a dinner for two raffle drawing for Frankie and Johnnie's Pine Restaurant will be held during this event.

"We were all taken by surprise on 9/11 and this event helps people stay alert and remember the sacrifices these people made to save others that day," explained Thompson. "This race pays tribute to real heroes who died to save others during this tragedy and to honor those who ultimately gave their own lives so others may live."

"We've sponsored this yearly event for the past few years and the Hutchinson Metro Center has a very strong, ongoing relationship with the 49th Precinct which provides great policing for the entire community," said Keller. "We feel it's a very worthy cause to support both 9/11 victims and our local law enforcement."

Retired 49th Club president



Lieutenant Clesse (far right) with Sgt. Roger Alequin (l), Officer Charlie Ortiz, Officer Mickey Boyle, Officer Ralph Pena, Officer Mary Anne Dolphin, Officer Dean Manfredonia and Officer Patrick Durkin taken on July 1992 at the 49th Precinct's Training Room. Photo courtesy of Mickey Boyle

Mickey Boyle worked alongside the late lieutenant who served as a community policing supervisor.

"He was a very selfless guy and we used to call him a 'real cop's cop' because of how exceptional he was," said Boyle. "Clesse was all about the community and naming this race after him is a well deserved honor for him. He was a great boss and exceptional leader and we all miss him very much."

Betsy Aleman worked at the 49th Precinct's Community Affairs and was Lieuten-

ant Clesse's partner.

"He started his career as a cop walking the beat on the streets of Fort Apache before moving to the 32nd Precinct and eventually the 49th Precinct," said Aleman. "He never forgot where he was from and loved working in the Bronx. He was my confidant and best friend and when I met his family, I felt like I was a part of it, too."

For more information, contact the 49th Precinct Community Affairs Office at either (718) 918-2025 or (718) 918-2032.



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Backpacks for Hope at the Bronx YMCA

On Sunday, August 30, the Children's Hope Chest partnered with the Bronx YMCA for a back-to-school event called, Backpacks for Hope.

Over the last ten years the Children's Hope Chest has been donating backpacks and supplies to Bronx YMCA Summer Camp kids, and this year, backpacks were also given to the New York Foundation.

As a way to engage all members of the family, the kids also read aloud and signed a "Backpacks for Hope" pledge, which read:

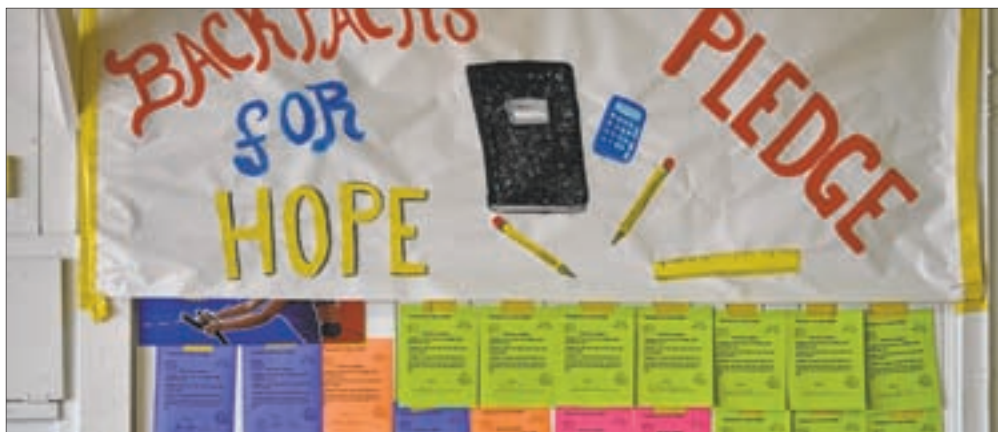
With these supplies, I pledge to do my best, in reading, math and all the rest.

I pledge to obey the rules, in my class and in my school.

I pledge to respect myself and others too.

I'll expect the best in all I do, I am here to learn all I can, to try my best and be all I am!

With distributing over 200 backpacks and supplies, it was a successful and fun event with the Children's Hope Chest as they wished the children good luck in the new school year!



Pledges were signed and pasted on to the pledge wall



Families read, discussed, and signed the pledge.



Children received folders and notebooks.

NYBG's Edible Academy Family Garden Picnic

On Sunday, September 27, from 12:30 to 4:30 p.m., the New York Botanical Garden presents The Edible Academy Family Garden Picnic, a celebration of organic vegetable gardening and cooking, featuring special guests Chef Carla Hall, co-host of ABC's *The Chew*, along with chefs from Mario Batali's acclaimed restaurants – Andy Nusser of Tarry Lodge and Anthony Sasso of Casa Mono – for a delicious picnic and live cooking demonstrations.

Kids of any age will enjoy a boxed lunch, kitchen crafts, gardening activities, live music, and much more.

Schedule of Events:

12:30–4:30 p.m.: The Edible

Academy Family Garden Picnic and activities in the Ruth Rea Howell Family Garden

Mario's Menu Mystery: Explore Mario Batali Chefs' "Kitchen Tales" garden beds with a scavenger hunt story.

Kids Cooking Workshops: Learn how to prepare garden-friendly recipes of fresh salsa, hand-pressed tortillas, and fruit smoothies.

Sample Shaved Ice: Treat yourself to a freshly shaved ice pop and top it off with hand-made local fruit syrups.

Pot Up a Basil Plant: Start a "kitchen garden" by potting up and taking home a basil plant.

Marigold Jewelry: Spring together bright autumn-bloom-

ing marigold flowers to wear as a bracelet while learning about this flower's uses in our organic garden.

Corn Husk Dolls: Recycle the husks of a corn cob to make a doll and decorate it with plant parts from the garden's meadow.

Kitchen Crafts: Decorate a chef's apron and embellish a harvest bag to collect your picnic activities.

Pickle Making: Did you ever wonder how a cucumber turns into a pickle? Here is your chance to watch how it happens and make fridge pickles to take home and enjoy.

Seed Sculptures: Make a seed sculpture to take home

and watch it grow.

Tree Climbing: Climb to the top of a giant oak tree with the Garden's arborists.

1:30 p.m.: Cooking Demonstration with Chef Anthony Sasso of Casa Mono in the Whole Foods Market® Family Garden Kitchen.

2:30 p.m.: Cooking Demonstration with Chef Andy

Nusser of Tarry Lodge in the Whole Foods Market® Family Garden Kitchen

3:30 p.m.: Cooking Workshop featuring Chef Carla Hall, co-host of ABC's *The Chew* on the Edible Academy Lawn.

For tickets and information, visit nybg.org/familypicnic or call (718) 817-8657 or hgries@nybg.org.

Mt. Carmel dinner dance Oct. 25th

Our Lady of Mt. Carmel Church, 627 E. 187th Street, will hold its 109th Anniversary Dinner Dance on Sunday, October 25, at Maestro's Caterers at 1703 Bronxdale Avenue.

The honorees are Msgr. John A. Ruso, Pastor Emeri-

tus of Our Lady of Mt. Carmel Church, as well as parish volunteers Rosanna Bizzarro and Carmen Navedo.

The cocktail hour will begin at 3 p.m., followed by dinner. A commemorative journal will be printed in conjunction with the dinner.

A drawing of the parish Mega Raffle will be held that evening, as well as the traditional dinner raffle. Entertainment will be provided by the Next Step.

Reservations are \$90 per person and can be made by calling (718) 295-3770.

Benedetto sponsors AARP Driver Safety Program

Assemblyman Michael R. Benedetto will be sponsoring an AARP Driver Safety course on Saturday, October 17, from 9 a.m. to 3 p.m. This course is a closed class with AARP.

Space is limited. Registration for this class begins on Monday, September 14, at 9:30 a.m. No reservations will be taken prior to that time!

To reserve a seat, call Assemblyman Benedetto's office at (718) 892-2235.

This 6-hour course will refresh your driving knowledge with a review of time-tested safe driving tips. Those who complete the course will receive a reduction of approximately 10 percent from the base rate of automobile and motorcycle liability premiums each year for three years.

The course will be held at the Fort Schuyler House, 3077 Cross Bronx Expressway.

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Edgewater Labor Day Games



Five-year-old boys make tracks at Saturday's 40-yard relay race at Edgewater Park.

Photo by Laura Stone

Ready, set, go! Edgewater Park children of all ages made tracks this past Saturday, September 5 at the waterfront neighborhood's annual Labor Day Games. This year's races included boys two and under participating in a 25-yard relay, girls four-years-old running a 30-yard relay, boys five-years-old running a 40-yard relay and girls age ten participating in a 60-yard relay race all as their friends and family cheered them on from the sidelines.



Hudson Gonzalez (r) races toward relatives at the finish line at the 25-yard Girls 2 and Under Race.

Photo by Laura Stone



Brendan Buckley helps his son, Dylan, to the finish line in a pre-game race.

Photo by Laura Stone

Edgewater Park holds awards ceremony



Edgewater Park Athletic Association members, some sporting straw hats, strike a pose.

Photo by Laura Stone

On Monday, September 7, an awards ceremony was held to celebrate the winners of the Edgewater events that took place during the Labor Day Weekend at Edgewater Park. Winners received medals and trophies for swimming, track, cheerleading, singing and other competitions. A Baby Parade & Field Day was also held the same day.



Marissa Wessels, age eight relay winner, shows off her trophies during the medal ceremony.

Photo by Laura Stone



(l-r) Richie O'Flanagan and Avery Kelly, winners of the potato race, show their strength during the medal ceremony.

Photo by Laura Stone



(l-r) Marissa Wessels and Samantha Hangin, age eight relay winners, show off their medals during the medal ceremony.

Photo by Laura Stone



(l-r) Jane Haddon, first place relay winner for age four, poses with Mackayla Banker, fourth place winner, during the medal ceremony.

Photo by Laura Stone



Winner Leila Bourbel poses with (l-r) grandfather Artie, mom Kelly and sister Yasmine during the medal ceremony.

Photo by Laura Stone



(l-r) Winners Amy Bernard, Kylie Archambald, Samantha Hangin and Skylar Powers pose with their medals and trophies during the medal ceremony.

Photo by Laura Stone

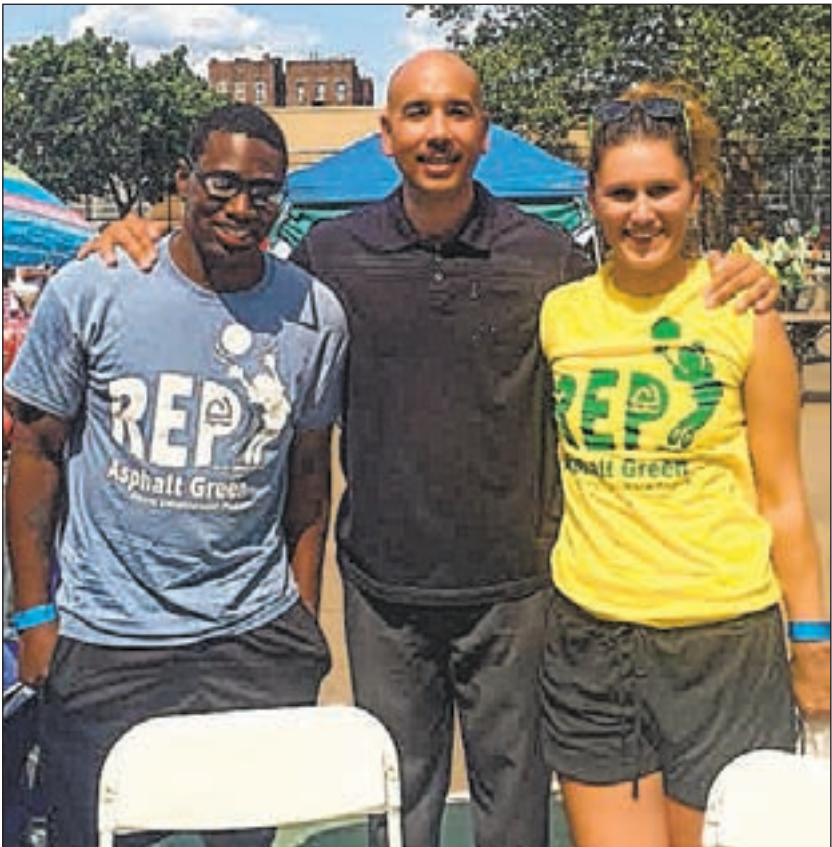


Kate and Jonathon Haddon congratulate their daughters (l-r) Jane and Dallas during the medal ceremony.

Photo by Laura Stone

ASPHALT GREEN AT BACK-TO-SCHOOL FAIR

Nonprofit sports organization Asphalt Green ran an obstacle course for kids at Borough President Ruben Diaz, Jr.'s "Back-to-School Literacy & Health Fair" on Saturday, August 29 at P.S. 18. Asphalt Green's Recess Enhancement Program will bring active, cooperative play to recesses at 19 Bronx schools this year.



Borough President Ruben Diaz, Jr. with Sean St. Bernard, REP senior play coach, and Francesca Hays, REP coordinator. Photo courtesy of Asphalt Green



5TH ANNUAL BOROUGH PRESIDENT'S CUP

Borough President Ruben Diaz, Jr. and Marissa Shorenstein, AT&T New York president, presented a championship trophy to the Kingsbridge Knights for their 4-2 victory over Grand Slam Little League at the 5th Annual Borough President's Cup Little League Tournament last Thursday, September 3 at Yankee Stadium.

(Above) BP Diaz. (l) and Shorenstein (c) presented the Kingsbridge Knights with the championship trophy at the 5th Annual Borough President's Cup Little League Tournament last Thursday at Yankee Stadium. Photo courtesy of Borough President Ruben Diaz, Jr.'s Office

BENEDETTO, VACCA HAND OUT ITALIAN ICES

Assemblyman Michael Benedetto and Councilman James Vacca visited the Throggs Neck Houses on Tuesday, September 1 to hand out cool and refreshing Italian ices at the end of summer.



Linda and Julia Gonzalez (l) with Benedetto and Vacca (r). Photo by Silvio Pacifico



SILVER BEACH PARADE OF CHAMPS

Silver Beach held its Labor Day weekend games from Friday, September 4 to Sunday, September 6. The events culminated in a Parade of Champions and awards ceremony that closed the weekend on Sunday. At the event, winners of the athletic competitions received awards.

(Top) The Silver Beach Gardens Parade of Champions marched through the enclave. Photo by Silvio Pacifico



Julianna Walter tied for first place in the one-year old girl swim race. Photo by Silvio Pacifico

FAMILY REUNION HELD IN THROGGS NECK

The Mongiello-DeAngelis family held a reunion at Patricia's Restaurant in Throggs Neck on Sunday, September 6. The Mongiello family has been in Throggs Neck since the 1920s, and was featured in one of the Bronx Times history columnist Bill Twomey's articles. Roughly 70 family members attended this year's event, including some relatives that came from the four corners of the United States and even a group from Italy.



The reunion participants had a good time. Much of the family originated in Throggs Neck and many still live in the neighborhood. Photo by Edwin Soto



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Edgewater Park Labor Day

B A B Y P A R A D E

As part of the Edgewater Park Labor Day weekend festivities, the community held a baby parade complete with floats for youngsters and their parents to show off their creative sides. The parade kicked off from the Edgewater Park Firehouse on Saturday, September 5, and included awards for the best entrants in the costume parade.



Members of the Edgewater Garden in the Park float (l-r) Brian Roff, Josephine Roff and Hudson Gonzalez. The float came in second place.



Besides looking cute for the camera, Finn Featherstone also had to keep an eye on his Candy Land float's sweet snacks.



Stella DiTrano and Jameson Schmidt relax on the third place Life's A Beach float



Friends and family of Finn Featherstone pull his Candy Land float along the parade route.

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Bayview Avenue Block Party held



Anthony Ferrara (wearing hat) and Richard Tiru (c) enjoyed a relaxing barbecue with their family and friends at Saturday's party. Photo by Aracelis Baptista

A great time was had by all who attended this past Saturday, September 5's annual Bayview Avenue Block Party. The family-fun neighborhood event featured carnival games, an inflatable waterslide, delicious cotton candy, barbecue food and some great company.



Steven Mazza (back), Michael Amos and Ryan Whelan had a fun time riding down the inflatable water slide. Photo by Aracelis Batista



The Wheelman, Amos, Livingston, Laponese and Mazza families were all smiles at the Bayview Avenue block party. Photo by Aracelis Baptista



Rose Jesselli (c) poses with her friends during Saturday's block party. Photo by Aracelis Baptista



Robert Howard wearing his best velcro suit takes a brief break from playing a fun game of Castle Sticky Wall. Photo by Aracelis Baptista



Sofia Rexhaj and Vincent Howard appear delighted to have attended Saturday's annual neighborhood festival. Photo by Aracelis Baptista



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Saturday, October 3rd

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14th ANNUAL GOLF OUTING

Commemorating the 14th anniversary of 9/11, the Lt. Raymond E. Murphy Memorial Scholarship Fund held our 14th annual Golf Outing on July 15, 2015. We'd once again like to express our appreciation and gratitude to all who participated in making the Outing a huge success!

UNDERWRITERS

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PUBLIC MEETING #3

On the CSO Long Term Control Plans
for the Hutchinson River and Westchester Creek

Wednesday, September 16, 2015

Public School 071 Rosa E. Scala
3040 Roberts Avenue, Bronx, NY 10461
6:00pm to 8:00pm

DEP will provide a brief presentation at 6:30pm.

When there are heavy rains and the sewer system has reached its capacity, a diluted mixture of rain water and sewage, also known as combined sewage, may overflow into local waterways as a combined sewer overflow (CSO). The New York City Department of Environmental Protection (DEP) is developing CSO Long Term Control Plans (LTCP) that will identify and evaluate alternatives to reduce the impact of CSOs in NYC's waterbodies and waterways. In 2014, DEP submitted LTCPs for Hutchinson River and Westchester Creek to the New York State Department of Environmental Protection (DEC) for its review. At this meeting, you will learn about these LTCPs and their proposed alternatives/projects.

How to Get Involved?

To RSVP, please email hrd@dep.nyc.gov or call (718) 595-4148.

For more information on DEP's CSO program, please visit our LTCP Program website at www.nyc.gov/dep/ltcp or follow us on Facebook: www.facebook.com/NYCWATER.



Bronx beat

Pre-K Soccer at Bronx House

Bronx House will be offering its annual Pre-K Soccer program for children ages 3-5 years old. The program begins September 19th, 2015 for 10 consecutive Saturdays. Children ages 3-4 will be grouped together on Saturdays from 10 to 11 a.m. and 5 year olds will have their program from 11 a.m. to noon. Children will learn the basics of soccer, while having fun in a safe, nurturing and enjoyable environment. The program cost \$150 for Bronx House members and \$210 for the community plus a \$50 insurance fee.

For more information contact Fred Lopez at (718) 792-1800 ext. 229 or at Fred@BronxHouse.org.

Bronx House will also be offering its annual youth soccer program for children in the 1st-6th grade. The soccer program begins September 1h, 2015 at noon for 10 consecutive Saturdays. Children in grades 1-5 will learn and enhance their soccer skills, while having fun through drills and team play.

The program cost \$150 for Bronx House members and \$210 for the community plus a \$50 insurance fee.

For more information contact Fred Lopez at (718) 792-1800 ext. 229 or at Fred@BronxHouse.org.

Bronx Council on the Arts presents the 2016 Bronx Recognizes Its Own awards application and guidelines, starting Friday, October 2, at www.bronxarts.org. The BRIO applications will be available online only.

This year's submission deadline is Wednesday, December 2, 11:59 p.m.

BCA's 2016 BRIO Fellowship program celebrates 27 years of supporting individual artists in the creation of work in literary, media, performing and visual arts. Bronx artists may apply in one of the following categories: Acting, Choreography, Crafts, Dance, Digital Arts, Fiction, Film Animation, Illustrated Text, Illustration/Artist Book, Installation Art, Instrumental and Vocal Music Performance, Mixed Media, Music Composition, Narrative/Documentary/Experimental Film/Video, Non-Fiction, Painting, Performance Art, Performance Poetry, Photography, Playwriting, Poetry, Printmaking/Drawing, Screenwriting, Sculpture, Spoken Word, and Storytelling.

A total of 25 awards of \$3,000 each are available to Bronx artists. Eligible applicants must be 18 years or older, live in the Bronx, and may NOT be

enrolled as a full-time graduate or undergraduate student. Individuals who work for BCA or who are recipients of any of the Council's awards in 2015-16 including BRIO, or Arts Fund are also ineligible.

Application assistance and tips on presenting your work professionally is available at one of six free BRIO How to Apply workshops to be held on the following dates:

• Saturday, October 3, 2 to 4 p.m. at Morris Park Library, 985 Morris Park Avenue.

• Friday, October 9, 5 to 7 p.m. at Longwood Art Gallery @ Hostos, 450 Grand Concourse at 149th Street.

• Wednesday, October 21, 6 to 8 p.m. at Bronx Council on the Arts Main Office, 1738 Hone Avenue.

• Saturday, November 7, 3 to 5 p.m. at New Hope for All Saints Lutheran Church, 585 East 163rd Street.

• Wednesday, November 18, 6:30 to 8 p.m. at Bronx Library Center, 310 East Kingsbridge Road.

• Tuesday, December 1, 5 to 7 p.m. at Longwood Art Gallery @ Hostos, 450 Grand Concourse at 149th Street.

Due to new guidelines, you are urged to attend one of these workshops! Space is limited.

Visit www.bronxarts.org to RSVP for your BRIO "How to Apply" workshop.

Individual consultations by appointment only can be arranged with the BRIO administrator by calling (718) 931-9500, ext. 35 or e-mail BRIO@bronxarts.org. For Literary applicants, 1-on-1 half-hour consultations can be arranged with the Bronx Writers Center Director to help prepare your manuscript for BRIO by calling (718) 931-9500 x21 or e-mailing bronxwriters@bronxarts.org. For general BRIO information, e-mail BRIO@bronxarts.org.

The selection of awards are based solely on artistic excellence and decided by a panel of arts professionals of various disciplines. All materials involved in the selection process are reviewed anonymously. All applicants are notified of panel decisions by e-mail approximately four months after the deadline date. Winners are invited to an awards ceremony in 2016 to receive the first payment of \$2,500. The remaining balance of \$500 is to be paid to the artist upon completion of a community service activity which is required of all awardees.

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- Buttermilk Biscuit** \$2
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- Hash Browns** \$5
- Short Stack of Pancakes** \$5
- 2 Eggs** \$3
- Corned Beef or Texas Brisket Hash** \$8
- Applewood Smoked Bacon** \$5
- Breakfast Sausage** \$4

COCKTAILS

- ManMosa** \$8
Orange Juice, Magner's Irish Cider, Stolichnaya Ohranj Vodka
- Creamsicle Mamosa** \$6
Champagne with a scoop of orange sorbet
- Pumpkin Patch** \$8
Leinekugel's Harvest Patch Shandy, Kahlua Pumpkin Spice, Bailey's Salted Caramel
- 5 Alarm Bloody Mary** \$8
Bloody Mary blend, Stolichnaya Jalapeño Vodka, Sriracha Sauce
~ add 3 shrimp for \$4
- Not Your Father's Root Beer Float** \$8
Not Your Father's Root Beer, Pinnacle Whipped Vodka, & a scoop of vanilla ice cream
- Red Eye Coffee** \$7
Ice coffee, Myer's Jamaican Rum, crème de cacao
- Liquid Breakfast** \$8
Founder's Oatmeal Stout, Rum Chata, hazelnut liquor
- Southern Hospitali-Tea** \$7
Lemon iced tea, Firefly Sweet Tea Vodka, Bacardi Limon, sour mix
- Bloody Mary** \$6
~ add 3 shrimp for \$4
- Mimosa** \$5

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Mission BX to premiere on Bronxnet

For the first time, when Mission BX premieres on BronxNet, Bronx residents will have a regular TV program that keeps them informed about services offered by nonprofit organizations that can positively impact their quality of life. At the same time, the program will provide guidance to nonprofit managers, as they work to strengthen their organizations and overcome some of the challenges faced by so many nonprofits. Mission BX is produced under a partnership between BronxNet, Hostos Community College and the Center for Bronx Nonprofits. The program will air on BronxNet Channel 67 on Cablevision and BronxNet Channel 33 on Verizon FiOS. It will also be webcast at www.bronxnet.org. The premiere episode will be broadcast on Sunday, September 13 at 12:30 p.m., with repeats Thursday, September 17 at 7 a.m. and 7 p.m.

Mission BX is a fast paced, informative TV and new media program that encourages viewers to think about nonprofits in a different light. The nonprofit organizations highlighted provide services ranging from cleaning up the

Bronx River, providing food for the hungry, clothing and comforting those in need, improving access to healthy food, advocating for young people, and much more. Mission BX engages and connects nonprofits with their constituencies, and helps identify services of value to a broad Bronx audience. The program simultaneously offers information that helps nonprofits serve and work better.

"I am very excited to be hosting the BronxNet show Mission BX. This collaboration between BronxNet and the Center for Bronx Nonprofits at Hostos Community College provides a wonderful opportunity to showcase the work of nonprofits working in all sectors here in the Bronx. Nonprofit organizations are the heart of the community, providing needed services to everyone from children to senior citizens, Mission BX will introduce viewers to the hard-working, committed people who make up a significant part of the Bronx workforce," said Center for Bronx Nonprofits executive director Eileen Newman.

BronxNet executive director Michael Max Knobbe

stated: "We are proud to partner with Hostos Community College and the Center for Bronx Nonprofits to produce a model program – Mission BX – that helps the public better understand and utilize the not-for-profits that serve them. We're producing content that will enable viewers to access information to help strengthen their families and communities. Mission BX will share best practices for not-for-profits while facilitating dialogue about public service."

"We are very excited about this latest opportunity to serve the community at large through this innovative BronxNet program," Hostos president David Gómez said. "Mission BX represents an important teaching tool that takes Hostos outside the classroom and into the community to extend its reach in support of the crucial nonprofit organizations in our neighborhoods. We are proud of Eileen Newman and the Center for Bronx Nonprofits for continuing to expand the Center's footprint, as it searches for new and impactful ways to make the Bronx stronger."

The mission of the Center



Bronx Nonprofits executive director Eileen Newman.

for Bronx Nonprofits is to positively impact the quality of life for the members of the Bronx community by strengthening Bronx nonprofits across all sectors. In addition, the Center for Bronx Nonprofits deals with topics such as how nonprofits may visually present their stories through social media, websites and informational material. Moreover, they specifically focus on how to improve life for the Bronx' homeless population. The Center for Bronx Nonprofits also focuses on services that positively impact the quality of life of immigrants and art-

ists in the borough.

BronxNet is the independent not-for-profit organization serving the people of the Bronx through the provision of media production training, access to technology and channels. BronxNet programs six channels – 33, 34, 35, 36, 37 and 38 on the Verizon FiOS system and six channels – 67, 68, 69, 70, 951 and 952 – on the Cablevision Optimum system in the Bronx. BronxNet's ultra-local programming helps connect the Bronx with the world while our training programs are a part of community development through media.

Back to School Clean Up event

The Bronx Chamber of Commerce and the Allerton International Merchants Association hosted a success-

ful Back to School Clean Up event on the Allerton Avenue commercial strip on Wednesday, September 2. Seventy-five children received a free breakfast, school bags, school supplies, haircut coupons, and more.

Waste Management sponsored this neighborhood beautification project. WB Mason provided the students with back to school supplies and book bags. Elected officials Senator Jeff Klein, Senator Ruth Hassell Thompson, Assemblyman Mark Gjonaj, Councilman James Vacca, and Councilman Ritchie Torres represent this commercial corridor and have been very supportive of the commercial revitalization efforts.

"We are grateful for the support and participation of the Allerton Avenue Merchants Association, our volunteers, elected officials, and community partners who have teamed up with the Bronx Chamber of Commerce to make this neighborhood

cleaner and safer. The chamber will continue our commercial revitalization efforts in this corridor. Together, we will make a significant impact," said Michelle Dolgow Cristofaro, executive director of The Bronx Chamber of Commerce.

"I applaud the Allerton International Merchants Association and the Bronx Chamber of Commerce for taking the initiative in setting up this neighborhood clean-up," said Councilman James Vacca. "Keeping our community clean is important and I encourage every citizen to pitch in and do their part."

"By investing in our students from an early age and equipping them with the tools they need to succeed, we are lifting up generations of New Yorkers. I'm proud to support the back-to-school cleanup of the Allerton Avenue corridor and thank all our students for coming out to lend the community a helping hand. I wish everyone an exciting school year



(L-r) Marques Payne, director of Membership and Merchant Services, Bronx Chamber of Commerce; Sharelle Gardner, Apple Bank; Tommy Messina, Office of US Congressman Joseph Crowley; Councilman James Vacca, Michelle Dolgow Cristofaro, executive director of The Bronx Chamber of Commerce; Assemblyman Mark Gjonaj; Lady Pamela Damon, and Gene DeFrancis, president of Allerton Avenue International Merchants Association.

filled with lots of learning and many laughs," said Senator Jeff Klein

"I commend the Allerton International Merchant Association for their work to beautify Allerton Avenue. Residents take pride in a clean neighborhood, and I am proud to partner with the Merchant Association, the Bronx Chamber of Commerce, and my colleagues in city and state government in lending a hand

in this clean-up," concluded Councilman Ritchie Torres

"A clean neighborhood is essential to the wellbeing of our district's students. As they return for this academic year, it is important to provide a clean and healthy environment that is conducive to their learning experience. I am happy to see the community working together to provide for our students and neighbors," stated Assemblyman Mark Gjonaj.



Community children participated in the Back to School Clean Up event on the Allerton Avenue commercial Strip.



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New 'MRI Without Walls' Offers Patients Many Benefits

Undergoing an MRI can be an unsettling experience especially if you suffer from claustrophobia. It can also be challenging if you are obese. But now University Diagnostic Medical Imaging (UDMI), the leading full-service diagnostic radiology facility in the Bronx, is offering its patients the latest generation in open magnetic resonance imaging system which provides high-field image quality in a completely open design that improves the patient experience.

UDMI is the only private practice radiology facility in the New York Metropolitan Area offering the Philips Healthcare Panorama High Field 1 Tesla Open MRI, which features the widest patient opening of any high-field MR system creating an "MRI Without Walls".

UDMI's new high-field open MRI can accommodate body weights of up to 500 pounds.

In addition to making patients more comfortable, the new high-field MRI Without Walls takes LESS time and collects MORE data than a traditional low-field open or standup MRI which means a more accurate diagnosis. For example, a brain scan that takes 40 minutes with the low-field open or standup MRI requires only 15 minutes with UDMI's new high-field MRI Without Walls.

"We are thrilled to now offer our patients access to this latest in state-of-the-art open MRI technology. Many patients, due to their size or feelings of claustrophobia, prefer open MRI systems. Physicians will appreciate the high-resolution images that allow the radiologists at UDMI to make more precise diagnoses," said Marc Prager, MD, Medical Director of UDMI.

"The Panorama High Field

Open MRI system we have installed offers an unprecedented combination of clinical excellence and patient acceptance. Getting this power in an open design provides us with a great deal of flexibility. We're able to accommodate more patients, give them a comfortable experience and get the most effective results from our work. This system is a tremendous diagnostic benefit to the communities we serve," said Daniel Gurell, MD, Associate Medical Director of UDMI.

"Our new open MRI system represents a significant investment by our practice. We are committed to providing the highest quality diagnostic imaging by experienced, board-certified radiologists to our growing patient population in the Bronx and lower Westchester County," said Dr. Prager.



UDMI Administrative Technologist Tony DelliCarpini with patient and UDMI's new High Field 1 Tesla Open MRI

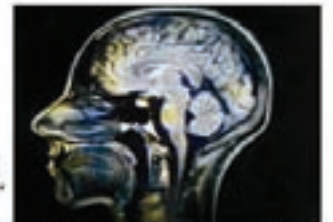
Time for the 'MRI Without Walls'



Time is on your side at University Diagnostic Medical Imaging! Our latest generation in open "MRI Without Walls" provides high-field image quality in a completely open design which takes LESS time and collects MORE data than a low-field open or standup MRI. That means a more accurate diagnosis in half the time. Plus, our completely open design provides a better patient experience. Isn't it time you changed your radiologist.

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Heart disease a concern for women, too

Heart disease is a condition most often associated with men, but women are just as susceptible to heart disease as their male counterparts. In fact, the National Heart, Lung, and Blood Institute notes that coronary heart disease, or CHD, is the foremost killer of both men and women in the United States.

While heart disease does not discriminate based on gender, it does not necessarily manifest itself in women the same way it does in men. Recognizing the symptoms of heart disease in females as well as

the risk factors can help women in their fights against this potentially deadly disease.

Symptoms of heart disease in women

The symptoms of heart disease in women depend on the type of problem women may be suffering from.

- **Arrhythmia:** Arrhythmia occurs when the heart beats at an abnormal rhythm that can be too fast, too slow or even erratically.
- **CHD:** CHD occurs when plaque builds up inside the coronary arter-

ies, which help deliver oxygen-rich blood to the heart. A woman suffering from CHD may develop angina, a condition marked by severe pain in the chest. The pain may spread to the neck, jaw, throat, upper abdomen or back.

- **Heart attack:** Women suffering from heart attack may feel chest pain or discomfort and/or pain in their upper backs and necks. Lesser known potential indicators of heart attack include, indigestion, heartburn, nausea and vomiting, and extreme fatigue.

- **Heart failure:** Women suffering from heart failure may experience shortness of breath, fatigue and/or swelling in their feet, ankles, legs, and abdomen.

Risk factors for women

Much like the symptoms of heart disease are similar in men and women, so, too, are the risk factors. For example, high cholesterol and obesity put both men and women at risk of heart disease. But there are some factors that affect women's risk of developing heart disease more so than men.

- **Abdominal fat:** When combined with high blood pressure, high blood sugar and high triglycerides, abdominal fat increases women's risk for heart disease more so than it does men in the same physical condition.

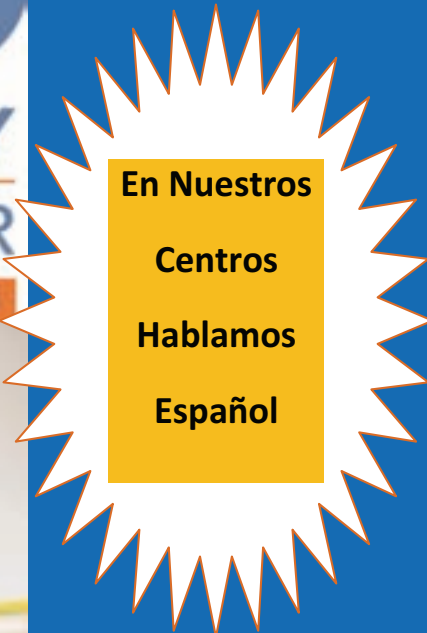
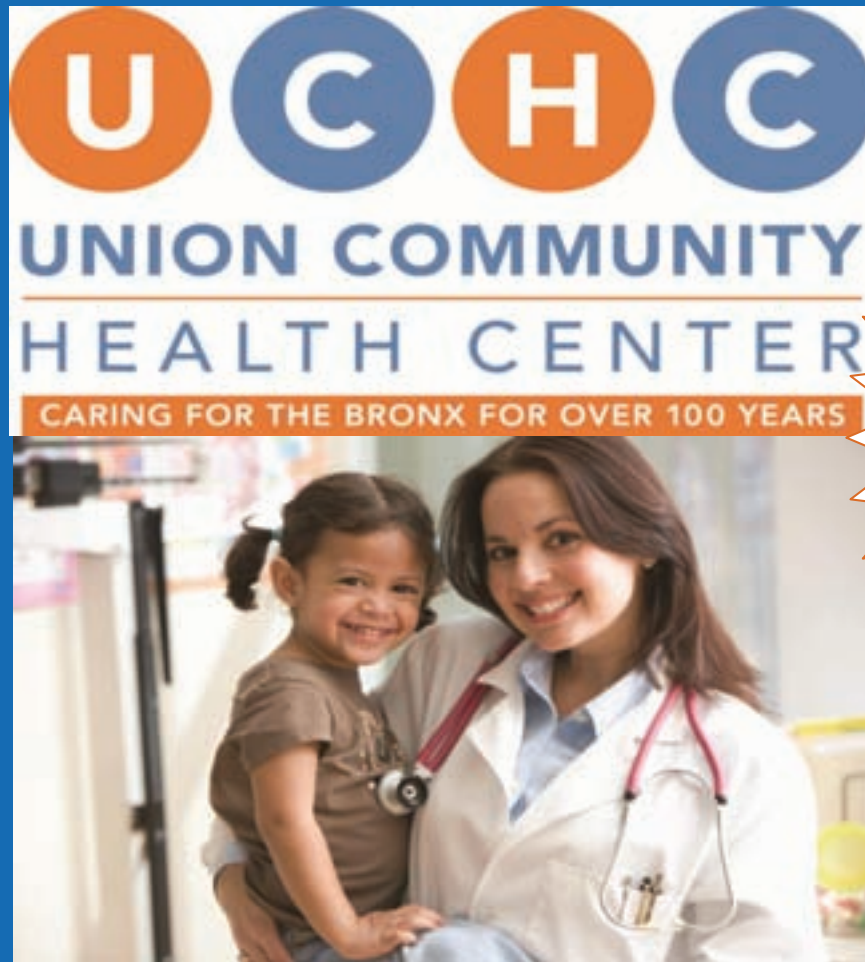
- **Diabetes:** Women with diabetes are at a significantly higher risk of developing heart disease than men with diabetes.

- **Pregnancy:** High blood pressure or diabetes during pregnancy can increase a woman's long-term risk of high blood pressure, which is a significant risk factor for heart disease.

- **Smoking:** Smoking and heart disease are linked, but smoking is a greater risk factor for heart disease in females than it is among males.

Heart disease is most often associated with men, but women can be just as susceptible to this potentially deadly foe as their male counterparts.





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Back-to-school checklist: Health screenings



As summer vacation winds down, thoughts turn from jaunts to the beach to readying for a new school year. To-do lists include many of the typical tasks that precede going back to the classroom, including shopping for new clothes, purchasing school supplies and finishing summer reading assignments.

Another essential requirement parents must find time for is completing their children's health screenings and immunizations so youngsters can return to school.

Health screenings may include, but may not be limited to, routine physical exams, eye exams and dental cleanings. Each school district may have its own set of health requirements that must be met in order for children to attend school.

Many schools require that children are up-to-date with all immunizations before they can begin a new school year. While the issue of vaccinations has inspired debate in recent years, parents should recognize that many schools will only exempt students from receiving certain vaccinations due to religious reasons. For a list of state vaccination requirements and possible exemptions for schools in the United States, visit www2a.cdc.gov/nip/schoolsurv/schImmRqmt.asp.

Students who have specific learning disabilities or medical conditions that require classroom modification should obtain recent documentation from any therapists or specialists prior to beginning a new school year. Doing so facilitates the

process of setting up procedures within the school while ensuring children have what they need to excel in the classroom. All parents may want to ask doctors to provide copies of medical and immunization records so that schools will have the most recent copies on file.

Parents should schedule eye examinations well in advance of the first day of school so they have ample time to fill new prescriptions for youngsters before school begins. This ensures kids won't be starting off on the wrong foot because of vision problems that could already have been addressed.

Parents of adolescents or students on the verge of adolescence may want to address the subject of bodily changes before the school year begins anew. Address which changes can be expected, including the start of menstruation for girls. This will help children better understand what is happening when they witness changes in themselves and fellow classmates and give them a chance to receive accurate information rather than gossip from their peers.

Keep in mind that health screenings conducted in advance of the school year may not preclude students from school-sponsored screenings. Schools may offer their own vision and hearing screenings and may take physical measurements to ensure students are growing on schedules in line with normal development.

Schedule visits to the doctor, dentist and an eye doctor so your child is up-to-date upon the dawn of a new school year.



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Always eager to share his knowledge, 'Dr. Smile' has been providing the Bronx Times with informative and often humorous articles aimed at creating public awareness of dental issues and how they effect your health, your family, and even your pets!

He quickly mobilized his

staff to aid the victims of both the earthquake in Haiti and Hurricane Sandy, but that's just half the story. His devotion to the children in the neighborhood has been his greatest achievement. Not only has he paid children to trade their Halloween candy for donations to our troops for years, he has also sponsored school programs aimed at the prevention of dental disease, throughout the Bronx's elementary schools, both private and parochial. He even distributed toothbrushes and dental 'goodie bags' at the New York premiere of "How to Train your Dragon."

Such wonderful work deserves recognition, and where better or more appropriate than in our 'BronxMD.' Thank you, Dr. Smile, for helping to make the Bronx happier, healthier, and "smilier."

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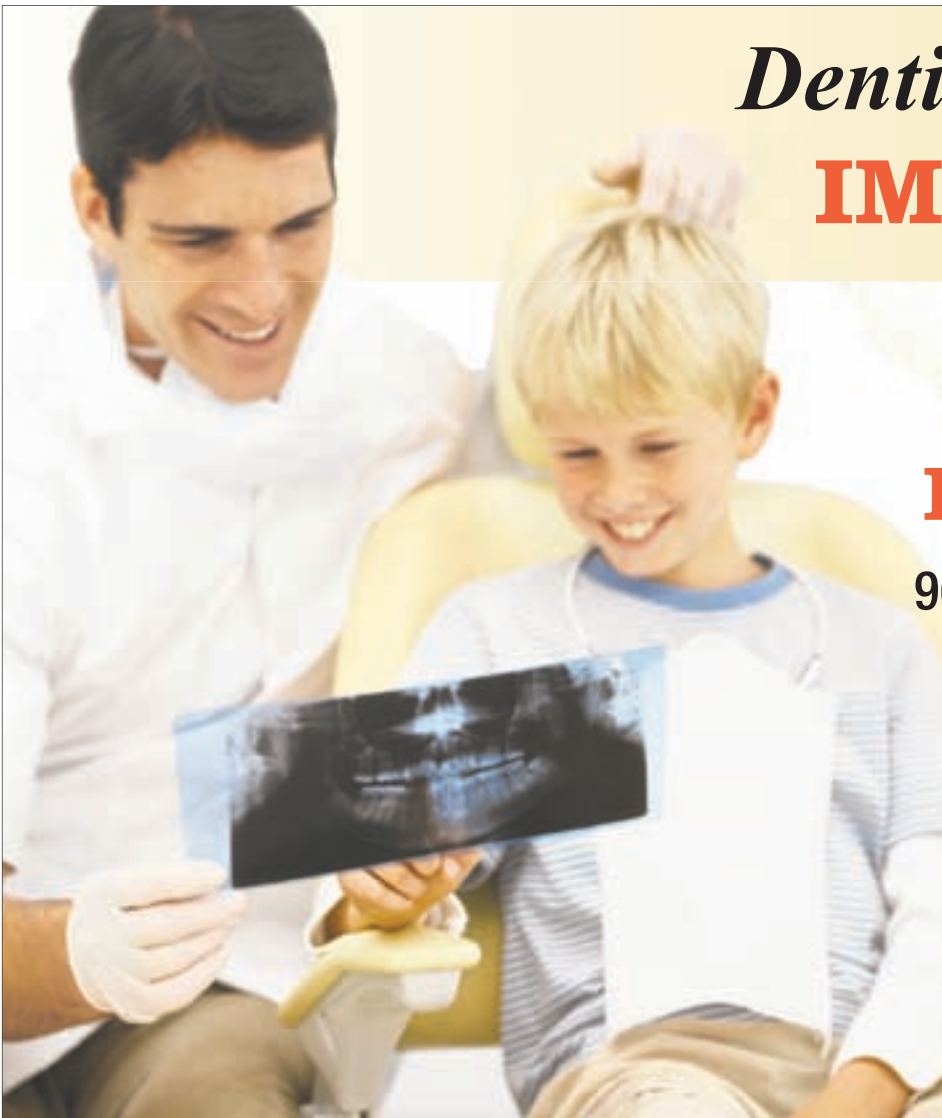
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How to adjust to a healthier diet

Change often requires an adjustment period. Men and women who switch jobs may need a few weeks before they feel fully comfortable in a new office, while students changing schools may also need some time to adapt to their new surroundings.

An adjustment period is also common when people decide to adopt healthier diets. Diet is often habit-forming, and men and women will need some time to adjust as they kick some bad dietary habits in favor of healthier fare. The following are some simple ways to make that adjustment period a little easier to swallow.

- Go slowly. Some people are capable of going cold turkey when

adjusting to a new diet, while others must take a more gradual approach. Unless a health condition that requires immediate change is driving your dietary changes, take things slowly so your body acclimates to its new diet over time. Such an approach may make your efforts more successful over the long haul than making more sudden, drastic changes. For example, suddenly cutting your daily calorie intake in half may force you into old, unhealthy habits when hunger pangs inevitably arise. But gradually reducing your caloric intake over time may make it easier for your body to adjust, decreasing the likelihood that you will relapse into bad habits.

- Explain your motivation to loved

ones. Adults, especially married men and women and parents, may find adjusting to a new diet especially difficult unless their spouses and/or families are making similar adjustments. If you are the only member of your household who will be adjusting to a new diet, explain your efforts and motivation to your loved ones. Such an explanation will make them less likely to bring unhealthy foods into your home. In addition, your loved ones can prove an invaluable source of support as you make this big adjustment in your life.

- Embrace positive results, even if they are initially underwhelming. Just because you have adopted a new diet does not mean you will see immediate results. Fad diets meant to last just a few weeks may produce immediate results, but such results likely will not withstand the test of time, and you may even gain weight when you revert to some of your old eating habits. The right diet will produce long-lasting results, but you must allow for some time before such diets lead to significant weight loss. In the meantime, place more emphasis on how you feel than the figure that shows up on your bathroom scale each morning. Upon adopting a healthier diet, you will start to notice how much better you feel than you felt when eating a diet filled with fatty, unhealthy foods. Remind yourself of this extra hop in your step as you continue on the path to a healthier lifestyle.

- Don't give up. Your adjustment period will require some discipline, and there may be moments when you backslide into bad habits. If that happens, don't allow it to derail all of the progress you have made since switching to a healthier diet. Just accept that you had a setback and resolve to do your best to avoid having another one. The sooner you get back on a healthier track, the better you will feel.





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We see so many patients with shoulder injuries or pain, it often makes me question the design of the human shoulder. Are some of the demands of life in 2015 beyond the structures of our bodies? Does comfortably sitting at a laptop require excessive shoulder mobility? Does carrying a grandchild require superhuman strength? Were we built to throw a ball or swing a racquet?

Our shoulders are a complex balance of pulleys and slings that dynamically coordinate normal, functional movement, allowing us to push, pull, throw, lift and do an infinite number of daily activities. The shoulder is the base for all upper body movement, and if something goes wrong, entire arm function can be compromised. Since the shoulder is such a complex joint, there are so many things that can possibly go wrong. Muscles, ligaments, cartilage, tendons, bones, fascia, arteries, nerves and lymph nodes are all a part of our shoulders. Lesions in any one of them can cause minimal to severe pain.

Patients come to WSPT at all stages of a shoulder injury - directly from a work injury, prior to surgery, after surgery or after months of gradually increasing pain and dysfunction. Physical therapy intervention is appropriate at each of these stages.

We have many patients come directly to Physical Therapy (PT) with an injury, but most are referred by

an Orthopedist/Shoulder Specialist. Unless an injury is traumatic and severe, most patients are referred for a trial of PT to see if they can recover without surgery. Anti-inflammatory meds or a steroid injection may be prescribed, as well.

When a patient with a shoulder injury comes to their first appointment at WSPT, they are thoroughly assessed by the PT who determines the patient's limitations and functional ability. The PT will take a full history of the current condition and past medical issues. The PT will make sure that medical complications and other orthopedic conditions are not the cause of the perceived shoulder pain. The PT will measure shoulder range of motion, strength and functional ability; they will make sure there are no neurological deficits; and they will develop a plan based upon the patient's specific limitations, lifestyle and expectations.

Treatment typically involves heat modalities to relieve pain and muscle tension; soft tissue mobilization/massage and joint mobilization to achieve full range of motion before excessive exercise; postural training and neuromuscular re-education to teach stabilizing muscles and movement muscles to work synchronously around the shoulder; and functional activities to simulate real-life use of the shoulder and arm.

When assessing and treating a shoulder there is a balancing act for a PT. We want to help every patient return to normal as fast as possible, but progressing too fast can lead to pain and setbacks. The shoulder is particularly sensitive, any patient will tell you. Attempting to lift heavy weights prior to restoring normal mobility and properly activating shoulder stabilizing muscles can lead to bigger problems than the patient initially had. It's a delicate process with many moving parts.

Post-surgical cases pose another

set of challenges for a PT and patient. We see many patients who have undergone surgical repair of a torn rotator cuff. Every surgeon has a different post-surgical protocol. Some request aggressive range of motion right away, others prefer that their patient stays in a sling for 6 weeks with no active use of their shoulder muscles. It's our job to always be aware of each specific case and be the guardians of the surgery. Patients and surgeons trust us to safely and effectively lead them down the road of recovery.

In the end, recovery from a shoulder injury is mostly up to the patient. We only get to see them for 2-3 hours per week. The rest of the time they need to care for themselves. Whether it be a bad case of tendinitis, a frozen shoulder or a post-surgical rotator cuff repair, we provide patients with the education, the exercises and the tools to succeed. The execution is mostly up to them. Whenever a patient tries to give me credit for them getting better, I deflect it right back to them. Patients need to be a willing, active participants in their recovery in order to succeed.

With safe use and regular maintenance, the human shoulder is a high-performance machine. Breakdowns happen and sometimes repairs are necessary. When an injury occurs, PT is an integral component of the shoulder rehab process. Whether you want to lift a newborn, post an update on Facebook or play tennis with friends, PT can help you return to a pain-free life.

Daniel Seidler, PT is the owner of WSPT. With 3 local offices - Hutch Metro Center, Bainbridge Avenue in the Norwood section of the Bronx and in Yonkers, WSPT is the region's physical therapy leader. For a free consultation or appointment call 718.409.9444 or visit www.wspt.org.



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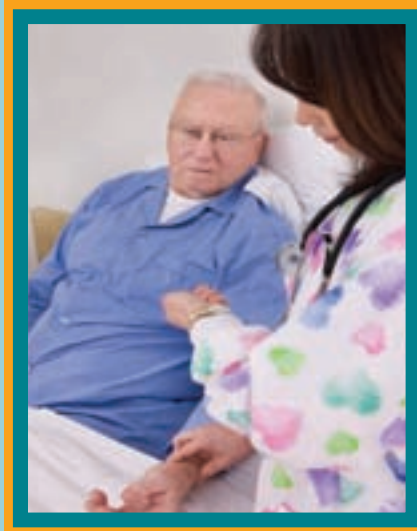
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Dear Mr. Klein,
This note is a result of our conversation on Friday afternoon, June 27th I had just finished an MRI of my brain + wanted to tell an administrator about the professional job done by Alex + Wilson, the techs who handled the procedure. In reality, they took care of me up to the point of the procedure. They were so kind + helpful.

“We’re in your hands”

Dear Mr. Klein,
I would like to commend you on your exceptional customer service to the Technicians, they make us patients turn into a team professional demeanor + leadership team is truly a great example of a service culture.

5/6/15
It is with GREAT Pleasure that I write this letter today.
Today I was scheduled for a Biopsy of a so called “Large Left Thyroid Nodule” being so afraid of malignancy results I had the pleasure of meeting an exceptional staff member who was compassionate + understanding to my fears and concerns during the procedure and answered all my questions to keep me comfortable. Thank you for the exceptional care + support.

With heartfelt appreciation for the thoughtfulness you’ve shown.
Thank you for all the support the guys have given me at this time.

September 19, 2014

RE: Robert Klein, Supervisor
Appointment Desk
University Diagnostic Medical Imaging, P.C.

I am writing this letter to you to thank your appointment desk staff for their professionalism in managing customers experience during the time when I call to schedule an appointment or request copies of imaging reports.

In search for an answer to my demise health every doctor that I saw wanted me to have MRI’s in which I ended having a series of MRI’s with and without contrast, and sonograms.

Every time that I called I asked your staff to accommodate my request to get an appointment immediately since I was desperate to get the results to my doctors.

Your staff was very professional in handling my request, and quick to accommodate me.

I have to tell you that all my doctors wanted me to use facilities that they have a relationship but, because of my experience at your facility, I could not see myself going anywhere else.

Thank you for all the support the guys have given me at this time. I am truly blessed to have you all in my life. You are caring, married + people at ease, means a great deal to the Lord above + to bless you always the way my husband is going well, continuing to pray for you + Dr. Dean in the office. Thank you for the effort + time you took to help me with Dr. Hirschfeld.

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Sincerely, Hussein

8/16/14

Many thanks to you
for your kindness.

Sincerely &
Respectfully

Mrs.

P.S. Your secy,
Ali Martinec, is
wonderful! An
asset to the office!

Dear Dr. Gurell,
This is a grateful thank
you note!
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ultrasound that you "looked" at.
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my life.

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Were you sick the last time you visited your doctor? Do you feel that you got the most out of your last visit with your doctor?

Is there anything you could do to make your next visit more productive?

Talking to Your Doctor: How to Get the Most Out of Your Visit will be the focus of the next SBH Health System Dinner with a Doctor. The event will be held on Tuesday, September 15, in Spanish and Wednesday, September 16, in English, at 6 p.m. in the Braker Building boardroom on the St. Barnabas Hospital campus (Third Avenue and 182nd Street). There is no cost to attend the event, which will include the serving of a delicious and healthful meal.

Dr. Eric Appelbaum, Associate Medical Director, Ambulatory Care, who is board certified in both emergency medicine and internal medicine, will present in English. Dr. Guido Macchiavello, who is board

certified in internal medicine and is the Internal Medicine Site Clinic Director in the St. Barnabas Hospital Ambulatory Care Center, will present in Spanish.

A Special Relationship

Doctors and their patients share a special relationship – one that can only get better when both communicate clearly and honestly. Patients need to be well prepared for their visit, and need to understand and comply with their physicians' advice.

To maximize the relationship between physician and patient, Dinner with a Doctor will answer such frequently asked questions as:

- What if I don't know the doctor who is treating me?
- Why go to the doctor if I'm not sick?
- What can I do to be better prepared?
- Should I research online before my

visit?

- Should I bring a family member or a friend with me?
- What can I do to stay on top of my medical information?
- What if I'm ever unsure of my doctor's instructions or questions? Would I insult my doctor if I said I wanted to seek a second opinion?

Dinner with a Doctor

St. Barnabas Hospital holds Dinner with a Doctor on a regular basis, with members of the hospital's clinical staff discussing various health issues while attendees enjoy a light meal. Past events have included presentations on such topics as aging joints, attention deficit disorder, breast cancer treatment, dental health, diabetes, heart care, men's health, pain management, vascular disease, wound healing, and women's health. To meet the diverse needs of the community served by the hospital, presentations are offered in English, Spanish and other languages.

"We encourage members of our community to take advantage of our Dinner with a Doctor series," said Len Walsh, Executive Vice President and Chief Operating Officer at SBH Health System. "We enjoy the opportunity to meet with them and provide some answers to questions they may have on various health and medical topics. This upcoming presentation on talking to your doctor will hopefully help patients learn to make the most of their next visit."

Dinner with a Doctor is free and is limited to 60 people. You must be 16 years of age or older to attend and reservations are required to assure that space will be available. To RSVP contact Diana Loubriel at 718-960-9295. Parking is available by entering the hospital campus at Third Avenue and 183rd Street.



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Join us for a free Dinner with a Doctor and learn how you can have an effective conversation with your doctor. Question and answer session to follow.

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Martes, 15 de septiembre

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Call 718-960-9295 to reserve your place.

Breaking dyslexia stereotypes

Dyslexia affects as many as 17 percent of school children in the United States, making it the most commonly identified learning issue according to the Yale Center for Dyslexia and Creativity. In Canada, between 15 and 20 percent of the population has dyslexia, says The Reading Clinic in Ontario. In spite of its prevalence, dyslexia is still widely misunderstood.

What is dyslexia?

The Mayo Clinic notes that dyslexia is marked by difficulty reading due to problems identifying speech sounds and learning how they relate to letters and words. Dyslexia is more than just seeing letters or words backwards, as it also may be characterized by dif-

ficulty comprehending rapid instructions and remembering the sequence of things. Some people with dyslexia may have trouble seeing and hearing similarities and differences in letters and words. Many children with dyslexia read below the expectations for their age.

Dyslexia warning signs

Parents who are concerned about dyslexia can recognize some early warning signs, including:

- delayed speech;
- difficulty learning and remembering names of letters;
- reading or writing showing repetitions, additions, transpositions, omissions, substitutions, and reversals in letters, numbers and/or

words;

- complaints of feeling or seeing movement in words while reading or writing;
- reading and rereading with little comprehension; and
- difficulty putting things into words.

What causes dyslexia?

Doctors and researchers have yet to identify a single cause of dyslexia, but genes and brain differences do play a role. Dyslexia often runs in families, and certain genes are associated with reading and language processing issues.

Many people with dyslexia have above-average intelligence, but other differences in the brain may be apparent through scans. According to the organization Understood, an organization aiming to help parents of children with learning disabilities, the planum temporale area of the brain plays a role in understanding language. It is typically larger in the dominant hemisphere (the left side of the brain for right-handed people) than in the less-dominant side. However if a child has dyslexia, the planum temporale is probably about the same size on both the left and right sides of the brain.

Schools and parents can do much to help children with dyslexia succeed in the classroom. Accommodations in class, such as extra time on tests or word-prediction or dictation software, can help immensely. Children also may benefit from smaller group instruction, as well as a multisensory approach to link listening, speaking, reading, and writing.

In addition to these steps, adults can boost confidence in children with dyslexia. Enabling kids to explore hobbies and experience successes both in and out of the classroom can help youngsters improve their self-esteem.



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Common roadblocks to weight loss and how to overcome them

Diet, exercise and maintaining a healthy weight are essential elements of a healthy lifestyle. Adapting to a new diet and embracing a new exercise regimen requires a strong commitment, but so, too, does maintaining a healthy weight once those pounds have been shed.

Losing weight can be difficult, and many people who set out to shed a few extra pounds encounter a handful of common obstacles along the way. These roadblocks do not disappear once weight has been lost, which only highlights the long-term approach men and women must take as they look to lose weight and keep pounds off for the long haul. The following are a handful of obstacles men and women may face as they

look to lose weight and keep weight off for years to come.

Snacks

Snacking is perhaps the biggest obstacle to weight loss many men and women will face. Choosing the wrong snacks can compromise your efforts to lose weight, but the right snacks can provide energy boosts without negatively impacting your waistline. Rather than high-calorie snacks that offer little nutritional value, choose low-calorie alternatives. For example, instead of fried tortilla chips, opt for reduced-sodium baked chips instead. In lieu of ice cream on a warm afternoon, choose low-fat yogurt, which can be just as refreshing without all those empty

calories.

Restaurants

Dining out is another potential obstacle for men and women trying to lose weight. Avoid buffet-style restaurants or those establishments you know serve especially large portions. When dining out, ask to swap high-calorie side dishes with vegetables when possible, and choose nutritional, low-calorie entrées that won't compromise the hard work you put in all week eating at home.

Busy schedules

One common obstacle that compromises even the most dedicated weight loss efforts is a hectic schedule. Commitments to career and family can make it easy to veer off course with regard to diet. Planning is often an effective way to overcome a hectic schedule. Plan meals in advance so you are not tempted to order takeout or delivery after a long day at the office. Use weekends to schedule and plan your weeknight meals, preparing meals in advance when possible and using a slow cooker so your meals are cooking while you're at the office and ready to eat the moment you arrive home at night.

Setbacks

Setbacks are another common obstacle that can threaten weight loss goals. Everyone experiences a setback or two as they attempt to lose weight and keep that weight off. Don't allow such setbacks to derail your weight loss efforts, and don't beat yourself up when a setback occurs. Respond by rededicating yourself to your weight loss efforts, and before you know it, you will be back on track.

Men and women can expect to face some common obstacles as they attempt to lose weight. Anticipating those obstacles is a great way to ensure they don't derail your weight loss efforts.



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Maintain a safe and healthy pregnancy

Thousands of women will become pregnant this year for the first time. Pregnancy can trigger thoughts of the future and making plans for when the baby arrives. It also can be a time to take inventory of personal health to make changes that will benefit expecting mothers and the children growing within them. Prioritizing overall health is a great way to increase your chances of a safe and healthy pregnancy.

- Visit an obstetrician or midwife as soon as possible. Once the pregnancy test comes out positive, make an appointment with your doctor to discuss the course of the pregnancy and what can be done from the start. Doctors may schedule blood screen-

ings and estimate due dates. They also will go over nutrition and care guidelines, which will usually include a regimen of prenatal vitamins.

- Discuss age and risk factors with the doctor. The Centers for Disease Control and Prevention point out that there has been a societal shift in the age at which most women become pregnant, with many waiting until later in life to start their families. Whereas ages 20-24 used to be the peak time for pregnancy, many women in North America now become pregnant for the first time between the ages 25 and 29, while many more wait until their 30s. Waiting longer to become pregnant for the first time may increase a wom-

an's risk for certain conditions during pregnancy. Your doctor can answer any questions you may have and let you know about additional testing that may be necessary.

- Don't overeat. Eating right is one of the best things you can do for yourself and the baby. Anything you put in your body can affect the baby, so prioritize a healthy diet. Contrary to popular belief, you do not need to eat for two. During the first few months, you may not have much of an appetite. The fetus does not require many additional nutrients until the end of the pregnancy. Only then will an increase of 200 calories or so be adequate. Speak with your physician about what constitutes healthy and unhealthy weight gain during pregnancy.

- Choose healthy foods. Avoid undercooked foods and soft cheeses that may harbor bacteria. Some seafood, such as tuna or shark, may contain high levels of mercury. Lean meats, fruits, vegetables, fiber, and dairy products can fuel your body and keep the baby growing.

- Continue to exercise. Unless there are complications during your pregnancy, you likely can continue to exercise. However, don't overdo it with exercise, and call your doctor if you experience any adverse side effects during or after exercise sessions.

- Avoid drugs, tobacco and alcohol. Smoking, taking drugs or drinking during pregnancy can cause serious health problems for the baby. Miscarriage, premature birth, low birth weight, and SIDS are just a few of the potential side effects of drinking alcohol, smoking tobacco or taking drugs while pregnant, advises Baby Center. Avoid these behaviors and always check with a doctor before taking any over-the-counter or herbal remedies as well.

- Get educated. Pick up a book from a reputable doctor or author so that you can better understand your pregnancy. It can save you stressful moments and keep your pregnancy on a healthy track.



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OptimEYES Your Visual Health

The Importance of Comprehensive Annual Eye Exams

Children and adults alike need complete eye exams yearly – not only to check for refractive error, but also for conditions of the eye such as infections, injuries, dry eye, and “lazy eye,” as well as more serious diseases including cataracts, glaucoma, diabetic retinopathy, and macular degeneration. Eye exams will screen for eye problems, and your eye care professionals will recommend treatment options; in the meantime, an ounce of prevention is worth a pound of cure.

The Dangers of Sun Exposure

Did you know? Repeated exposure of the eyes to sunlight (even during Fall and Winter) has many negative effects:

- Short term: risk of photokeratitis (corneal inflammation – like a sunburn to the eye)
- Longer term: Retinal damage, increased risk of cataracts, pterygium (a growth in the corner of the eyes) and pinguecula (a lesion on the surface tissue of the white part of your eye)
- From a cosmetic perspective, we all know that over time, the very sensitive skin that surrounds your eyes will naturally get thinner, drier, and start to wrinkle. Ongoing exposure to the sun will accelerate this process – and can cause skin cancer.

Once again, an annual eye exam will detect the above, and your optometrist can provide treatment options where available. To prevent sun damage, invest in a good pair of sunglasses (in your prescription if you need vision correction), with total UVA/UVB protection; polarized lenses are also a good choice to eliminate glare. Quality sunwear will protect your eyes and should be worn

all year round, even during months with fewer daylight hours and in overcast conditions.

Accept No Substitutes

Everyone, starting around age 40 or even before, will experience age-related presbyopia (the need for reading glasses). Often, the answer is simple: a pair of reading glasses with your correct prescription. Unfortunately, many people buy too-strong readers from the drugstore and rationalize that they don’t need a regular eye exam because they can otherwise “see OK.” However, proper eye health dictates that you have a comprehensive eye exam annual (not just our recommendation – it’s officially seconded by the American Optometric Association).

Patients should also be aware that new web- and app-based services have recently come to market, offering in-home autorefractive via smartphone, tablet, or computer. While these provide mostly accurate results in determining one’s prescription for glasses, it is important to note that these services do not screen for conditions and diseases of the eye, and should not be considered a suitable alternative for a comprehensive annual eye exam with a board-certified optometrist.

Digital Eye Strain – A Growing Problem

With the prevalence of technology use by people of all ages, digital eye strain is becoming a significant concern in the optometric community. These devices – computers, tablets, and smartphones – emit high-energy blue light, the effects of which are damaging to the eye and may even contribute to macular degeneration over time. Ask



your eye care practitioner about new technologies, including “blue blocking” lenses and coatings, mitigate the effects of blue light.

Accessing Comprehensive Eye Care

Due to employment changes and other life events, some people do not have vision benefits (or they have insurance, but it only covers an exam every other year), and as a result they do not visit their eye care practitioner annually as they should. Enter the Metro Optics Vision Club, the ideal choice:

- For those who don’t have eyecare insurance, or
- As a supplement for those with vision benefits that only cover services every other year

The \$99 annual Vision Club membership fee covers a yearly comprehensive eye exam at any Metro Optics location, plus a pair of glasses (single-vision or bifocal, with standard lenses) from the Vision Club selection. If you’re looking beyond the basics, Vision Club memberships also entitle you to discounts on frame and lens upgrades, as well as second pairs and contacts. Metro’s e-commerce site, www.metroopticsonline.com, offers easy online sign-up for the Vision Club. All major credit cards are accepted.

Metro Optics has four Bronx locations: in Parkchester at 1332 Metropolitan Avenue, in Hunts Point at 1038 Southern Boulevard, in Pelham Bay at 25 Westchester Square, and its Flagship fourth location in the Throggs Neck Shopping Center. A vast library of eye health information is available on the main Metro Optics website www.metrooptics.com. Reach any location via our main phone line: 1-800-230-EYES.



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Oral health impacts overall health

A healthy mouth is good for more than just a pretty smile. Oral health can affect the entire body, making dental care more than just a cosmetic concern.

Many people know that poor oral hygiene can lead to gum disease, tooth decay and even lost teeth. But are you aware that failing to brush or visit the dentist regularly also can lead to more serious health issues? According to Colgate, recent research suggests that there may be an association between oral infections, particularly gum disease, and

cardiovascular disease and preterm birth. Gum disease also may make diabetes more difficult to control, since infections may cause insulin resistance and disrupt blood sugar.

Your mouth also can serve as an infection source elsewhere in the body. Bacteria from your mouth can enter the bloodstream through infection sites in the gums. If your immune system is healthy, there should not be any adverse effects. However, if your immune system is compromised, these bacteria can flow to other areas of the body where they

can cause infection. An example of this is oral bacteria sticking to the lining of diseased heart valves.

Other links have been found between oral health and overall health. In 2010, researchers from New York University who reviewed 20 years of data on the association concluded that there is a link between gum inflammation and Alzheimer's disease. Researchers in the UK also found a correlation. Analysis showed that a bacterium called "Porphyromonas gingivalis" was present in brains of those with Alzheimer's disease but not in the samples from the brains of people who did not have Alzheimer's. The *P. gingivalis* bacterium is usually associated with chronic gum disease and not dementia.

Researchers also have found a possible link between gum disease and pancreatic cancer. Harvard researchers found that men with a history of gum disease had a 64 percent increased risk of pancreatic cancer compared with men who had never had gum disease, based on studies of men from 1986 through 2007.

While oral health issues may lead to other conditions over time, symptoms also may be indicative of underlying conditions of which a person is unaware. Inflammation of gum tissue may be a warning sign of diabetes. Oral problems, such as lesions in the mouth, may indicate the presence of HIV/AIDS. Dentists may be the first people to diagnose illnesses patients don't even know they have.

An important step in maintaining good overall health is to include dental care in your list of preventative measures. Visit the dentist for biannual cleanings or as determined by the doctor. Do not ignore any abnormalities in the mouth. Maintain good oral hygiene at home by brushing twice a day and flossing at least once per day. Mouthwashes and rinses also may help keep teeth and gums healthy.

Oral health and other systems of the body seem to be linked. Taking care of your teeth promotes overall health.





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Safe and healthy ways to shed those extra pounds



Maintaining a healthy weight is a great way to avoid sickness and disease. According to the Obesity Education Initiative, sponsored by the National Institutes of Health, as people become overweight and obese, their risk for developing a host of ailments, including coronary heart disease, type 2 diabetes, certain cancers, and hypertension, increases.

But the consequences of being overweight or obese are not only physical. Psychological side effects like anxiety and low self-esteem have been linked to overweight and obesity as well. With such serious consequences linked to being overweight, it's no wonder so many men and women are looking to shed pounds.

As adults embark on their weight loss journeys, they can expect to encounter a host of "miracle" solutions to weight loss that will promise skinnier waistlines seemingly overnight. But the best way to lose weight is to do so safely and nutritiously.

- **Avoid short-term diets.** Many adults know someone who has experience with a "get-thin-quick" diet that promises to produce slimmer waistlines in a matter of days or weeks. While such diets might actually be able to deliver on their promises, short-term diets rarely lead to long-term weight loss. When attempting to lose weight, men and women should want to shed pounds and keep those pounds off. Short-term diets may require dieters to make unreasonable sacrifices to produce rapid weight loss. But such sacrifices can rarely be made over the long-haul, and doing so might even be unhealthy. Approach your diet as a long-term commitment that requires a lifestyle

change, not temporary and difficult-to-maintain restrictions.

- **Eat only when you're hungry.** Eating only when you're hungry may sound obvious, but many people eat as an emotional response to difficult situations, while others may eat as a way of dealing with boredom. If you routinely respond to stress by eating, find a healthier way of coping, whether it's going to the gym for a workout or taking the dog for a walk. In addition, don't respond to boredom with food. If boredom is setting in, pick up a book or call a friend and plan an activity together. You may be surprised to learn how much weight you can lose when you limit eating to only those times when you are truly hungry.

- **Eat at home.** Even though many restaurants now provide calorie information on their menus, dining out does not afford adults the opportunity to control their diets as much as eating at home does, as dieters can control each and every ingredient that goes into their meals when eating at home.

- **Don't forget to exercise.** A healthy, low-calorie diet is only half the formula to healthy and sustainable weight loss. Adults looking to shed weight also must commit to routine exercise if they want their weight loss to be both healthy and lasting. Men and women, especially those people who are considerably overweight, should take things slowly at first, gradually committing to more vigorous exercise as they lose weight and their body grows more acclimated to daily exercise.

Losing weight can be difficult, but adults who commit to healthy and nutritious weight loss are more likely to lose weight and keep the weight off than those who look for quick fixes.

Eating only when hungry is one way adults can lose weight and keep pounds off.

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Skin care tips when in cancer treatment

The effects that cancer treatment can have on a person's skin have long been overlooked. But patients who have suffered through skin rashes and burns will be glad to know that a growing trend in treating cancer focuses on curing both the disease and helping patients maintain their self-esteem and quality of life. A new movement combining oncology and dermatology aims

to address both the disease and the potentially negative consequences that rashes, burns and blemishes can produce.

"For obvious reasons, the skin, hair, and nails have not been the topmost concerns in oncology -- the most important goal is to treat and cure the cancer," says Mario Lacouture, M.D., who specializes in dermatologic conditions that result from cancer treatments. "But skin side effects can affect patients' sense of self and their interactions with others. These side effects can lead to costly treatments, affect overall health, and perhaps most significantly, they may require that anticancer treatments be reduced or stopped altogether."

Upon receiving a cancer diagnosis, patients concerned about the potential impact that treatment may have on their complexions should discuss their options with their physicians. After initiating such discussions, men and women being treated for cancer can take additional steps to maintain their appearance and quality of life both during and after treatment.

* **Alter your skin care routine.** Upon receiving a cancer diagnosis, patients must make a host of lifestyle adjustments to many things, including to their skin care routines. Intense skin rashes and burns are common side effects of chemotherapy and radiation, and certain side effects are actually an indicator that the treatment is working. While such consequences can affect patients' self-image, these side effects are entirely manageable.

"What many patients do not realize is that most dermatologic side effects are manageable, allowing people to maintain their quality of life and continue their cancer treatments," says Lacouture.

Recognizing traditional skin care products' ineffectiveness at combating the dermatologic side effects of cancer treatment during her own battle with the disease, cancer survivor and entrepreneur Lindy Snider began working with dermatologists,

oncologists, nurses, and skin care formulators to address the issue, eventually developing Lindi Skin (www.lindiskin.com), a collection of skin care products designed specifically for individuals undergoing treatment for cancer and related disorders. Combining state-of-the-art technology with innovative natural ingredients, Lindi Skin products include a host of botanical extracts boasting anti-inflammatory, analgesic, anti-bacterial, and anti-viral properties, while providing a soothing and gentle solution even for those patients with especially sensitive skin.

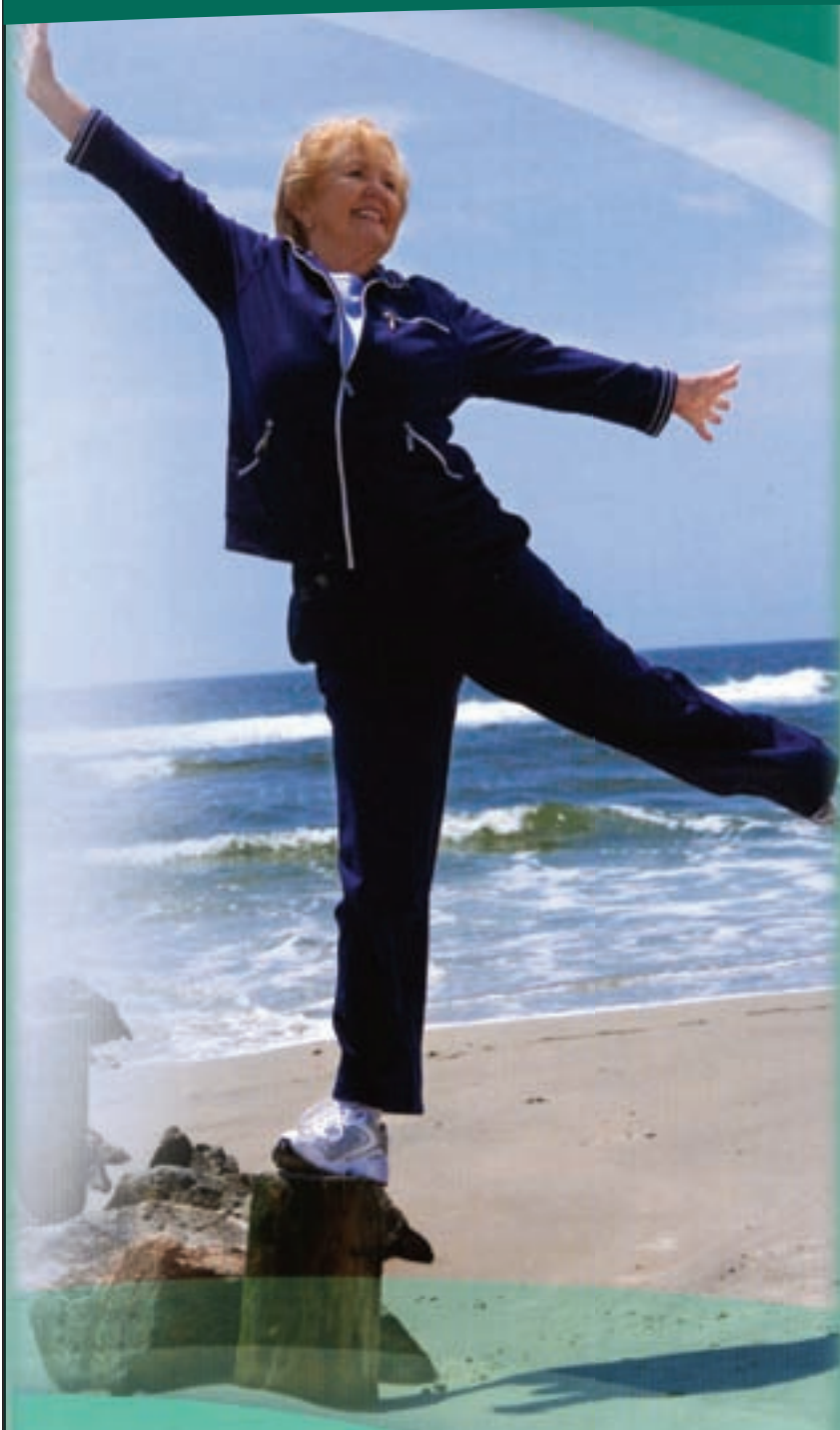
"Tarceva, the medication I take for lung cancer, has played havoc with my skin, which has become unbelievably dry and sensitive," says Phyllis of Coral Gables, FL. "(Lindi Skin) products are the only ones I can use on my face and body. They actually soothe, whereas all others create a burning sensation."

* **Embrace antioxidants.** Often touted as miracle ingredients in a host of foods, antioxidants can be found beyond the dinner table as well. In developing Lindi Skin, Snider and her team designed an exclusive formulation of concentrated botanicals that deliver high levels of beneficial antioxidants to the skin. Known as the LSA Complex(R), this formulation includes Snider's pioneering use of astaxanthin, a powerful antioxidant that is only now beginning to receive widespread recognition for its restorative properties, a decade after Snider began using it in her skin care products. While astaxanthin can relieve the pain and inflammation in the skin that cancer patients often feel, it also can help those suffering from less severe, non-cancer related skin problems, such as sunburn, rosacea, dry skin and UV damage.

Skin damage is an often overlooked side effect of cancer treatment. But cancer patients should know that side effects like skin rashes and burns are manageable and don't have to negatively impact self-image or quality of life.



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Preparing for your mammography visit

Annual mammograms are widely recommended for women beginning at age 40. Some estimates suggest that more than 48 million mammography screenings are performed in the United States every year.

Whether it is a woman's first mammography or her twentieth, preparing for the appointment can ease

anxiety and make the experience go more smoothly. The following are some guidelines to consider when preparing for a mammography visit.

- Choose a reputable and certified facility. Select a radiology center that is certified by the FDA, which means it meets current standards and is safe. Many women also prefer

to select a facility that is covered by their health insurance. Plans usually allow for one mammogram screening per year.

- Time your visit. Schedule the mammogram to take place one week after your menstrual period if you have not reached menopause. Breasts are less likely to be tender at this time. Also, schedule your visit for a time when you are not likely to feel rushed or stressed. Early in the day works best for many.

- Dress for the occasion. Two-piece ensembles enable you to only remove your shirt and bra for the examination. A blouse that opens in the front may be optimal. Some facilities require you to wear a paper gown for the exam.

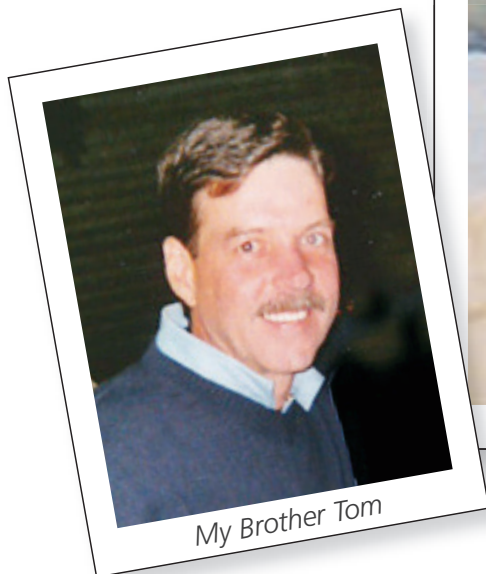
- Watch your grooming practices. You'll be advised to abstain from wearing powder, perfume, deodorant, ointment, and lotions on the chest or around the area. These substances may look like an abnormalities on the mammogram image, potentially resulting in false positive diagnoses.

- Take an OTC pain medication. Mammograms are not necessarily painful, but they can put pressure on the breasts, which creates discomfort. Breasts are compressed between a plastic plate and the imaging machine. This spreads out the tissue and helps create a clearer picture. If your breasts are tender, medications like acetaminophen or ibuprofen taken an hour before the appointment may ease discomfort.

- Expect a short visit. Mammogram appointments typically last around 30 minutes. The technician will mark any moles or birthmarks around the breasts so they can be ignored on the imaging. You'll be asked to hold your breath as the images are taken. If the images are acceptable, you are free to go. But new images may be needed in some instances.

Mammograms are now a routine part of women's preventative health care. The procedure is simple and appointments are quick and relatively painless.





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Me & Dad



Uncle Jack

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– Detective Joe Hall

For more information call 718-518-2300 or visit www.calvaryhospital.org

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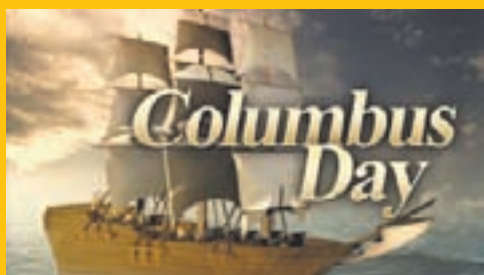
*The Morris Park Community Association
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The Bronx Columbus Day Parade Committee
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BRONX CHAMBER HOSTS ALLERTON CLEANUP

The Bronx Chamber of Commerce and the Allerton International Merchants Association hosted a successful Back-to-School Clean Up Event on Allerton Avenue Wednesday, September 2. At the event, 75 children received a free breakfast, school bags, school supplies, haircut coupons, and more. Waste Management sponsored the neighborhood beautification project and WB Mason provided the students with the school supplies and book bags.



(l to r): Marques Payne, director of Membership and Merchant Services, Bronx Chamber of Commerce; Sharelle Gardner, Apple Bank; Tommy Messina, Office of Congressman Joseph Crowley; Councilman James Vacca, Michelle Dolgow Cristofaro, executive director of the Bronx Chamber of Commerce; Assemblyman Mark Gjonaj; Lady Pamela Damon and Gene DeFrancis, president of Allerton Avenue International Merchants Association.

Photo courtesy of the Bronx Chamber of Commerce



SCHOOL SUPPLY GIVEAWAY HOSTED IN PELHAM PARKWAY

On Thursday, September 3, the Pelham Parkway Neighborhood Association, the Albanian American Open Hand Association and the Pelham Parkway Van Nest Library handed out school supplies to local students. The event, which took place on Holland and Lydig avenues, included the giveaway of backpacks and school supplies such as notebooks, folders, pencils and other educational materials as well as snacks.

(Above) (l-r) Edith Blitzer, Pelham Parkway Neighborhood Association chairwoman, Councilman James Vacca, Aleks Nilaj, David Nochimson, Pelham Parkway Van Nest Library manager, Michael Riyadeneyra, Vacca's chief of staff, and Mamoudou Keita pose during the school supply giveaway.

Photo by Laura Stone



(l-r) Students Daniel Nilaj, Alex Bacovski and Annabella Nilaj received school supplies from Edith Blitzer, at the giveaway.

Photo by Laura Stone

SHCA HOSTS ITS SUMMER OLYMPICS

On Saturday, August 22, Schuyler Hill Civic Association held its annual Summer Olympics. More than 100 members of the community participated in the day's events which included swimming, running races, potato sack and three-legged races as well as various eating contests. The attendees also enjoyed hot dogs, chips, watermelon, cake and beverages.



(l-r) Marlena Kinlan, Kayleigh Forte, Ayan Excina, Ella Wade, Abie Rocco and Ava Salveggi participate in the three-legged races.

Photo courtesy of Schuyler Hill Civic Association



(l-r) Jack Ruzzo, Phil Salveggi, Joe Camillo, Gil Sanchez, Tommy Forte, Sr. and Steve Wade participate in the potato sack races. John Collins (centered) dives for the finish line.

Photo courtesy of Schuyler Hill Civic Association

LPCA HOSTS COSTUME PARADE

On Sunday, September 6, the Locust Point Civic Association hosted a costume parade for Labor Day Weekend. Those in attendance dressed up as various characters and marched around the neighborhood. A barbecue followed the parade at the Locust Point Civic Center.



Captain James Donovan steers the float ship his family built over their pick-up truck, during the costume parade.

Photo by Walter Pofeldt



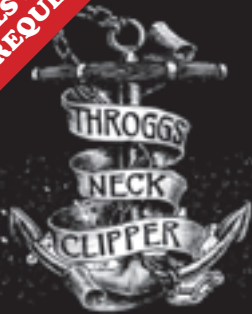
Dylan Conolly plays a cowboy as he rides his horse during the costume parade.

Photo by Walter Pofeldt

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- ** **\$2 Domestic Pints**
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**Two Drink minimum for these specials



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\$13⁹⁵

\$2 DOMESTIC PINTS

Til 6PM

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LEGAL NOTICE

Name of LLC: General Holding LLC. Arts. of Org. filed with NY Dept. of State: 7/29/2015. Office loc.: Bronx Co. Sec. of State designated agent of LLC upon whom process against it may be served and shall mail process to: 825 E. 233rd St., Bronx, NY 10466, principal business addr. Term: until 12/31/2099. Purpose: any lawful act.

LEGAL NOTICE

Notice of Formation of High Temp Cooling, LLC. Arts. of Org. filed with Sec'y of State of NY(SSNY) on 8/17/2015. Office Location: Bronx County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: Registered Agent c/o United States Corporation Agents, Inc., 7014 13th Avenue, Suite 202, Brooklyn, NY 11228. Purpose: Any lawful activity

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: **CARDAN GROUP CONSULTING LLC.** Articles of Organization filed with Secretary of State of New York (SSNY) on 07/21/2015. Office location: Bronx County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: C/O UNITED STATES CORPORATION AGENTS, INC. 7014 13TH AVENUE, SUITE 202 BROOKLYN, NY 11228. Purpose: any lawful purpose.

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: **MIZZ P. POST - SECONDARY SUCCESS CONSULTING, LLC.** Articles of Organization filed with Secretary of State of New York (SSNY) on **06/03/2015**. Office location: Bronx County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: C/O UNITED STATES CORPORATION AGENTS, INC. 7014 13TH AVENUE, SUITE 202 BROOKLYN, NY 11228. Purpose: any lawful purpose.

LEGAL NOTICE

Notice of Formation of Manhattan Boy's LLC a domestic or foreign Limited Liability Company Manhattan Boy's LLC Articles of Organization filed with Secretary of State on 08/13/2015. NY Office location: BRONX County. Secretary of State is designated as agent upon whom process against the LLC may be served. Secretary of State shall mail a copy of any process against the LLC served upon him/her to C/O Benjamin Sharav, 160 West End Ave., Ste. 25K, New York, NY 10025. Purpose: Any lawful activity.

LEGAL NOTICE

RIVAS SEPULVEDA CHILDCARE, LLC Art. Of Org. Filed Sec. of State of NY 7/2/2015. Off. Loc.: Bronx Co. SSNY designated as agent upon whom process against it may be served. SSNY to mail copy of process to The LLC, c/o Rivas Sepulveda Childcare, LLC, 3064 Buhre Avenue, Ground Fl., Bronx, NY 10461. Purpose: Any lawful act or activity.

LEGAL NOTICE

Notice of Formation of PERKSVC, a domestic Limited Liability Company (LLC). Articles of Organization filed with SSNY on 07 / 21 / 2015. NY Office location: BRONX County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail a copy of any process against the LLC to: C/O PERKSVC, LLC, 2043 Holland Avenue 1D, Bronx, NY 10462. Purpose: Any lawful activity.

LEGAL NOTICE

Notice of Formation of Raw Shea Imports LLC (LLC). Articles of Organization filed with Secretary of State of New York on April 2, 2015. Office location: Bronx County, Secretary of State is designated as agent upon whom process against the LLC may be served. Secretary of State shall mail a copy of any process against the LLC service upon the LLC to C/O P.O. Box 6099, Bronx, NY 10451. Purpose: Any lawful activity.

LEGAL NOTICE

STATE OF CONNECTICUT
SUPERIOR COURT
ORDER OF NOTICE
IN FAMILY CASES
JUDICIAL DISTRICT OF
WATERBURY
AT WATERBURY
NOTICE TO ANA VASQUEZ-
MAYCELA

The Court has reviewed the Motion for Order of Notice and the Complaint / Application / Motion which asks for: Divorce (dissolution of marriage)

The Court finds that the current address of the party to be notified is unknown and that all reasonable efforts to find her have failed. The Court also finds that the last known address of the party to be notified was: 901 Walton Avenue, Apartment 5A, Bronx, New York 10452. The Court Orders that notice be given to the party to be notified by having a State Marshal or other property officer place a legal notice in: Bronx Times Newspaper, a newspaper circulating in Bronx, New York containing a true and attested copy of this Order of Notice and, if accompanying a Complaint for divorce (dissolution of marriage), complaint for dissolution of civil union, legal separation or annulment, or if accompanying an Application for custody or visitation, a statement that Automatic Court Orders have been issued in the case as required by Section 25-5 of the Connecticut Practice Book and are a part of the Complaint on file with the Court.

The notice shall appear once a week for two successive weeks ending on or before 10/8/15 and proof of service shall be filed with this Court.

Temporary Assistant Clerk
Date signed 8/28/15

LEGAL NOTICE

Notice is hereby given that an on premises license, #TBA has been applied for by 138 West Fordham Rd Food Corp to sell beer, wine and liquor at retail in an on premises establishment. For on premises consumption under the ABC law at 136-138 W Fordham Rd Bronx, NY 10468.

LEGAL NOTICE

NOTICE OF SALE
SUPREME COURT: BRONX COUNTY. DEUTSCHE BANK NATIONAL TRUST COMPANY, AS TRUSTEE FOR THE CERTIFICATEHOLDERS OF THE FIRST FRANKLIN MORTGAGE LOAN TRUST 2006-FF13, MORTGAGE PASS-THROUGH CERTIFICATES, SERIES 2006-FF13, Pltf. vs. LORAIN Y. MILLER A/K/A LORRAINE Y. MILLER, et al, Defts. Index #35334/2013. Pursuant to judgment of foreclosure and sale dated May 13, 2015, I will sell at public auction in Room 600 of the Bronx County Courthouse, Bronx, NY on Monday, Sept. 21, 2015 at 2:00 p.m., prem. k/a 3365 Radcliff Avenue, Bronx, NY a/k/a Block 4634, Lot 61. Approx. amt. of judgment is \$433, 208.97 plus costs and interest. Sold subject to terms and conditions of filed judgment and terms of sale. BIANKA PEREZ, Referee. FRENKEL LAMBERT WEISS WEISMAN & GORDON, LLP, Attys. for Pltf., 53 Gibson St., Bay Shore, NY. File No. 62094- #86510

LEGAL NOTICE

NOTICE OF SALE
SUPREME COURT: BRONX COUNTY. THE BANK OF NEW YORK AS TRUSTEE FOR THE CERTIFICATE HOLDERS CWABS, INC. ASSET-BACKED CERTIFICATES, SERIES 2006-11, Pltf. vs. ADA I. MORALES, et al, Defts. Index #16755/07. Pursuant to judgment of foreclosure and sale entered Aug. 19, 2010, I will sell at public auction at the Bronx County Courthouse, Rm. 600, 851 Grand Concourse, Bronx, NY on Monday, Sept. 28, 2015 at 2:00 p.m. prem. k/a 1484 Vyse Ave., Bronx, NY a/k/a Block 2995, Lot 13. Said property located on the easterly side of Vyse Ave., 300 ft. northerly from the corner formed by the intersection of the easterly side of Vyse Ave. with the northerly side of Jennings St., being a plot 25 ft. x 100 ft. Approx. amt. of judgment is \$532,081.34 plus costs and interest. This is a First Mortgage. Sold subject to terms and conditions of filed judgment and terms of sale. EDWARD L. KOESTER, Referee. DRUCKMAN LAW GROUP, PLLC, Attys. For Pltf., 242 Drexel Ave., Westbury, NY. File No. 17688 - #86433

LEGAL NOTICE

NOTICE OF SALE
SUPREME COURT - COUNTY OF BRONX
U.S. BANK NATIONAL ASSOCIATION, TRUSTEE FOR LEHMAN BROTHERS STRUCTURED ASSET INVESTMENT LOAN TRUST SAIL2005-5,
Plaintiff(s),
A g a i n s t
Index # 7278/07
LUZ BLANCO; TAMARA REVES, ET AL.;
Defendant(s).

Pursuant to a Judgment of Foreclosure and Sale duly entered in the Bronx County Clerk's Office on 1/4/2008, I, the undersigned Referee will sell at public auction at the Bronx County Courthouse, 851 Grand Concourse, Room 600, Bronx, NY on 9/28/2015 at 2:00 pm premises known

as 621 East 237th Street, Bronx, NY 10466, and described as follows:

ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the 24th Ward, Borough of the Bronx, City and State of New York, and designated on the tax maps of the Bronx County Treasurer as Block 5040 and Lot 11.

The approximate amount of the current Judgment lien is \$460,325.82 plus interest and costs. The premises will be sold subject to provisions of the aforesaid Judgment of Foreclosure and Sale;

Index # 7278/07.

If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney.

Leroi Andrews, Esq., Referee.

Leopold & Associates, PLLC, 80 Business Park Drive, Suite 110, Armonk, NY 10504

Dated: 7/8/2015 tmc

LEGAL NOTICE

NOTICE OF SALE SUPREME COURT COUNTY OF BRONX HSBC BANK USA, N.A., AS TRUSTEE FOR FIRST NLC TRUST 2005-3, Plaintiff, against PATRICIA CARROLL, et al., Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly dated 1/2/2014 I, the undersigned Referee will sell at public auction at the Bronx County Courthouse, Room 600, 851 Grand Concourse, City of Bronx, NY on 09/28/2015 at 02:00PM, premises known as 830 KINSELLA STREET, Bronx, NY 10462 All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Bronx, City and State of New York, BLOCK 4045 - LOT 103. Approximate amount of judgment \$376,311.99 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index# 380818/08. Leroi John Andrews, Esq., Referee Gross Polowy, LLC, Attorney for Plaintiff, 1775 Wehrle Drive, Suite 100, Williamsville, NY 14221 1145681

LEGAL NOTICE

NOTICE OF SALE SUPREME COURT COUNTY OF BRONX WELLS FARGO BANK, NA, Plaintiff, against EUGENE PERRY, et al., Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly dated 8/25/2013 I, the undersigned Referee will sell at public auction at the Bronx County Courthouse, Room 600, 851 Grand Concourse, City of Bronx, NY on 09/28/2015 at 02:00PM, premises known as 2260 WEBSTER AVENUE, Bronx, NY 10457 All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Bronx, City and State of New York, BLOCK 3030, LOT 149. Approximate amount of judgment \$670,965.53 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index# 381591/09. Gillian E. McGoey, Esq., Referee Gross Polowy, LLC, Attorney for Plaintiff, 1775 Wehrle Drive, Suite 100, Williamsville, NY 14221 1146467

LEGAL NOTICE

NOTICE OF SALE SUPREME COURT COUNTY OF BRONX WELLS FARGO BANK, N.A., Plaintiff, against MICHAEL NUGENT, MARCIA NUGENT, et al., Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly dated 12/24/2013 I, the undersigned Referee will sell at public auction at the Bronx County Courthouse, Room 600, 851 Grand Concourse, City of Bronx, NY on 09/28/2015 at 02:00PM, premises known as 2742 WESTERVELT AVENUE, Bronx, NY 10469 All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Bronx, City and State of New York, Block 4537 Lot 27. Approximate amount of judgment \$265,575.37 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index# 381055/11. Heddyeh P. Broumand, Esq., Referee Gross Polowy, LLC, Attorney for Plaintiff, 1775 Wehrle Drive, Suite 100, Williamsville, NY 14221 1146477

LEGAL NOTICE

NOTICE OF SALE SUPREME COURT COUNTY OF BRONX WELLS FARGO BANK, N.A., Plaintiff, against JEWALLEY LINTON, JAMES N. MCKOY, et al., Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly dated 12/22/2014 I, the undersigned Referee will sell at public auction at the Bronx County Courthouse, Room 600, 851 Grand Concourse, City of Bronx, New York on 10/05/2015 at 02:00PM, premises known as 674 EAST 241ST STREET, Bronx, NY 10470 All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Town of Eastchester, County of Westchester, now in the Borough and County of Bronx, City and State of New York, BLOCK 5083, LOT 27. Approximate amount of judgment \$433,715.48 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index# 380184/09. Edmond J. Pryor, Esq., Referee Gross Polowy, LLC, Attorney for Plaintiff, 1775 Wehrle Drive, Suite 100, Williamsville, NY 14221 1146619



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Crime Victims

Support Services of the North Bronx Bingo Fest

The **Crime Victims Support Services of the North Bronx, Inc.** will hold an October Bingo Fest on Friday, October 2, at Bronx House, 990 Pelham Parkway South, starting at 7 p.m.

Donation is \$10 for ten games, with additional cards sold at the door. There will be door prizes, raffles and more. Complimentary coffee and dessert will be included. Tickets must be paid in advance. Call (718) 823-4925 for more information.

An outdoor flea market will be held at **Holy Family Church**, 2158 Watson Avenue, on Sunday, September 20, from 8 a.m. to 4 p.m. Vendors needed. Price per table is \$25. For further information call Julia Rodriguez at (718) 863--9156 or (718) 829-7436.

The **Woodlawn Conservancy** enhances The Woodlawn Cemetery as a natural, historic, and cultural landmark, creates a superior experience for visitors to the Cemetery, and builds a community of supporters dedicated to preserving Woodlawn for the enjoyment of present and future generations and sustaining the legacies of those who are interred here. Visit www.woodlawnconservancy.org to learn more, and follow the Woodlawn Conservancy on Facebook ([woodlawnconservancy.org](http://www.woodlawnconservancy.org)), Twitter (@WoodlawnConserv), and Instagram (@woodlawnconservancy).

September events include:

Second Sunday Tour: Join in for their Highlights tour on every second Sunday of the month – you'll not want to miss the introduction to Woodlawn, covering everything from the Jazz Corner to the Great Trees. The walking tour will cover 1.5 miles in 90 minutes. The tour meets at the Conservancy office next to the Jerome Avenue entrance. September 13, 2 p.m. Cost is \$15; \$10 for seniors and students.

Bardekova Ensemble Concert: Enjoy an afternoon of music inside Woolworth Chapel. The Bardekova Ensemble returns to The Woodlawn Cemetery with their Quartet to perform a free concert. The program will include selections of music by Irving Berlin, Miles Davis, and Celia Cruz, as well as classical composers.

The concert is held at the Woolworth Chapel accessible through the Jerome Avenue entrance. September 20, 3 p.m.. Free.

A History in Images – Woodlawn's Illustrator: "Put it before them [...] picturesquely, so they will remember it." This was Woodlawn Cemetery resident Joseph Pulitzer's take on images' role in news. This tour will trace the history of the emergence of cartoons and illustrations in newspapers, and showcase the many influential illustrators the Conservancy's researchers have identified here, including Thomas Nast, JC Leyendecker, and George McManus.

The tour meets at the Cemetery office next to the Webster Avenue entrance. September 27, 2 p.m. Cost is \$15; \$10 for seniors and students.

Early Bird Walk: Join Tod Winston and Joe McManus from the New York Audubon Society for an early morning walk through Woodlawn and discover which species make the cemetery their home in the fall.

The tour meets at the Conservancy office next to the Jerome Avenue entrance. September 27, 8 a.m. Cost is \$24. For more information call (718) 408-5625.

Currently in its second year, **Fall Flicks at Cross County Shopping Center** in Yonkers takes place September through October on three consecutive Friday evenings. This year's film lineup includes: Cinderella 2015 on Friday, September 25; Avengers: Age of Ultron on Friday, October 2; and Big Hero 6 on Friday, October 9.

During Fall Flicks, visitors will enjoy pre-show entertainment that includes live music and fall snack stations. They will be able to enjoy samples from the Yonkers Brewing Company, who recently opened a brewery in Yonkers, sip warm apple cider, plus try tasty treats such as caramel corn and apple cider donuts. Each night, the event will begin at 6 p.m. on The Green (the center of the mall). The movie will start at sunset, on a 35-foot-high outdoor screen. To coincide with the celebration, select retailers will be offering coupons and samples to shoppers. For more information visit www.crosscountycenter.com.

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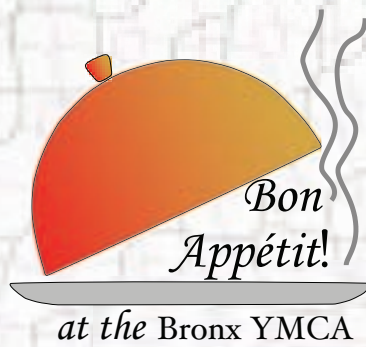
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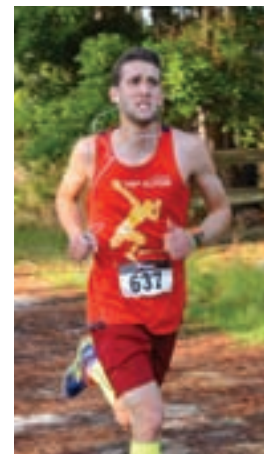
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The Substitute: A year in the city's public schools

What's it like to be a substitute in the New York City public schools?

That's not what Elizabeth Rose's new book, "Yo Miz!," is about. It's about what it's like to be a sub at 25 New York City public schools over the course of one year.

The songwriter and playwright had been teaching at the same school for 10 years — Vanguard, on East 68th Street — and loving it. But then came a Department of Education edict regarding about 2,500 "excessed" teachers — teachers not fired, but whose school no longer had a paid position for them. What becomes of a teacher without a school?

Rose's cohort was to be churned through the system: Substituting a week at a time at school, after school, after school. Rumor had it that this was supposed to drive them so crazy, they'd all quit — which is something Rose considered.

But then she re-considered. Outsiders aren't generally allowed into the schools. Here was her chance.

"It was," she decided, "irresistible."

And so began a year that

swung from inspiring to infuriating on pretty much a weekly basis.

Her first placement, Baruch High School, was filled with students eager to study the Code of Hammurabi and what makes for a just punishment. It's the kind of place most of us wish our kids could go — but only about 450 of the brightest of the bright get in.

This deployment was quickly followed by one at an unscreened school on the Lower East Side where Rose was thrown into chemistry class — she's an art teacher — and threatened with assault. One student had a gang insignia tattooed on his face.

Stints followed at the High School of Fashion Industries, a buzzing hive of creativity with student's handiwork draped on dress mannequins. Then there was a week she spent guarding an unused door in a fetid hallway at another school. The principal screamed at her when she requested a bathroom key. From the students to faculty, everyone looked beaten down.

There was another week at a high-energy graphic design school where students worked on the latest video editing equipment. And then came a week at



RHYMES WITH CRAZY

Lenore Skenazy

a school in Washington Heights where she was put in charge of the art class.

Here the supplies all fit into one cardboard box: A bunch of colored pencils.

"They all needed sharpening," says Rose. And naturally, "someone had run off with the sharpener."

Someone had also run off with any kind of leadership. Rose learned that she was there only

so the school could claim its students had fulfilled their art class credit.

"It was a scam."

She took a deep breath and decided it would at least be a week worth remembering.

"Take out your pens," she told the class. "We're doing self-portraits. What is your most interesting feature? Exaggerate it."

A table full of boys refused.

"They said, 'No, this is whack.'"

So Rose went to the white board and started drawing them. This enraged the boys. What right did she have? They retaliated by drawing her — and not kindly. But she had the last laugh.

They were drawing.

The next day Rose brought in some art supplies from home. The next day, some more. On the last day, however, she brought in Oreos instead, and announced, "Today we're going to do an art project."

Her assignment? Write on the white board all the things they thought an art class should have.

Paper!

Paint!

Field trips!

"We Deserve a Great Art

Class!" Rose scrawled at the top of the board. Then she gathered the students in front of the board, backs to the camera for legal purposes, and told them they could make whatever gesture seemed appropriate.

It's a gesture you've seen on the highway when you cut somebody off.

The picture summed up Rose's outrage and what she hopes will be ours, too: How can a school of 600 young people have no art supplies in the creative capital of America? How can some kids never go on a field trip when they live just a few subway stops away from one of the greatest art museums in the world? How can some schools have video editing equipment, or discussions about Hammurabi, and other have dank halls, screaming principals, and just one week of art?

"Once you meet these kids, you'll feel how much you want them to have a chance at success," says Rose.

Feeling it.

Lenore Skenazy is a keynote speaker and author and founder of the book and blog Free-Range Kids.

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East Bronx History Forum news and highlights

BY THOMAS X. CASEY

The Huntington Free Library and Reading Room announces The East Bronx History Forum will hold its next meeting on Wednesday, September 16 at 7:30 p.m.

The East Bronx History Forum meets to discuss Bronx history and held its first meeting on June 16. To open the forum's 11th season will be a special guest lecturer, our own official Bronx borough historian, Lloyd Ultan. Professor Ultan collaborated with Professor Shelley Olson to produce for the first time, a long awaited Bronx guide.

They will discuss and present their book, *The Bronx: The Ultimate Guide to New York City's Beautiful Borough*. The Bronx Guide contains over 200 pages of Bronx history and attractions. The guide contains 36 color images, easy to use maps and a detailed index for fast references.

Ultan is a professor of history at Fairleigh Dickinson University and Lehman College. He the author of over 1,000 articles about the Bronx and ten books including *The Northern Borough: A History of the Bronx*, and *The Birth of*

the Bronx, 1609–1900. Shelly Olson taught at the University of Houston, the University of North Carolina and Wake Forest before relocating to New York City.

This will be a nice opportunity to get answers to any Bronx questions and do a little early holiday shopping.

In addition, after the lecture and book signing, the Huntington Free Library is pleased to host an exhibition of 25 winning photographs from the 2015 Friends of Pelham Bay Park contest, 'Picture the Park!'

All meetings are free and

open to the public at The Huntington Free Library and Reading Room, located next to Apple Bank at 9 Westchester Square. Parking is free after 7 p.m.

Please view the East Bronx History Forum web page at BronxNYC.com for details and follow us on Facebook.

Please join us at 7:30 p.m. Wednesday September 16 at 7:30 p.m. at the Huntington Free Library.



(Right) The Bronx Guide, cover.

BY FRANK V. VERNUCCIO, JR.

In an exclusive interview with the New York Analysis of Policy & Government's Vernuccio/Novak Report radioprogram on August 26, Brian C. Anderson, author of the study 'Against the Obamanet' called for the abolition of the Federal Communications Commission (FCC), and strong opposition to the variety of current proposals to regulate the internet or to surrender control of it to a United Nations organization heavily influenced by nations seeking to provide government censorship of it.

Opposing the FCC's moves under the Obama Administration to control the internet can be based on First Amendment grounds. Opposing providing greater authority to international bodies should be based on a study of the mindset of several powerful nations whose attitude towards free speech—especially on the internet—is diametrically opposed to America's.

The Stratfor research organization has forecast that Russia and China will maintain a unified front to challenge the West's conception of the Internet, and that Moscow and Beijing will be able to extend government control on their respective domestic Internet realms.

According to Stratfor, "A Russian law regarding data localization of Internet communications goes into effect Sept. 1 with the stated intent of safeguarding Russian citizens from the growing threat of foreign interference, particularly from the United States, in cyberspace. The law effectively requires companies obtaining information online from Russian citizens to store that data

on servers physically located in the country. Initially, companies like Google, Facebook or Twitter would be required to move or build data centers in Russia if they wish to conduct business online there, otherwise Russian Internet users presumably would be blocked from accessing the company's content.

"Foreign technology industries and civic activists have opposed the law, which Russian President Vladimir Putin signed in July 2014, but it addresses Russia's network security concerns in several ways. The law gives Russia another tool for controlling the flow of information within its borders to tamp down on disinformation. Moreover, the Kremlin wants to closely monitor the flow of information into and out of Russia through the Internet to protect its Internet space from foreign actors, whether state or non-state."

This is not a new development. In 2012, The Computer & Communications Industry Association noted that "Undemocratic governments like China, Russia, and Iran seek greater control over the Internet, and are pursuing this objective in intergovernmental agencies worldwide, especially those headquartered in Geneva. Governments, industry, and NGOs worldwide must unite to oppose government-led Internet governance. CCAI opposes more government control of the Internet, and supports existing multi-stakeholder models... Russia, China, North Korea, Iran and others are promoting a 'cyber-arms control' treaty as a guise to create international legal 'cover' for classifying dis-favorable information as a military threat, and respond-

Community Action civic Association

ing accordingly. Many of the same states are urging the International Telecommunications Union (ITU) – which traditionally develops essential standards for cross-border telecommunications – to indirectly expand its remit into Internet governance, using alarmist, hot-button issues like cybercrime and Internet porn..."

The Wall Street Journal reported in August that several years ago "As social media helped topple regimes in the Middle East and northern Africa, a senior colonel in [China's] People's Liberation Army publicly warned that an Internet dominated by the U.S. threatened to overthrow China's Communist Party. Ye Zheng and a Chinese researcher, writing in the state-run China Youth Daily, said the Internet represented a new form of global control, and the U.S. was a "shadow" present during some of those popular uprisings... Four years after... China is paying a lot of attention. Its government is pushing to rewrite the rules of the global Internet, aiming to draw the world's largest group of Internet users away from an interconnected global commons and to increasingly run parts of the Internet on China's terms. It envisions a future in which governments patrol online discourse like border-control agents, rather than let the U.S., long the world's digital leader, dictate the rules. President Xi Jinping... is moving

to exert influence over virtually every part of the digital world in China... In doing so, Mr. Xi is trying to fracture the international system that makes the Internet basically the same everywhere, and is pressuring foreign companies to help.

"On July 1, China's legislature passed a new security law asserting the nation's sovereignty extends into cyberspace and calling for network technology to be "controllable." A week later, China released a draft law to tighten controls over the domestic Internet, including codifying the power to cut access during public-security emergencies. Other draft laws under consideration would encourage Chinese companies to find local replacements for technology equipment purchased abroad and force foreign vendors to give local authorities encryption keys that would let them control the equipment.

China Digital Times notes that this year, China has become ever more assertive in asserting its alleged "right" to control the internet within its' borders. "Since the start of 2015, authorities have pushed even harder to realize this vision at every level from international norms and Internet traffic down to software and the hardware it runs on. At the Council on Foreign Relations, Alex Grigsby noted the submission to the U.N. earlier this month of a proposed International Code of Conduct on Information Security by China, Russia, Kazakhstan, Kyrgyzstan, Tajikistan and Uzbekistan. The document is an updated version of one previously submitted in 2011.

Overall, the new text seems to simply update the 2011 code

to take into account developments that have occurred since then. The new code references the 2012-2013 report of the group of governmental experts (GGE) on developments in the field of information and telecommunications in the context of international security and the UN Human Rights Council's Internet freedom resolution.

Not surprisingly, Moscow and Beijing have altered or selectively quoted the text to promote their longstanding positions on cyber issues, such as the need for new international law for cyberspace and the concept of 'cyber sovereignty.' For example, the code references a line in paragraph sixteen of the GGE report that says that 'additional norms could be developed over time' without mentioning the same GGE report stresses that 'international law, and in particular the Charter, is applicable and essential' to promoting peace and security in cyberspace. The same thing happens in article seven of the code, which begins by referring to the Human Rights Council's affirmation that 'the same rights people have offline must also be protected online,' but then concludes on how those rights may be restricted to protect national security, public order, health or morals."

Clearly, there is a disturbing trend towards censorship emanating from several of the key powers involved in international bodies that the White House is moving towards giving greater internet authority to.

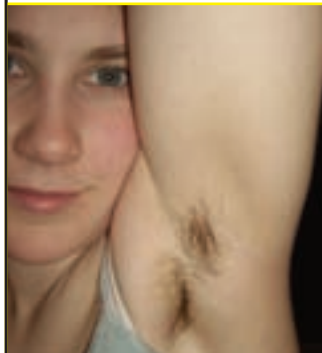
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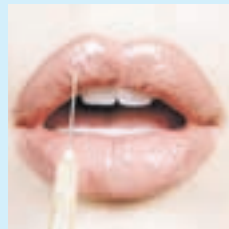
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BY GENE DEFRANCIS

Allerton International Merchants would like to wish everyone a successful new school year. It is an important first step and milestone in your life. And we wish all of our youth will make the most of it and realize how necessary it is to take your education seriously.

Simplify this time as series of tasks and challenges that you have to overcome. Some important tips I wish I learned as a kid that will help you get through the year:

1) Get the proper amount of sleep. Early to bed and early to rise. And Furn-O-Rama has beds at a very low price.

2) Eat a healthy breakfast. If going to bed early is making you lose valuable time with your friends, then plan to wake up early and meet for breakfast. IHOP or M&A Deli will be open.

3) Get your eyes examined. Envisage Eye Care and Bella Vista Optics are great supporters of our community. And believe it or not, children strug-

gle in school because they are unaware that they may simply just need glasses. Especially with the amount of time we spend in front of computer screens big and small, it's important to get them checked if you have not.

Our Back to School Clean Up was a tremendous success. We have great kids in our neighborhood that need to get more attention than the few misguided ones.

IHOP served everyone in attendance breakfast. WB Mason and Apple Bank sponsored the school supplies.

Management gave us some supplies.

Ridgewood Bank and our Allerton Library branch came out to lend support and a helping hand along with residents and leaders from the Coops and Allerton Barnes Block Association, as well as the FLAWLESS Girls.

Fox 5 and News 12 came out to feature our event. The Sanz Banquet Hall was instrumental as always in being there to support the event. Varahn of

Allerton International Merchants Association

Luigi's Hair Salon donated free back to school haircuts to dozens of local kids. Pizza Corner provided pizza for a few over achievers who stayed a bit later to get a little more work in.

And about 100 residents came out to clean up their home and show their neighbors that people care.

We picked up litter, removed stickers and abandoned posters and fliers (note: please if you put it up... Take it down), and painted fire hydrants and lamp posts.

A few merchants came out to help. Many of them opened their doors so the volunteers could go inside and get some AC in their life because it was hot out.

My favorite quote of the day came from a little girl who said "I don't feel that I did much".

I explained to her when you have over a 100 people chipping in, the work seems a lot easier. There was great energy and everyone wanted to be there.

We also want to thank Congressman Crowley's office for being there. Assemblyman Mark Gjonaj and Councilman James Vacca also showed up. It is always great to see our elected officials on Allerton. It's no secret there was a time when Allerton didn't see our elected officials at all. Well that time has passed. We have excellent elected officials that care and want to help. They have and will continue to work for us when we need them.

Also the 49th Precinct Explorers were present to help out in any way they could, both with set up and clean up. It is an excellent program worthy of looking into if you want your child to be surrounded in a positive and healthy environment. If you would like more information contact us and we will send it to you.

Our next big event is the

very popular Pumpkin Parade where we meet at Farenga Bros. Funeral Home parking lot and march up Allerton, getting candy from the merchants, to the Halloween party on Cruger and Brady avenues at P.S. 105. The date is yet to be confirmed, but will likely be the Saturday or Sunday before Halloween.

On Wednesday, October 28 (before Halloween) we will have our annual pumpkin carving event around the Bronxwood Tree (between Allerton Avenue and Boston Road). Meet at the tree at 6 p.m. We will send reminders for both.

And as crazy as it sounds, the holidays are approaching and we are now collecting for the holiday lights. We will be sending out our letters to the merchants soon. If residents would like to contribute, they can as well.

You can drop off your check to the Sanz, at 815 Allerton Avenue. Or mail your check to P.O. Box 98, Bron NY 10465.

As always, any question

BY CHRYS NAPOLITANO

It's a beautiful Labor Day morning as I sit in the living room writing this. It's been an action packed weekend here with lots of socializing and adventures.

On Sunday, the Locust Point Civic Association held our annual Labor Day Weekend event. I grew up in Locust Point and what we do now is one tenth of what we did way back when. Activities that spanned a three day weekend filled our time so much that we forgot about the fact that school was right around the corner. This year's event was pretty much what every event is lately: members of the board of directors, their families, friends and pets marching through the streets of Locust Point.

Don't get me wrong, I had a great time. After the parade, all of our neighbors who waved at us from their front porches (we appreciate that) came down for a free BBQ. I sat on the picnic deck under an umbrella chatting with fellow board members, one of my cousins who lives in the area and a few of our stalwart members. We laughed, ate hot dogs and drank a few beers together.

The sun was shining in the sky and the breeze off of Eastchester Bay was delicious. I am thankful for everyone who showed up and

shared the day with us.

It just makes me so sad that there isn't more of an effort for parents of young children to get involved with their community. I know that "things are different nowadays", nobody seems to have the time in our "busy lives". It just seems like nothing more than an excuse, typical in our fear driven society. With social networking, it's easy to complain about things but actually making things better still requires actual work.

I attended the 45th Precinct Council meeting this week along with two other members of our board. It was a great meeting, lots of connecting and good conversation, but at one point, the new CO made a comment about the level of crime and the quality of life in this area and was met with a number of people's assertions that we are on the brink of anarchy. It's really sad that we focus so much on the bad and so little on the good.

Every community has its struggles, at the LPCA we are struggling with some changes as well. But we would not for a second let any of the lively debates that take up our board and general meetings affect our ability to work together as a community. It shouldn't be an excuse for our neighbors to



not participate and share in the potential we have. Yesterday showed me that there are people who want to work together despite our differences. It gives me hope.

But maybe the events of our Friday night out are what gave me hope. I was invited to attend a party at Edgewater Park's Garden in the Park. Deborah Roff, one of the key players in organizing this community garden stopped by our CSA one night last year and we spoke for quite a while.

I referred her to a group called Citizens Committee for New York City and they applied for a grant and received \$2,800 to help with this amazing effort. The LPCA had already received two grants from this privately funded organization and we still had material and supplies on hand, so I figured it was only right to point them in this direction.

The grant process with this group is very civilized and infinitely easier to navigate than the city and state grants that our elected officials love to give out (and our

community volunteers beat their heads against the wall trying to get the grants processed).

Hay bale gardening is something I had seen in Urban Farming magazine, but never paid much attention to. Deb's son gave her a book on this type of gardening and it inspired her to give it a try in Edgewater, an area prone to flooding during storms. This type of gardening seemed perfect for the conditions in Edgewater and after a few years of trying to convince the Edgewater board of directors and test run of the system last year, the Garden in the Park was granted permission to exist.

I was impressed beyond words at what they have accomplished. Kathie Pereira and her husband are one of the members and as she proudly showed me around their 6-foot by 6-foot plot I could not believe the amount and variety of vegetables that are thriving in their bed. Cabbages, tomatoes, eggplant, butternut squash, cucumbers, broccoli - the plants were thriving and producing. Deb, who had been showing off her family's bed to my husband, walked us over to the area that was given to the local children, right next to a bamboo teepee at the back edge of the garden. A couple looking to join the garden

came over to chat and Deb introduced me to them, letting them (and pretty much everyone else she introduced us to) know that we run a CSA in Locust Point.

As we stood at the edge of the garden, I looked out over the many family beds, to the grassy area set up with a tent and a buffet of freshly cooked dishes, with neighbors milling about and chatting while children and dogs played along the shoreline and I saw two little girls hugging each other with the view of Eastchester Bay behind them. It was a Kodak moment as they say and I wished that my eyes could have been cameras to catch it so that I could share it with you.

The members of the Garden in the Park should be so very proud of themselves and what they have accomplished. The rest of us should look to them for inspiration. When Deb told me that I had inspired her, I was so flattered. I want her to know how much she had inspired me in turn.

We can choose to see the world as a terrible place and if we do, it will be a terrible place. We can choose to see the world in a beautiful light and if we do, it will be a beautiful place. Please choose a beautiful light.

Be the change you want to see in the world.

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NYS Senator Jeff Klein & The Bronx Chamber of Commerce

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Thursday, September 24th, 6PM-7:30PM

Bronx House, 990 Pelham Parkway South, Bronx, NY 10461

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Wednesday, September 30th, 5PM-6:30PM

Soundview Library, 660 Soundview Ave., Bronx, NY 10473

Presentations on Customer Service, IT Technician, and Microsoft Office Certifications

Thursday, October 15th, 6PM- 7:30PM

Riverdale Neighborhood House, 5521 Mosholu Ave., Bronx, NY 10471

Presentations on Real Estate and Public Speaking Certifications

Thursday, October 22nd, 6:30PM- 8:00PM

Hunts Point Recreation Center, 765 Mainda St., Bronx, NY 10474

Presentations on Personal Training and Security Certifications

Registration will begin a half an hour prior to each workshop

RSVP to Catherine Tenuta with Senator Klein's Office (718) 822-2049 or
Zulenny Sanchez with the Bronx Chamber of Commerce (718) 828-3900.

LEGAL NOTICE

NOTICE OF SALE SUPREME COURT COUNTY OF BRONX Wells Fargo N.A., as Trustee, for Carrington Mortgage Loan Trust, Series 2006-NC5 Asset-Backed Pass-Through Certificates, Plaintiff, against Allan Robinson; Vidalee Robinson; et al., Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly dated May 10, 2013 I, the undersigned Referee will sell at public auction at the Bronx County Courthouse, Room 600, 851 Grand Concourse, Bronx, NY on October 5, 2015 at 2:00PM, premises known as 811 East 228th Street, Bronx, NY 10466. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Bronx, City and State of NY, Block 4853 Lot 43. Approximate amount of judgment \$630,574.38 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index# 382200-09. Paul D. Siegfried, Esq., Referee Shapiro, DiCaro & Barak, LLC Attorney(s) for the Plaintiff 175 Mile Crossing Boulevard, Rochester, NY 14624 (877) 759-1835 Dated: August 18, 2015 1146790 9/4, 9/11, 9/18, 09/25/2015

LEGAL NOTICE

NOTICE OF SALE SUPREME COURT COUNTY OF BRONX Residential Credit Solutions, Inc., Plaintiff, against Angela Brancato; et al., Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly dated April 10, 2015 I, the undersigned Referee will sell at public auction in Room 600, Bronx County Courthouse, 851 Grand Concourse, Bronx, New York on October 5, 2015 at 2:00PM, premises known as 3087 Hatting Place, Bronx, NY 10465. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Bronx, City and State of NY, Block 5524 Lot 99. Approximate amount of judgment \$375,751.27 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index# 380315/12. Allison Brockington, Esq., Referee Shapiro, DiCaro & Barak, LLC Attorney(s) for the Plaintiff 175 Mile Crossing Boulevard, Rochester, NY 14624 (877) 759-1835 Dated: July 29, 2015 1146146 9/4, 9/11, 9/18, 09/25/2015

LEGAL NOTICE

NOTICE OF SALE SUPREME COURT COUNTY OF BRONX HSBC BANK USA, NATIONAL ASSOCIATION AS TRUSTEE FOR CITIGROUP MORTGAGE LOAN TRUST INC., ASSET BACKED PASS-THROUGH CERTIFICATES SERIES 2004-RP1, Plaintiff, against CLARENCE JOSEPH, et al., Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly dated 2/10/2015 I, the undersigned Referee will sell at public auction at the Bronx County Courthouse, Room 600, 851 Grand Concourse, City of Bronx, NY on 09/21/2015 at 02:00PM, premises known as 634 ROSEDALE AVENUE, Bronx, NY 10473 All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Bronx, City and State of New York, BLOCK: 3555 LOT:

19, 14-3555-19. Approximate amount of judgment \$428,250.80 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index# 14244/07. John Brickman, Esq., Referee Gross Polowy, LLC, Attorney for Plaintiff, 1775 Wehrle Drive, Suite 100, Williamsville, NY 14221 1146291

LEGAL NOTICE

NOTICE OF SALE SUPREME COURT COUNTY OF BRONX U.S. BANK NATIONAL ASSOCIATION, AS TRUSTEE, SUCCESSOR IN INTEREST TO WACHOVIA BANK, NATIONAL ASSOCIATION, AS TRUSTEE FOR GSMPS MORTGAGE LOAN TRUST 2004-4, Plaintiff, against MARGARET GUADALUPE, INDIVIDUALLY AND AS SURVIVING JOINT TENANT WITH RIGHTS OF SURVIVORSHIP TO CARMEN R. MORET, et al., Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly dated 2/9/2015 I, the undersigned Referee will sell at public auction at the Bronx County Courthouse, Room 600, 851 Grand Concourse, City of Bronx, NY on 09/28/2015 at 02:00PM, premises known as 94 WEST 169TH STREET, Bronx, NY 10452 All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Bronx, City and State New York, Block: 2517 Lot: 27. Approximate amount of judgment \$292,728.30 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index# 381925/08. Joyce A. Brown, Esq., Referee Gross Polowy, LLC, Attorney for Plaintiff, 1775 Wehrle Drive, Suite 100, Williamsville, NY 14221 1146474

LEGAL NOTICE

NOTICE OF SALE SUPREME COURT OF THE STATE OF NEW YORK COUNTY OF BRONX
-----X-----
NYCTL 1998-2 TRUST, and THE BANK OF NEW YORK MELLON as Collateral Agent and Custodian for the NYCTL 1998-2 Trust,
Plaintiffs,
Index No. 300460/14
against -
961-969 WESTCHESTER AVENUE CORP. a/k/a 961 969 WESTCHESTER AVENUE INC., NEW YORK CITY DEPARTMENT OF FINANCE, :
NEW YORK STATE DEPARTMENT OF TAXATION AND FINANCE, NEW YORK CITY ENVIRONMENTAL CONTROL BOARD.
ELAINE SILBERGLAIT, DANIEL DICKER, AND SHARON POSEN, AS TRUSTEES OF THE TRUST u/w/o HARRY SILBERGLAIT DATED DECEMBER 16, 1999, DECEASED, Defendants.-----X-----
Pursuant to that certain Amended Judgment of Foreclosure and Sale, Nunc Pro Tunc, duly entered in the Bronx County Clerk's Office, on March 12, 2015, I, the undersigned Referee, will sell at public auction on September 21, 2015 at the Bronx County Courthouse, 851 Grand Concourse, Courtroom 600, Bronx, New York 10451, at 2:00 P.M., the premises known as 969 Westchester Avenue, Bronx, New York 10451, and described as follows:
ALL that certain plot, piece or parcel

of land with the building and improvements thereon erected, situate, lying and being in the Borough of Bronx, City and State of New York, designated on the Tax Map of the City of New York, being more particularly bounded and described as follows:

BEGINNING at the corner formed by the intersection of the Southwesterly side of Westchester Avenue and the Northeasterly side of Kelly Street;

RUNNING THENCE Northwesterly along the said side of Kelly Street, 150.08 feet;

THENCE Northeasterly at right angles with Kelly Street, 17.86 feet;

THENCE Southeasterly along a line forming an interior angle of 124 degrees 38 minutes 15 seconds with the last mentioned course, 113.32 feet to the Northwesterly side of Westchester Avenue;

THENCE Southwesterly along the said side of Westchester Avenue, 100.00 feet to the aforementioned corner and the point or place of **BEGINNING**.

BOROUGH: Bronx, Block: 2715; Lot 1

The aforesaid property will be sold subject to the provisions of the aforementioned Amended Judgment of Foreclosure and Sale, Nunc Pro Tunc, and the Terms of Sale to be issued by me at the time of the sale. The approximate amount of the lien awarded in the Amended Judgment of Foreclosure and Sale, Nunc Pro Tunc, was \$335,100, plus interest (at 9% from November 12, 2012), protective advances and costs.

HENRY M. ADLER, ESQ.
Referee
245 West 254th Street
Bronx, New York 10471
(718) 796-0263

LEGAL NOTICE

SUPREME COURT COUNTY OF BRONX
JEFFREY LEVITIN, ESQ., AS NOMINEE, Plaintiff against MCOWEN DEVELOPMENT CORPORATION., et al Defendant(s).

Pursuant to a Judgment of Foreclosure and Sale entered herein on July 22, 2015, I, the undersigned Referee will sell at public auction at the Bronx Supreme Courthouse, Room 600, 851 Grand Concourse, Bronx, NY on September 28, 2015 at 2:00 pm premises situate, lying and being in the Borough of The Bronx, County of Bronx, City and State of New York, known and designated as Block 5655 and Lot 15.

Said premises known as 3534 MC OWEN AVENUE, BRONX, NY
Approximate amount of lien \$456,682.92 plus interest & costs.

Premises will be sold subject to provisions of filed Judgment and Terms of Sale.

Index Number 306154/2009.
CESAR FERNANDEZ, ESQ.,
Referee
Radow Law Group, P.C.
Attorney(s) for Plaintiffs
1010 Northern Blvd., Suite 208,
Great Neck, NY 11021

LEGAL NOTICE

SUPREME COURT - COUNTY OF BRONX
NYCTL 1998-2 TRUST AND THE BANK OF NEW YORK MELLON, AS COLLATERAL AGENT AND CUSTODIAN, Plaintiffs against PHANG HOLDING CORP., et al Defendant(s). Pursuant to a Judgment of Foreclosure and Sale entered herein on June 23, 2015, I, the undersigned Referee will sell at public auction at the Bronx Supreme Courthouse, Room 600, 851 Grand Concourse, Bronx, NY on September 21, 2015 at 2:00 pm premises situate, lying and being in the Borough of The Bronx, County of Bronx, City and State of New York, known and designated as Block 4714 and Lot 43. Said premises known as EAST 219TH STREET, BRONX, NY
Approximate amount of lien \$ 6,455.56 plus interest & costs.
Premises will be sold subject to provisions of filed Judgment and Terms of Sale.
Index Number 300606/2013.
JOHN PERONE, ESQ., Referee
Phillips Lytle LLP
Attorney(s) for Plaintiffs
28 East Main Street, Suite 1400,
Rochester, NY 14614

DIAN, Plaintiffs against PHANG HOLDING CORP., et al Defendant(s). Pursuant to a Judgment of Foreclosure and Sale entered herein on June 23, 2015, I, the undersigned Referee will sell at public auction at the Bronx Supreme Courthouse, Room 600, 851 Grand Concourse, Bronx, NY on September 21, 2015 at 2:00 pm premises situate, lying and being in the Borough of The Bronx, County of Bronx, City and State of New York, known and designated as Block 4714 and Lot 43. Said premises known as EAST 219TH STREET, BRONX, NY
Approximate amount of lien \$ 6,455.56 plus interest & costs.
Premises will be sold subject to provisions of filed Judgment and Terms of Sale.
Index Number 300606/2013.
JOHN PERONE, ESQ., Referee
Phillips Lytle LLP
Attorney(s) for Plaintiffs
28 East Main Street, Suite 1400,
Rochester, NY 14614

LEGAL NOTICE

SUPREME COURT - COUNTY OF BRONX

NYCTL 1998-2 TRUST AND THE BANK OF NEW YORK MELLON, AS COLLATERAL AGENT AND CUSTODIAN, Plaintiffs against 12 SCHUYLER TERRACE CORP., et al Defendant(s). Pursuant to a Judgment of Foreclosure and Sale entered herein on June 19, 2015, I, the undersigned Referee will sell at public auction at the Bronx Supreme Courthouse, Room 600, 851 Grand Concourse, Bronx, NY on September 28, 2015 at 2:00 pm premises situate, lying and being in the Borough of The Bronx, County of Bronx, City and State of New York, known and designated as Block 5529 and Lot 816 on the Bronx County Tax Assessment. Said premises known as 12 SCHUYLER, BRONX, NY
Approximate amount of lien \$ 12,004.33 plus interest & costs.
Premises will be sold subject to provisions of filed Judgment and Terms of Sale.
Index Number 303024/2011.
CARL LUCAS, ESQ., Referee
Phillips Lytle LLP
Attorney(s) for Plaintiffs
28 East Main Street, Suite 1400,
Rochester, NY 14614

LEGAL NOTICE

SUPREME COURT - COUNTY OF BRONX

NYCTL 1998-2 TRUST AND THE BANK OF NEW YORK MELLON, AS COLLATERAL AGENT AND CUSTODIAN, Plaintiffs against JUNIOR HART, et al Defendant(s). Pursuant to a Judgment of Foreclosure and Sale entered herein on June 19, 2015, I, the undersigned Referee will sell at public auction at the Bronx Supreme Courthouse, Room 600, 851 Grand Concourse, Bronx, NY on September 28, 2015 at 2:00 pm premises situate, lying and being in the Borough of The Bronx, County of Bronx, City and State of New York, known and designated as Block 5529 and Lot 816 on the Bronx County Tax Assessment. Said premises known as 12 SCHUYLER, BRONX, NY
Approximate amount of lien \$ 12,004.33 plus interest & costs.
Premises will be sold subject to provisions of filed Judgment and Terms of Sale.
Index Number 303024/2011.
CARL LUCAS, ESQ., Referee
Phillips Lytle LLP
Attorney(s) for Plaintiffs
28 East Main Street, Suite 1400,
Rochester, NY 14614

of New York, known and designated as Block 5017 and Lot 7 on the Bronx County Tax Assessment Map.

Said premises known as 4220 ELY AVENUE, BRONX, NY Approximate amount of lien \$ 3,688.58 plus interest & costs. Premises will be sold subject to provisions of filed Judgment and Terms of Sale.

Index Number 301050/2013.
HARRY M. FORMAN, ESQ.,
Referee
Phillips Lytle LLP
Attorney(s) for Plaintiffs
28 East Main Street, Suite 1400,
Rochester, NY 14614

LEGAL NOTICE

FILE NO. 2015-39
CITATION
SURROGATE'S COURT, SULLIVAN COUNTY
THE PEOPLE OF THE STATE OF NEW YORK

By the Grace of God Free and Independent

TO: Parasko Petrochilos, Rose Marie Cardona, being and intended to be the spouse and mother, both distributees of Linda M. Cardona a/k/a Linda M. Petrochilos, deceased, who died a resident of Sullivan County, New York, on December 6, 2011, and whose addresses are unknown, and if they are dead, their respective distributees, executors, administrators, beneficiaries, assigned and successors in interest, all of whose true names and addresses are unknown, being all the persons who might have an interest in the estate of said decedent as distributee or derived through any such distributee,

A Petition having been duly filed by Bayview Loan Servicing LLC who is domiciled at 4425 Ponce De Leon Blvd., 5th Floor, Coral Gables, FL 33146,

YOU ARE HEREBY CITED TO SHOW CAUSE before the Surrogate's Court, Sullivan County, located at the Courthouse, 414 Broadway, Monticello, N.Y., on **NOVEMBER 12, 2015** at 11:30 AM in the forenoon of that day, why a decree should not be made in the estate of Linda M. Cardona a/k/a Linda M. Petrochilos, lately domiciled in Sullivan County, N.Y., for the administration thereof and that limited letters of administration issue to any eligible distributee or upon their default to the Public Administrator of Sullivan County or to such other person as may be entitled thereto.

Dated, Attested, and Sealed, August 26, 2015.

HON. Frank J. LaBuda, Surrogate.
Rita Guarnaccia, Chief Clerk.
Monica G. Christie, Esq.
Fein Such & Crane LLP
1400 Old Country Road, Suite C103
Westbury, N.Y. 11590
(516) 394-6921

Note: This Citation is served upon you as required by law. You are not required to appear. If you fail to appear, it will be assumed you do not object to the relief requested. You have the right to have an attorney-at-law appear before you, and you or your attorney may request a copy of the full account from the petitioner or the petitioner's attorney.

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Castle Hill
Parkchester Area
347-691-3443



Bronx scene

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- Pets For Adoption.....97
- Do You Remember - Egon Erickson.....96

A Tribute to the Big Latin Bands

Lehman Center for the Performing Arts will kick off their 35th anniversary season with a Tribute To The Big Bands featuring the legendary Machito Orchestra under the direction of Machito's son Mario Grillo, and the Mambo Legends Orchestra led by John "Dandy" Rodriguez, Musical Director Jose Madera and Mitch Frohman. With special guests master percussionist Giovanni Hidalgo, Cuban piano virtuoso Emilio Morales and the master of the Cuban Tres Guitar Nelson Gonzalez on Saturday, September 19, at 8 p.m. Produced by Lehman Center and Robert Sancho.

Lehman Center for the Performing Arts is on the campus of Lehman College/CUNY at 250 Bedford Park Boulevard West. Tickets for A

Tribute To The Big Bands are \$60, \$55, and \$45 and can be purchased by calling the Lehman Center box office at (718) 960-8833 (Monday through Friday, 10 a.m. to 5 p.m., and beginning at noon on the day of the concert), or through online access at www.LehmanCenter.org.

Lehman Center is accessible by #4 or D train to Bedford Park Blvd. and is off the Saw Mill River Parkway and the Major Deegan Expressway.

Low-cost on-site parking available for \$5.

(Right) The Mambo Legends Orchestra, led by John "Dandy" Rodriguez, will be performing at Lehman Center for the Performing Arts on Saturday, September 19.



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specialeventspr@prestonhs.org

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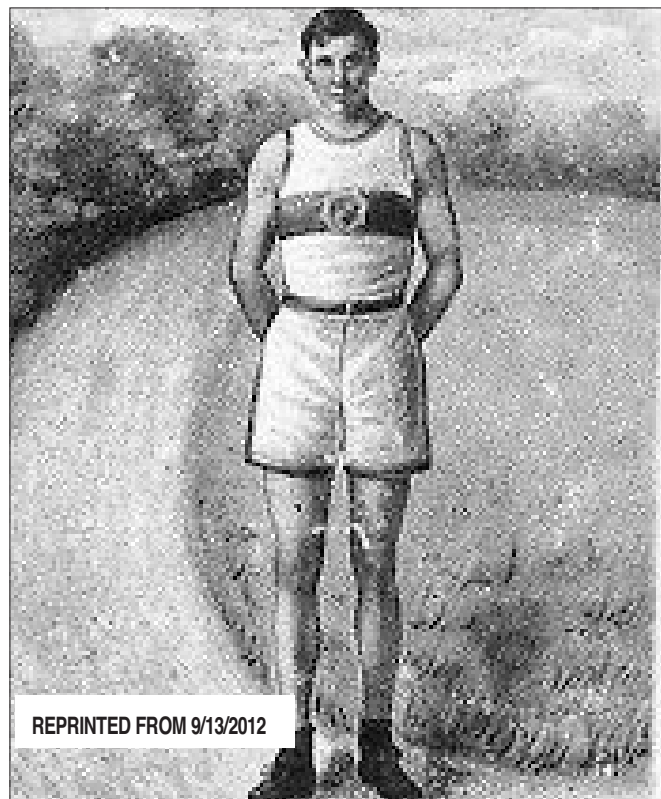
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Egon Erickson, early Bronx athlete

do you
by Bill Twomey **remember**



Egon R. Erickson in 1910

I recall John McNamara telling me a story many years ago about his father courting his mother. His father came from the Canal Street area of Manhattan where he was a well-known pugilist. When he asked for his intended wife's hand in marriage, she said not as long as he continued prize fighting. He made a decision then and there to give up boxing. Instead, he took up running and became rather adept at it, narrowly missing a chance to compete in the Olympics.

He also found a job working on the construction of Immaculate Conception Church being built on Melrose Avenue near where the couple later raised their two sons.

Recalling the story reminds me of a once renowned Bronxite from East 136th Street who actually did get a chance to compete in the Olympics. Gabby Williams is the current AAU champion stealing newspaper headlines but back in 1909 it was high jumper and runner Egon R. Erickson who reigned supreme with the

press. He won the National High Jump championship that year.

Among the organizations he competed for were the New York Athletic Club, Mott Haven Athletic Club, Swedish American Athletic Club, the Irish American Athletic Club and after joining the police department in 1911, the NYPD Athletic League.

He also made it a point to participate in fund-raisers including one for the widows and orphans of members of the Jersey City Police Department held at the Jersey City Baseball Ground in September of 1917. He represented the NYCPD along with other members of his department.

He started competing early and by 1904 at age 16 he had already broken the running broad jump record at a meet held at P. S. 31 here in the Bronx. His family was living on East 136th Street at

the time.

He competed in the high jump category in the 1912 Olympic Games in Stockholm, Sweden where he tied for fourth place with Jim Thorpe.

Erickson was born in Gothenburg, Sweden (where Volvo was founded in 1927) on July 4, 1888. Gothenburg, by the way, is in southwest Sweden not far from Smaland, which is further east and is recalled as the birthplace of Jonas Bronck.

The river that runs down the center of our borough was named for Bronck and the borough gets its name from the river. Erickson came to America in 1891 and became a naturalized United States citizen in 1909. His wife was born here but both of her parents were born in Ireland.

Egon retired from the New York City Police Department in 1939 and passed away

on January 20, 1973. He now lies peacefully interred in the St. Martin Section of St. Raymond's Cemetery with his wife Nora who died on November 8, 1973.

*If funeral homes were all the same,
ours wouldn't be the family choice.*

The families of our community so often choose our funeral home. Some come to us to pre-plan arrangements because we offer all the options and choices they desire. Others come to us at their time of need seeking guidance, support and the certainty of a funeral service that is correct in every way. Should your family find itself in need of our services, we hope you'll make the choice so many in our community have.


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If you are interested in adopting any of these pets, email newbeginninganimalrescue@gmail.com or call 347-691-3282. New Beginning Animal Rescue is located at 2515 Newbold Avenue.

civic center

Waterbury LaSalle Community Assoc.

After School

If your child attends P.S. 14 you may not be able to resist this very special offer. John O'leary, owner and operator of Pelham Bay Karate, has put together an all inclusive after school program for the children.

Your child will be picked up at P.S. 14 and escorted to the school which is just one block away. The programming includes homework assistance, snack time, karate and anti-bullying. Your child will be safe and enjoying these wonderful programs in a beautiful, immaculately clean 3,000 square foot space. The program ends at 6 p.m., but I bet your child will not want to leave!

An after school program like this provides so much for your child. Karate teaches discipline and imparts confidence. It gives your child other choices when they are confronted with bullying. Children that practice karate not only develop body strength but also strength of mind and an attitude of peace.

Just think, when you pick up your child at 6 p.m., they will have their homework done, snack eaten and they will be wanting to tell you about what they have learned and what new friends they have made!

Interested? Hurry up and call because the first 15 people will get a huge discount of just \$35 a week. O'leary can be reached at (636) 423-7898 or by e-mail at pbkadojo@aol.com.

BY MARY JANE MUSANO

When you give your heart and soul to a job and they really appreciate what you do, nothing can be better than that! Well, that is exactly the situation for one of our members, Dave Fliegelman, and the Supreme Court staff where he works.

After nearly four decades on the job, Dave decided to retire and when he told his superiors and colleagues they planned a send-off fit for royalty! His colleagues lined the steps of the courthouse and saluted as he walked out of the building for the final time as a Supreme Court officer. Then he entered a waiting official car for his final tour around the building. I can only imagine that people passing by must have been saying, "Who is this guy!"

Well, Dave Fliegelman is a man who loved to come to work everyday. He gave 110% and it was noticed by his superiors and colleagues. He was loved by the staff, admired for what he did and at least one colleague followed in his footsteps.

Dave was not only a Supreme Court officer but he was an EMT as well, and that certification was put to good use in the courthouse. He, along with two other court officers, saved a court employee who had gone into cardiac arrest. This impressed Jose Reyes, a fellow court officer, so much that he got his certification as well. And like Dave Fliegelman he was able to save a life. A two-year-old girl had a seizure outside of the court building and Jose put his knowledge to work and saved this child.

What a legacy! Dave, you did a great job and you and your family should be very proud!

That's pretty much the news for this week and thankfully so as my computer has been acting up this entire writing and I am a half a heart beat from putting a 12-gauge hole in it.

Trivia Time!!

The first National Labor Day was celebrated on September 3, 1894. Grover Cleveland signed it into law.

The world's first attack submarine showed up on September 7, 1776. It's name The Turtle.

The US got it's nick name 'Uncle Sam' on September 7, 1813.

On the same date in 1859, Big Ben went into operation.

Your brains are full now so keep the troops in your prayers, take a vet to lunch and God bless.

civic center

Samuel Young Legion Post 620

meets at Sam Young, will be holding their annual outing at the Msgr. Scanlan High School school grounds from noon to 5 p.m. rain or shine, \$30 per person. Lots of fun, food and games. No minors. Call Steve Mark for info at (646) 645-0712.

Our VA BBQ will be held this coming Sunday, September 13 starting at noon. Once again, the folks at the Texas Roadhouse have contributed food for this affair and we thank them profusely. You volunteers stand by.

BY PAUL GOLLUSCIO

Hello all!

Save the date! Saturday, September 26, at 11 a.m., there will be a street-naming ceremony honoring Bill Clancy. Bill was a hard working member of the Hawkins Post on City Island and held various positions within the Bronx area.

The most notable was vice commander for POW/MIA's. Cross Street, right adjacent to the Hawkins Post, will be re-named Bill Clancy Way in his honor. Parking will be allowed in the St. Mary Star of the Sea Church parking lot. Come on out and join in and thanks to the elected officials who paved the way for this event.

The Westchester Mechanics Local 3, a union group that

civic center

Locust Point Civic Association

few work parties, some events and some rest and relaxation. Our annual Dancing Under

The Stars was a resounding success with great weather and music by my band Just Nuts. Everyone danced until midnight. Can't wait to do it again next year.

We had our Labor Day Parade this past Sunday. We met at noon and marched through the streets of Locust Point and returned to the civic for

a BBQ, games for the kids and great company with all our neighbors. Did I mention that it was free!

Weekly events at the civic include yoga, meditation and exercise classes. If interested in any of these weekly events, please contact Chrys at cnapolitano@netzero.com. For all Locust Point residents,

annual dues are due. For \$50 a year you get an amazing amount of benefits. Please drop off your check (made out to LPCA) at Eddie Toth's mailbox, 3210 Glennon Place. Come on down and participate in all our great events we have to offer.

Thank you all for reading!

YMCA of Greater New York provides back-to-school advice

As a new school year approaches, the YMCA of Greater New York recommends ten ways parents can organize the back-to-school routine and

eliminate manic mornings:

1. Get yourself ready first.
2. Create a routine/
3. Get a good night's sleep.
4. If you're stressed, your

kids will be too.

5. Lay out outfits in advance.
6. Keep a bag packed by the door.

7. Prepare lunches the night before.

8. Make a practice run.
9. Give a five-minute warning.

10. Put a note in their lunchbox that will let them know you are thinking of them and give them a pick-me-up during their first day.

LEGAL NOTICE

FAMILY COURT FOR THE STATE OF DELAWARE NOTICE OF FAMILY COURT ACTION TO: Kentory Nigel-Brown and/or Unknown Father: Respondent(s) Petitioner, Division of Family Services, has filed a Dependency/Neglect petition against you in the State of Delaware for Kent County on September 18, 2015 (File No.: CK15-02399 /Case No.: 15-24682). If you do not file an answer with the Family Court within 20 days after publication of this notice, exclusive of the date of publication, as required by statute, this action will be heard in Family Court without further notice. IF YOU WISH TO BE REPRESENTED BY AN ATTORNEY IN THIS MATTER BUT CANNOT AFFORD ONE, YOU MAY BE ENTITLED TO HAVE THE COURT APPOINT AN ATTORNEY TO REPRESENT YOU FOR FREE. FOR MORE INFORMATION, PLEASE CONTACT THE CLERK AT FAMILY COURT. Cubicle: cw / 229

LEGAL NOTICE

ORDER TO SHOW CAUSE Index No. 23238/2015E At an IAS Part 15 of the Supreme Court of the State of New York, held in and for the County of the Bronx, at the courthouse located at 851 Grand Concourse, Bronx, New York 10451, on the 19th day of June, 2015. P R E S E N T: HON. Mary Ann Brigantti, Justice, in the Matter of the Application of ROBERT BUCKLEY, individually and as holder of more than twenty (20%) percent of all outstanding shares of Lift-Tech, Ltd., Petitioner, For the Judicial Dissolution of LIFT-TECH, LTD. Pursuant to Business Corporation Law §1104-a, et. seq. and MICHAEL NICKLOUS, MELISSA APONTE and THE PEOPLE OF THE STATE OF NEW YORK, Respondents. Upon reading and filing the annexed petition of Robert Buckley, duly sworn to on June 11, 2015, individually and as holder of more than twenty (20%) percent of outstanding shares of Lift-Tech, Ltd. (the "Corporation"), entitled to vote in an election of directors of the Corporation, the Corporation being a domestic business corporation organized and existing under and by virtue of the laws of the State of New York and having their offices located in Bronx County, for a judicial dissolution of the Corporation pursuant to BCL §1104-a and good cause appearing therefor NOW, upon motion of Rosenberg Fortuna & Laitman, LLP, attorneys for Petitioner, it is hereby **ORDERED**, that the Corporation, the Respondents and all persons interested in the Corporation, or their attorneys, show cause before this Court at IAS Part 15, Room 405A, at the courthouse located at 851 Grand Concourse, Bronx, New York 10451, on the 21st day of September, 2015 at 9:30 a.m. of that day or as soon thereafter as counsel can be heard, why an Order should not be made and entered pursuant to BCL §1104-a directing the judicial dissolution of the Corporation; and, it is further **ORDERED**, that the Corporation, its officers and directors shall, pursuant to BCL §1106A, on the return date of this Order, furnish to the Court statements of the Corporation's assets and liabilities and the names and addresses of each shareholder, creditor and claimant, including those with which the Corporation has unliquidated or consignment claims and unfulfilled contracts; and, it is further **ORDERED**, that the Corporation, its offi-

cers and directors shall, pursuant to BCL §1104-a(c), make available within thirty (30) days after the filing of this Petition, for inspection and copying, to the Petitioner or his attorneys, under reasonable working conditions, the corporate financial books and records for the three (3) preceding years; and, it is further **ORDERED**, that a copy of this Order to Show Cause shall be published by the Petitioner at least once a week for the three (3) weeks immediately preceding the return date of this Order to Show Cause in The New York Law Journal and Bronx Times Reporter, newspapers of general circulation in the County of Bronx, in which the offices of the Corporation are currently located; and, it is further **ORDERED**, that a copy of this Order to Show Cause shall be served by Petitioner upon the Corporation, upon the New York State Tax Commission and upon Respondents Michael Nicklous and Melissa Aponte and upon the Attorney General of the State of New York, by: (i) personal services at least ten (10) days prior to the date fixed herein for the hearing on this application; or (ii) by mailing, postage prepaid, at least twenty (20) days prior to the date fixed for such hearing, in the manner prescribed in §1106 of the Business Corporation Law. E N T E R: Hon. Mary Ann Brigantti, J.S.C.

LEGAL NOTICE

INDEX NO.: 35376/2013E
Date Filed: 8/14/2015
SUPPLEMENTAL SUMMONS WITH NOTICE
MORTGAGED PREMISES: 558 Ellsworth Avenue, Bronx, N.Y. 10465.
BL #: 5488 - 48.
Plaintiff designates BRONX County as the place of trial; venue is based upon the county in which the mortgaged premises is situate.
STATE OF NEW YORK
SUPREME COURT: COUNTY OF BRONX
NATIONSTAR MORTGAGE LLC D/B/A CHAMPION MORTGAGE COMPANY,
Plaintiff,
-against-
UNKNOWN HEIRS TO THE ESTATE OF STELLA JANTZEN A/K/A STELLA J. JANTZEN A/K/A STELLA DRAKE A/K/A STELLA J. DRAKE, if living, and if dead, the respective heirs at law, next of kin, distributees, executors, administrators, trustees, devisees, legatees, assignors, lienors, creditors and successors in interest, and generally all persons having or claiming under, by or through said defendant who may be deceased, by purchase, inheritance, lien or otherwise of any right, title or interest in and to the premises described in the complaint herein, and their respective husbands, wives or widows, if any, and each and every person not specifically named who may be entitled to or claim to have any right, title or interest in the property described in the verified complaint; all of whom and whose name and place of residence unknown, cannot after diligent inquiry by ascertained by the Plaintiff, ET AL., Defendants.
TO THE ABOVE NAMED DEFENDANTS:
YOU ARE HEREBY SUMMONED to answer the Complaint in this action and to serve a copy of your answer, or, if the Complaint is not served with this Summons, to serve a notice of appearance on the attorneys for the Plaintiff within 20 days after the service of this Summons, exclusive of the day of service (or within 30 days after service is complete if this Summons is not

personally delivered to you within the State of New York). In case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the Complaint.

NOTICE
YOU ARE IN DANGER OF LOSING YOUR HOME

IF YOU DO NOT RESPOND TO THIS SUMMONS AND COMPLAINT BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE MORTGAGE COMPANY WHO FILED THIS FORECLOSURE PROCEEDING AGAINST YOU AND FILING THE ANSWER WITH THE COURT, A DEFAULT JUDGMENT MAY BE ENTERED AND YOU CAN LOSE YOUR HOME.

SPEAK TO AN ATTORNEY OR GO TO THE COURT WHERE YOUR CASE IS PENDING FOR FURTHER INFORMATION ON HOW TO ANSWER THE SUMMONS AND PROTECT YOUR PROPERTY.

SENDING PAYMENT TO YOUR MORTGAGE COMPANY WILL NOT STOP THIS FORECLOSURE ACTION.

YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT.

THE OBJECT of the above captioned action is to foreclose a Mortgage to secure \$ 510,000.00 and interest, recorded in the Office of the Clerk of BRONX on December 8, 2009, in CRF Number 2009000400996, covering premises known as 558 Ellsworth Avenue, Bronx, N.Y. 10465 - Block 5488; Lot 48

The relief sought in the within action is a final judgment directing the sale of

the premises described above to satisfy the debt secured by the Mortgage described above. The Plaintiff also seeks a deficiency judgment against the Defendant and for any debt secured by said Mortgage which is not satisfied by the proceeds of the sale of said premises.

TO the Defendant(s) UNKNOWN HEIRS TO THE ESTATE OF STELLA JANTZEN A/K/A STELLA J. JANTZEN A/K/A STELLA DRAKE A/K/A STELLA J. DRAKE, the foregoing Supplemental Summons with Notice is served upon you by publication pursuant to an Order of the Hon. Mary Ann Brigantti, JSC of the Supreme Court of the State of New York, dated June 3, 2015.

Dated: New Rochelle, N.Y.
August 10, 2015
MCCABE, WEISBERG & CONWAY, P.C.

/s/
Sonia J Baez, Esq.
Attorneys for Plaintiff
145 Huguenot St., Ste. 210
New Rochelle, NY 10801
p. 914-636-8900
f. 914-636-8901

HELP FOR HOMEOWNERS IN FORECLOSURE

NEW YORK STATE LAW REQUIRES THAT WE SEND YOU THIS NOTICE

ABOUT THE FORECLOSURE PROCESS. PLEASE READ IT CAREFULLY.

SUMMONS AND COMPLAINT
YOU ARE IN DANGER OF LOSING YOUR HOME. IF YOU FAIL TO RESPOND TO THE SUMMONS AND COMPLAINT IN THIS FORECLOSURE

ACTION, YOU MAY LOSE YOUR HOME. PLEASE READ THE SUMMONS AND COMPLAINT

CAREFULLY. YOU SHOULD IMMEDIATELY CONTACT AN ATTORNEY OR YOUR LOCAL LEGAL AID OFFICE TO OBTAIN ADVICE ON HOW TO PROTECT YOURSELF. SOURCES OF INFORMATION AND ASSISTANCE.

The State encourages you to become informed about your options in foreclosure.

In addition to seeking assistance from an attorney or legal aid office, there are government agencies and non-profit organizations that you may contact for

information about possible options, including trying to work with your lender during this process.

To locate an entity near you, you may call the toll-free helpline maintained by the New York State Banking Department of Financial Services at 1-800-342-3736 or visit the Department's website at www.dfs.ny.gov.

FORECLOSURE RESCUE SCAMS

Be careful of people who approach you with offers to "save" your home. There are individuals who watch for notices of foreclosure actions in order to unfairly profit from a homeowner's distress. You should be extremely careful about any such promises and any suggestions that you pay them a fee or sign over your deed. State law requires anyone offering such services for profit to enter into a contract which fully describes the services they will perform and fees they will charge, and which prohibits them from taking any money from you until they have completed all such promised services.

More Classifieds online at

BX TIMES.COM

Pedestrian safety improvements coming to Westchester Square

From page 1

large island expansions, crosswalks and pedestrian ramps, should alleviate and relieve traffic while creating better traveling situations for pedestrians.

"Having pedestrian islands in Westchester Square will eliminate traffic because the pedestrians who will stand on the islands waiting to cross would have otherwise been in the street and blocking traffic, creating a dangerous scenario and increasing traffic backup," said Ken Kearns, district manager for Community Board 10. "CB 10 supported this portion of the (East Tremont Avenue Traffic Study) plan and, in that particular area, it should help both sides - drivers and pedestrians."

The installation of these safety enhancements in Westchester Square was originally part of the larger

planned project that included the narrowing of lanes on East Tremont Avenue from Ericson Place to Bruckner Boulevard for wider parking spaces on the street and to improve traffic flow.

Another part of the original plan also included the installation of a turning lane and turning East Tremont Avenue from two lanes to one lane each way.

Both parts of this plan never came to fruition because of community concern, the majority of which strongly opposed the project.

(Right) Two of the five pedestrian islands to be installed in Westchester Square will be located just off of Westchester Avenue.

Photo courtesy of NYC DOT



Mercy College hires former Bronx Chamber of Commerce CEO

From page 1

The number one requirement for someone to be hired for Caro's new position is a strong passion for the borough as someone who wants to see it succeed and thrive, she said.

"Lenny is a perfect fit for this position and we are so thrilled to have him on board," said Cioffi. "Lenny is the epitome of the Bronx having served on the Bronx Chamber of Commerce for 13 years, and we're excited to see what wonderful opportunities he has to offer our college and our students."

Joseph Kelleher, Bronx Chamber of Commerce chairman, confirmed Caro's passion for working with and supporting youth and young adults throughout his years at the chamber.

This included bringing New York Yankee baseball players to visit pediatric cancer patients at Montefiore, and visiting local schools with Ray Negrón, who is part of the New York Yankees front office and author of a children's books.

"He's very passionate about help-

ing the youth and in spreading a message that they can become whatever it is that they dream," said Kelleher. "Lenny is now doing what he is so passionate about."

"I'm very happy for Lenny and I believe this position was made for someone with his same dynamic personality. This is going to be a wonderful time for Mercy College," said Geri Sciortino, a Bronx Chamber of Commerce board member and owner of Bronx Design Group president.

"At the time he was hired, the chamber was in dire need of bringing itself back out and reestablishing itself," she said. "We needed a person who could market that on a large scale, and make the Bronx and the city aware that the Bronx Chamber existed and was getting its footings."

During Caro's tenure at the Bronx Chamber of Commerce, the chamber had difficulty maintaining membership, according to John Collazzi, Bronx Chamber founder and current board member.

"I believe our new executive direc-

tor, Michelle Dolgow Cristofaro, will be able to correct the situation and bring the Chamber along so that its members receive the benefits they expect," he added.

"With Michelle's superior academic background, the issues of the past will be rectified," Collazzi concluded.

"Under Dolgow Cristofaro, Lisa Sorin, also a board member, indicated that she is confident the chamber will continue to grow.

Sorin said that Cristofaro has been working behind the scenes and this will be an opportunity for all to see the quality of her work.



Lenny Caro was recently hired by Mercy College to serve as chief community relations officer, Bronx.

Photo courtesy of Mercy College

HOUSE CALLS

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WILL TRAVEL. WE MAKE HOUSE CALLS.

173 N. WELLWOOD AVENUE, LINDENHURST, N.Y.

FREE Estimates!

LEGAL NOTICE

SUMMONS
Index #: 35896/2014E
Date of Filing: November 24, 2014
Premises Address:
733 KELLY STREET
BRONX, NY 10455
SUPREME COURT OF THE STATE
OF NEW YORK
COUNTY OF BRONX
CITIMORTGAGE, INC., Plaintiff,
-against-

DIANA ALAVA, INDIVIDUALLY AND AS HEIR AT LAW AND NEXT OF KIN OF NELLY ALAVA; MARCELA ALAVA AS HEIR AT LAW AND NEXT OF KIN OF NELLY ALAVA; PEGGY ALAVA AS HEIR AT LAW AND NEXT OF KIN OF NELLY ALAVA; SANTIAGO ALAVA AS HEIR AT LAW AND NEXT OF KIN OF NELLY ALAVA; NEW YORK CITY PARKING VIOLATIONS BUREAU; NEW YORK CITY TRANSIT ADJUDICATION BUREAU; JOHN DOE 1 THROUGH 50; JANE DOE 1 THROUGH 50, INTENDING TO BE THE UNKNOWN HEIRS, DISTRIBUTES, DEVISEES, GRANTEEES, TRUSTEES, LIENORS, CREDITORS, AND ASSIGNEES OF THE ESTATE OF NELLY ALAVA WHO WAS BORN ON SEPTEMBER 4, 1943 AND DIED ON MARCH 30, 2014, A RESIDENT OF THE COUNTY OF BRONX, THEIR SUCCESSORS IN INTEREST IF ANY OF THE AFORESAID DEFENDANTS BE DECEASED, THEIR RESPECTIVE HEIRS AT LAW, NEXT OF KIN, AND SUCCESSORS IN INTEREST OF THE AFORESAID CLASSES OF PERSON, IF THEY OR ANY OF THEM BE DEAD, AND THEIR RESPECTIVE HUSBANDS, WIVES OR WIDOWS, IF ANY, ALL OF WHOM AND WHOSE NAMES AND PLACES OF RESIDENCE ARE UNKNOWN TO THE PLAINTIFF; CITY OF NEW YORK; NEW YORK CITY ENVIRONMENTAL CONTROL BOARD; NEW YORK STATE DEPARTMENT OF TAXATION AND FINANCE ; UNITED STATES OF AMERICA - INTERNAL REVENUE SERVICE; "JOHN DOES" AND "JANE DOES", said names being fictitious, parties intended being possible tenants or occupants of premises and corporations, other entities or persons who have, claim, or may claim, a lien against, or other interest in, the premises, Defendant(s),

TO THE ABOVE NAMED DEFENDANTS:

YOU ARE HEREBY SUMMONED to answer the Complaint in this action, and to serve a copy of your Answer, or, if the Complaint is not served with this Summons, to serve a Notice of Appearance on the Plaintiff's Attorneys within twenty (20) days after the service of this Summons, exclusive of the day of service, where service is made by delivery upon you personally within the State, or within thirty (30) days after completion of service where service is made in any other manner, and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the complaint.

NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME

If you do not respond to this summons and complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home.

Speak to an attorney or go to the

court where your case is pending for further information on how to answer the summons and protect your property.

Sending a payment to your mortgage company will not stop this foreclosure action.

YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT.

The following notice is intended only for those defendants who are owners of the premises sought to be foreclosed or who are liable upon the debt for which the mortgage stands as security.

YOU ARE HEREBY PUT ON NOTICE THAT WE ARE ATTEMPTING TO COLLECT A DEBT, AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

The amount of the Debt: \$304,232.43, consisting of principal balance of \$208,385.19 plus interest of \$56,396.42 escrow/impound shortages or credits of \$37,382.76, late charges of \$373.56; Broker's Price Opinion, inspection and miscellaneous charges of \$979.50; Less unapplied funds (\$1,000.00); attorney fee \$1,440.00 and title search \$275.00. Because of interest and other charges that may vary from day to day, the amount due on the day you pay may be greater. Hence, if you pay the amount shown above, an adjustment may be necessary after we receive the check, in which event we will inform you.

The name of the creditor to whom the debt is owed: CITIMORTGAGE, INC.

Unless you dispute the validity of the debt, or any portion thereof, within thirty (30) days after receipt hereof, the debt will be assumed to be valid by Rosicki, Rosicki & Associates P.C.

If you notify Rosicki, Rosicki & Associates P.C. in writing within thirty (30) days after your receipt hereof that the debt, or any portion thereof, is disputed, we will obtain verification of the debt or a copy of any judgment against you representing the debt and a copy of such verification or judgment will be mailed to you by Rosicki, Rosicki & Associates P.C.

Upon your written request within 30 days after receipt of this notice, Rosicki, Rosicki & Associates P.C. will provide you with the name and address of the original creditor if different from the current creditor.

Note: Your time to respond to the summons and complaint differs from your time to dispute the validity of the debt or to request the name and address of the original creditor. Although you have as few as 20 days to respond to the summons and complaint, depending on the manner of service, you still have 30 days from receipt of this summons to dispute the validity of the debt and to request the name and address of the original creditor.

TO THE DEFENDANTS, except DIANA ALAVA: The Plaintiff makes no personal claim against you in this action.

TO THE DEFENDANTS: DIANA ALAVA: If you have obtained an order of discharge from the Bankruptcy court, which includes this debt, and you have not reaffirmed your liability for this debt, this law suit is not alleging that you have any personal liability for this debt and does not seek a money judgment against you. Even if a discharge has been obtained, this lawsuit to foreclose the mortgage will continue and we will seek a judgment authorizing the sale of the mortgaged premises.

Dated: November 24, 2014

Bijal K. Jani, Esq.
ROSICKI, ROSICKI &
ASSOCIATES, P.C.
Attorneys for Plaintiff
Main Office 51 E Bethpage Road
Plainview, NY 11803
516-741-2585
Help For Homeowners In
Foreclosure

New York State Law requires that we send you this notice about the foreclosure process. Please read it carefully. Mortgage foreclosure is a complex process. Some people may approach you about "saving" your home. You should be extremely careful about any such promises. The State encourages you to become informed about your options in foreclosure. There are government agencies, legal aid entities and other non-profit organizations that you may contact for information about foreclosure while you are working with your lender during this process. To locate an entity near you, you may call the toll-free helpline maintained by the New York State Banking Department at 1-877-BANKNYS (1-877-226-5697) or visit the Department's website at www.banking.state.ny.us. The State does not guarantee the advice of these agencies.

LEGAL NOTICE

SUPPLEMENTAL SUMMONS AND NOTICE-SUPREME COURT OF THE STATE OF NEW YORK, COUNTY OF BRONX -BANK OF AMERICA, N.A., Plaintiff, against UNKNOWN HEIRS AND DISTRIBUTES OF THE ESTATE OF LOUISE GENTILE A/K/A LOUISE T. GENTILE, MELANIE GENTILE, SCOTT GENTILE, JENNIFER GENTILE, if living, and if she be dead, any and all other persons, who may claim as devisees, distributes, legal representatives and successors in interest of said defendants, all of whom and whose places of residence are unknown to the plaintiff and cannot after diligent inquire be ascertained, NEW YORK STATE DEPARTMENT OF TAXATION AND FINANCE, UNITED STATES OF AMERICA (SOUTHERN DISTRICT), "JOHN DOE #1" through "JOHN DOE #12," the last twelve names being fictitious and unknown to plaintiff, the persons or parties intended being the tenants, occupants, persons or corporations, if any, having or claiming an interest in or lien upon the premises, described in the complaint, Defendants-Index no. 38245/14. Plaintiff designates Bronx County as the place of trial situs of the real property. To the above named Defendants-YOU ARE HEREBY SUMMONED to answer the complaint in this action and to serve a copy of your answer, or, if the complaint is not served with this summons, to serve a notice of appearance on the Plaintiff's Attorney within 20 days after the service of this summons, exclusive of the day of service (or within 30 days after the service is complete if this summons is not personally delivered to you within the State of New York) in the event the United States of America is made a party defendant, the time to answer for the said United States of America shall not expire until (60) days after service of the Summons; and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the complaint. NOTICE-YOU ARE IN DANGER OF LOSING YOUR HOME - If you do not respond to this summons

and complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending a payment to the mortgage company will not stop the foreclosure action. **YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT. HELP FOR HOMEOWNERS IN FORECLOSURE;** New York State law requires that we send you this notice about the foreclosure process. Please read it carefully. **SUMMONS AND COMPLAINT** You are in danger of losing your home. If you fail to respond to the Summons and Complaint in this Foreclosure Action, you may lose your home. Please read the Summons and Complaint carefully. You should immediately contact an attorney of your local legal aid office to obtain advice on how to protect yourself. **SOURCES OF INFORMATION AND ASSISTANCE** The State encourages you to become informed about your options in foreclosure. In addition to seeking assistance from an attorney or legal aid office, there are government agencies and non-profit organizations that you may contact for information about possible options, including trying to work with your lender during this process. To locate an entity near you, you may call the toll-free helpline maintained by the New York State Department of Financial Services' at 1-800-269-0990 or visit the Department's website at <http://www.dfs.ny.gov>.

FORECLOSURE RESCUE SCAMS Be careful of people who approach you with offers to "save" your home. There are individuals who watch for notices of foreclosure actions in order to unfairly profit from a homeowner's distress. You should be extremely careful about any such promises and any suggestions that you pay them a fee or sign over your deed. State law requires anyone offering such services for profit to enter into a contract which fully describes the services they will perform and fees they will charge, and which prohibits them from taking any money from you until they have completed all such promised services. We are attempting to collect a debt. Any information obtained will be used for that purpose. The foregoing summons is served upon you by publication pursuant to an order of the Honorable Wilma Guzman dated May 7, 2015. The object of this action is to foreclose a mortgage and covering the premises known as 2827 Miles Avenue, Bronx, NY located at Block 5578 and Lot 114 Dated: April 16, 2015 Berkman, Henoch, Peterson, Peddy and Fenchel, P.C., Attorney for Plaintiff, By: Matthew T. Burrows, Esq., 100 Garden City Plaza, Garden City, NY 11530 (516) 222-6200.

LEGAL NOTICE

SUPREME COURT - COUNTY OF BRONX
WALL STREET MORTGAGE BANKERS, LTD, DBA POWER EXPRESS, Plaintiff against
STANLEY PUNCH, et al Defendant(s).
Pursuant to a Judgment of Foreclosure and Sale entered on June 26, 2015.

LEGAL NOTICE

I, the undersigned Referee will sell at public auction at the Bronx County Courthouse, 851 Grand Concourse, Room 600, Bronx, N.Y. on the 5th day of October, 2015 at 2:00 p.m. premises described as follows: All that certain plot, piece or parcel of land, situate, lying and being in the county of Bronx, City and State of New York, designated as Lot No. 222 on a map entitled, "Map of 643 Lots Bathgate Estates", surveyed by Charles Cohen and Loe J. Ehrhart, Inc., September 1, 1919, completed June 3, 1921, and filed in the Office of the Register of Bronx County as Map No. 487 on July 18, 1921 and bounded and described as follows: Beginning at a point on the Westerly side of Seton Avenue, 400.28 feet Northerly from its intersection with the Northerly side of Nereid Avenue; Running thence Westerly parallel with Nereid Avenue, 101.06 feet; thence Northerly along the Westerly side of Lot 222, 25.03 feet; thence Easterly and parallel with Nereid Avenue, 101.28 feet to the Westerly side of Seton Avenue; thence Southerly along the same, 25.02 feet to the point or place of beginning.

Said premises known as 4435 Seton Avenue, Bronx, N.Y. 10466.

Tax Account Number: SBL #: 5099 - 52.

Approximate amount of lien \$ 69,640.60 plus interest and costs.

Premises will be sold subject to provisions of filed judgment and terms of sale.

Index No. 35089/2014E. Kelech Onyeobia, Esq., Referee.
Stern & Eisenberg, PC
Attorney(s) for Plaintiff
Woodbridge Corporate Plaza
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**NEW YORK CITY
DEPARTMENT OF TRANSPORTATION**

**DIVISION OF MOVABLE BRIDGES AND TUNNELS
PUBLIC NOTIFICATION**

**Replacement of Bruckner Expressway Service Road over
Westchester Creek (Unionport Bridge)
BIN: 1-06651-0/A/B; P.I.N. X772.43
Bronx County, New York**

Contract No. HBK1131 Federal Aid Project No. Pending N.Y.C.P.I.N. 84111BXBR587

The New York City Department of Transportation (NYCDOT) is proposing to replace the Bruckner Expressway Service Road over Westchester Creek, known as the Unionport Bridge (proposed project), in Bronx County, New York. The proposed project includes new widened bascule bridges, replacement of associated on and off ramps, the addition of a bikeway and pedestrian path, the relocation of a stormwater outfall, removal of the existing bridge, and the removal of Consolidated Edison submarine cables. In accordance with the National Environmental Policy Act (NEPA) process, NYCDOT, in cooperation with the Federal Highway Administration (FHWA) and the New York State Department of Transportation (NYSDOT), is seeking public review and comment on the following project documentation: State Historic Preservation Office (SHPO) No Adverse Effect Determination for Cultural Resources under Section 106 and Section 4(f); *de minimis* Impact on Parkland under Section 4(f); Executive Order (E.O.) 11988 Floodplain Management; E.O. 11990 Protection of Wetlands; E.O. 12898 Federal Actions to Address Environmental Justice in Minority Populations and Low-Income Populations; and the Essential Fish Habitat (EFH) Assessment.

Section 106

The proposed project was reviewed under Section 106 (36 CFR Part 800; 800.5(a)(1)) and SHPO determined that the Unionport Bridge does not meet eligibility criteria for listing on the State and National Registers (S/NR). The New York City Landmarks Preservation Commission (LPC) also indicated that they were not considering the Unionport Bridge as a New York City Landmark. In addition, it was determined that the removal and replacement of Unionport Bridge would not alter the characteristics of the S/NR Eligible Cross Bronx Expressway (I-95) Corridor in a manner that would diminish the integrity of the property's significant historic features. Therefore, the proposed project would have no adverse effect on the Cross Bronx Expressway. In addition, the temporary bridges to be used during construction would also not be anticipated to have an effect or alter the characteristics of the Cross Bronx Expressway in a manner that would diminish the integrity of the property's significant historic features.

A Geographical Assessment was conducted for the proposed project and found that the Area of Potential Effect (APE) holds negligible preservation potential for historic cultural remains. There is a negligible probability for intact prehistoric activities dating between 5,000 years ago and the present. The assessment recommended that construction of the proposed project could proceed without negative impacts to archaeologically-sensitive landforms. Therefore, no cultural resources are likely to be housed in these settings.

A No Adverse Effect Determination was issued by SHPO for the proposed project. This determination will be officially confirmed by FHWA at the conclusion of this public noticing process.

Section 4(f)

A small portion of New York City Department of Park and Recreation (NYCDPR) parkland (approximately 550 square feet) is required to replace the existing non-standard pedestrian path with a new combined use pedestrian bicycle facility on the north side of the bridge and therefore, was reviewed under Section 4(f) of the U.S. Department of Transportation (USDOT) Act of 1966 (now 49 USC § 303). The proposed project was designed to permanently impact as little parkland as possible, while simultaneously meeting the project goals and objectives. As a result of geometric and right of way (ROW) constraints, it is not possible to provide a Class One bike path without this encroachment into parkland.

One historic resource, the Cross Bronx Expressway (I-95) corridor, was identified within the historic resources Area of Potential Effect (APE). Documentation prepared under the Section 106 review has determined that removal of the Unionport Bridge and replacement with a new bridge would not alter the characteristics of the Cross Bronx Expressway that qualify it for S/NR listing in a manner that would diminish the integrity of the property's significant historic features, and therefore the proposed project would have no adverse effect on the Cross Bronx Expressway. There would be no physical or constructive use of this Section 4(f) resource. This determination will be officially confirmed by FHWA at the conclusion of this public noticing process.

The installation of the bike path is a transportation use of the Section 4(f) resource and would not adversely affect the activities, features, or attributes of the Section 4(f) resource. After construction of the project, the bike path will provide a new transportation and recreational facility and facilitate neighborhood connectivity.

Based on an evaluation of the overall proposed project for potential effect to historic structures (Cross Bronx corridor), as well as the bike path pursuant to Section 4(f) undertaken by NYCDOT, in coordination with NYSDOT and FHWA, it is believed that the installation of the bike path will qualify as a *de minimis* impact to the Section 4(f) resources. It is the intent of FHWA to make the *de minimis* impact finding based on the written concurrence from the NYCDPR, the agency with jurisdiction over this resource. This determination will be officially confirmed by FHWA at the conclusion of this public noticing process.

E.O. 11988: Floodplain Management

The proposed bridge would be elevated over the waterway and floodplain and the roadways above the elevation of the 100-year and 500-year floodplain. Per Executive Order 11988, a Floodplains Analysis was prepared for the proposed project. Because of the fixed location of the bridge over water and the site and waterway constraints, it has been determined that there are no other practicable alternatives to the proposed project. The hydraulic capacities of Westchester Creek and the project vicinity would be maintained as a result of the proposed project. The project design considered projections of climate change and sea level rise and identified the mechanical system as a feature potentially vulnerable to flooding. Thus, the mechanical system has been designed to make it less vulnerable to flooding. As described above, the proposed project would not result in changes to the 100-year or 500-year flood elevation. Therefore, the proposed project would not significantly impact the floodplain. The design of the proposed project is consistent with the intent of Executive Order 11988 and has taken measures "...to reduce the risk of flood loss, to minimize the impact of floods on human safety, health, and welfare, and to restore and preserve the natural and beneficial values served by flood plains in carrying out its responsibilities." This determination will be officially confirmed by FHWA at the conclusion of this public noticing process.

E.O. 11990: Protection of Wetlands

The Unionport Bridge is a bridge over water and is located immediately adjacent to and over unvegetated tidal wetlands. Per Executive Order 11990, a Wetland Finding Report was prepared that documented the basis for a determination that there is no feasible and prudent alternative to impacts to wetlands and that all practical measures to minimize harm to wetlands have been included. The proposed project would result in a total of 0.12 acres of permanent impacts resulting from the proposed bridge and 0.22 acres of temporary impacts to unvegetated tidal wetlands resulting from temporary bridge construction. In addition, dredging to remove the utility cables and relocate the stormwater outfall would result in 0.05 acres of temporary impact to wetlands and 0.03 acres of impact to open waters.

Impacts to tidal wetlands and open waters will be mitigated in accordance with federal and state regulations. Mitigation for permanent impacts is currently being developed in coordination with the resource agencies. Therefore, it was determined that there are no feasible and prudent alternative to impacts to wetlands as a result of the proposed project. All practical measures to minimize harm to wetlands have been included in the proposed project. This determination will be officially confirmed by FHWA at the conclusion of this public noticing process.

E.O. 12898: Environmental Justice (EJ)

Per Executive Order 12898, an EJ analysis has been prepared to identify and address any disproportionately high and adverse impacts on minority or low-income populations that could result from the project. The environmental justice study area for the project includes 19 census block groups in the vicinity of the bridge. The entire study area is considered a potential environmental justice area, and each block group is individually considered a potential environmental justice community. However, the proposed project is not expected to result in any adverse impacts to these populations. Furthermore, the proposed project would be in compliance with all applicable NEPA regulations related to environmental justice protections. Therefore, no EJ concerns are expected to result from the proposed project. This determination will be officially confirmed by FHWA at the conclusion of this public noticing process.

Essential Fish Habitat (EFH) Assessment

The proposed project is located in an area of Westchester Creek that is designated as Essential Fish Habitat (EFH) as per the Magnuson-Stevens Fishery Conservation Management Act (16 USC §§ 1801 to 1883). In accordance with Section 305(b) (2)-(4) of the Act, an EFH Assessment was prepared for the proposed project. The assessment concluded that the project site is not optimal EFH for many of the species for which Westchester Creek is designated as EFH due to unsuitable depth, temperature, or salinity. Thus, bridge construction and demolition activities are expected to only result in minimal direct, indirect, and cumulative impacts on any EFH species. Furthermore, protection measures would be implemented to protect water quality and aquatic biota during the construction period. With these measures in place, the proposed project would not result in any impact that reduces the quality and/or quantity of EFH. This determination will be officially confirmed by FHWA at the conclusion of this public noticing process.

The NYCDOT is seeking public review and comment relative to the above-referenced documentation. Any comments from the interested public should be submitted in writing to the Director of Movable Bridges & Tunnels indicated below. The deadline for submitting written comments is **October 10, 2015**.

Rahul Shah, P.E.

Director

Movable Bridges & Tunnels

New York City Department of Transportation

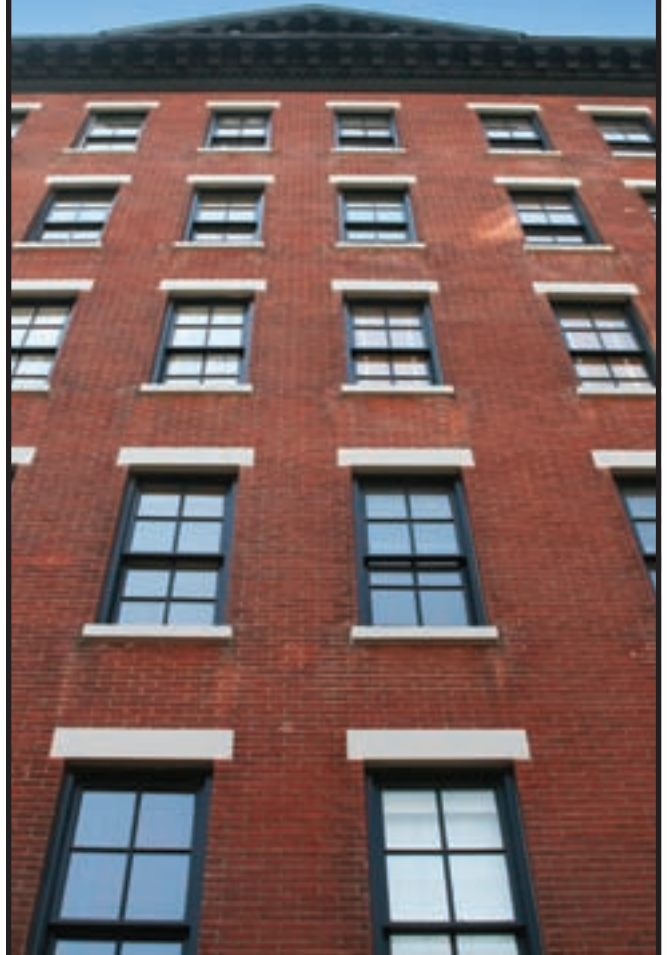
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PIPE DREAMS

By Bob Connolly

The Sports Curmudgeon On Roger Goodell

For me, there has never been sufficient evidence that the balls in question were purposely deflated – let alone evidence that Tom Brady was involved in that activity even it actually happened. Judge Ber- man evidently thought that was important too because he reportedly kept asking the NFL attorneys what evidence they could present to show that Tom Brady had anything to do with tampering with game balls on January 18, 2015. And they could present no such evidence.

For me, there were procedural inadequacies from start to finish in the case that should have rendered it moot. Most important in those inadequacies was the fact that The Wells Report – paid for by the NFL with the intent of showing wrongdoing in the matter and costing somewhere between \$3M and \$5M – could only come to the conclusion that Tom Brady might have been generally aware of something that it had to use pseudo-science to determine had happened. Ted Wells is an attorney and has to consider his reputation and the reputation of his firm even in light of the \$3-5M he was getting in billable hours for this report. He could not/would not put his name on the line to say "this guy did that thing because here is the evidence."

Just the same, Judge Ber- man never said Brady was in-

Continued on Page 111

Sloppy Kennedy falls to Campus Magnet

BY JOSEPH STASZEWSKI

The good feelings that Kennedy went into the weekend with didn't last long.

The Knights football team was given the OK to practice on its home field again last Thursday for the first time since an explosion in a sixth floor science lab on Aug. 20. They then proceeded to show the effects of the sporadic practices that precede the decision.

The young Knights fell 42-20 to host Campus Magnet in both teams' PSAL City Conference opener last Saturday. Penalties, turnovers, missed tackles and other mental mistakes held Kennedy back.

"It kind of hurt us not having a field," Kennedy coach Andy Lancberg said. "Everything kind of caught up to us."

The day started out well when Mario Agyen took the first play from scrimmage 40 yards for a touchdown to put Kennedy up 6-0. Unfortunately it struggled to stop Campus Magnet and quarterback Que Ruan Mosby all afternoon. The senior posted 250 yards of total offense and scored six touchdowns, including four on the ground.

The Bulldogs scored on every drive but one when Quentin Flores ripped the ball out of Justin Pierre Louis' hands for a fumble in the second quarter. Lancberg struggled to find too many positives in the loss.

"It was embarrassing," he said. "It will be better."

The game swung completely Campus Magnet's way after the fumble because Kennedy, who was down just 21-12 at the time, coughed the ball right back. It fumbled on the next play. The Bulldogs then went 42 yards in four plays to push the lead to 27-12 going into the half. The Knights did not score again until a fourth quarter safety and a 16-yard touchdown run from Anthony



Kennedy quarterback P.J. Franklyn hands the ball off to Noel Luciano in a game against Campus Magnet.

Photo by William Thomas

Williams with 5:33 to play in the game.

"It's frustrating, but we are just going to have to move on and get ready for Week 2," senior quarterback P.J. Franklyn said.

There were some bright spots for the Knights in the running game. Franklyn ran for 116 yards on 14 carries and Agyen carried the ball

nine times for 105 yards and two scores. Kennedy had two touchdowns called back because of penalties, including a potential 80-yard scoring run by Franklyn in the second quarter.

"We are going to get better, I promise you that," Lancberg said. "We have good kids. I believe in them and they believe in each other and that is all

that matters."

Kennedy will put this game behind it and focus on righting the mistakes moving forward. The team will get to do so while going to school at Kennedy and playing on its home field according to Lancberg. The players are happy to be back.

"It felt real good," Franklyn said. "We missed it."

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Veteran core key to Mount's success

BY JOSEPH STASZEWSKI

Experience is everything if you ask Mount St. Michael coach Mario Valentini. Just one full season on the varsity can make a big difference for a returning player and it is something the Mountaineers are banking on with a reliable veteran core of about a dozen players back.

"You can see the difference in their attitude on the field and their confidence level on the field," Valentini said. "It is like they know what to do."

That is especially true for starting quarterback Kevin Leach-Brown, who saw plenty of time under center last year as a junior. He has a much better grasp of the Mount option offense and feels more confident making decisions.

"Now I understand more where the lineman are set up and how we run our play and where I can run it to," he said. "I'm getting use to checking out of a play and switching and audibling, stuff I couldn't do last her."

Leach-Brown will have the benefit of working behind a strong offensive line anchored by returning center Justin Davilla, tackle Storm Williams and guard Marc Wallace. Michael Perez, Emmanuel Lavrgne and Issav Yeboah are battling for the other two spots.

Fullback Justin Montoyo, who will also play linebacker returns, but the halfback position could be done by committee. David Lopez, Tyree Furman, Bretton Rigsbee, and Malachi Fauntleroy could also see carries.

Nate Benoit will be at wide receiver and 6-foot-4, tight end Teran Simms-Brown will also lineup outside this year. Valentini thinks Simms-Brown can be a big additional weapon. The senior lights up when envisioning himself at receiver.

"It's exciting to be out there catching the ball," he said.

Many of the same kids will fill a



Mount St. Michael's defensive leader Teraun Simms Brown tries to get to the quarterback during practice.

Photo by Joseph Staszewski

number of the defensive positions as well since Mount has only a roster of about 35 kids. Simms-Brown, Williams and Montoyo make up a strong linebacker corp. Davilla will be at defensive tackle. Lopez, Furman, Benoit and Leach-Brown will also see time in the secondary.

"It's the same names over and over," Valentini said. "It's a core group of kids. We are just trying to get some other kids to fill in around them, buy into what we are doing and understand their role."

If that happens his optimistic about his team's chances in the CHSFL's AA division, a place he feels fits the program's numbers and skill level at this

time. Mount has traditionally been a 'AAA' team. It opens its league slate at home against Xavier on Sept. 12. The

Mountaineers feel that have as good a shot as any time in the balanced league.

Fordham University shocks Army for season opening win

BY JOSEPH STASZEWSKI

Chase Edmonds picked up where he left off to lead Fordham University to one of the best victories in program history.

The sophomore running back posted 272 yards of total offense and three rushing scores to power the Rams past host Army 37-35 in both team's season opener in West Point last Saturday. Fordham played the game with 18 new starters. The victory give the Rams, an FCS school, its second victory over a FBS program in three years and first over Army in five tries.

"It's a huge step for our program," Fordham coach Joe Moorhead told reporters after the game. "I couldn't be more proud of these kids."

Edmond, the Patriot League Pre-season Offensive Player of the year, saw his 8-yard touchdown run put the Rams up 35-29 with 12:00 to play in the game. The snap on the extra point was bobbled and Joe Pavlik scooped it up and ran into the end zone to provide what proved to make it 37-29.

Army scored late in the fourth, but Fordham's defense led by Caleb Ham and Niko Thorpe stuffed Army's two-point conversion run that would have

forced overtime. An incomplete pass with 28 seconds remaining ended any hopes for Army. Fordham took a knee to end things.

"I just grabbed by teammates and looked them in the eyes," quarterback Kevin Anderson said "It's victory. It is the best formation in football."

The Rams' defense allowed just 256 rushing yards, more than 100 fewer than last year against Army.

"I think our defense really broke their backs and got a bunch of stops," Moorhead said of its second half performance.

Edmonds ran for 110 yards on 20 carries and caught six passes for 140 yards. Anderson was stellar in his first collegiate start. He completed 15 of 23 passes for 322 yards and Phazhn Odom added three catches for 90 yards.

Thorpe led the defense with 11 tackles. J.Q. Bower collected and interception late in the second quarter that turning into a 27-yard field goal from first-year kicker Makay Redd. It gave the Rams a 27-21 lead at the break.

"We told the guys you have 30 minutes to make a memory for a lifetime," Moorhead said of his halftime speech. His players did just that.



Mount St. Michael quarterback Kevin Leach-Brown (r.) hurries around a cone during a practice drill.

Photo by Joseph Staszewski

Valecce, experienced Fordam Prep ready for next step

BY JOSEPH STASZEWSKI

Matt Valecce made it clear he had no plans to be a “freshman” quarterback the minute he was given the opportunity to play last season. Instead he confidently carried himself as simply the quarterback for both now and the future. He immediately spoke up and led.

“I’ve always been a very vocal type of guy,” said the 6-4, 185-pound Valecce “At the quarterback position you have to take charge. You have to be a leader on and off the field. I try to do that.”

He didn’t miss a beat playing in the team’s final nine games. Valecce threw 17 touchdown passes to just five interceptions and completed 61 percent of his passes for 1,600 yards. The now sophomore helped lead Fordham to a CHFL Class A title. Rams coach Pete Gorynski said he sometimes forgets Valecce is a sophomore and believes he can be more dangerous because of his improved arm strength and instincts.

“Smart kid, plays like an upper classmen,” Gorynski said. “He’s improved on his vertical throws, so he is at threat to

attack any part of the field. He has gotten a little bit fast so he is more mobile to the corner.”

Valecce was part of Fordham Prep’s youth movement last year that appears to be paying off.

The Rams football team brought up six underclassmen – five sophomores – to the varsity last season and all will play major roles again as they try to claim a Class AA crown. Along with Valecce, junior running back Joshua Johnson also had a break out season a year ago.

Gorynski calls him a hammer because of his tough running style and physical blocking. He is 5-foot-10, 230 pounds and runs a 4.9 40-yard dash. That extra speed should allow Johnson to be a threat on the perimeter now and not just between the tackles.

“It’s a lot easier for me to cut to the outside,” he said.

He and Valecce will have the benefit of working behind an veteran offensive line led by juniors Matthew Conlon, Reid Williams-Pedro and John Rooney.



Fordham Prep quarterback Matt Valecce will try to lead his team to a CHSFL Class AA title.

Photo by Joseph Staszewski

Thomas Natkin will be a deep threat at receiver and three-year starter Jack Casella is an excellent rout runner.

“We have a lot of weapon,” Valecce said.

Gorynski planned on having the best defensive front four during his tenure at Fordham Prep, but a labrum injury to star linebacker Geoffrey Ogando forced players to have to be shuffled around.

Junior Aiden Donnelly was moved from defensive end to linebacker, but Owen Fearon, Conlon, Matt Rayso and John Rooney will make up a solid front. Casella will be the leader of the secondary that includes, Nick Kumar and Owen Lombardi.

“Our defensive line is probably our strongest point,” Casella said. “They are big boys. They are not going to get pushed around.”

Fordham plans on showing it can push back in its opened game against Christ the King 8:30 p.m. Sept. 11 at Coffey Field. The Royals, who reached the ‘AA’ playoffs last year, are expected to be one of the league’s most talented teams.

“Christ the King is probably going to be one of our toughest opponents all year,” Valecce said. “If we show what we have in that game I think it can put an extreme precedent on what we can do for the rest of the year.”

Pipe Dreams: Mets Batting Coach; I Was Naïve When...

from Page 107

nocent. BTW, who is hearing the NFL appeal- Goodell?

Mets Batting Coach

Before this season began I praised the Mets hiring Keven Long as batting coach and the team’s long ball totals bear me out. Bob Molinaro (Pilot Online.com) added: “After struggling at the plate for most of the season - in part due to a balky knee - Chesapeake’s Michael Cuddyer broke loose for five RBIs and a home run in a pair of Mets victories over Philadelphia.”

I Was Naïve When...

I wrote about Geno Smith’s big mouth disorder. ESPN hinted that the argument wasn’t about owed money but a “Catfishing Scheme.” One of the guys had to tell me that the scheme has one group making a second individual believe that he’s on-line with a girl when there isn’t one. It seems that Enemkpali was a “dupee” while in college. Evidently Smith threw this info at the LB who got mad about it.

This Is The Fellow Who Believes The Iranians

It does pay to hit to all fields.

At least it did for ex-Yankee

great Derek Jeter, who got the best of President Obama during a golf outing last November

“When we got to the practice range, he was shanking balls everywhere,” Obama told attendees at a Nevada Democratic fundraiser. “I said, ‘You play golf, Derek?’ And he said, ‘I just started 2 weeks ago.’”

So Obama spotted Jeter 30 strokes, to his immediate regret.

“We had to take a picture of me handing Derek Jeter money at the end of the game.”

Isn’t This A Wagering Site?

Draft Kings – one of those websites that offers daily/weekly fantasy leagues – has just signed a partnership agreement with the Dallas Cowboys. The agreement will give the company a branded fantasy sports lounge inside AT&T stadium and “access to Cowboys’ fans as part of the team’s digital, TV and radio networks”. In part, that translates into Draft Kings being able to offer its customers things like tickets to Cowboys’ games and VIP events in that fantasy sports lounge.

Perry Patter

Dwight Perry (Seattle Times) wrote, “At SportsPickle.com: “RG3 expected to be healthy enough to get hurt Week 1.”

Former Olympic 1,500-meter champ Sebastian Coe of England defeated former 20-foot vaulter Sergey Bubka of Ukraine, 115-92, to become president of IAAF, track & field’s governing body.

Moral of the story: It doesn’t pay to run against Coe, even if you are No. 1 in the poles.

A bystander at Green Meadows Golf Course in Charlotte, N.C., was shocked to see an unhinged service door from a commercial airliner pinwheel from the sky and land 40 yards from the seventh-hole green.

Golf historians immediately declared it the mother of all drops.

The National Labor Relations Board ruled that Northwestern football players will not be allowed to form a union.

The Wildcats insist they’ll set up a picket line on punt returns anyway.

Angler Jacob Wheeler, to the Arkansas Democrat-Gazette, after two that got away

cost him the lead at a bass-fishing tournament in nearby Hot Springs: “If I’d caught those fish, I’d be as fine as frog hair now.”

Rays catcher Curt Casali had to leave Tuesday night’s 11-7 loss to the Twins after straining his left hamstring rounding first base — during his home-run trot.

“Flying disk sports, including Ultimate Frisbee, have been granted full recognition by the International Olympic Committee.

“We got next!” said lawn darts.”

The International Olympic Committee has recognized ultimate frisbee as a sport. I believe this was pushed by the ‘It’s no dumber than synchronized swimming’ committee.” [Brad Dickson, Omaha World-Herald.]

It only took seven years of fantasy football to turn Gary Dzen from casual player to stereotypical fanatic.

“It was a minor distraction, and it was fun,” Dzen wrote at Boston.com. “So how the hell did I get from there to this past Saturday, live-drafting through an iPhone video chat an hour before my step-

brother’s wedding? ...;

“I squint into the phone, trying to determine who’s been picked and who’s left for me to take in Round 2. “Dude, hurry up,’ my friend implores me through the phone ...;

“I hear the wedding was beautiful.”

Comedian Argus Hamilton, on USC students’ reaction to football coach Steve Sarkisian’s drunken rant: “He received bids to pledge Beta Theta Pi, Alpha Tau Omega and Sigma Alpha Epsilon.”

Comedy writer Alex Kaseberg, after Cubs pitcher Jake Arrieta flummoxed the Dodgers: “Best no-hitter I’ve seen since the Mayweather-Pacquiao fight.”;

Brad Dickson of the Omaha (Neb.) World-Herald, on the hype that Ronda Rousey’s next opponent will give her a competitive fight: “I had no idea Godzilla joined the UFC.”

Negeri Sembilan FA, a Malaysian soccer team, released all but six of its players, saying they faked injuries so as not to play but still collect pay.

Things apparently came to a header when one claimed his paycheck gave him a paper cut.”

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