

BODY FOUND IN MARINA CRATE

Wrapped in plastic, horribly decomposed

BY ROBERT CHRISTIE

The authorities recovered a dead body at Hammond Cove Marina on Tuesday, September 20 at approximately 12:14 p.m.

Officers arrived on the scene after they were contacted by staff at the marina.

According to the office of the NYC Medical Examiner, the ME was examining the body on Wednesday, September 21 and there was no identification of the body.

Justin Dambinskas, operations manager at Hammond Cove Marina, said the crate which held the body had been sitting under the boat at the marina.

The boat was on the marina



Police recovered a body at Hammonds Cove Marina on Tuesday, September 20.

Community News Group/Robert Christie

of dividing the estate's assets had been a lengthy one.

He said once the boat owner's estate was settled, the boat was removed in July.

Nevertheless, the tool box was not claimed by the family and remained on the site that had been the boat's previous drydock location.

Dambinskas said he and his staff were about to throw away the crate on Tuesday and decided to look inside it before they tossed it out.

He said he was "shocked like everyone else."

The body, which was wrapped in plastic, was so decomposed the sex of the remains could not be determined.



Heroes Remembered

The FDNY, Engine 70 and Ladder 53 members, Senator Jeff Klein and family members saluted two courageous firefighters who perished in the line of duty 61 years ago. Engine 70 firefighter John Daly and ladder Company 53 Peter Bradley were remembered in a heartwarming plaque dedication ceremony on Sunday, September 18 at their 169 Schofield Street fire house. Daly's great-grandchildren Arthur (I) and Phillip Mannis stood before the plaque commemorating Daly and Bradley's bravery and sacrifices.

Photo by Laura Stone

MP Town Hall addresses heroin epidemic

BY ROBERT CHRISTIE

Senator Jeff Klein and Assemblyman Mark Gjonaj held a Heroin Town Hall during which elected officials and experts informed residents on ways they can fight heroin addiction.

The Bronx recently became the borough with the most deaths due to heroin overdoses in New York City, said Klein.

He added, since 2015 the Bronx has had approximately 140 deaths from heroin overdoses - double the amount of Brooklyn, Manhattan and Queens.

The senator said he has received notices of concern from members of the com-

munity, including the Morris Park Association which helped sponsor the event.

During the past few months there have been three heroin-related overdose deaths in Loretto Park, located in Morris Park.

Klein discussed during the town hall the state official's approach to New York's heroin epidemic.

Earlier this summer, Gov. Cuomo approved a bill that allocated \$180 million towards a comprehensive heroin treatment program.

The program is working to make sure there is more compliance from insurance companies so those companies don't make it hard for addicts

to receive treatment.

For example, the new legislations calls for insurance companies to conduct a utilization review only after 14 days of treatment for the patient.

In addition, insurance companies cannot request a review before the patient receives medication necessary for things such as withdrawal symptoms or standard treatment.

Klein said officials "want to let people understand that truly we have a comprehensive approach and that help is on the way."

Assemblyman Gjonaj

Continued on Page 70

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The roadway where a drunk driving accident left a pedestrian in critical condition.

Community News Group / Patrick Rocchio

Drunk driver injures man in 'road diet' area

BY PATRICK ROCCHIO

A life-threatening accident has already occurred in the controversial Throggs Neck 'road diet' area.

Motorist Justin Jenkins, charged with driving under the influence and vehicular assault, struck pedestrian Azariah Meyers near 3233 E. Tremont Avenue on Saturday, September 17 at 3:35 a.m., according to a criminal complaint.

Meyers is on life support.

The accident happened along a stretch of East Tremont Avenue near Waterbury Avenue where NYC Department of Transportation, at Councilman James Vacca's request, implemented traffic calming techniques known as a road diet.

The road diet has proved controversial with many local residents, according to published reports.

In response to the accident, the councilman conceded that the road markings, painted lines which eliminated a traffic lane in each direction and created left-turn bays and wider parking lanes, would not prevent a drunk driver from driving carelessly.

Previously, the councilman used the early morning hit-and-run death of Giovanni Nin in June to resurrect the road diet plan after Community Board 10 voted it down, according to previous Bronx Times reports, even though many in the community believed that a greater police presence would be the best way to accomplish a safer roadway.

"My only response is that I don't think drunk drivers care where painted lines are on the street," said Vacca of the September 17 accident. "This could have happened anywhere; this had nothing to do with a road diet."

The councilman said he believes the assertion that the drunk driving accident is proof that the road diet is not needed is completely false, and the work of people "with an agenda."

The councilman said that in response to this incident, he has called

on the 45th Precinct to do sobriety stops along East Tremont Avenue to monitor the late-night revelers leaving the area's many clubs and bars.

In response to Vacca's request, Bob Bieder, 45th Precinct Council president, said that he likes the idea of cops keeping an eye on the people leaving bars, but with 28 bars in the area, the precinct is limited as to what it can do because of limited manpower.

"We should be doing periodic checks and spot checks, but it is going to continue to happen unless we have the bartenders and the bar owners involved," said Bieder.

Andrew Chirico, co-leader of the Waterbury-LaSalle Community Association, stated that the 45th Precinct is understaffed, and instead of spending time and money painting lines in the street, money should instead be spent on the NYPD for enforcement.

John Marano, CB 10 vice chairman, called for enforcement after the latest accident, and said that the people who are slowing down for the 'road diet' are law-abiding citizens.

"I feel that enforcement is the answer," said Marano "We need unannounced check points that keep drivers on their toes."

One of the most vocal opponents of the 'road diet,' John Cerini, said the councilman should have waited longer before he announced at a CB 10 meeting on Thursday, September 15 that the road diet was a success.

Cerini, a Throggs Neck Merchants Association board member, said that once again the merchants and the 45th Precinct would be on the street urging motorists in the 'road diet' area to slow down.

The event is tentatively scheduled for Friday, October 21 at 11 a.m. he said, adding that the date was chosen because it is the anniversary of the death of one of the three pedestrians killed in the 'road diet' area, between Waterbury Avenue and Bruckner Boulevard, since 2010.

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Hello readers and welcome to another edition of Around Town.

New Date For The Car Show

The 16th Annual Orchard Beach Car Show will run on its rain date: Sunday, September 25 from 8 a.m. to 5 p.m.

The charity fund-raiser will have a Starsky and Hutch theme this year, with actors from the original 1970s series expected to attend and a group of Ford Torinos on display.

The show was rescheduled because of forecast of inclement weather. For more information visit www.orchardbeachcarshow.com.

Sanctuary For Families New Clinical Director

Jelaine Altino will manage emergency and transitional shelter programs as well as oversee NYS's largest domestic violence transitional shelter, Sarah Burke House in the borough.

Burke House is a transitional housing facility that provides care to women and children who are recovering for domestic violence.

Free School Supplies

The Provident Loan Society of New York is giving out free packages of school supplies through the end of September at all of their borough branches.

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Jelaine Altino

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40th Annual Columbus Parade Oct. 9

BY PATRICK ROCCHIO



RICHARD NACLERIO

said that Naclerio was chosen because he has been a friend of the Morris Park community.

The honorary grand marshal this year will be Joanne Rubino, a retired teacher and Community Board 11 member, said Signorile.

Rubino is active with the Forum of Italian American Educators, and has served on that group's executive board

The coordinator explained that the parade costs between costs \$60,000 to \$80,000 to put on every year, and corporate partnerships are one of the primary ways the parade succeeds, along with help from local elected officials.

The parade itself is expected to be better than ever this year, said Signorile.

"For our 40th anniversary, as of now, we have 18 bands," he said, adding that the parade pays to have the bands attend. "One of the bands is coming from Italy."

The parade remains the second largest in the state after Manhattan's, with marches and performers coming not just from local community groups and organizations, but from all over the metropolitan area, and this year, Italy, said Signorile.

"I attribute our success to carrying on the tradition and culture of what it is to be Italian," he said.



JOANNE RUBINO

The parade has continued to serve not only Italian-Americans but also the demographic melting pot that makes up the borough, he said, adding "this parade is for everyone."

The parade's annual dinner dance will take place this year on Friday, September 30 at Maestro's Caterers at 7:30 p.m. For more information, call Chris Alessandro at (914) 582-1913.

Naclerio has strong ties to the borough, having served as a former trustee to Calvary Hospital and Our Lady of Mercy Medical Center, as well as on the board of the Bronx Society of the Prevention of Cruelty to Children.

He is also a past member of the Bronx Chamber of Commerce and the Rotary Club of the Bronx.

Parade coordinator Tony Signorile



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Two rare Malayan tiger cubs debut at Bronx Zoo

Two rare Malayan tiger cubs (*Panthera tigris jacksoni*) born at WCS's (Wildlife Conservation Society) Bronx Zoo are making their public debut at the popular Tiger Mountain exhibit.

The cubs, Nadia and Azul, are both female and were born in January. In the days following the birth, their mother was not providing suitable maternal care so Bronx Zoo keepers intervened and hand-raised the cubs until they were fully weaned.

"The majority of animals born at the Bronx Zoo are raised by their parents," said Jim Breheny, WCS executive vice president and director of the Bronx Zoo. "But in certain cases, the mom's need help raising offspring. Our keepers did a wonderful job raising the Malayan tiger cubs through the critical first few months of their lives. As the cubs mature, they are learning 'how to be tigers' and following their instincts and developing the skills and behavior of adult tigers. The transition process from cub to young adult is amazing to witness."

This is the third litter of



Malayan tiger cubs make their debut at the Bronx Zoo.

Photo courtesy of Julie Larsen

Malayan tigers born at the Bronx Zoo.

Initially, the cubs required 24-hour care and were bottle-fed a milk formula every three hours. Food intake was carefully recorded, and the cubs were weighed daily to ensure they gained an appropriate amount of weight.

The cubs were fully weaned by 40 days of age, at which time they began to be slowly introduced to sights, sounds, and smells of adult tigers.

After being allowed to

properly acclimate to the off-exhibit holding areas at Tiger Mountain, the cubs began exploring the expansive outdoor exhibit space.

Initially, the cubs will be on exhibit at Tiger Mountain for a few hours each day. That time will gradually increase as they continue to become more comfortable in their habitat. Exhibit times may vary.

Said Breheny: "These two cubs are ambassadors for their species. With an estimated 250 Malayan tigers remaining

in the wild and fewer than 70 in accredited North American zoos, these cubs give us an excellent opportunity to introduce our visitors to the treats Malayan tigers face in the wild and what the Bronx Zoo and WCS is doing to help guarantee the survival of the species."

Like all tiger subspecies, Malayan tigers are solitary and only come together for breeding. Malayan tigers are smaller than their Bronx Zoo Tiger Mountain counterparts, the Amur tiger. Adult Malayan tigers weigh 250-300 lbs.

Tigers are classified as Endangered by the International Union for the Conservation of Nature (IUCN). There are fewer than 3,500 tigers left in the wild. With an estimated 250 Malayan tigers remaining, this subspecies is classified as Critically Endangered. Malayan tigers are native to the Malayan peninsula and are threatened by poaching, prey depletion, and habitat loss.

The Bronx Zoo is breeding Malayan tigers and Amur tigers as part of the Species Survival Plan, a cooperative

breeding program designed to enhance the genetic viability of animal populations in zoos and aquariums accredited by the Association of Zoos and Aquariums.

In the field, WCS has a long history working to save tigers. WCS conservationists have been conducting ecological studies on tigers since the 1960s and have worked with local peoples and governments to establish protected areas, increase enforcement against poaching, and develop public education programs. Today, WCS researchers continue their work across Asia safeguarding tigers throughout their range.

For more information, or to speak with an expert, please contact Max Pulsinelli at mpulsinelli@wcs.org or 718-220-5182; 571-218-7601.

The Wildlife Conservation Society's Bronx Zoo is open daily from 10 a.m. to 5 p.m. weekdays, 5:30 p.m. weekends from April to October; 10 a.m. to 4:30 p.m. November to March.

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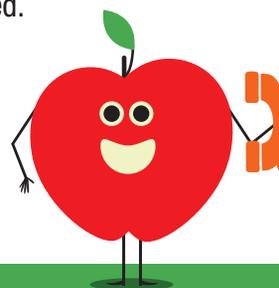


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POLICE BLOTTER

40 Precinct

elevator and fled further into the building.

Friday, August 19 at 2:00 p.m. -- A robbery occurred when a 28-year-old woman was inside of an apartment building near 3rd Avenue and East 143rd Street when she was approached by two unknown people. As her elevator reached the lobby, one of the individuals assaulted her and took her purse. Both of the people then left the building. The victim refused medical attention.

49 Precinct

Friday, September 9 at 2:50 a.m. -- Cops received a report of a robbery in front of 2505 Barker Avenue. The victim was walking between two cars parked in front of the building when the suspect struck him in the right side of the face, causing him to fall to the ground. The suspect then took the victim's wallet from a front pants pocket and then fled the scene. The suspect was removed to Jacobi Medical Center where he was treated for his injuries. Cops are looking for a 26-year-old man named Remington Soler in connection with the incident.

42 Precinct

Thursday, September 15 at 3:26 p.m. -- A grand larceny was reported after a 61-year-old man left \$9,500 on the car seat of a vehicle that was being repaired at tire shop at 3521 3rd Avenue. The car door had been unlocked and the victim had left the car unattended. No injuries were reported as a result of this incident.

43 Precinct

Wednesday, September 14 at 5:45 a.m. -- An 84-year-old woman got a purse snatched from her shoulder as she sat on the bench of a bus stop near 1635 E. 174th Street. The suspect who took the purse ran into the suspect then ran into 1630 E. 174th Street where a second suspect held the door open for him. Both men got into the



**Shop In Our
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BY MICHAEL P. MCNERNEY

I've realized something over this past summer. Those who read articles such as this, whether from within our community or not, are intelligent, informed, and thought-provoking people. Things that I, and other community leaders may write about, are not necessarily meant for you. Rather, they are meant for you to share with your neighbors in order to educate them regarding the affairs of our communities. The fact of the matter is that some people out there are in need of such education.

It is our responsibility as ambassadors of our communities, to ensure that the ignorance of the few, does not negatively impact the quality of life for the many. Also, those who do well to serve our community should be given all of the praise and accolades that they deserve. Those who ignore, or work against our communities, should be lambasted for their unwillingness to help us work toward a more positive future.

Since our recent election has concluded, I would like to introduce our new executive board. In the position of president, I have once again been allotted the opportunity by the membership, to represent this association and community for the next two years. I thank you for your continued faith and support.

Arlene Grauer has been re-elected to serve as vice president, and will continue as my right hand woman. Arlene has been paramount in bringing infor-

mation to us from outside organizations, and will continue to serve as our liaison in many events. Patricia Fabrizi has been reelected to serve as treasurer. She has been able to modernize our accounting in such a way, that we can operate much more efficiently. Joyce DeTiberiis has been elected to serve as membership secretary. In her new role Joyce will be responsible for keeping an accurate list of current members of the association.

Richard Kilgen has been reelected to serve as Grievance Committee chairman. In this role Rich will continue to receive all complaints which affect the general welfare and character of the community. He will then investigate said complaints, report findings on them, and submit recommendations for improvement. Angela Ryan has been re-elected to serve as Event Committee chairwoman. Angela will continue to plan events that will benefit the membership, association, and Country Club Community at large.

Patricia McNerney has been elected to serve as Membership Committee chairwoman. She will be initiating plans to increase the membership of the association. She will also be responsible for the receipt of all new and renewing membership applications. Robert DeTiberiis has been reelected to serve as Public Improvement Committee chairman. Bob is responsible for

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**Country Club
Civic Association**

making periodic surveys and studies of the community and then making recommendations for improvement. I once again congratulate each of these individuals, and thank them for their continued commitment and dedication to the community. Our recording secretary position has not yet been filled. Therefore, if you meet the qualifications set in our bylaws, and would be interested in serving on the board, please contact the association as soon as possible.

Our Grievance, Event, Membership, and Public Improvement Committee chairs, would like to invite you to serve on their committees. Please remember that the burden of continued success should not lie on the shoulders of the few. It is imperative that we organize in a way that will prepare us for continued succession and lineage into the future. Please attend our next meeting to speak with the committee chairs, find out what serving on their committee entails, and volunteer to better your community.

Also looking back on this past summer, our Second Annual Country Club Community Clean Up Day was once again a tremendous success. Event Committee chairwoman Ryan did a wonderful job in organizing this exciting communal event, and has promised that we can expect more to come in the near future. That afternoon our volunteers were assisted by police officer

Frank Malafronte, auxiliary officers, and Law Enforcement Explorers from the 45th Precinct.

We scoured the neighborhood removing small amounts of graffiti and litter from at least 100 different locations. Our members and neighbors worked together in comradeship, and in turn, helped to further beautify our streets. Upon completion of the work, volunteers were treated to a barbecue on the grounds of the Villa Maria Academy. We thank Mike Fabrizi for working the grill, all those who brought food and beverage items, Mike Bernard and the Villa Maria Academy for the use of their property, the Bronx Times Reporter for providing media coverage for the event, Bob and Joyce DeTiberiis for the after party at their house, and of course all the members and volunteers who made the day so wonderful.

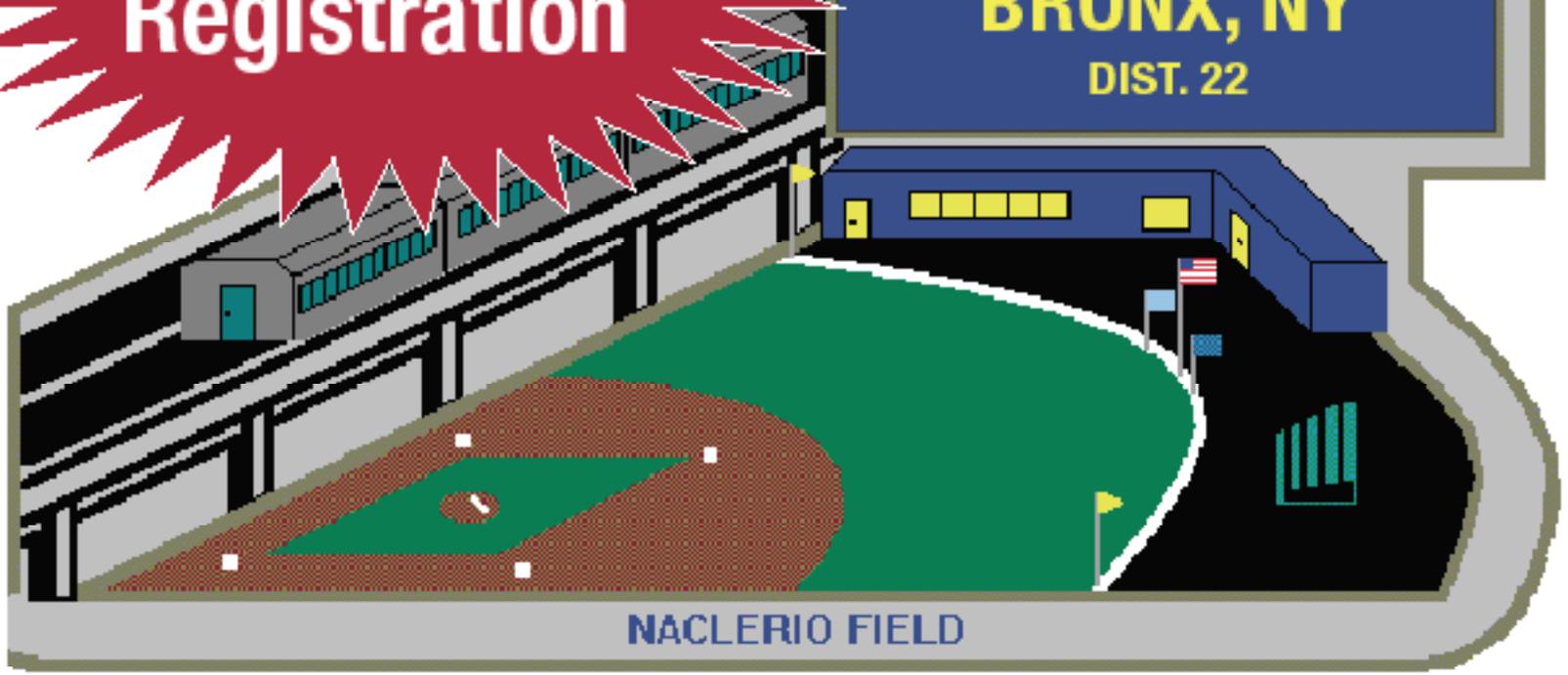
The next general meeting of our association will be held on Wednesday, September 28, at 7:30 p.m.. This will be our first meeting since returning from our summer recess. We will have representatives present from our local elected officials offices, and we will have a full agenda to discuss with our membership. The meeting location is the Villa Maria Academy Cafeteria, which is located at 3335 Country Club Road.

The association can be reached via mail at P.O. Box 211, Bronx, NY 10465, and via telephone at (718) 823-1814.

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LETTERS TO THE EDITOR

BRONX Times Reporter

More police presence

Dear editor,

We have had another early morning speeding car and pedestrian accident. A blind man could see no amount of painted lines could have prevented this incident on East Tremont Avenue. I guess that's why they call it 'Vision Zero'.

East Tremont Avenue needs two things to make it

safer over night. First, better lighting from Bruckner Boulevard to Waterbury Avenue and second, an increased police presence. The 45th is understaffed so instead of wasting time and money on painted lines why aren't they spending money on our police department?

They need to crack down on the bars that stay open till the early hours and then let drunks out on the street. Crack down on all the drivers that make illegal u-turns

on our streets day and night. Crack down on the cyclists who doesn't wear a helmet or reflector and those illegal battery-operated motor bikes used by delivery people.

No matter what the 'Cop Stat' says we are a high crime precinct. We have speeding cars and a huge drug and alcohol problem. We also have graffiti, we have a gang problem. Thanks to overdevelopment we have more people, more cars, and more crime than we ever had in the past.

The 45th Precinct is the largest precinct in the Bronx in terms of the area it covers from Throggs Neck to Coop City and to City Island, to Orchard Beach and Pelham Bay Park to Westchester Square and part of Castile Hill. We don't have the resources for a precinct of this size. We deserve the police that we pay our taxes for.

Andrew Chirico
Waterbury LaSalle Community & Homeowners Association

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Les Goodstein
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Jennifer Goodstein
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News Items: Readers are welcome to suggest news items of interest. Call the Editorial Department at (718) 742-3393 or e-mail to bronx times@cnglocal.com.

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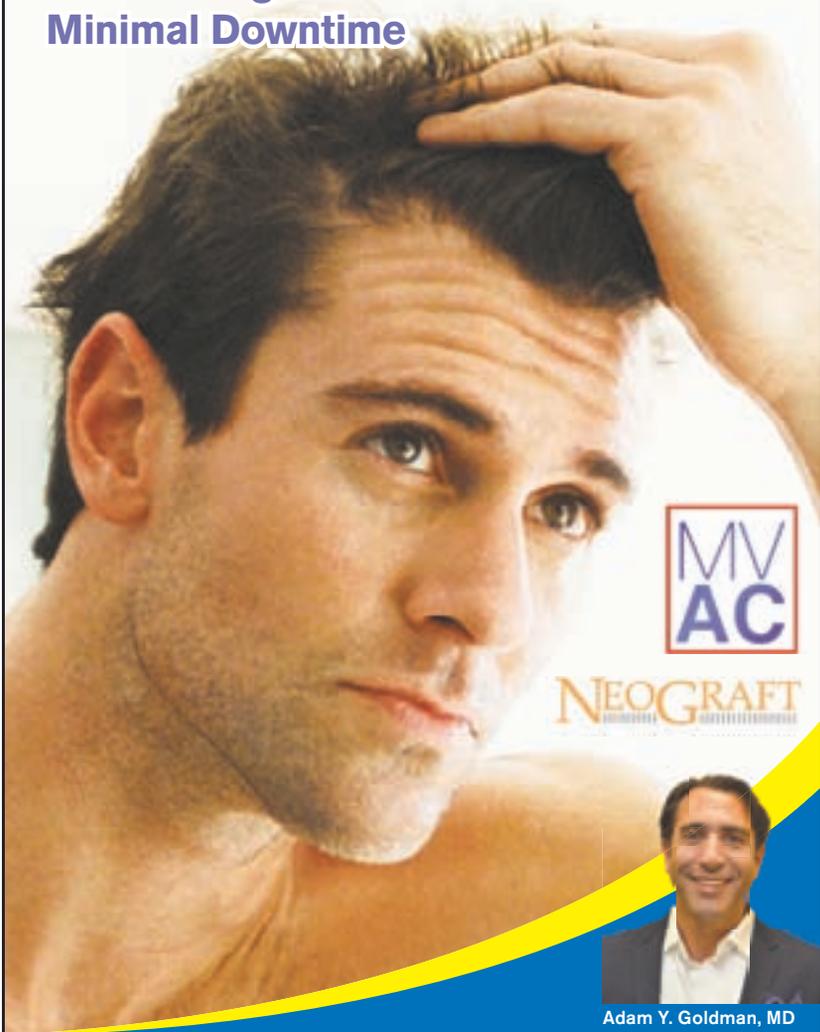
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(l-r) Deirdre Flynn, Mardi Schechter, Charlene Reid, Andra Ehrenkranz, Joyce Frost, Kory Ap-ton, Kim Hartman, students Tatyana Warner and Jeffrey Ortiz, Stacy Lauren and Michael Stern cut the ribbon at the charter school's grand opening.

Photo by Edwin Soto

Charter school opens new home, announces expansions

BY ARTHUR CUSANO

The Bronx Charter School For Excellence celebrated their new seven-story facility Wednesday morning with a ribbon-cutting ceremony.

The state-licensed not-for-profit corporation Excellence Community Schools opened its first school for grades K-8 in 2004, and moved into the new building last week.

"Here stands the best symbol of excellence that could be created and squeezed onto a residential block," said CEO Charlene Reid.

The celebration comes after three years of construction at 1952 Benedict Avenue to facilitate more students. The school currently educates 810 students in kindergarten through eighth grade, up from 500 last year.

"We use to have two classrooms in each grade level and now we have three," Reid said.

Students at the school have achieved test scores significantly higher than local public schools, scoring 67 percent higher on ELA tests and 22 percent higher on math testing, according to the district.

Not only has the corporation just opened BCSE 2 for grades K-1 at 1804 Holland Avenue, but they are planning to open new schools in other locations in school districts 10, 11 and 12.

Bronx Excellence 3 will open next fall and Bronx Excellence 4 the following fall and then Bronx Excellence 5, Reid said. The corporation opened a second charter school in Stamford, CT last year.

Reid said the locations of the three planned schools was not known yet,

but that the third school location would likely be finalized in the next three months. She said the schools could be new buildings or be established in existing structures.

"It depends on what would be the best deal and basically the need... we're going where the highest need is," Reid said.

Founding board member Joyce Frost, a partner at the derivatives advisory firm Riverside Risk Advisors LLC and a former senior executive at Morgan Stanley and Chase, said board members worked for years to raise capital for the new building.

The agency issued \$25 million in tax-exempt bonds onto the market, but the demand for the bonds exceeded \$250 million, Frost said.

"We had so much investment demand for the bonds, we blew it out of the water," Frost said. "We issued the lowest yielding tax exempt bonds in the charter school market ever."

Board chair Stacey Lauren said she was grateful to be able to provide the community with a new educational opportunity and thanked board members and staff for their commitment in getting the building completed.

"This project wasn't without its challenges," said Lauren, a former marketing executive for Pfizer Pharmaceuticals. "But with your perseverance, commitment and creativity, we were able to complete this building. The smiles on the first day of school reinforced how important it was for everyone to work hard to open the building and to fill the classrooms with superb academics."

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Our Perspective Eliminate Tip Credit for Car Wash Workers

By Stuart Appelbaum, President,
Retail, Wholesale and Department Store Union,
RWDSU, UFCW

Car wash workers in New York City – or “carwasheros,” as they call themselves – have made great strides since their campaign to unionize began in 2012. Hundreds of carwasheros at 10 car washes have won the dignity and respect that comes with union membership.

Union contracts have given carwasheros – for the first time – paid time off, the ability to return to their home countries for visits and have their jobs protected, and guaranteed wage and benefit improvements.

But throughout New York State, the so-called “tip credit” threatens to continue to undermine progress that workers are making in the car wash industry.

The tip credit is a part of New York State minimum wage law that allows industry operators to pay car wash workers a different, lower minimum wage. In theory, workers’ tips are supposed to make up the difference, and possibly more. And, if workers’ tips don’t raise the level of pay to at least the minimum wage, car wash employers are supposed to make up the difference in additional hourly wages.

In actual practice, it’s a flawed system that enables wage theft and contributes to systemic underpayment of car wash workers – exactly what the car wash unionizing campaign and carwasheros have been fighting against. Investigations have shown that employers don’t always make up the extra pay for workers when tips are short, and carwasheros don’t always receive the tips customers presume they are getting. We shouldn’t be giving unscrupulous employers additional incentives to underpay their workers.

Earlier this summer, workers at one Queens car wash won a \$130,000 settlement against an owner who was paying below minimum wage, withholding overtime pay, and committing other wage and hour violations. And that’s just the latest settlement of many, including one that saw a New York carwash operator pay almost \$4 million in 2014. Wage theft is still rampant in the industry, and the tip credit helps create an environment where it happens.

The Cuomo Administration has done a good job prosecuting wage theft, and helping win justice for workers across New York. But we need to do more. We call upon the Governor and the state legislature to eliminate the car wash tip credit, and bring the base pay for all car wash workers in New York up to the minimum wage.

It’s an important move that will show New York’s commitment to fighting for worker rights, and protect worker pay.

www.rwdsu.org



SBH to construct a 314-unit affordable complex



The groundbreaking for 4511 Third Avenue on Monday, September 19 was a time of celebration for those who made it possible.
Photo by Silvio Pacifico

BY PATRICK ROCCHIO

Two new apartment buildings will offer residents attractive amenities.

A groundbreaking was held on Monday, September 19 for the apartment buildings containing 314-units total on the SBH Health System campus that will feature accommodations geared toward reducing health inequalities.

The \$156 million affordable housing complex at 4511 and 4439 Third Avenue is to include a ‘teaching kitchen’ where community can learn to cook nutritious meals and a rooftop garden for growing produce.

Residents are also expected to enjoy comprehensive wellness programming such as smoking prevention and nutrition.

Borough President Ruben Diaz, Jr. hailed the development for combining housing and healthcare, and for its public-private partnership.

“This project is a perfect fit for our borough’s ongoing positive transformation,” said Diaz, adding that he was glad to contribute \$1 million in capital funds for the building and congratulated St. Barnabas and developer L+M Development Partners on the groundbreaking.

The borough president said that projects like this one are building a different mindset among residents so they can be healthy and take part in the growth in the borough.

Dr. David Perlstein, the new president and CEO of SBH Health Systems, also referred to as St. Barnabas Hospital, said that many of the issues that their medical teams deal with are related to their patients not living in safe housing, and by creating safe housing they can increase wellness.

“This to me brings it all together and says let’s address all of the issues

that are problematic for patients and that keeps them from addressing their health,” said Perlstein, adding “The idea is that you can’t take care of an individual unless you are going to address all the holistic things that go with it.”

The housing is located across Third Avenue from the hospital making it much easier to address health needs in a holistic way, and the teaching kitchen will be used by SBH Health System personnel to gain knowledge so that they can more effectively speak to patients about nutrition, said Perlstein.

Senator Gustavo Rivera, Assemblyman Victor Pichardo, various state and city officials, and Ron Moelis of L+M Development Partners spoke during the groundbreaking.

Past SBH CEO Dr. Scott Cooper had been conceptualizing the project for a long time, said Moelis, adding that L+M had built a similar type of project in post-Katrina New Orleans that SBH Health Systems visited before deciding to begin on their own.

SBH Health Systems’ president said that 50 of the units in the building would be set-aside for high-frequency Medicaid users as part of a NYS Department of Health’s Medicaid Redesign Team, said Perlstein.

The complex is 100% affordable. As part of the mix, 95 units will be set aside for supportive and non-supportive housing for the formerly homeless.

The project is funded by a host of sources, including \$71.1 million bonds and a mortgage loan from NYS Homes and Community Renewal.

Targeted completion date for the project is in 2018, stated an SBH spokeswoman.

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AL vigil held to remember prisoners of war and MIAs

BY ROBERT CHRISTIE

Veterans of all ages, along with their friends and family, gathered at American Legion Post 1456 to remember their brothers in arms who were - and are - prisoners of war and soldiers missing in action.

Attendees called on their loved ones to "never forget" those still unaccounted for who have served from World War II to current conflicts all over the world.

The hour long event included two ceremonies - the empty chair ceremony and a candlelight vigil.

The empty chair ceremony consists of many symbols that represent both the soldier that is still missing and his or her family.

Among the symbols are the red ribbon on the vase - a ribbon which is commonly worn on a soldier's lapel - which demands that that soldier's family receive a proper account of what happened to their family member.

In addition, the salt sprinkled on the plate, represents the countless tears of the family members who are waiting

to find out what happened to their loved one.

"Let us remember to never forget their sacrifice, and may God watch over them and protect their families," said Vietnam War veteran Tony Salimbene.

For the candlelight vigil, many attendees were handed a candle attached to a piece of paper with the name of a POW or MIA.

After the name was read, the individual would blow out the candle.

Some chose to honor the person on the candle by saying a short prayer or saluting before blowing out the candle.

According to Vietnam War era Veteran Gerry Artz, the number of POW's and persons missing in action stands at 1,587.

"Those who've fought for the freedoms we hold dear - past, present and future - must have confidence they will not be left behind if they are captured or become missing said Artz.

He added it is the current administration responsibility to maintain a level of accountability when it comes to sol-



Veterans, along with their friends and family, remember prisoners of war and those missing in action through a candlelight vigil. Photo Courtesy of Robert Christie

diers who have not returned home.

"The Vietnam generation are all senior citizens now," said Commander Joseph Faix. "What you try to do is, you want to connect the generations. You want someone to find out about their grand-

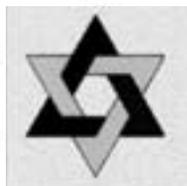
father or in some cases even their great grandfather."

Faix who was a Marine that served in Operation Desert Storm, added, "To learn about the history of this country and about what families have gone through and are still going through I think is a little bit

more important than the next iPhone that's coming out."

The commander added the American Legion is hoping to keep pressure on local politicians and Congress so they may help the families who are still missing loved ones get closure.

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Rendering for front of The Sydney house by Habitat for Humanity and The Almat Group

Photo Courtesy of Union Street Studio, LLC.

Habitat for Humanity to build 57-units on Tilden St.

BY ROBERT CHRISTIE

Habitat for Humanity New York City is bringing to the Bronx affordable housing to Williamsbridge.

The non-profit and for-profit developer Almat Group, announced on Tuesday, September 13 the closing on The Sydney House.

The 57-unit affordable development will be the largest multi-family development built by a HFH affiliate.

Karen Haycox, CEO for Habitat for Humanity New York City, said a stable home can “set the foundation for all the other aspect in left, yet so many New Yorkers struggle in substandard or rent-burdened households.”

She added that with “the strength and commitment of our partnerships, this project will provide 57 hard-working families with the opportunity to own a home and establish roots in their communities.”

The apartments will be located at 839-843 Tilden Street and consist of one-, two-, and three-bedroom options.

In addition, there will be a shared 2,000 square foot open community space and multiple green roofs.

Residents will also have on-site parking for vehicles and bicycles, laundry facilities and a community area.

The units will be available to working families making between 50 per-

cent and 100 percent of the area median income.

“As for-profit developers, we recognize the need and role of affordable housing in the fabric of the New York City economic narrative,” said Almat Group co-founder Uche Alozie.

Alozie added the group was “excited” to be working with Habitat for Humanity on the project.

The project, which is \$30 million, was funded by Borough President Ruben Diaz Jr., Councilman Andy King, the NYS Affordable Housing Corporation, and the NYC Department of Housing Preservation and Development.

Diaz said he was “proud” the Bronx was “leading the way in providing housing opportunities for people of all incomes” in the borough.

The borough president, who contributed \$1.2 million to the project, added home ownership “provides stability, rebuilds neighborhoods and will further strengthen the economy and quality of life for all Bronxites and the entire city.”

King said that “many of [his] constituents have complained that they are unable to find decent, affordable housing. I’m proud that this option will be available in the northeast Bronx.”

Construction for the building is expected to begin in 2017.



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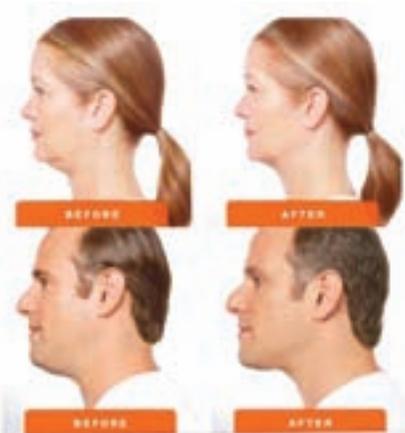
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"Look as beautiful as you are...."



Police from the 49th Precinct conducted an investigation Wednesday at Mobile Creations after the 36-year-old manager was kidnapped and found dead in Riverdale.

Photo by Edwin Soto

Morris Park auto shop owner found dead after abduction

BY ARTHUR CUSANO

The owner of an auto after-market shop is dead following his abduction on Tuesday, September 20, according to the NYPD.

Police responded to a 911 call of an armed kidnapping at Mobile Creations Sounds & Security Corporation at 1631 Stillwell Avenue at 8:50 a.m.

Two customers, who were also tied up and put in a vehicle trunk, told police they had managed to get free.

They claimed two male suspects, wearing masks, gloves and hooded sweatshirts, entered the store and tied them up.

The shop's owner, Robert Bishun, 36, of Rockland County, was forcibly taken by the assailants.

At around 11:16 a.m., police located Bishun's high-end BMW sedan parked approximately six miles away at 6071 Broadway in front of Van Cortlandt Park.

Bishun was found sitting upright in the back seat of the vehicle, unconscious and unresponsive, with a tightly fastened zip tie around his neck.

He was transported to Montefiore Hospital, where he was pronounced dead.

Bishun had a drug arrest history said authorities.

He was arrested in 2012 along with a co-worker in connection with a heroin ring after DEA agents found cocaine, heroin, a handgun, large amounts of cash and a paperwork detailing ongoing drug transactions on the premises.

Bishun was convicted on felony drug trafficking charges and served a 2 to 3 years federal prison stint before he was released in November 2014, according to 49th Precinct Detective Jay Sturdivant.

Bishun's wife, Celia Cuza, ran the business while he was incarcerated, Sturdivant confirmed.

Bishun had been the victim of a similar incident on January 24, 2015, Sturdivant said, when two unidentified men entered the store brandishing a handgun and tied him up before making off with \$15,000 and the keys to a 2015 Mercedes Benz sedan. They



Robert Bishun, 36, of Rockland County, was found dead in the trunk of a car near Van Cortlandt Park just hours after he was abducted from his Morris Park auto shop Tuesday evening. Two other people at the shop were tied up and stuffed in car trunks but managed to escape and call 911.

Photo courtesy of Facebook

were not caught.

The other person arrested in the 2012 raid of the auto sound shop, James Rainer, was sentenced to 72 months in federal prison, according to published reports.

Sturdivant said he was unfamiliar with Rainer's case and did not know whether he was still serving time.

Tuesday's incident left community leaders concerned in what is one of the borough's safest communities.

"This is very serious for this neighborhood," said Morris Park Community Association vice president Al D'Angelo Wednesday. "It's not good, because when people hear about it they might think this neighborhood is not as safe as it actually is."

D'Angelo said he suspects Bishun was targeted and that the incident was not random, since only the owner was abducted from the store.

He said he was not familiar with Bishun's drug arrest in 2012, but that it seemed likely to be related to the incident.

"No one deserves to die, but that's the price you pay for getting involved with that sort of thing," D'Angelo said.

Linda

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A hot summer's day on the beach, then suddenly it's dark and gloomy, and I see someone through the mist, someone I have seen before. "It can't be," I say to myself.

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The performance stage promises good music for all at this year's Fordham Road Fair.

Photo courtesy of Fordham Road BID

Fordham Road BID to host Fair on October 1

BY PATRICK ROCCHIO

Modeled after an upstate New York-style county fair, the Fordham Road Fair is sure to please everyone.

The Fordham Road Fair, run by the Fordham Road Business Improvement District, will take place this year on Saturday, October 1 on East Fordham Road from East 188th Street to East Kingsbridge Road. It runs from noon to 6 p.m.

It will feature stiltwalkers, jugglers, magicians, carnival games, live musical entertainment and a classic car show, said Daniel Bernstein, deputy director, Fordham Road BID.

"What we are doing is bringing a fair like one you would normally be able to find only at a county fair grounds to Fordham Road here," said Bernstein, adding "It was a big hit last year."

Fordham Road will be closed off completely to vehicular traffic for the fair and buses will be rerouted, he said.

"Major planning goes into this type of an event," said Bernstein, adding "NYPD (officers) are in here early in the morning closing traffic off...the only cars you will see will be in the classic car show."

For the event, musical entertainment will be concentrated on a stage near Bryan Park, and there's a D.J. from noon to 2 p.m. with live entertainment following from 2 to 6 p.m., according to the BID.

The classic car show will be on East Fordham Road from Grand Concourse to Valentine Avenue, according to the BID.

Carnival-style games are situated between Valentine and Tiebout avenues, with food concentrated west of the Grand Concourse, said Bernstein.

The Fordham Road Fair grew out of a similar event that was held for over two decades along East Fordham Road called the Fordham Road Renaissance Festival, said the BID deputy director.

One of the BID's forerunner, the Bronx Council for Economic Development, coordinated the renaissance festival, said Bernstein, but that organization was dissolved.

"It was something that the residents really loved," said Bernstein of the original festival.

Councilman Ritchie Torres was very helpful in providing funding for the Fordham Road Fair, said Bernstein.

"(The Fordham Road Fair) has become a signature event of the Fordham Road BID," said Torres. "Since Fordham Road is the commercial, cultural and geographic center of the Bronx, it is only fitting that you have a festival on Fordham Road."

The councilman and his office had to work with the Fordham Road BID to secure another permit for the new Fordham Road Fair to replace the festival, he said.

"We are proud to be able to restore what had been a longstanding tradition," said Torres, adding that Fordham Road without a festival was a void in the cultural life of the borough.

The councilman said that he has been a strong support in terms of funding for the Fordham Road BID, including \$30,000 in FY 2014 and \$55,000 in both FY 2015 and FY 2016.

BRONX *TimesReporter*

April 17, 2008

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Police urge caution as senior assaults on the rise

BY ARTHUR CUSANO

A series of crimes against senior citizens, including an NYPD employee, across the Bronx has elderly residents on edge and law enforcement advising caution.

On Friday, September 9 a 72-year-old man was assaulted on Allerton Avenue near Barker Avenue at around 3 a.m. by a man demanding money.

Captain Keith Walton of the 49th Precinct said the elderly victim was in fact a civilian employee of the NYPD who was on his way to lower Manhattan where he worked at the main NYPD headquarters.

"He's a janitor and he works at 1 Police Plaza on his way to work when he was sucker punched in the side of the face and sustained a fractured eye socket," Walton said.

One of the people responsible for the attack turned himself in Tuesday afternoon accompanied by a lawyer, he added.

Less than a week earlier, on Saturday, September 3 in the Melrose area at Courtlandt Avenue and 154th Street, a 72-year-old woman was struck from behind and her bag stolen at around 10:30 a.m.



Captain Keith Walton, 49th Precinct commanding officer, is urging senior citizens to use caution while in public following a string of assaults on the elderly across the borough. File Photo

Last month, two elderly women in the Belmont neighborhood were robbed in their homes.

Those attacks were followed by a press conference by Councilman Ritchie Torres, who cautioned seniors and asked for help from the community in identifying the suspect. However, as of Tuesday, September 20, the suspect was still at large.

Walton cautioned senior citizens to take precautions by traveling in groups and practice caution in dealing with people they don't know.

"We advise them to take care of their routine business between 9 a.m. and noon when the streets are more populated," Walton said. "And don't utilize their cell phones and be oblivious to their surroundings."

He also advised seniors to separate their money from the wallet to avoid taking out their entire wallet, which allows others to see the entire contents of their wallet or purse.

Seniors are also common targets for credit card scams.

Walton said officers in the 49th Precinct will come to an elderly person's home and deliver their mail to the post office to help them avoid scammers.

Walton also cautioned seniors to keep information about where their money is stored to themselves, or better yet keep money in secure financial institutions whenever possible.

Councilwoman Annabel Palma, who represents Soundview, said in a statement she was advising seniors to reach out to their designated Neighborhood Coordination Officers, a two-person team stationed in each neighborhood tasked with identifying safety issues through community involvement.

We advise them to take care of their routine business between 9 a.m. and noon when the streets are more populated.

Captain Keith Walton
49th Precinct

Another attack occurred Thursday, September 15 in the Soundview section at 5:45 a.m. at 1635 E. 174th Street when a woman had her purse stolen while waiting for a bus at a bus stop, according to police.

The suspect was seen running into a nearby building with another suspect.

On Sunday, September 11 an 86-year-old woman in a wheelchair had her purse stolen while sitting outside of her West Farms apartment building at around 9 a.m.

Police arrested a 37-year old woman in connection with that attack a day later.

On Monday, September 12 a 70-year-old Mt. Hope man was robbed when two men armed with a gun and a Tazer-style stun gun forced their way into his Topping Avenue apartment.

The man was robbed of \$21,000 he kept in a safe under his bed, according to police.

Raven

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Love from your beloved
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Raven
2000 - 2016

Porn site web misuse threatens LinkNYC's service

BY ROBERT WIRSING

A state-of-the-art communication network is improving service after eliminating its web browsing feature which was used to access pornography.

On Wednesday, September 14, LinkNYC announced it will remove web browsing service on all Link tablets following users' misconduct of Link kiosks.

A LinkNYC spokeswoman said LinkNYC will collaborate with the city and community to explore potential solutions such as establishing time limits.

LinkNYC insists Link tablets' additional features such as free phone calls, maps, device charging, access to emergency services and superfast Wi-Fi will remain unaltered.

The network launched this past January and is currently in its beta phase allowing New Yorkers an early opportunity to test out Link's state-of-the-art features.

In response to community feedback and suggestions, LinkNYC has dimmed the kiosk display's light and limited its maximum volume at night.

Additional apps and services will be established on an ongoing basis over the next several years.

The first-of-its-kind communication network is replacing the city's

obsolete payphones with Wi-Fi kiosks to establish the largest and fastest free public Wi-Fi network in the world.

More than 375 Links have been installed in the city including ones in the south Bronx and along the Grand Concourse.

Over 700 Links will be installed in the Bronx as part of the roll out over the next eight years.

Borough President Ruben Diaz, Jr. applauded LinkNYC, but suggested the city prevent over-extended usage by requiring registration and establishing a time limit for how long subscribers can use a kiosk.

"These kiosks and the connectivity they provide are the key to bridging the digital divide in our city and we must ensure that a handful of less-than-wholesome users do not threaten the success of the entire enterprise," said Diaz, adding. "Disabling web browsing will prevent the most objectionable uses of these kiosks and make our streets safer while also preserving the best parts of the LinkNYC service."

"I think it had to be done because there were a lot of unsavory individuals watching pornography and monopolizing these kiosks for hours on end," said Councilman James Vacca, NYC Committee on Technology chairman.

He said the city responded appropriately removing web browsing services, but said he is open to hearing alternatives to reinstate the service with time limits and content blockers.

"Until we see options for web browsing on these kiosks, we'll have to assess them to see if they can be done," added Vacca.

LinkNYC assured the kiosks were never intended for anyone's extended personal use and want to ensure Links are an accessible and welcomed addition to NYC neighborhoods.

The LinkNYC spokeswoman said the network was flexibly designed to learn how people use LinkNYC and what users want improved.

She added learning how people use Links over time will determine which new apps and service they will provide.

Users and residents can share feedback and suggestions regarding LinkNYC's services at hello@link.nyc.

For Links locations, visit www.link.nyc/find-a-link.html.



(Right) New free public Wi-Fi LinkNYC kiosks will no longer offer web browsing following recent instances of user misconduct.

Photo by Silvio Pacifico

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Just Nuts Band performs free concert Oct. 15

On Saturday, October 15, the Uniformed Firefighters Association of New Rochelle will present a free concert at New Rochelle High School, Whitney E. Young Auditorium, Clove Road, New Rochelle, starting at 7:30 p.m.

The concert will feature Barbara Harris and the Toys, Just Nuts Band, Twin Gold, and MC radio Jock Dennis Dion Nardone of WVOX 1460 AM Radio.

For tickets call Eileen at (914) 656-1370.

Helping Small Businesses Succeed workshop Sept. 30

The Bronx Chamber of Commerce and Insperity invite you to attend "Helping Small Businesses Succeed", a free small business workshop on Thursday, September 30, from 5 to 7 p.m., at the Hutch Metro Conference Center at the Hutchinson Metro Center, 1200 Waters Place.

Meet Insperity's small business specialists and learn how they help small businesses succeed. You don't have to go it alone. Insperity Workforce Optimization offers administrative relief, access to better benefits, reduced liabilities and dedicated HR support. Insperity offers your business access to affordable employee health insurance and benefits, stress-free payroll and HR administration, workers compensation plan coverage and claim resolution, complete government compliance assistance, ongoing health care reform support, and dedicated HR support.

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And stick around for after-the-workshop networking. Bring business cards. Shake hands. Share ideas. Meet your business peers. Walk away with potential new business and new business associates.

For further information or to RSVP call (718) 828-3900 or email phil@bronxchamber.org.

The Bronx Chamber of Commerce sponsors a variety of programs and services to businesses ranging from large corporations, cultural institutions, universities and colleges, hospitals and medical centers, and mid-sized to small companies.

Visit www.bronxchamber.org for information on our next networking events as well as other Bronx Chamber of Commerce events in your area. For additional information call (718) 828-3900.

Additional funding for Bronx Chamber of Commerce programs and services, in conjunction with NYS Senator Jeffrey Klein, NYC Council Member Andy King, are made possible with support from NYC Small Business Services, Bronx H.I.R.E., and the U.S. Small Business Association.

Tally Ho Luau Lunch

The Social Welfare Association of Edgewater Park is hosting a Tally Ho (fun card game) Luau Lunch on Sunday, September 25, at 1 p.m.

There will be a pocketbook giveaway, 50/50, door prizes, and baskets. Ticket donation is \$10. Call Zyra at (718) 772-7673. Come have some fun.

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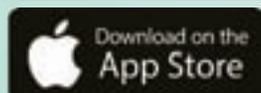
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A volunteer showed another volunteer how to plant flower bulbs while Councilman King (c) assisted her.
Community News Group / Arthur Cusano

Councilman King, Baychester residents flex their green thumbs

BY ARTHUR CUSANO

Volunteers in the northern Bronx spent several hours earlier this week planting the seeds for a nicer neighborhood - or bulbs, to be more specific.

Several volunteers joined Councilman Andy King on Wednesday, September 20 in the Baychester area near Boston Post Road, where they spent three hours planting daffodil bulbs along residential Needham Avenue and the Boston Post Road business district.

"When spring comes around again, we'll be even more beautiful here in the borough of the Bronx," King said. "When you come to the 12th (Council District), you're not going to feel like you're in a concrete jungle - you're going to feel at home, you're going to feel love. Today we're putting a little love into the ground."

Leading the event was neighborhood resident Petrona Smith, a TreeLC Care Captain commissioned by the city after undergoing training through the NYC Department of Parks and Recreation.

Smith is also a member of the city-wide Daffodil Project, which plants daffodil bulbs each fall in all five boroughs as a living memorial to victims of the September 11 attacks.

"Last fall, along with a few helpers, I planted bulbs along this avenue and I said this has to be extended through District 12," Smith said.

She hoped to raise awareness for the program, which donated the hundreds of bulbs used in Tuesday's project.

King said beautifying the council district, which includes Wood-

lawn, Williamsbridge, Wakefield, Baychester, Eastchester and Co-op City, had been a goal since he was elected, and that he has organized monthly cleanups on the 12th of each month.

"We do a cleanup with the NYC Department of Sanitation and volunteers, and we are also partnering with Publicolor (a city non-profit that gets kids involved with painting buildings) to make sure our schools look beautiful," he said.

Also volunteering were representatives from the Bissel Garden community garden and River's Run development in Co-op City.

Paul Kittas of Bissel Gardens said his organization supplied the tools used for the planting.

"Like Councilman King, we just like to participate in the neighborhood and we thought this was a good opportunity," Kittas said.

The city is also planting hundreds of new trees across the city in the coming months, including King's district.

He said he would be encouraging merchants along the business corridors to get involved with the project.

"They're going to be responsible for helping to maintain them - that means keeping them trash free, that if the weeds start growing to cut them down and plant more flowers instead to keep it beautiful along our corridors"

The councilman also urged residents to take ownership in their neighborhood by removing trash or trimming overgrown brush instead of just calling 311 to submit a complaint.

"No one takes care of your neighborhood like you take care of your neighborhood," King said.



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Walk with Team Benedetto Oct. 16th

Assemblyman Michael R. Benedetto is calling for volunteers to join him in the American Cancer Society's annual Making Strides Against Breast Cancer walk which will take place on Sunday, October 16 at Orchard Beach beginning at 10 am.

This is Benedetto's 11th year participating in this important event and the tenth time that he will be sponsoring a team. "Everyone joining together and giving a little will make a large impact and in the end the proceeds will be used towards much needed research, prevention, early detection and support programs," said the assemblyman.

"Team Benedetto" can do so by either calling his East Tremont Avenue office at (718) 892-2235, his Co-op City office at (718) 320-2220, or registering in person at either of these locations. You can also register on-line at makingstrideswalk.org/bronx, click on "Donate to a Team" and look for "Team Benedetto".

Assemblyman Michael Benedetto is asking all "Team Benedetto" members to make a minimum donation of \$20.

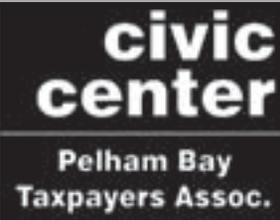
With their \$20 contribution each participant will receive a personalized "Team Benedetto" polo shirt.

object ; line 41

BY MICHELE TORRIONI

Welcome back everyone. Hope everyone had an enjoyable summer.

Our next meeting is tomorrow night, Tuesday September 20 at 7:30 p.m. in the St. Theresa Cafeteria (come earlier for cake and coffee). Please join us and bring



all your questions, concerns and any news you have of anything going on around Pelham Bay with you to the meeting so we can discuss.

I look forward to seeing everyone Tuesday night. We have some catching up to do.

Bronx beat

NCB hosts 22nd Annual Breast Health Day Oct. 1

North Central Bronx Hospital will host its 22nd Annual Breast Health Day on Saturday, October 1, 10 a.m. to 2 p.m., 3424 Kossuth Avenue, Radiology Department, 2nd floor, 2G.

Learn how to perform a potentially life-saving self-breast examination; receive a clinical breast examination; receive women's health information materials; receive domestic violence information; and receive assessment for same day screening mammograms at no cost for eligible women. Women 40 or older and women with a strong family history (mother/sister with breast cancer) are strongly encouraged to take advantage of this offer.

For more information call the Radiology Department at (718) 519-3086 or the Volunteer Office at (718) 519-4840.

Sponsored by the Friends of North Central Bronx Hospital.

Assemblyman Dinowitz announced that he is once again sponsoring free flu shots for members of the community in the 81st assembly district. Flu shots will be administered on Friday, October 7, at St. Gabriel's Church on 3250 Arlington Avenue between 10 a.m. and 1 p.m. This free service is also sponsored by New York Presbyterian Ambulatory Care Network, RiverSpring Health, Congressman Eliot Engel, Senator Jeff Klein, and Councilman Andrew Cohen.

Note that members of the community must be 18 years of age or older to participate, and cannot be allergic to eggs. Residents must contact Assemblyman Dinowitz's office at (718) 796-5345 to guarantee a flu shot.

RM Friedland, a commercial real estate services firm serving the tri-state area with a particular focus on Westchester, the Bronx, Fairfield, Rockland and Putnam Counties, announces that the company has been named the exclusive leasing broker for two leading retail destinations in Westchester County: Premier Plaza in Tarrytown and The Waterfront at Port Chester. In addition, the company's retail division is now representing the landlord of the former Conway Department Store located on the Upper West Side of the Bronx.

Located less than a quarter mile from the Major Deegan Expressway (I-87), the former Conway Department Store located at 5622 Broadway in the Bronx totals more than 50,000 square feet of leasable retail space. This unique building features 20,000 square feet of space with 70' of frontage facing Broadway, which includes drive-in delivery access on W. 233 Street. An additional 10,000 square feet of second floor space is accessible through a separate elevator entrance. The site also features 35,000 square feet of additional retail space facing W. 233 Street.

The property is in close proximity to thriving Bronx retail destinations Broadway Plaza and River Plaza. This vibrant corridor in Kingsbridge and Riverdale

connects the retail options both north and south of the area, serving over 136,000 people in a one mile radius. The site is steps away from the 1 train. The landlord is being represented by RM Friedland's Mia Abdou.

Heart disease is epidemic throughout the country, but particularly in the Bronx, Brooklyn, Queens and Staten Island, where death rates from heart disease exceed 300 per 100,000, about 15 percent higher than the national average, according to figures from the Centers for Disease Control.

To help the community learn how to reduce the likelihood of heart disease, Dr. Sulejman Celaj, divisional director of Cardiology and Director of the Cardiac Catheterization Laboratory at SBH Health System, will speak on the topic "Love Your Heart with Your Heart" as part of the hospital's Dinner with a Doctor series on Tuesday, October 11 (in English) and on Thursday, October 13 (in Albanian), with both sessions to begin at 6 p.m. The event, which is free to the public, will be held in the Braker Building boardroom on the St. Barnabas Hospital campus (Third Avenue and 183rd Street).

The "Dinner with a Doctor" presentation will deal with the symptoms of heart disease, the importance of testing and early detection (including vascular screening), and preventive measures involving diet, exercise and lifestyle.

Born and raised in Kosovo, Dr. Celaj earned his medical degree in Romania and then came to the United States to train in Internal Medicine at Montefiore Medical Center of the Albert Einstein College of Medicine, where he completed fellowship training in Cardiovascular Disease and Interventional Cardiology. He is board certified in Internal Medicine and Cardiovascular Disease and was elected a Fellow of the American College of Cardiology. He is also an Assistant Professor of Medicine at Albert Einstein College of Medicine.

Dinner with a Doctor is held at St. Barnabas Hospital on a regular basis, with members of the medical staff available to discuss various health issues while attendees enjoy a light meal.

"We encourage members of the communities we serve to take advantage of our Dinner with a Doctor series," said Len Walsh, executive vice president and chief operating officer at St. Barnabas Hospital. "It gives them a chance to meet some of the area's best doctors and get answers to questions they may have on various health and medical topics. We view the upcoming presentation, led by a renowned specialist like Dr. Celaj, as an excellent opportunity for people to learn more about heart disease and how they can protect themselves and their loved ones."

Dinner with a Doctor is free and limited to 60 people. You must be 16 years of age or older to attend and reservations are required. To RSVP contact Diana Loubriel at 718-960-9295.

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WTC ARTIFACT BECOMES PERMANENT MEMORIAL

In honor of the 15th anniversary of the September 11, 2001 terrorist attacks, Assemblyman Jeffrey Dinowitz, Councilman Andrew Cohen, Congressman Eliot Engel, Deputy Inspector Terrence O'Toole, 50th Precinct commanding officer, 50th Precinct officers and RiverSpring Health participated in a dedication ceremony on Sunday, September 11 where an artifact from the World Trade Center became a permanent memorial at the Hebrew Home at Riverdale.



Congressman Engel (l); Assemblyman Dinowitz (2nd from l); Councilman Cohen (3rd from r); Deputy Inspector O'Toole (2nd from r) and Daniel Reingold, RiverSpring Health CEO (r) with 50th Precinct officers at the 9/11 memorial.

Photo courtesy of Assemblyman Jeffrey Dinowitz's Office



AFFINITY HEALTH PLAN OPENS COMMUNITY CENTER

Affinity Health Center celebrated the grand opening of its Community Service Center at 1250 Waters Place, Tower #1 on Thursday, September 15. The newest service center provides a convenient location for residents to learn about their health care options in a welcoming environment.

(l-r) Bronx Market community engagement associates Alex Fontanez and Marisol Ramirez; James Hooley, Affinity interim president; Assemblyman Sepulveda; Edina Vukic; Assemblyman Gjonaj; Joseph Kelleher, Simone Metro Properties president and Bronx Chamber of Commerce chairman and Heather Brave.

Photo by Aracelis Batista

SCHOOL FOR LAW AND SOCIAL JUSTICE OPENS

A ribbon-cutting ceremony was held for the newly founded Charter High School for Law and Social Justice on Monday, September 8 at 1940 Dr. Martin Luther King, Jr. Boulevard to welcome ninth and tenth graders to their new school building. Founded in 2015, the school will provide south Bronx students with a comprehensive high school education and lay the academic and social groundwork for success in college and careers.



Samantha Pugh (front, c), Charter High School for Law and Social Justice founding principal, welcomed everyone to the new high school's grand opening celebration.

Photo by Aracelis Batista



BRONX HOUSE FUN DAY

Families enjoyed some quality time at Fun Day on the Parkway on Saturday, September 17 at Pelham Parkway South between Hone and Bogart avenues. Presented by Bronx House, the fun-filled event featured a bounce house, music, face painting, carnival games and activities and cotton candy and ices for everyone's enjoyment.

(l-r) Akeem Cook, teacher and music specialist at Bronx House, showed Angelina Sepulveda, Christina Sepulveda and Annalee Molina how to play the guitar.

Photo by Laura Stone



Sisters Rubi (l) and Cristal Sakala enjoyed some tasty cotton candy.

Photo by Laura Stone

Bronx up for Healthy Beverage Challenge

The Bronx has been selected as one of 50 members of the Healthiest Community 50 in the Healthiest Cities & Counties Challenge and will receive a \$10,000 community seed award. By participating in the Challenge, The Bronx is now in the running to receive a prize of up to \$500,000 that will support their local program, the Healthy Beverage Zone (HBZ).

The Challenge, a partnership between the Aetna Foundation, the American Public Health Association and the National Association of Counties, will award \$1.5 million in prizes to small and mid-sized cities, counties and federally-recognized tribes that are able to show measurable change over the course of several years working with cross-sector partnerships to implement health innovations and data-driven solutions. The Healthiest Community 50 were chosen based on plans to improve the health of their communities in at least one of five domains: Healthy behaviors, community safety, built environment, social/economic factors and environmental exposures.

Union Community Health Center (UCHC), serving as the lead organization, along with partners of the Bronx's #Not62 - The Campaign for a Healthy Bronx, came together to form the HBZ, a project that focuses on furthering

positive health outcomes throughout the Bronx and decreasing the number of chronic diseases that Bronxites develop as a result of increased consumption of sugary beverages. Ultimately, the goal is to champion the Bronx to take back their health by making healthier beverage choices.

"The reality is that millions of New Yorkers live in a food desert and are impacted by limited access to healthy fruits and vegetables; this is only one in a list of tremendous health and social disparities that exist across the Bronx," said Dr. Douglas York, CEO of Union Community Health Center. "The grant through the Aetna Foundation creates opportunity for the HBZ project to reach more people throughout the Bronx with education around the dangers of sugary beverages and how making one small change can substantially improve their health."

With the Bronx having some of the highest rates of diet-related diseases such as obesity, diabetes, fatty liver disease and dental caries in New York, support from the Aetna Foundation will encourage Bronx residents to take steps toward a healthier lifestyle and elevate the Bronx from being the least healthy county. Continued efforts like the #Not62 - The Campaign for a Healthy Bronx and the HBZ project are creating slow and steady change in

terms of meeting healthcare demands of the Bronx.

"As partners in the #Not62 - The Campaign for a Healthy Bronx, we would like to congratulate UCHC in receiving Aetna's Healthiest Cities & Counties Challenge grant" said Jane Bedell, MD, Assistant Commissioner of the DOHMH Bronx Neighborhood Health Action Center. "We know that consumption of sugar-sweetened beverages leads to higher rates of obesity and chronic diseases such as diabetes. By using this grant to support the HBZ project, UCHC and its partners in the Campaign are in the forefront of implementing a healthy beverage strategy to combat the effects of aggressive marketing of these beverages in poor communities of color throughout the Bronx."

"At the Aetna Foundation, we're seeking to reward innovation for communities implementing new ways to improve health outcomes," said Dr. Garth Graham, president of the Aetna Foundation. "We want the Healthiest Cities & Counties Challenge to serve as a catalyst for collaboration in local communities around the country working to move the needle in combating health disparities."

To learn more about the Challenge and what it means to be a healthy community visit: www.healthiestcities.org.



Healthy Beverage Zone Challenge.

10th Annual Hunts Point Hustle Run/Walk Oct. 1

The 10th Annual Hunts Point Hustle Run/Walk will take place Saturday, October 1, at Hunts Point Riverside Park at 10 a.m. This event supports and celebrates the work of Sustainable South Bronx (SSBx), a division of The HOPE Program, which makes the Bronx - and New York City - more environmentally and economically sustainable through green jobs training and placement as well as transitional employment opportunities in green construction and maintenance.

All runners, walkers, and commu-

nity members are welcome! Online registration will be open through noon September 30. On-site registration will be available on race day starting at 9 a.m. at Hunts Point Riverside Park, at Edgewater Road and Lafayette Avenue.

Race entry fee is \$30 or \$10 for Bronx residents with the discount code "Bronx." This event features a chip-timed 5K run/walk course, great swag, water along the route, post-race snacks, free shuttle from the subway (Hunts Point Avenue 6 train), prizes, access to Hunts Point Riverside Park, and the op-

portunity to support green jobs training! A special feature this year is free community rowing for all participants, volunteers, spectators and community members, provided by Rocking the Boat.

Coca-Cola is the lead sponsor of the Hunts Point Hustle. Additional sponsors include Waste Management, Monadnock Construction, Diego Beekman, Runa, Rocking the Boat, Bronx River Alliance, Rebuilding Together, and University Neighborhood Housing Program (UNHP).

This race marks the first anniversary of Sustainable South Bronx joining forces with The HOPE Program, an award-winning workforce development program serving men and women from all five New York City boroughs. Since launching our partnership, SSBx has expanded to offer three cycles of green job training, and re-energized our social enterprise, which hires training grads, predominantly Bronx residents, for green construction and maintenance projects across the city.

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Community News Group is on the prowl for the Big Apple's prettiest pooches, knockout kitties, huggable hamsters, ravishing rabbits, and other comely critters for its inaugural Cutest Pet Contest, sponsored by the Mill Basin Veterinary Clinic.

It's easy to register and vote:

- Sign up on Facebook, check out our advertisement on bxtimes.com or click here.
- Click on the "enter" tab.
- Upload your pet's pic.
- Click on the "vote" tab.
- Choose the cutest pet to register your vote.

The winner will receive a pet gift basket, and voters can bag great prizes, too! So whaddaya waiting for? Enter today and let Gotham go gaga over your gorgeous one!

Cast your votes by Oct. 14.

Assemblyman Benedetto Hosts 3rd Annual Golf Classic

Assemblyman Michael Benedetto scored 'a hole in one' at his third annual golf outing fundraiser on Thursday, September 15 at Pelham Bay/Split Rock Golf Course. Trophies were awarded to first place champions Sanitation Salvage Corp., second place victors Turtle Cove Golf Center and third place winners Citibank.



Mike Cambria (l) and Daron D'Alanzo were awarded golf clubs for the straightest and longest drive, respectively.

Photo by Silvio Pacifico



Assemblyman Benedetto (c) congratulated second place victors (l-r) Rick Nielson, Tony Esposito and Steven and Trevor Cooke from Turtle Cove Golf Center.

Photo by Silvio Pacifico



Bob Colesanti (l) and Roy Farcorius from Citibank earned third place.

Photo by Silvio Pacifico



Benedetto (c) honored first place champions (l-r) Daron D'Alanzo, Mike Cambria, Joe Iocodello and Jimmy Murphy from Sanitation Salvage Corp.

Photo by Silvio Pacifico



Danielle (l) and Gerri Sciortino won a free golf outing at Pelham Bay/Split Rock Golf Course.

Photo by Silvio Pacifico

AQUINAS H.S. WELCOMES CLASS OF 2020



At Aquinas High School, incoming 9th grade students were greeted by smiling faces as Student Council members and faculty welcomed the class of 2020. Freshmen students may have arrived with the "first day of school" jitters but they soon realized that their choice school was a dream come true.

Bronx schools

National Catholic Educational Association Seton Award

The National Catholic Educational Association (NCEA) will present the 2016 NCEA Saint Elizabeth Ann Seton Award to the Catholic Schools Office of the Archdiocese of New York. The Seton Award commemorates individuals and organizations devoted to faithful service to Catholic education. The award will be presented on Monday, October 3rd at the Mayflower Hotel in Washington, D.C.

"We are incredibly proud and humbled to receive the Seton Award from the NCEA," said Dr. Timothy J. McNiff, Superintendent of Schools in the Archdiocese of New York. "Catholic schools offer the fundamentals so many of us care about – outstanding academics within a safe and nurturing community. But at the heart of the Catholic School experience are things we hold sacred – a belief in the dignity of all people, a calling to service, a pursuit of faith, a personal relationship with God, and a commitment to learning. These values prepare our students for success and good citizenry in school and beyond. We will always remain committed to these values and our students."

Eight years ago, the Archdiocese of New York established Pathways to Excellence, the strategic plan to ensure a vibrant, sustainable Catholic school system, both now and in the future. Today, there are 216 schools serving 68,000 students from Pre-K through 12th grade in nine geographic regions. Regionalization has brought most parish elementary schools into the regional model of governance where these regional

schools now benefit from the leadership and oversight of Regional Boards of Trustees. The boards include dedicated and talented local members of the laity, who share an expanded role with pastors and the religious.

In addition, now, every parish is responsible for, contributes to, and has a voice in Catholic education, allowing re-investment into Catholic education while identifying and securing additional funding. This new funding has helped provide advanced teacher training and technology in classrooms and exciting new academic programs, including Blended Learning for students. Most importantly, The Catholic Schools Office has ensured its schools are places where Catholic culture and values will continue to thrive, now and in the future.

In addition to receiving the Seton Award, the NCEA is also presenting the Seton Scholar Award to a student at Cardinal Hayes High School in the Bronx. The award is given to a student with excellent academic achievement, shows sound character, community service, and support for family. The award recipient for 2016 is Cardinal Hayes junior Christian Martinez.

Named after Saint Elizabeth Ann Seton, in recognition of her lifelong dedication to teaching and children, the Seton Award is presented annually to individuals and organizations whose support and service impacts Catholic education and the well-being of our nation's youth.

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BY TONY SALIMBENE

Back from summer break, everybody ready? Let's start the reminders.

On Wednesday, September 28, at 7:30 p.m., there will be the first Veterans Services Committee meeting at Community Board 10, at the office, 3165 E. Tremont Avenue. Please note this is an official NYC meeting, we can discuss making it more of a social event and changing the meeting night at that meeting.

Pumpkins, mums and more, Friday, September 30, Saturday, October and Sunday, October 2 at Hawkins Post 156 on City Island Avenue. Buy some fun fall stuff for a good cause.

Wednesday, October 5 is the Bronx County meeting, 7:30 p.m. at Sam Young Post 620, all are invited.

The Columbus Day Parade at Morris Park is Sunday, October 9. Please form up at White Plains Road with Post

civic center

Korony American Legion Post 253

19 and present a united group to the neighbors watching.

Of course, our Post 253 meeting for October is the 3rd Sunday, at 11 a.m., at American Turners NY.

The Bronx Veterans Day Parade down East Tremont will be on Sunday, November 13. Form up at Laffayette Avenue prior to noon step-off time.

The state commander's visit and Annual Military Ball will be earlier in the month, on Friday, November 4 at Villa Barone Manor. A lot of traditional stops to make on Friday, November 11, more exact info to follow.

Until next time: I wish to thank Commander Joe, staff and Ladies from TNM Post 1456 for the outstanding National POW-MIA Vigil evening and the amazing crowd in attendance. I usually get teary eyed at these ceremonies, we all should, we will never forget.

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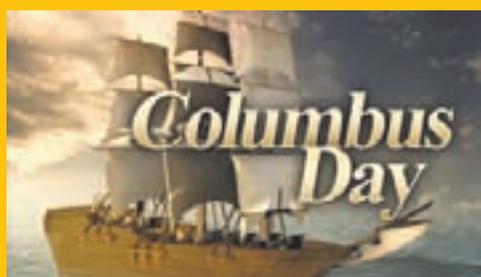
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Fall/Winter 2016

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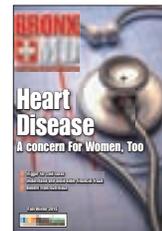
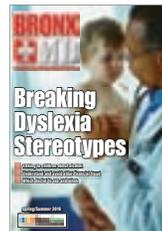
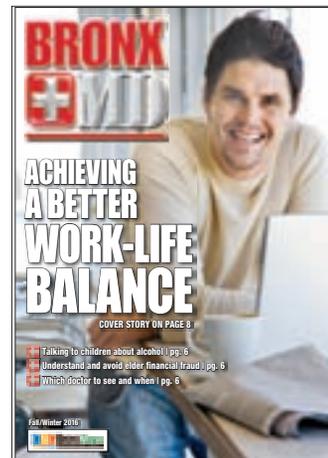
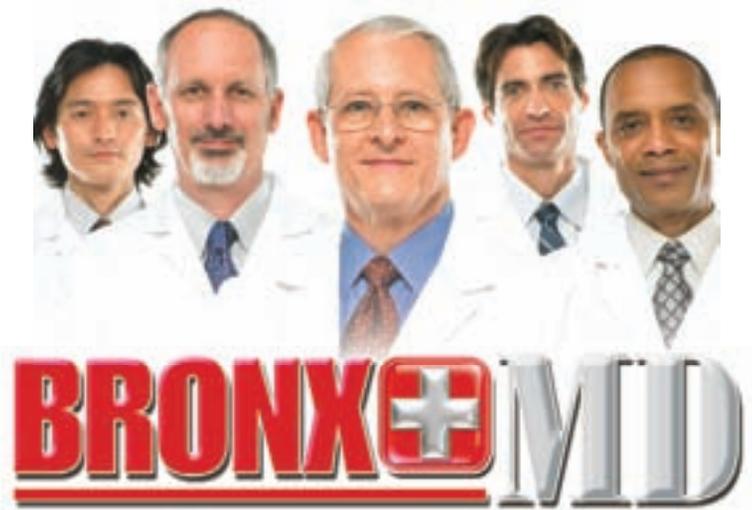


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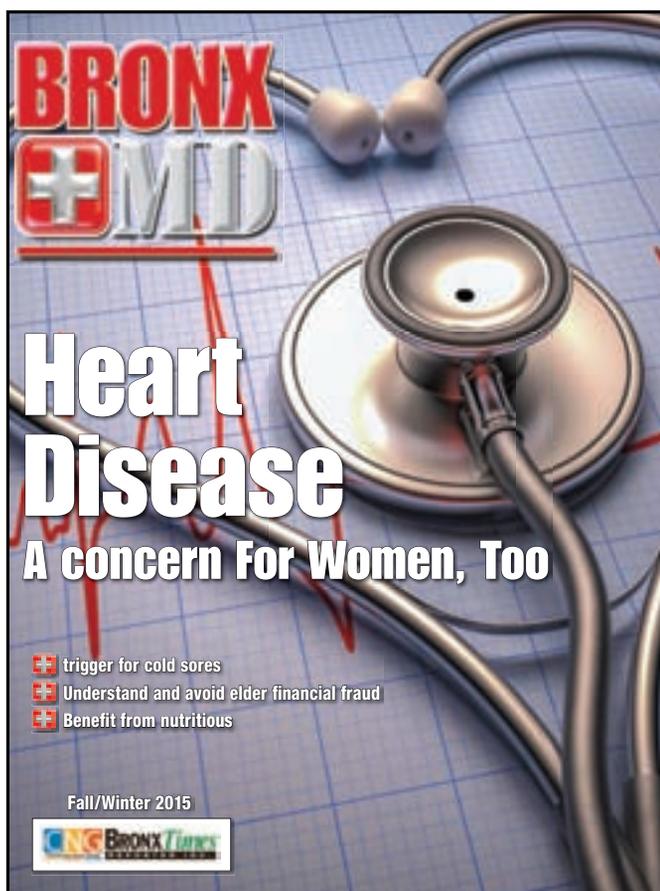
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Choosing an oncologist

Cancer continues to affect people from all walks of life. The National Cancer Institute says approximately 39.6 percent of men and women will be diagnosed with cancer at some

point during their lifetimes. However, the good news is that many people with cancer are seeing their diseases go into remission as survival rates continue to improve. This is thanks to many factors, including advancements in cancer treatments and therapies and the growing number of oncologists who specialize in targeted treatments.

Oncologists are specialists who treat cancer, specifically with regard to managing a person's care and treatment after he or she has been diagnosed. The field of oncology has three major areas, says *The Journal of Clinical Oncology*. These include medical, surgical and radiation. A medical oncologist treats cancer using chemotherapy or other targeted medications. A surgical oncologist specializes in tumor removal and will typically perform biopsies and other surgical procedures as they pertain to cancer treatment. A radiation oncologist works with radiation therapy to treat cancer.

In addition to specializing in one field of oncology, oncologists also may have specific skills as they pertain to one type of cancer. For example, a gynecologic oncologist will be knowledgeable in gynecologic cancers, such as cancers of the uterus and cervix.

Upon receiving a cancer diagnosis, patients are typically treated by a team of oncologists. That's because cancer treatment is diverse and will often require a combination of therapeutic efforts. Patients can have a say in which oncologists they use and are advised to seek out different opinions to find treatment plans they are comfortable with. The following is some advice on how to guide those research efforts.

- Seek a recommendation from your general practitioner. The doctor who diagnosed the cancer will likely be able to refer you to an on-

colologist. He or she may know which oncologists have a particularly good track record and can guide you in a certain direction.

- Use searchable databases. Various cancer organizations have searchable databases through which you can learn about the various affiliated oncologists.

- Consult with your insurance company. Cancer treatments can be expensive, and treatments may span several months and entail various therapies. Doctors and treatment centers that participate in your health insurance plan will be considerably less expensive than those operating outside of your coverage.

- Look for a doctor who specializes in your type of cancer. Working with a doctor who specializes in your cancer may provide you with the peace of mind needed to fight the disease, and someone with a track record of fighting your particular disease may be more skilled at treating the cancer than someone whose experience lies elsewhere.

- Look into oncologists who work at teaching hospitals. Oncologists working at teaching hospitals may have access to clinical trials or be required to continually update their credentials. Oncologists who also teach may be current on the latest therapies and be more capable of explaining your disease and treatment than doctors who do not teach.

- Look for a convenient treatment location. Finding an oncologist who practices at a facility close to home can be an added bonus and one that shaves some of the stress off of the impending treatment. Short trips to and from treatment may help you maintain your energy levels.

Cancer patients who find a capable oncologist they are comfortable with may find it easier to beat their disease and clear the hurdles they encounter during treatment.



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Achieving a better work-life balance

Many people face the challenge of balancing work and family. Workloads may be hefty on both fronts, and the pursuit of a healthy balance between home and career may seem like an unattainable goal.

Stress can build from feelings of being pulled in too many directions. According to Mental Health America, stress can compromise a person's ability to concentrate, lead to feelings of irritability or depression, negatively affect personal relationships, and weaken immune sys-

tems, increasing a person's susceptibility to a variety of ailments. Research even indicates chronic stress may double a person's risk of having a heart attack.

The desire to have a fulfilling career and a full life at home is a goal shared by millions of people across the globe. But it's important that one's pursuit of such goals not come at the expense of personal health. Living a fulfilling life often involves finding the right work-life balance, and the following tips can help make that

possible.

- Establish your priorities. Make a list of the things that are most important to you. Having this list put on paper can make goals more attainable. Think about the main things you want to focus on in life and go from there.

- Learn to manage your time. One of the keys to creating a work-life balance is to hone your time management skills. Effective time management can help you fit more in without feeling rushed or anxious. Start by determining just how much time you need to perform certain tasks. Then divide up the day accordingly. You may find that by waking up an hour earlier each day, you achieve a lot more without affecting your well-being. Quiet time at home in the morning can be a prime time to fit in a workout or catch up on paperwork.

- Don't procrastinate. Stick to your schedule so you don't feel stressed and as if you are constantly rushing around. Complete one item before you move on to the next.

- Communicate effectively with your bosses. Be honest with your bosses or colleagues if you feel like work is negatively impacting your home life. Supervisors may be flexible and receptive to feedback if it means keeping good employees happy and productive. Bosses may allow you to work from home or be willing to arrange a flex schedule.

- Unplug at home. When spending time at home with your loved ones, disconnect from your devices, especially those that connect you to work. Making yourself too available for work can be a detriment to your health and family.

- Divide your responsibilities. Allow family members to tackle some chores or other household duties so it will free up more time to spend together.

- Schedule a mental break each day. Give yourself time to perform one activity per day that you really enjoy. This will help you recharge and manage stress even further. Activities may include sports, hobbies or exercise.

Finding the right balance between work and family requires some maneuvering and practice, but it can be achieved with planning, organization and communication.



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Diabetic vision changes

Diabetes affects 23.6 million people in the United States and close to three million people in Canada. While diabetes can be accompanied by many different symptoms, some people are surprised to learn that diabetes can affect the eyes and vision.

Changes in vision are sometimes the earliest warning signs of the presence of diabetes or prediabetes. Diabetic eye disease is its own stand-alone condition, and the National Eye Institute points out that diabetic eye disease comprises a group of eye conditions that affect people with diabetes. These may include retinopathy, macular edema, cataracts and glaucoma. All forms of eye disease can potentially cause severe vision loss or blindness.

Those with diabetes also can experience xanthelasma, or yellowish collections of cholesterol around the eye area. What's more, diabetes can put individuals at risk of developing conjunctival bacterial infections (pink eye), as well as cor-

neal erosions, corneal defects and subsequent dry eyes.

According to the American Diabetes Association, people with diabetes are at a 40 percent greater risk of suffering from glaucoma than people without diabetes. The longer someone has had diabetes, the more common glaucoma is. Diabetics also are 60 percent more likely to develop cataracts. Vision checkups and care are an important part of living with diabetes.

Routine eye examinations can head off potential vision problems and have been known to alert doctors to the presence of diabetes before patients know they have it. During a comprehensive dilated eye exam, eye doctors will examine all areas of the eye to check for illness. Pressure on the eye will be tested, as glaucoma can cause elevated pressure. The doctor also will check for any clouding of the eye lens.

When an eye is dilated, doctors can examine the retina at the rear of the eye. Points that will be checked

include:

- changes to blood vessels, including any leaking blood vessels or fatty deposits
- swelling of the macula
- damage to nerve tissue
- health of the retina, and whether there are any tears or detachments

While many of the vision loss problems associated with diabetes are irreversible, early detection and treatment can reduce the risk of blindness by 95 percent, advises the NEI. Controlling diabetes slows the onset and worsening of visual symptoms. People with diabetes may need to see their eye doctors more frequently and have a greater number of dilated exams to ensure eyes are still in good health.

To keep diabetes in check, follow a doctor-recommended diet, monitor your blood-sugar levels and get plenty of exercise. Eye doctors and primary care providers can work together to ensure that all symptoms of diabetes — whether visual or otherwise — are treated effectively



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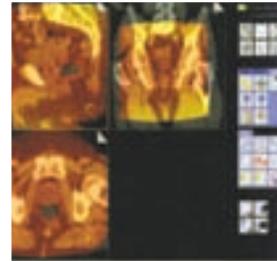


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Explaining atrial fibrillation

In late 2013, the World Health Organization released results from a data analysis that examined atrial fibrillation and its prevalence across the globe. The results were troubling, indicating that 33.5 million people worldwide have the condition.

If those figures don't raise an eyebrow, that's likely because few people are familiar with atrial fibrillation, in spite of its prevalence. A broader understanding of atrial fibrillation, often referred to as AF, may help people reduce their likelihood of developing the condition.

What is atrial fibrillation?

The National Heart, Lung and Blood Institute notes that atrial fibrillation is the most common type of arrhythmia, which is a problem with the rate or rhythm of the heartbeat. AF occurs when rapid, disorganized electrical signals cause the heart's two upper chambers, known as the atria, to contract very quickly and irregularly.

What happens when a person has atrial fibrillation?

The heart is not functioning properly when a person has atrial fibrillation. That's because blood pools in the atria when a person has AF, and because of

that pooling, the blood is not pumped completely into the heart's two lower chambers, which are known as the ventricles. As a result, the heart's upper and lower chambers do not work in conjunction as they do when the heart is fully healthy.

Are there symptoms of atrial fibrillation?

Some people with AF do not feel symptoms and only learn of their condition after physical examinations. That highlights the importance of scheduling annual physicals for all people, but especially for people with a personal or family history of heart trouble.

According to the American Heart Association, the most common symptom of AF is a quivering or fluttering heartbeat, which is caused by abnormal firing of electrical impulses. Anyone who feels such a symptom or suspects their heartbeat is abnormal should consult a physician immediately.

In addition to a quivering or fluttering heartbeat, the AHA notes that people with AF may experience one or more of the following symptoms:

- General fatigue
- Dizziness
- Shortness of breath and anxiety
- Weakness

- Faintness or confusion
- Fatigue when exercising
- Sweating
- Chest pain or pressure

The AHA warns that people experiencing chest pain or pressure are having a medical emergency that requires immediate medical attention. Whether or not symptoms of AF are detected, the condition can still increase a person's risk for serious medical problems, including stroke.

Who is at risk for atrial fibrillation?

No one is immune to atrial fibrillation, though risk of developing the condition rises as a person ages. Men are more likely than women to develop AF, which the NHLBI notes is more common among whites than African Americans or Hispanic Americans.

People suffering from hyperthyroidism, a condition characterized by excessive amounts of the thyroid hormone, are at greater risk for AF than those without the condition. In addition, people who are obese and those who have been diagnosed with diabetes or lung disease are at greater risk for AF than those without such conditions.

The NHLBI also notes that AF is more common in people who have:

- High blood pressure
- Coronary heart disease
- Heart failure
- Rheumatic heart disease
- Structural heart defects
- Pericarditis
- Congenital heart defects

Can atrial fibrillation be prevented?

There is no guaranteed way to prevent AF, though certain lifestyle choices can reduce a person's risk for the condition. A heart-healthy diet that's low in cholesterol, saturated fat and trans fat and also includes daily servings of various whole grains, fruits and vegetables can lower a person's risk for AF. Daily physical activity, maintaining a healthy weight and not smoking also can lower a person's risk.

Atrial fibrillation is a rising threat across the globe. More information about AF can be found at www.heart.org.





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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...”

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 positive 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.

With heartfelt appreciation for the thoughtfulness you’ve shown.
 Thank you for all the support you guys have given to me to get through this slow process. You are all so caring, married + people at ease, means a great deal to the Lord above + to bless you always the way my husband + I sing, well, continue to love Dr. Dean in the office. Thank you for the effort + time you took to help me with Dr. Hirschfeld.

September 19, 2014

RE: Robert Klein, Supervisor
 Appointment Desk
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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.

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“Healthy” foods that may cause weight gain

A desire to lose weight compels many people to pursue healthy lifestyles. Foods dubbed as “healthy” may not help people lose as much weight as they hope. Consumers should realize that, while there are many healthy options available, even foods billed as healthy can cause weight gain if overdone.

- **Cereals:** Many cereals contain whole grains and a bevy of nutritious ingredients, but many are also high in sugar and other refined grains that aren’t nutritionally sound. Always read food labels to review ingredients before purchasing new foods. Don’t go by what the front of the package says or any “healthy” buzzwords used. The nutritional information will be telling, listing the amount of sugar, calories and refined carbohydrates, which can derail healthy eating.

- **Juices:** Juice seems like a healthy choice, but whole fruits are the better option. Juices may not retain the peels of the fruits, which tend to contain the fiber and the bulk of the nutritional content. Juice may also be loaded in calories, whereas whole fruit tends to be low in calories.

- **Granola:** Granola is full of healthy ingredients, but it also may contain other ingredients that can be high in fat, like oils or nuts. Granola is best when eaten in moderation.

- **Good fats:** Certain superfoods contain a lot of nutritional benefits, but may be high in fats as well. For example, avocados contain fiber, vitamin C, vitamin E, and potassium, among other antioxidants, and can be quite filling. However, they also are calorically dense, so keep an eye on serving sizes.

- **Wine:** The health benefits of red wine have been widely touted. People who consume wine may be at a reduced risk for heart disease, Alzheimer’s disease and certain cancers. Red wine also may help keep weight gain in check. But it’s important to avoid overconsumption of red wine. A five-ounce serving is roughly 130 calories, and too many glasses of wine can impair your judgment.

- **Yogurt:** Check the labels on your favorite yogurts. Yogurt is a great source of protein, but that may be offset by sugar or chemical additives. Plain Greek yogurt is a smart choice, and you can supplement yogurt with fresh fruits.



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Understand and avoid elder financial fraud

Elder fraud is a financial crime that targets older men and women who are often unable to recognize they are being victimized. Elder financial fraud is a broad term that can be applied to a host of crimes, from stealing money or property directly from an individual to using an older person's property or possessions without permission.

Many seniors are targeted through telemarketing scams in which elders are scared into giving money out of fear

of losing their homes. Some are exploited by people closer to home who forge signatures or get an older person to sign over deeds or power of attorney.

Criminals often see elderly men and women as easy targets. Seniors may be suffering from declining physical and/or mental health, which compromises their ability to defend themselves or even recognize they are being taken advantage of. Seniors also may be embarrassed that they were duped and not

share their experiences with others as a result. But elder fraud also can be perpetrated by family members who aim to acquire an elderly relative's assets.

Recognizing scenarios where fraud may be committed can help men and women protect their elderly relatives from being victimized by elder fraud.

- Confirm professionals are who they say they are. More than 170 designations and certifications are used within the financial industry to identify professionals. Some of them do not necessarily mean a person is qualified or can be trusted to handle an individual's assets. Always ask a financial advisor if he is overseen by a government agency or is authorized to provide advice under the "fiduciary standard of care." Be especially careful when dealing with advisors who try to push certain products or those who suggest shortcuts and blending services. Such professionals are not necessarily criminals, but they may have ulterior motives in mind and not be overly concerned about you or your loved one's financial well-being.

- Pay attention to your accounts. Unusually large withdrawals from automated teller machines or cashed checks with signatures that do not match the signature on the account are both indicative of fraud. If you are monitoring a loved one's accounts, question any surges of activity in accounts that are normally somewhat inactive.

- Ask a loved one to keep you abreast of changes in their will. Abrupt changes in a will or other financial documents should also cause concern. Family members caring for a senior should be aware of any major changes to important documents.

- Monitor a loved one's purchases. Sudden purchases, whether it's an updated insurance policy or unnecessary home repairs, may be indicative of elder fraud.

Elder financial fraud targets an often vulnerable segment of the population, and it's often up to loved ones to protect their elderly relatives from being victimized by such crimes.





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How music may improve health

Plato said, "Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything." Music often communicates messages that are not easily expressed, which is one reason why music is such an integral part of so many people's lives.

While many people love music for its entertainment value, there is growing evidence that music can be good for overall health as well. A study from researchers at the Cleveland Clinic focused on the use of music for brain surgery patients who must be awake during their procedures. Researchers

found that music enabled the patients to manage anxiety, reduce pain and relax more fully during their procedures.

In a study titled, "The effect of music intervention in stress response to cardiac surgery in a randomized clinical trial," a team of Swedish researchers measured serum cortisol, heart rate, respiratory rate, mean arterial pressure, arterial oxygen tension, arterial oxygen saturation, and subjective pain and anxiety levels for patients who had undergone cardiothoracic surgery. Those who were allowed to listen to music during recupera-

tion and bed rest had lower cortisol levels than those who rested without music.

Many doctors now play music while operating or enable patients to listen to music to calm their nerves during in-office procedures.

According to Caring Voice Coalition, an organization dedicated to improving the lives of patients with chronic illnesses, music has also been shown to enhance memory and stimulate both sides of the brain, which may help individuals recover from stroke or those suffering from cognitive impairments.

Music also can have a positive impact on mood. Neuroscientists have discovered that listening to music heightens positive emotions through the reward centers of the brain. Music stimulates the production of dopamine, creating positive feelings as a result.

Some researchers think that music may help improve immune response, promoting faster recovery from illness. Undergraduate students at Wilkes University measured the levels of IgA — an important antibody for the immune system's first line of defense against disease — from saliva. Levels were measured before and after 30 minutes of exposure to various sounds, including music. Soothing music produced significantly greater increases in IgA than any of the other conditions.

Another way music has been linked to improved health is its ability to make physical activity seem less mundane. Listening to songs can distract one from the task at hand, pushing focus onto the music rather than the hard work being done. When exercising, upbeat music can help a person go a little further as they work to achieve their fitness goals than working out without music.

The benefits of music extend beyond enjoying a favorite song, as music can do much to contribute to one's overall health.





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Which doctor to see and when

Women who split their health management among different doctors may not know which doctor to turn to when their health comes into question. They may ask themselves, “Is this is-

sue best addressed by a family doctor or a gynecologist?” Answers to such questions depend on personal preferences and the type of condition you’re looking to treat.

Family doctors or general practitioners may be qualified to provide many of the screenings and services for which a woman may visit a gynecologist or women’s health practice. Such doctors can perform routine pelvic examinations, oversee screenings for cervical cancer and conduct breast exams to check for lumps and other abnormalities, just like a woman’s specialty doctor may run tests to calculate body mass index or check for cholesterol levels.

A woman who feels more comfortable with one specific doctor may see him or her for a variety of health concerns, provided that doctor offers certain services. However, there are instances when certain healthcare questions are best answered by specialists. The following information can help women determine which doctor to see when certain situations arise.

* **Annual physicals:** Gynecologists and family doctors can conduct physical examinations. Both can order blood lab tests and urinalysis to check cholesterol levels and for any vitamin deficiencies. Heart rate, blood pressure, weight, and height are other screenings that can be handled at either office.

* **Bacterial and yeast infections or urinary tract infections:** A general practitioner or gynecologist can address these infections. However, some women feel more comfortable discussing genital issues with their gynecologists. A gynecologist may be more experienced at identifying problems and ordering appropriate follow-up exams. A family doctor may not require an examination unless you request it and may treat broad symptoms.

* **Colds and coughs:** In theory, a gynecologist may be able to diagnose and treat common health ailments. But the majority of a gynecologist’s work concerns the female reproductive system, so common colds and coughs are best left to general practitioners who diagnose respiratory and bronchial conditions daily.

* **Mood disorders:** If changes in mood seem to stem from hormones or the result of a pregnancy, a gynecologist or obstetrician may have treatment options available that can alleviate specific triggers. Many women initially turn to a family doctor if they are experiencing depression or changes in mood or behavior. Both a family doctor or a gynecologist may refer a patient to a mental health specialist if the situation seems to warrant more action.

* **Nutrition and weight loss:** Many patients see a family doctor to seek advice on adopting a healthy diet. Some medical offices have a nutritionist on staff who can offer food counseling and exercise advice.

* **Infertility:** It is best to visit a gynecologist or obstetrician to talk about any infertility issues. Such doctors have more intimate knowledge of the female reproductive system and could be more learned regarding the latest therapies and studies pertaining to fertility.

* **Cancer screening:** PAP tests and breast exams can be performed at either doctor’s office, although patients may feel more comfortable if a gynecologist performs these screenings.

It is important to note that not all gynecologists are obstetricians. Some handle women’s reproductive issues but do not deliver children. Patients who prefer a doctor knowledgeable about reproductive health and won’t be busy handling child deliveries should select a gynecologist.



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Vaccines and their side effects

Vaccines are recommended to prevent disease and keep us healthy. Vaccines are responsible for something called “herd immunity.” If the majority of people in a community have been vaccinated against a certain disease, an unvaccinated person is less likely to get sick himself. During the past 60 years, vaccines have helped eradicate smallpox and almost wiped

out all cases of polio. The Centers for Disease Control and Prevention also reports a 99 percent reduction in the incidence of bacterial meningitis since the introduction of the vaccination against the disease.

Despite the good they can do, some people are hesitant to follow recommended vaccination schedules for fear of side effects. Some side effects are legitimate, but many

studies continue to indicate there is no relationship between vaccines and autism.

Vaccines undergo rigorous safety testing prior to being approved for use and, once approved, are continually monitored for safety. But as with any medication, there are possible side effects associated with vaccinations, although most are not serious. The following are some side effects that people may experience after being vaccinated.

- injection site reactions, such as pain, swelling, a small lump, and redness
- mild fever
- shivering
- fatigue
- headache
- muscle and joint pain

More serious side effects, such as allergic reactions, are rare. Parents should monitor their children after vaccinations for any behavior or health changes. Some doctors recommend taking a fever reducer, such as ibuprofen, if a fever develops and makes a child or adult feel uncomfortable after he or she is vaccinated.

Many vaccination side effects are short-lived and not a cause for concern. But if side effects do not subside shortly after you have been vaccinated, bring this to the attention of your physician.

It can be tempting to forgo vaccines out of fear of any of the aforementioned side effects. But the benefits of vaccines far outweigh the risks. Although they are not 100 percent effective in every person, vaccines do provide the best defense against diseases that can kill or injure millions of people.

For more information on vaccine schedules, visit the CDC (www.cdc.gov) or the American Academy of Pediatrics (www.aap.org). Doctors also can provide a wealth of information about immunizations.



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Everyday Threats to Your Vision and Eye Health & The Importance of Comprehensive Eye Exams

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. Cases of dry eye, blurred vision, eye fatigue, neck and back pain and headaches are on the rise, and are associated with our ever-increasing use of Digital Devices such as computers, tablets, and smartphones. These devices, plus many indoor light sources such as LED light bulbs, emit High-Energy Visible (HEV) blue-violet light; in addition to physical discomforts listed above, there is a growing body of clinical evidence suggesting that this blue light is damaging to the retina, and may contribute to macular degeneration over time.

Other effects of increased exposure to blue light include sleep disruption; lower-energy blue light is beneficial to the eye in proper doses during the day, but when the eye receives too much blue light at night in the hours before bedtime, this can cause not enough melatonin to be produced (this hormone signals to the body that it's time for sleep).

Ask your eye care practitioner about new eyewear products including "blue blocking" lenses and coatings that limit the transmission of

harmful blue light to the eye.

The Dangers of Sun Exposure

Repeated exposure of the eyes to sunlight (especially in Spring & Summer when we have more hours of daylight, but also during Fall and Winter) has many negative potential effects:

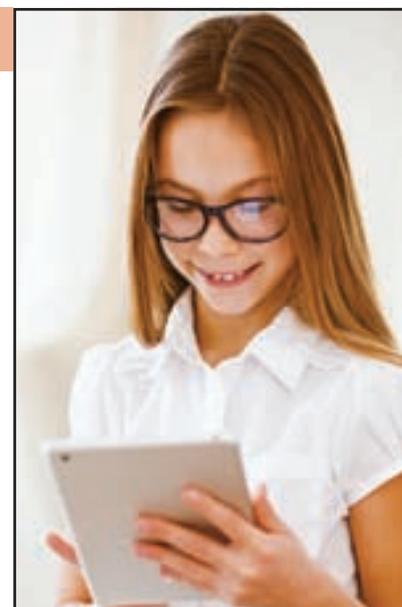
- Short term: risk of photokeratitis (corneal inflammation – like a "sunburn to the eye")
- Longer term: increased risk of cataracts, pterygium (a growth in the corner of the eyes) and pinguecula (a lesion on the surface tissue of the white part of your eye)

An annual eye exam will detect the above, and your eye doctor 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.

From a cosmetic perspective, 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. Quality sunwear will protect your eyes and should be worn all year 'round, even during months with fewer daylight hours and in overcast conditions.

The Importance of Comprehensive Eye Exams

Children and adults alike need complete eye exams every 1-2 years – not only to check for refractive error and other visual acuity issues, 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 (some of which have no obvious symptoms for the patient until the condition has advanced). Eye exams will screen for these, and if found, your eye care professional will recommend treatment options. In the meantime, an



ounce of prevention is worth a pound of cure – many issues are treatable when caught early enough.

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 as often as they should. Enter the Metro Optics Vision Club, the ideal choice:

- For those who don't have eye-care 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 from the Vision Club selection. If you're looking beyond the basics, the Vision Club also entitles members 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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Meds mismanagement can be prevented

Medication management is an important issue for seniors and their families. Failure to properly manage medications can threaten the lives of seniors, highlighting the emphasis families must place on ensuring seniors take their medications in strict adherence to their physicians' instructions.

Polypharmacy, or the taking of multiple medications for different conditions, can be a potential health hazard for the thousands of seniors who must manage health conditions with prescription drugs. Harmful drug interactions are a result of the confusion that can arise when seniors take multiple medications at the same time. The American Society of Health-System Pharmacists estimates that more than 34 percent of senior citizens are pre-

scribed medications by more than one physician, and 72 percent use medications they were prescribed more than six months prior. Many people also have begun "pharmacy shopping" to save money. According to a study published in 2010 in *American Nurse Today*, 44 percent of men and 57 percent of women older than age 65 take five or more medications per week, with some taking as many as 10.

Medication confusion is one risk, but older adults also metabolize medications differently than young people. As a result, they may be more susceptible to overdose or other ill effects. Families looking to help seniors effectively manage their medications should consider the following tips.

- Keep a running list of medi-

cations. Maintain a list of all medications being taken, noting both prescription and over-the-counter medications and any supplements and herbs. Provide a copy to any new doctors you visit and any new pharmacies you patronize.

- Use pill sorters. Medication sorters can keep medications organized and eliminate some of the personal error in medication management. Organizers have daily slots and may also differentiate between nighttime and daytime medications.

- Understand why each medication is being prescribed. Ask your pharmacist and doctor to explain why each medication is prescribed. This information should be printed on the prescription label. Some drugs designed for one symptom may actually be used to treat other issues as well.

- Ask for help. Some seniors may benefit from friendly reminders from a loved one regarding when to take certain medications, especially if they need to take multiple doses throughout the day. Cognitively impaired seniors may require the services of a visiting nurse or another caregiver.

- Recognize that not all medications are right for seniors. The American Geriatrics Society maintains a list of medications that older adults should avoid or take with extreme caution. Some drugs pose a high risk of side effects or interactions, while others are less effective. Discuss alternatives with your physician if you are prescribed one of these medications.

- Keep a medication diary. Record any side effects that occur and how the medications make you feel. Always bring up issues promptly with a doctor.

Proper medication management can help seniors avoid drug-related accidents or worse.





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How to make flossing easier for kids

It is well known that a combination of brushing, flossing and periodic dental checkups are essential to oral health. Some parents teach their children to brush thoroughly early on, even

taking them for dental visits at young ages so youngsters can become acclimated to the dentist's office. But flossing is one component of oral hygiene that may be overlooked because many kids simply don't enjoy it.

Flossing is one of those tasks that people understand they must do regularly, but many still do not. According to Humana Dental, flossing cleans bacteria and trapped food from between the teeth. Brushing only reaches the surface of the teeth, but floss is required to get into the small crevices to prevent bacteria from turning into plaque buildup. The American Dental Association recommends flossing at least once per day. It is far better to floss once a day and do a thorough job rather than several times a day and miss areas of the mouth by doing it quickly.

Children should be urged to floss regularly in addition to brushing. However, flossing can be cumbersome for youngsters who have yet to develop the dexterity needed to manipulate dental floss. There are many products available and techniques that can be used to assist children with cleaning between their teeth. The following are some flossing tips for kids.

- * Begin the introduction to floss early. The younger children are introduced to floss, the more likely they are to embrace flossing as part of their oral hygiene routine.

- * Show visual proof of the benefits of flossing. Oftentimes, children are more likely to respond to something they can see. Show pictures of dental decay and what occurs when proper oral hygiene is not followed. This may help make the concept of flossing more attractive.

Get the proper tools

Kids cannot floss unless they have floss products on hand.

There are various age-appropriate flossers and types of dental floss available. Children may not be able to use dental floss properly because of a lack of dexterity. However, floss picks are much easier to hold and work between the teeth, particularly for kids with small hands. Floss should always be on hand, whether at home or when you go on vacation.

Let kids choose

Take kids down the dental aisle at the store and let them pick and choose which products they want to use. They may be more excited to brush and floss if they're using something they picked out themselves.

Lead by example

Children will be more likely to floss if they see their parents flossing. That means adults should floss regularly and let their children watch and learn.

Benefits of flossing

Removing bacteria and trapped food from teeth has a number of benefits. Bacteria can cause bad breath, but flossing and brushing helps to keep breath smelling fresh.

Dirty teeth can lead to dental carries. Children may be more inclined to floss if they know they'll be preventing cavities and avoiding potentially painful trips to the dentist.

Plaque trapped between the teeth and along the gum line that leads to periodontal disease puts a person at a greater risk for heart disease. There are some studies that show bacteria from the mouth can end up in the bloodstream.

Flossing is a necessary component of good oral hygiene. Everyone should floss, no matter their age, and children should begin flossing as soon as their mouth starts to fill out with pearly whites.





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– James R. Waters

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BY PAUL GOLLUSCIO

Hello all!

Well, another VA BBQ is behind us. Many thanks to the volunteers. Post commander Owen Mangan, George Amato, George Brins, Steve Multac, Bill Franklin, Ed Mc Carthy and me. Much happiness and many thank you's from the shut-ins. The Christmas slash Holiday Party will be announced.

Speaking of Steve Multac, we at the post welcome him as a new member. Steve is re-

tired Air Force.

Speaking of Air Force, the Blue Air Force is 69-years-old.

Up until September 1947, the Air Power was under the control of the US Army.

It was the United States Army Air Force (USAAF). It was known as the Brown Air Force. They went Blue in '47.

Save the dates: Friday, September 30, Saturday, October 1, and Sunday, October 2, the Hawkins Post is hosting their annual Pumpkin

civic center

Samuel Young Legion Post 620

Sale, 550 City Island Avenue across from Jack's Bait and Tackle. It goes from 10 a.m. to 6 p.m. the first two days and from 10 a.m. until the end on Sunday.

They have pumpkins, Indian corn, kale, straw bales,

corn stalks, cabbage, mums and gourds. All proceeds to support the American Legion.

Trivia Time

The United States got it's nickname - 'Uncle Sam' on September 7, 1813.

On September 8, 1644, New Amsterdam became New York.

On the same date in 1930, Scotch Tape was first tested.

September 9, 1776, saw Congress rename The Colonies, the United States.

Henry Hudson explores the Hudson River on September 12, 1609.

On September 13, 1899, Henry Bliss became the first auto fatality in the US, he died the next day.

'The Star Spangled Banner' was written on September 14, 1814.

On the same date in 1847 the Marines take the Halls of Montezuma.

Keep the troops in your prayers, take a vet to lunch and God bless.

BY MARY JANE MUSANO

It didn't take long for Mayor deBlasio, the NYC DOT and Councilman James Vacca to be proven wrong. The road diet they instituted on East Tremont Avenue does not work and it took an accident serious enough to send a young man to the hospital in critical condition to prove it. The road diet is just a week old, and it has managed to make East Tremont Avenue even more dangerous than it was before.

They didn't listen to the strong opposition of the community or the merchant's association. They didn't listen to the community board. Councilman Vacca overturned the no vote of Community Board 10 and now they must take responsibility for what they have done.

They are not listening. They are not looking. They are not doing their

civic center

Waterbury LaSalle Community Assoc.

dealing with the problems that caused them. jobs. The problems on East Tremont Avenue and on other streets are complex. They will never be solved by painting white lines on the street. They will only be solved by

We have drivers speeding, making illegal turns, driving without a license or insurance, driving while intoxicated, driving through lights and stop signs. We have pedestrians jay walking, crossing while texting, crossing without looking and paying no attention to the signs put there to help them cross safely. We have bicyclists not wearing helmets, not installing reflectors on their bicycles, riding in the middle of the street, doing tricks on their bikes while riding in between cars and harassing motorists. White lines painted on the street will never solve these problems. A strong police presence will. Installing lighting, and cameras will. We have made these problems known to you and we have suggested solutions. You didn't listen.

There are many other things that are contributing to the problems on East Tremont Avenue and they are issues that our community has been complaining about for years but our concerns have fallen on deaf ears. We are oversaturated with bars that are noisy, stay open too late and do not try hard enough to be good neighbors. Their patrons gather on the street, urinate on property of nearby residents, have sex on their front lawns, vomit in their driveways and if they are doing these things then one would have to suspect that they are driving while intoxicated and crossing the street while impaired. A strong police presence, bright lighting and cameras will help keep bar patrons in line and therefore our streets

and neighborhoods will be safer. We have made these problems known to you and we have suggested solutions. But you didn't listen.

For as long as I can remember we have been complaining about overdevelopment. It took decades to get a downzoning in place and ever since that time the city has done everything they can to upzone our community. It's very simple. Too many people, too many cars, not enough roads equals the disaster we are dealing with right now. And to make matters worse, this mayor wants to increase the density in our community. If we are to have more people and more cars, which translates to more crime then we need more police.

Another tumultuous traffic situation that is not being dealt with is the traffic nightmare that takes place outside of P.S. 14 every day at drop off and dismissal time. Instead of trying to solve the traffic problem our councilman, the School Construction Authority and the NYC Department of Education decide that they will add to it by adding an extension that will add 344 more students. Think of how many more cars and school buses will be added to an already dangerous situation. We have made these problems known to you and when someone gets hurt or killed just remember that you were warned but you did not listen. How many people have to die to get our city to do the right thing?

Next Meeting

Senator Jeff Klein will be the guest speaker at our meeting which will be on September 27 at 7:30 p.m. at the First Lutheran Church of Throggs Neck.

The senator has tried to help us with the concerns we have regarding the P.S. 14 extension. We will need his help over the next three years as construction takes place. If you have children that attend P.S. 14 or you live nearby, you should attend this meeting.

Temple Hatikva High Holy Day services

At this time of the year, when Jews around the world take time to contemplate their past actions in preparation for the opening of The Book of Life on Yom Kippur, Temple Hatikva welcomes all members of the community to join us for our free High Holy Day services.

Come and hear the soulful sounds of Cantor Kyle Cherry blowing the shofar, issuing a wake-up call to announce the arrival of the holiest days of the Jewish year.

The High Holy Day services will be held in the auditorium at Bronx House, 990 Pelham Parkway South. On Rosh Hashanah, they will be followed by a light Kiddush, where congregants can enjoy a little challah, cake, and conversation.

Temple Hatikva welcomes all those of the Jewish faith for our traditional, yet modern services, offering a meaningful experience to all, even those with no synagogue background. Although all services at Temple Hatikva are free of charge, those wishing to attend High Holy Day services are asked to email reservations to templehatikva@aol.com, so that sufficient seating for all and Rosh Hashanah refreshments can be arranged.

The services will begin, as follows: Rosh Hashanah Services will be held on Tuesday and Wednesday, October 3 and 4, starting at 10 a.m. The Yom Kippur Kol Nidre Service on Tuesday, October 11 will start at

7:30 p.m. On Wednesday, October 12, the Yom Kippur Morning Service will begin at 10 a.m., followed by the Yizkor Memorial Service at noon. After a break, the congregation will reconvene at 6 p.m. for the Concluding Service.

"The High Holidays symbolize our desire to continue to grow, to improve in Hashems' plan, so that we may be Sealed in the Book of Life for a better year, a happier year, and a more prosperous year," said Cherry. "As this is the seventh time we at Temple Hatikva are observing this holiday together, I feel pride and a sense of awe that the almighty has seen fit to allow us to carry on, a congregation that began as a scattered bunch of disestablished Jews who have become a strong, cohesive community. As we continue to grow I know that Hashem approves of our work as He continues to Seal our temple in the Book of Life."

Following the holidays, Temple Hatikva will resume its monthly Shabbat services Friday, November 11, and kick off its monthly Adult Education series on Sunday, November 13, after taking a summer break. Adult education sessions are held on Sundays from 10 a.m. to noon, and include a breakfast of bagels and cream cheese, dessert and coffee sponsored by Shalom Funeral Home, 1528 Castle Hill Avenue.

For more information visit www.templehatikva.com.

Little Sisters Bazaar

Little Sisters of the Poor, 2999 Schurz Avenue, invite you to their Annual Christmas Bazaar on Saturday, November 12, from 9 a.m. to 4 p.m. and Sunday, November 13, from noon to 2 p.m.

Included in the day's event will be raffles, jewelry, variety of gift items, craft items, homemade baked goods, food, and much more. Free admission and parking.

Chamber Hosts City Island Fall Arts & Crafts Fair



The City Island Chamber of Commerce got creative hosting its annual City Island Fall Arts and Crafts Fair on Saturday, September 10 and Sunday, September 11. The fair featured art work from over 50 local businesses and vendors including jewelry, fine art, wood crafts, photography, candles, soap, body care, crochet, face painting and more. Adding to the excitement, Senator Jeff Klein and the City Island Chamber hosted the fourth annual City Island Clam Chowder Festival where local restaurants and yacht clubs competed for the coveted 'Best Red Chowder' and 'Best White Chowder' titles.

Pelham Bay resident Elijah Cruz sold handmade candle holders constructed from spoons. A percentage of sales were donated to St. Jude's Children's Hospital.

Photo by Laura Stone

The award plaques presented to this year's City Island Clam Chowder Contest winners.

Photo by Laura Stone



Councilman James Vacca (2nd from r) helped (l-r) Paul Klein, City Island Chamber vice president; Maria Swieciki and Ady Cozzi, City Island Chamber volunteer sell raffle tickets

Photo by Laura Stone



Pilar Menacho has sold Peruvian artworks for a decade at the fair including puppets and jewelry.

Photo by Miriam Quin



(l-r) City Island Clam Chowder Contest judges Senator Klein; Howard Helmer, Guinness World Record winner for fastest omelet maker; Alison McKay, Bartow Pell Mansion Museum executive director; Stephanie Rizzolo, Four Hundred Dining, Lifestyle and Events specialist; Bill Rosenberg, NoMa Social Radisson Hotel New Rochelle's executive chef and Patrick Rocchio, Bronx Times Reporter assignment editor.

Photo by Laura Stone



Maggie Meyers (l) and Doreen Gallagher served New England clam chowder to guests.

Photo by Laura Stone

BY VINCENT PRESIOSA

Preparing for a Storm

Courtesy of the American Red Cross

The American Red Cross in Greater New York recommends that residents update their emergency preparedness kits and get better prepared.

Be informed

- During any storm, listen to the local news or a NOAA Weather Radio
- Be sure to keep your phone nearby and pay close attention to warnings issued
- Download the free Red Cross Emergency App 'an all-inclusive' app that combines more than 35 different severe weather and emergency alerts <http://www.redcross.org/mobile-apps/emergency-app>
- Know the difference between a Hurricane Watch and a Hurricane Warning

What should you do?

- Listen to a NOAA Weather Radio for critical information
- Close windows, doors and hurricane shutters.
- Talk with members of your household and create an evacuation plan.
- Check your disaster supplies and replace or restock as needed.
- Fill your vehicle's gas tank.
- Check your disaster supplies kit to make sure items have not expired
- If you have propane, turn off the tank.
- If you are not advised to evacuate, stay inside, away from windows, skylights and glass doors.
- Use flashlights in the dark. Do not use open flames
- If power is lost, turn off appliances to reduce damage from a power surge when electricity is restored.
- If you are told to evacuate, do so immediately.

What do you need?

- Water – at least a three-day supply (one gallon per person per day)
- Food – at least a three-day supply of non-perishable, easy to prepare food
- Medications
- First aid kit
- Flashlight
- Battery-powered or hand-crank radio
- Copies of personal documents
- A family disaster plan

What should you do afterward?

- Continue listening to local news or a NOAA Weather Radio for updates
- Stay alert for extended rainfall and subsequent flooding even after the hurricane has ended.
- If evacuated, return home

only when officials say it is safe.

Questions? Call Denise Bloise, American Red Cross, manager, Community Relations at (917) 417 9967 Email. denise.bloise@redcross.org.

Next Meeting

Monday, September 26, 7:30 p.m., Kings Harbor Multi-Care Center, E. Gun Hill Road at Stillwell Avenue – use the main entrance.

Representatives from the 49th Precinct; Senator Jeff Klein; Assemblyman Mark Gjonaj and Councilman James Vacca will be present.

From Da Prez...

Please attend our meeting on September 26 to receive updates on various community concerns, which are cannot be disseminated easily in this newsletter.

Welcome Back

I hope everyone enjoyed a lovely summer season. Please attend our next meeting and bring a friend or neighbor. NEBA only functions as well as its members. We need your support. Even if all you can do is attend a monthly meeting, it is a start. Of course there is always one small group of dedicated volunteers that continued their civic duty throughout the summer – our mobile civilian patrol.

So while you were snug in your bed or away on vacation they were out their helping to protect our property and ensure our safety on the streets. I applaud these men and women for their selfless dedication, and I am proud to be one with you. I am hopeful that more of our residents will step forward so that we are able to maintain the quality of life in our neighborhood. Call me now to see how you can help.

Preventing Falls

Jacobi Medical Center presents: Ready, Steady, Balance: Preventing Falls, on Friday, September 23, 10 a.m. to 2 p.m. in the Atrium, Building 8. Join us to learn about falls prevention. Receive educational information from our departments of Injury Prevention, Occupational Therapy, Pharmacy and Ophthalmology. Giveaways and more.

For more information call (718) 918-8577.

Storm Safety

Courtesy of Con Edison

Con Ed reminds customers to take safety precautions, meaning most importantly to avoid any downed power lines. Never assume that downed lines have been de-energized. Customers can report downed power lines, outages

and check service restoration status at www.conEd.com or by calling 1-800-75-CONED or (800) 752-6633. When reporting an outage, customers should have their Con Edison account number available, if possible, and report whether their neighbors also have lost power. Customers who report outages will be called by Con Edison with their estimated restoration times as they become available.

Con Edison offers a number of mobile solutions so you can manage your accounts, report and check the status of an outage, learn energy-saving tips, and more. Stay on top of outages and power problems by signing up for text notifications. To sign up for text alerts, go to: <http://coned.com/mobileapp/>

Also, download Con Edison's free iPhone and Android app, My conEdison, to report and check the status of a power problem, and view the company's interactive online outage map. Depending on the severity of storm damage, crews will give priority to restoring service lines that will provide power to the most customers as quickly as possible, then move on to restore smaller groups and individual customers who are without power.

Con Edison offers the following safety tips: If you see downed electrical wires, do not go near them. Treat all downed wires as if they are live. Never attempt to move them or touch them with your hands or any object. Be mindful that downed wires can be hidden from view by tree limbs, leaves or water. Report all downed wires to Con Edison and your local police department immediately. If a power line falls on your car while you're in it, stay inside the vehicle and wait for emergency personnel.

If your power goes out, disconnect or turn off appliances that would otherwise turn on automatically when service is restored. If several appliances start up at once, the electric circuits may overload. Check to make sure your flashlights and any battery-operated radios are in working order. Make sure you have a supply of extra batteries. Weather updates and news on restora-

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Northeast Bronx Association Inc.

tions of electrical service can be heard on most local radio and television stations. Customers can follow Con Edison on Twitter or like us on Facebook for general outage updates, safety tips and storm preparation information. For more tips on storm preparation, go to www.conEd.com.

From Senator Jeff Klein

Dear Neighbor:

Labor Day weekend marked the unofficial end of summer and kicked off the back-to-school season. Though we put away those barbecue grills and bathing suits, we can look back on a wonderful season filled with outdoor events including movies in the park, and a full schedule of headliner concerts. This year's community calendar provided something for everyone and I certainly hope you and your family had the opportunity to join us for one of these activities.

While the 2016 Summer-time Symphonies Series brought us together for nights of fun, during the day I worked to help tenants throughout the 34th Senate District.

Keeping our public housing stock fully maintained and in sustainable condition is of utmost importance. To help accomplish this,

I was proud to be able to secure \$200,000 in state funding to provide for new refrigerators for the residents of Sack Wern Houses after learning about the need to have their badly-worn appliances replaced. As I helped to personally make the deliveries to the apartments of tenants, I was heartened by the reactions of those whose faces lit up as their brand new refrigerators were installed.

Throughout my career, I have made fighting for tenants' rights a top priority and I continue to do so for my constituents. I refuse to allow unscrupulous landlords threaten the dignity of residents and I am committed to ensuring that all tenants have access to fully functional apartments and a safe place to call home. When residents of the Woodmansten building needed help, I answered their call.

I hope you all enjoyed a wonderful holiday weekend. As always, should you have any questions or concerns, please feel free to contact my office at (718) 822-2049. We are here to help you and are happy to offer any assistance that we can.

Sincerely,

Senator Jeff Klein

Free Writing Workshop

Back for a second season, for veterans as well as the general public, this is a two-hour weekly workshop (10 sessions) on Saturdays from September 10 through November 12, from noon to 2 p.m. at the Morris Park Library, 985 Morris Park Avenue. No prior writing experience required. The topic is 'The Craft of War Writing' and the instructor is Jeremy Warneke (yes, our Community Board 11 district manager). For more information and registration visit www.VoicesFromWar.org or call the Morris Park Library (718) 931-0636.

This program is offered in collaboration with Voices From War with support from the Morris Park Library and the Bronx Council on the Arts.

From BP Ruben Diaz Jr.

Borough President Ruben Diaz Jr. announced that his office invested over \$14.3 million in FY 2017 capital funds to improve parks throughout the Bronx, including \$10 million to restore the historic Orchard Beach pavilion and upgrades to playgrounds and recreation spaces all over the borough. Borough President Diaz has allocated \$500,000 towards improvements at Roberto Clemente State Park, which will soon be home to a baseball academy operated in conjunction with Major League Baseball, the Major League Baseball Players Association and Harlem RBI; as well as \$500,000 for the reconstruction of Garrison Playground, which lies adjacent to the former site of P.S. 31 in Mott Haven.

Other projects included in the borough president's capital allocations for FY 2017 are \$500,000 for the reconstruction of the basketball courts, including new fencing, backboards, benches, paving, landscaping, adult fitness equipment and general site work at Bridge Playground in Highbridge; \$500,000 for the reconstruction of Kossuth Playground on Mosholu Parkway and \$500,000 for the reconstruction of Waring Playground on Bronx Park East, which will be used to add new equipment, as well as the addition of safety surfacing, spray shower, fencing, benches and landscaping.

Since he first took office in 2009, Diaz has provided \$42,768,000 to a total of 60 park projects in every corner of the Bronx.

9/11/01 Never Forget...

United we stand – God bless America!

DIAZ HOSTS BRONX 9/11 'A DAY OF REMEMBRANCE'

Borough President Ruben Diaz, Jr. and Bronx County Supreme Court co-hosted the borough's annual 'A Day of Remembrance' on Wednesday, September 14 to honor the families, friends and neighbors who perished in the September 11, 2001 terrorist attacks.



(l-r) Bishops Angel and Nancy Rosario, Pandit Vishnu Sukul, Bishop David Maldonado, Dr. Balde Abdoulaye and Rabbi Bob Kaplan inspired everyone's faith at the memorial service.

Photo by Silvio Pacifico



ELECTED OFFICIALS, CANDIDATES HOST DISCUSSION FORUM

Assemblyman Victor Pichardo, Councilman Fernando Cabrera, Assemblyman Jose Rivera, 36th Senatorial District candidate Jamaal Bailey and Senator Gustavo Rivera spoke at an informational gala on Saturday, September 10 at El Sabor Latino. The forum discussed public safety, housing, education, economic development and transparency prior to the Democratic primary on Tuesday, September 13.

(l-r) Aisha Hernandez, Latin American Muslim Women's Association founder; Aldo Perez, NYC Political Coalition Inc. president; Greg Faulkner, Councilman Cabrera's chief of staff and Andrew Sandler, Community Board 7 district manager.

Photo by Miriam Quin

NYC DYS SPONSORS SUMMER BBQ

The NYC Department of Sanitation Hispanic Society, Grand Council of Hispanic Societies in Public Service and the Hispanic Society of the NYC Transit Authority celebrated a summer barbecue on Sunday, September 11 at the Bronx YMCA. The event featured delicious barbecued treats, carnival games and arts and crafts activities.

The Grand Council of Hispanic Societies in Public Service's president Debra Martinez (back, 3rd from l) and DSNY Hispanic Society president Joe Maldonado (back, 4th from l) celebrated with members and guests.

Photo by Edwin Soto



BY FRANK V. VERNUCCIO, JR.

The U.S. House of Representatives Joint Task Force on U.S. Central Command Intelligence Analysis has released explosive initial findings. The committee is comprised of Congressman Pompeo (R-CA), Congressman Brad Wenstrup (R-OH) and Congressman Ken Calvert (R-CA.)

A whistle blower alleged that intelligence produced by U.S. Central Command (CENTCOM) had been manipulated to present an unduly positive outlook on efforts to train the Iraqi Security Forces (ISF) and combat ISIS. The Task Force found that “though investigations into the whistle-blower’s allegations continue, the Joint Task Force has conducted sufficient investigation to reach certain interim conclusions...Based on its own investigation, the Joint Task Force has substantiated that structural and management changes made at the CENTCOM Intelligence Directorate starting in mid-2014 resulted in the production and dissemination of intelligence products that were inconsistent with the judgments of many senior, career analysts at CENTCOM. These products were consistently more optimistic regarding the conduct of U.S. military action than that of the senior analysts. Based on specific case studies evaluated by the Joint Task Force, dur-

ing the time period evaluated by the Joint Task Force, CENTCOM produced intelligence that was also significantly more optimistic than that of other parts of the Intelligence Community (IC) and typically more optimistic than actual events warranted. Additionally, many CENTCOM press releases, public statements, and congressional testimonies were also significantly more positive than actual events.”

According to Rep. Pompeo: “After months of investigation, this much is very clear: from the middle of 2014 to the middle of 2015, U.S. Central Command’s most senior intelligence leaders manipulated the command’s intelligence products to downplay the threat from ISIS in Iraq. The result: consumers of those intelligence products were provided a consistently ‘rosy’ view of U.S. operational success against ISIS. That may well have resulted in putting American troops at risk as policymakers relied on this intelligence when formulating policy and allocating resources for the fight.” The cultural breakdown in Central Command’s intelligence process resulted from an administration-wide understanding that bad news from Iraq and Syria was not welcomed. Claims that ISIS was the ‘JV team’ and that al-Qaeda was ‘on the run’ were both a result—and a cause—of the po-

Community Action

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litization of intelligence at CENTCOM. This intelligence manipulation provided space for both ISIS and al-Qaeda to grow and it put America at risk. Intelligence products always contain some level of uncertainty. But during this period, nearly every error was in one direction: downplaying the threat from radical Islamic terror consistent with the administration’s narrative that this threat was not significant. I urge the Department of Defense Inspector General to hold accountable the intelligence leaders that failed our service members fighting our wars on the ground.”

In March, CENTCOM chief General Lloyd J. Austin III testified “[D]espite the many challenges that exist in U.S. Central Command’s (USCENTCOM) area of responsibility (AOR), we do see progress being made in a number of areas. We are hurting our adversaries, while helping our partners assume a larger role in providing for the security of the region. Their conventional military capabilities far outreach those of any possible hostile adversary,

and our core partnerships remain strong. At the same time, while weaker and under threat, political institutions throughout the region, including in Iraq and Afghanistan, are withstanding pressure from extremist groups and outside actors. Moreover, we have 84,000 U.S. troops in the AOR with an unmatched ability to provide rapid reinforcement in response to unforeseen contingencies. They are the best and most capable military forces in the world. Their presence and many contributions are making a significant difference in what is a very important part of the world.”

The progress of American actions against ISIS has become a significant issue in the 2016 presidential campaign. Republicans have accused President Obama and former Secretary of State Hillary Clinton of underestimating the danger from the terror group and engaging in actions which allowed ISIS to flourish, particularly the withdrawal of all U.S. forces from Iraq.

Gen. Raymond T. Odierno, retired U.S. Army chief of staff, maintains that had President Obama allowed American forces to remain in Iraq longer, ISIS would not have become the force it now is. Other critics cite Obama moves such as ousting Libya’s former strongman as creating

additional conditions that allowed ISIS to thrive. The critics’ position that Obama failed to realize that comprehend the danger from ISIS is substantiated by the President’s January 2014 comment calling ISIS a “JV team.”

GOP candidate Donald Trump openly blames Obama for ISIS’ existence, which Republicans describe as a ‘rhetorical flourish’ meant to emphasize the President’s negligence in allowing the group to grow and thrive. In a peculiar turn of events, many Democrats blame the Iraq war for opening up the opportunity for ISIS to gain power. However, that position puts Democrats in a critical position against their own presidential candidate, Hillary Clinton, who, as a Senator, supported the war.

ISIS was created by a Jordanian, al-Zarqawi, during the (Bill) Clinton Administration. Initially attached to al-Qaeda, Al-Zarqawi pledged allegiance to Osama Bin Laden. Al-Zarqawi was killed by U.S. forces in 2006, during the Bush presidency.

In 2010, Bakr al-Baghdadi took over, ended the relationship with Iraq and adopted the new name in 2013.

Contact COMACTA at ny-communityaction@gmail.com; tune into our radio broadcasts at amfm247.com, and visit our website at comactainc.com.

BY CHRYS NAPOLITANO

This past weekend, my husband went away with some friends and I was looking forward to spending Saturday alone, cooking. The weather was perfect and as much as I wanted to be outside, I had vegetables and fruit in three different refrigerators and I had to do something about it. It took me about a half hour to pull everything out of the fridge in the downstairs apartment, the small fridge in the garage and whatever I had in my fridge.

I almost didn’t have enough counter space to sort everything. Between the cucumbers from the Garden at Preston, the case of peaches I ordered from the farm, the CSA pears and the pears from my tree, the CSA peppers and the peppers I grow next door, the CSA tomatoes and the tomatoes I grow, plums, string beans, potatoes, broccoli and tomatillos from the CSA,

mushrooms from my CSA share and from a friend’s CSA share that never picks up so I dehydrate them....it was a bit overwhelming and I realized that there was no way I could process all of this by myself.

And then I remembered the container with two dozen zucchini flowers and I texted two of my friends, CSA members who volunteer pretty much every week, Sherrill and Barb. With a promise of fried zucchini flowers and whatever vegetables and fruit they wanted, I asked them to come over and help me out. Within an hour, they were both in my kitchen, washing, chopping and processing with me. We took a break for a platter of blossoms, sliced heirloom tomatoes and peaches and sat under the deck while the dogs frolicked in the garden.

The physical, tangible results of our day was a batch of tomato preserves, roasted pep-

food for thought

pers, a green bean/broccoli and potato salad, a roasted beet salad, two bags of frozen peeled plum tomatoes, six jars of roasted tomato sauce, six jars of peaches and four of plums, set up peach vinegar and plum vinegar for fermentation, put up two trays of frozen peaches and all of the lipstick, chile, paprika and red jalapeno peppers were cleaned and popped into the dehydrator.

Barb took the tomatillos to make salsa for the CSA along with some ancho peppers, two bags of apples and a couple of onions. Sherrill took some kale and dutifully collected all of our vegetable scraps for the chickens. I put the cucumbers

back in the fridge to make a batch of quick pickles tomorrow which we’ll share with the Preston Garden Club when that starts up again. The peppers are still in the dehydrator and when they are done tomorrow morning, I’ll cut up the mushrooms and get those started drying.

More importantly, the day resulted in all three of us enjoying each other’s company. I have been friends with Sherrill for a few years and we’ve spent a lot of time together. Barb moved into the neighborhood a couple of years ago; we hit it off immediately, spent a bit of time together this year at CSA and a few weeks ago we went on a daylong road trip together. But the two of them had not spent much time alone, and so I was able to simply enjoy the day listening to the two of them getting to know each other. I listened to stories I already knew and heard new ones from each of them.

I didn’t have any sisters and my mother was not one to spend time cooking with me and so cooking has become quite often a solitary task for me. Like gardening, I don’t mind the solitude, I find it has a meditative quality for me. While I welcome any opportunity to share either of those tasks with a friend, it’s just so hard to make that happen in real life. And so I will treasure this impromptu opportunity to have spent a day with two friends, laughing, sharing, cooking and yes, gossiping, together. To think that I actually spent a bit of time before texting them trying to convince myself that I could do it by myself...Asking for help was not as simple to do as you’d think. It is just another reminder to me that sharing time in the kitchen is a much better alternative to toiling away alone.

Be the change you want to see in the world.

FOR ADVERTISING INFORMATION CALL (718) 260-4593

SBH opens Alcohol Use Disorder Program

For the first time, a medication-assisted Outpatient Alcohol Use Disorder Program is now available here in the Bronx.

This month, the Addiction Medicine department at SBH Health System (St. Barnabas Hospital) began treating patients with alcohol use disorder.

According to the National Institute on Alcohol Abuse and Alcoholism, problem drinking that becomes severe is given the medical diagnosis of "alcohol use disorder" or AUD. Approximately 7.2 percent or 17 million adults in the United States ages 18 and older have an AUD, as do an estimated 855,000 adolescents.

"Alcohol use disorder continues to be a major problem in the United States, as well as in the Bronx," said Dr. Jonathan Samuels, medical director of the Addiction Medicine department at SBH. "While the focus in recent years has been on drug abuse, many forget that alcohol consumption remains the third leading preventable cause of death in the United States. When people drink excessively, it increases their chances of getting hurt or hurting others by car crashes, violence, sexual assaults, falls and suicide."

In addition, said Dr. Samuels, excessive alcohol use is linked to many health problems including cancer, high blood pressure, mental health conditions, birth defects, sexually transmitted infections and unplanned pregnancies, and associated with the spread of HIV/AIDS and progression of the disease.

According to the Partnership for a Healthier Bronx, it has been shown that among adults in the Bronx who drink over a third (36.4%) report binge drinking (defined as a man drinking five or more drinks or a woman drinking four or more within a couple of hours).

"Alcohol addiction causes changes in your behavior and body that can take time to reverse," said Dr. Samuels. "Medication can help re-balance your brain and decrease your cravings for alcohol. These medications have been found to work well in combination with individual and group counseling sessions to manage cravings and daily triggers that make you drink."

At SBH, a physician evaluation is conducted to see if medication is right to help the patient stop or reduce drinking (known as Harm Reduction). Medicines include gabapentin (Neurontin), naltrexone (Revia and Depade), carbamazepine (Tegretol), and others. This is com-

bined with individual and group therapy sessions on such topics as relapse prevention, and stress and anger management.

Criteria for an AUD

To be diagnosed with an AUD, individuals must meet certain criteria outlined in the Diagnostic and Statistical Manual of Mental Disorders (DSM). Anyone meeting any two of the 11 criteria during the same 12-month period receives a diagnosis of AUD. The severity of an AUD – mild, moderate, or severe – is based on the number of criteria met.

To assess whether you or loved one may have an AUD, here are some questions to ask:

- Have you ended up drinking more or longer than you intended?
- More than once did you want to cut down or stop drinking, or tried to, but couldn't?
- Have you spent a lot of time drinking (or being sick or getting over the aftereffects)?
- Have you experienced a craving to drink?
- Do you find drinking — or being sick from drinking — has interfered with taking care of your home or family? Or caused job troubles? Or school problems?
- Have you continued to drink even though it was causing trouble with your family or friends?
- Have you given up or cut back on activities that were important or interesting to you, or gave you pleasure, in order to drink?
- Have you gotten into situations while or after drinking that increased your chances of getting hurt (such as driving, swimming, using machinery, walking in a dangerous area, or having unsafe sex)?
- Have you continued to drink even though it was making you feel depressed or anxious or adding to another health problem? Or after having had a memory blackout?
- Do you drink much more than you once did to get the effect you want? Or have you found that your usual number of drinks had much less effect than before?
- Have you found that when the effects of alcohol were wearing off, you had withdrawal symptoms, such as trouble sleeping, shakiness, irritability, anxiety, depression, restlessness, nausea, or sweating? Or sensed things that were not there?

The intake center at 4535 Third Avenue is open Monday through Friday from 6:30 a.m. to 10 a.m. For more information, call 718-960-6214.

BMAR announces new president

BY KIM E. FULLER

On Monday, September 12, history was made and witnessed by a crowd of well wishers from the banking industry, the real estate industry and several family members of the newly sworn-in president of the Bronx - Manhattan Board of Realtors Organization.

Christina Taylor-Stevens became the organization's first African American president in its 100-year history. The oath of office was administered by Assemblyman Mark Gjonaj, and the swearing-in ceremony was administered by Family Court Judge Siordaliza Rodriguez. The Invocation and Benediction were administered by Minister Wanita Dunbar.

The venue catered by 900 Park, co-sponsors of the event, along with co-sponsors Lotus Flame Restaurant and Honey Thai Restaurant, all providing delicious platters of food to the very affluent attendees. The attendees included attorneys, bankers, and title companies. In addition, the new board members for the organization were sworn-in.

The inauguration gala was co-sponsored by attorney Phil Napoli-



CHRISTINA TAYLOR-STEVENS

tano, McCall's Funeral Home and the InterContinental Capital Group's Joseph Ferrante, based in NYC. The organization's past presidents witnessed the official passing of the gavel from former two-term president Kathy Zamechansky to newly appointed president Stevens.

To reach out to the new board email ctaylor520@hotmail.com.

Thomas Guido
Funeral Director

George Farr
Funeral Director

Castle Hill Funeral Directors, Inc.

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The big, fat, annoying American wedding

Your friend, or niece, or roommate is getting married and you're invited!

To Hawaii.

And you live in the Bronx.

And so do they.

Or the invitation arrives, "Saddle up to Sarah & Wesley's wedding at Dave's Dude Ranch in South Dakota." And the closest Sally and Wesley have ever come to straddling a horse was the carousel in Central Park.

What is the deal with these weddings set several time zones away from friends and family?

"Sometimes it's strategic," says Karen M. Dunak, an associate professor of history at Muskingum University in Ohio (though a Jersey gal by birth), and author of the new book, "As Long as We Both Shall Love" (NYU Press). Destination weddings, she believes, can be a way of keeping a wedding small and affordable, without hurting anyone's feelings. Hold the wedding in Guam and you can invite even your parents' friends, and still not spend the \$30,000 that has become the typical American wed-

ding price tag.

Dunak's book traces the trends in American matrimony. Before World War II, she discovered, many Americans had their weddings at home.

"It's very common, from 1910 to 1930, to drive to the justice of the peace, go home and have a big chicken dinner. Or a minister comes to the parlor and they do it there."

What's more, different communities had different traditions.

Lake County, Indiana, for instance, was a Romanian enclave in the early 20th century. There, says Dunak, "The bride would walk down the street and neighbors would put eggs in her basket. These would be used to make baked goods for the wedding." Everyone chipped in.

In Nebraska, by contrast, the weddings were just the bride, groom, siblings, and parents.

After the war, Americans experienced a surge in religiosity, Dunak says, and what's more, they finally had a little extra cash. So they started holding fancier weddings outside the home, in the church.

This did not just happen spontaneously. Movies like "Father of the Bride" served almost



RHYMES WITH CRAZY

Lenore Skenazy

as instruction manuals. In that 1950 Spencer Tracey-Elizabeth Taylor hit, the parents end up hiring a snooty caterer and blanching at the bills.

Welcome to the new normal.

That norm was reinforced by the bridal magazines. These were once read only by the East Coast elite, but by the '50s, bridal magazines had gone national, teaching everyone to spend, spend, spend on cakes, floral arrangements, cummerbunds...

And then come the '60s.

When the counter-culture started its countering, wedding culture was, of course, in its crosshairs. After all, what could be more staid and sexist? Why was the bride wearing white —

to advertise her virginity? Why was daddy walking her down the aisle — to transfer ownership from one male to the next?

"People thought, 'Weddings are dead. This is it, done, that ship has sailed,'" says Dunak. "Department stores were closing their bridal salons."

But the valiant bridal magazines did not throw in the bouquet. Instead of pushing the old wedding model, they turned on a dime and played along with the revolution. You can have a wedding and still be liberated, they told readers. A wedding could be hip. Do your own thing.

So instead of formal ceremonies, couples started writing their own vows. They chose different music. Brides wore peasant dresses, grooms wore bell-bottoms. And the American wedding, God bless it, was saved.

By the '80s, it was bulking back up, and that was what we've been seeing for a generation or two: My big, fat American wedding, egged on by an ever-growing list of specialists who promise to create a Kardashians-like affair. The photo shoots are Vogue-worthy. The desserts are Pinterest-ready. The dresses star in television

shows. And the bridesmaids? They have to play along.

"There is this undercurrent of, 'How much is my friendship worth?'" says Dunak. Some brides put their friends in a very awkward position: Are they willing to buy a dress that looks hideous and costs a fortune? Fly out for the bachelorette weekend? Buy a gravy boat from the registry?

Under that kind of pressure, something had to give, and finally, it has. Gliding down the aisle is the latest trend: The Do-It-Yourself Wedding. Everyone pitches in to make the food, arrange the flowers, decorate the backyard.

Which, when you think about it, isn't too different from the Romanian weddings of 1900 Indiana.

Something old, something new, something borrowed and something true: The American wedding may constantly be changing, but we remain married to it.

Lenore Skenazy is a keynote speaker, founder of the book and blog Free-Range Kids, and a contributor at Reason.com.

BY GENE DEFRANCIS

Thankfully no one was seriously injured during the attacks here in the tri-state area. We send our love to Minnesota. All suspects (as of writing this) are in custody and we salute law enforcement for a job well done.

Be vigilant not afraid. Don't dismiss that it could happen here. If your neighbors are acting suspicious let it be known. Now is not the time to be reclusive. Get out and get to know your neighbors. Muslim, Christian, Jews, Hindu, or agnostic we all are Americans if we pledge allegiance to each other and to our flag.

If we know someone who is a possible threat to one of our people we have an obligation to say something. Whether it is a small inner city gang or a terrorist group or radical, say something. Tell us at AllertonMerchants@gmail.com.

The issues won't get resolved over night and quickly but we will continually push forward for a safe and peaceful community.

Your community is your

business. It is your duty to know your neighbor and the best way to meet are at some of our events. We are plugging away and putting the pieces together for our holiday bazaar/market.

Waiting for weather and scheduling to cooperate and our Mother Teresa mural will be completed. Still time to contribute a few dollars to our Go Fund Me page.

Keep an eye on our Facebook page for updates to this and other local events as well as discounts to shop in our area.

Our membership cards are still available and you receive discounts at our favorite community shops.

Our next meeting is Tuesday, October 4 at 7:30 p.m. Our guest is Deputy Borough Commissioner Nivardo Lopez, NYC Department of Transportation.

We will discuss many plans and concerns regarding DOT. If you have any questions, thoughts, or concerns in this area this is the best time to attend our meeting and know what the plans are for Allerton.

Allerton International Merchants Association

ton.

Allerton is being repaved from Colden to Wilson avenues and White Plains Road to Bronx Park East. We are trying to encourage DOT to also repave the road in between so we have one solidarity uniformed road.

Our primary reason, aside

from the psychological and visual importance of unity in a small way it will bring the community together but also our concern for complaints we received from disabled neighbors having issues crossing the uneven crosswalks in the street.

We want one road and will work hard to get Allerton repaved from Wilson to Bronx Park East.

We are being vigilant and keeping on top of many other issues. Including bringing ur-

gent care to Allerton. We will keep you updated on the latest development. Slow and steady but we will keep working at it.

Halloween is coming too and we will secure a date for our annual parade and Saturday, October 28 will be our Annual Pumpkin carving event.

Any questions concerns or comments that can not wait until our next meeting, email us at AllertonMerchants@gmail.com or find us on Facebook Allerton International Merchants Association.

BY GEORGE AMATO

The Marines are still here. We're still waiting for you Marines out there to come on down to the Sam Young American Legion Post. Your application is here for you.

The post is located at the corner of Ericson Place and Wellman Avenue. Post phone number is (718) 822-8873. Call before coming down. For more info call me. George Amato. at (929)



920-6903.

Marines, did you know? Major John Bolt became the first Marine Jet Ace by downing six MIG-15's. Future Baseball Hall of Famer, Ted Williams crash landed his

burning Panther Jet on his first mission over North Korea. Williams, who in WWII, went on to execute 37 missions in Korea. Future Astronaut, Marine Major, John Glenn, while on exchange duty with the Air Force, shot down three MIG's in five days with his borrowed F-85 Sabre Jet. For this he was awarded the Distinguished Flying Cross.

Semper Fi.



Klein Hosts 6th Annual First Responders Barbecue

Senator Jeff Klein saluted several local heroes at his sixth annual First Responder Appreciation Barbecue on Saturday, September 17 at Orchard Beach to honor the courageous men and women risking their lives daily to protect the borough's residents. This year's extraordinary honorees included NYPD Housing Police Service Area 8 officers Derrick Kreckman and Wilson Rodriguez, 41st Precinct Community Affairs officer Clarivel Socola, 43rd Precinct officers Denisse Caceres and Richardo Jimenez, 45th Precinct officer Hannah Rahn, 49th Precinct officers David Lepore and Melvin Rodriguez, Mount Vernon Fire Department captain James Lang, Engine Company 43, Ladder Company 59, Medic Unit 15 Z paramedics Dave Reeve and Matthew Barbella and Basic Life Support UNIT 201 EMTs Cory Christian and Adam Harrow.



Senator Klein (l) and Assemblyman Mark Gjonaj presented 43rd Precinct police officer Denisse Caceres a NYS Senate proclamation.

Photo by Miriam Quin



Clarivel Socola (c), 41st Precinct Community Affairs police officer, graciously accepted a proclamation from Klein (l) and Gjonaj.

Photo by Miriam Quin



Officer Hannah Rahn (c) from the 45th Precinct was honored for her dedication to the community.

Photo by Miriam Quin



Matthew Barbella, Jr., son of honoree Matthew Barbella, sported some spectacular Spider-Man face paint.

Photo by Miriam Quin



(l-r) Medic Unit 15 Z paramedics Matthew Barbella and Dave Reeve; EMS Division 2 division chief Alvin Suriel and Basic Life Support UNIT 201 EMTs Cory Christian and Adam Harrow.

Photo by Miriam Quin



(l-r) Ben DiGregorio, 49th Precinct's first captain; Assemblyman Gjonaj; FDNY Engine 38, Ladder Company 51's Lieutenant Frank Vignali and firefighters Don Kleint and Al Gaddi.

Photo by Miriam Quin

ENGINE 70/LADDER 53 FIREFIGHTERS HONORED

The FDNY, Engine 70 and Ladder 53 members, Senator Jeff Klein and family members saluted two courageous firefighters who died in the line of duty 61 years ago. Engine 70 firefighter John Daly and Ladder Company 53 Peter Bradley's bravery and sacrifices were honored with a heartwarming plaque dedication ceremony on Sunday, September 18 at the 169 Schofield Street fire house.



Firefighter Daly's grandchildren read the Firefighter's Prayer at the ceremony.

Photo by Laura Stone



Firefighter Andy Rondon saluted as the plaque was unveiled.

Photo by Laura Stone

EUROPEAN FIREFIGHTERS VISIT ENGINE 60/LADDER 17

Twenty-five German and 20 French firefighters had lunch at Engine 60/Ladder 17 on Sunday, September 11. The firefighters were in town to remember the 15th anniversary of the September 11, 2001 terrorist attacks and the upcoming Stueben Parade.



Firefighters from France and Germany visited Engine60/Ladder 17 for 9/11's 15th anniversary.

Photo courtesy of Engine60/Ladder 17



Councilman Andy King (6th from l), local volunteers and Riverbay Corporation members, set out to clean up Baychester Avenue.

Photo by Silvio Pacifico

OPERATION CLEANER STREETS ON BAYCHESTER AVE.

Councilman Andy King, Riverbay Corporation members and local volunteers helped clean up Baychester Avenue between Barrow Avenue and Co-op City Boulevard as part of 'Operation Cleaner Streets' on Monday, September 12. Lead by Councilman King, the program encouraged residents to collect trash at bus stops, subway stations and heavily trafficked streets.

Msgr. Scanlan Hall of Fame Awards Dinner

Monsignor Scanlan High School, formerly known as St. Helena Girls' School, St. Helena Boys' School and St. Helena Business & Commercial School, will be hosting the 2016 Hall of Fame Awards Dinner on the school's campus located at 915 Hutchinson River Parkway, on Saturday, October 22.

The following recipients will be inducted into this year's St. Helena/Monsignor Scanlan High School Hall of Fame in their respective categories:

The Msgr. Arthur J. Scanlan Award for Lifetime Achievement: Dave Smith '60 and Ann Pavelka Smith '62.

The Nat Silverberg Award for Outstanding Achievement in Athletics: Michael Mullen '55 and Thomas Renaghan '56.

The St. Helena Award for Distinguished Service to St. Helena/Msgr. Scanlan H.S. & Alumni: Sr. Eileen Clifford, O.P. and Br. Joseph Maura, FMS.

All St. Helena and Scanlan High

School alumni and friends are invited to join in for the festivities on the campus of Monsignor Scanlan High School on Saturday, October 22nd:

The schedule for this event is as follows: 4 to 5 p.m.: Mass, School Chapel; 5 to 6 p.m.: Cocktail Hour, Gallagher Gym; and 6 to 9 p.m.: Hall of Fame Awards Dinner, Gallagher Gym.

(School Tours will be available throughout the day)

In conjunction with the Hall of

Fame Awards Dinner there will be a Souvenir Journal. The deadline for submission of journal ads is October 3rd. Sponsorship and Underwriting opportunities are also available.

For information, pricing, and reservations call the Scanlan Alumni Office at (718) 430-0100, ext. 13 or visit the Scanlan website at scanlanhs.edu and click on "Alumni Events"

Ample parking will be made available for this event.

Mercy College 2016 Bronx Leadership Awards Dinner

Mercy College 2016 Bronx Leadership Awards Dinner will be held on Wednesday, October 5, at the Marina del Rey.

The following individuals will be recognized for helping to strengthen the Bronx community:

Beatrice Castiglia Catullo, founder of R.A.I.N., Honorary Degree of Humane Letters Recipient, recipient of The Mercy College Bronx Leadership Award for Lifetime Achievement.

Chazz Palminteri, actor and screenwriter, recipient of The Mercy College Bronx Leadership Award for Humanitarian Service; and Sterling Roberson, vice president for Career and Technical Education High Schools, United Federation of Teachers, recipient of The Mercy College Bronx Leadership Award for Youth Education and Advocacy.

Mercy College President Tim Hall said all the honorees exemplify what Mercy College stands for: "Every day we teach our students to go out and do great things, to help those in need and

make a difference in their world. All three of our honorees this year do just that, they have devoted their lives to making the lives of others better. For that, we thank them and honor them."

On receiving the honors, Castiglia Catullo who will be turning 100-years-old next month, said: "I am honored to receive this prestigious degree from Mercy College and humbled - especially since I will be getting this degree as I become a centenarian. I'm grateful to President Timothy L. Hall, and the Board of Directors, for making this a dream come true. With God all things are possible."

Originally a charge nurse at Westchester Square Hospital in the Bronx, Castiglia Catullo promised God she would devote a lifetime of work to others if only she could survive the stresses in her own life. In 1964, while still a charge nurse, Castiglia Catullo founded a home attendant service for the elderly who were being discharged from hospitals without proper home care. R.A.I.N. was incorporated in

1965. After functioning as a voluntary organization surviving on small community contributions for almost an entire decade, R.A.I.N. was awarded its first government contract by the New York City Department for the Aging in 1975 to provide home care services in Community Boards 9 & 10. Under Castiglia Catullo's guidance and simple philosophy that "We must rely upon the resources available in our community to provide a consistently high level of care for older community residents," R.A.I.N. continued to develop comprehensive community services for homebound of all ages to include the elderly. As new needs within the community were identified, R.A.I.N.

continued to expand its services and develop new programs throughout the Bronx, Manhattan, Brooklyn, Queens and Westchester County. Today, R.A.I.N. stands as a living example of what is possible when a community joins together to address issues and provide supports to its fellow residents.

The dinner, which is a scholarship fundraiser, grossed more than \$70,000 including over \$12,000 in the Scholarship Challenge last year. This year the Dinner Committee is hoping to top that. All proceeds from the dinner go to the Hutchinson Metro Center Bronx Leadership Endowed Scholarship Fund.

LEADERSHIP CONTINUES AT AQUINAS



Students at Aquinas High School, anxiously awaited the election of new Student Council representatives. The students were proud to hear, Sr. Catherine Rose Quigley, school principal, announce the names of the 2016 Student Council representatives: president Maia Regman, vice president Mia Del Bene, parliamentarian Jailene Guzman, historian Cynthia Akwatu, and treasurer Loren Guzman. Club moderator Kris Sherwood was thanked for her assistance and dedication to Aquinas High School.

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Ferragosto Italian Festival

The Ferragosto Italian Festival celebrated a centuries-old Italian tradition on Sunday, September 11 in Belmont's 'Little Italy'. Hosted by the Belmont Business Improvement District, the festival honored the Ferragosto tradition dating back to the Roman Empire which recognizes the end of the harvest season. This year's edition featured tons of delicious Italian cuisine and live performances from the 70's Project, Sal Valentinetti, Vincent Ricciardi, Nike Vero, Two Gents and the Lady and Uncle Floyd.



La Casa Grande Cigars' Norberto Rosario showcased the art of cigar rolling. Photo by Miriam Quin



Singer Nick Vero signed a Ferragosto 2016 event booklet for one of his adoring fans. Photo by Miriam Quin



This little piggy had guests' taste buds squealing with delight. Photo by Miriam Quin



Miss Italia New York Teen Amelia Gullotta queen (l) and Ms. Italia New Jersey queen Karryn Russo (r) celebrated Ferragosto with nearly 20,000 people on Arthur Avenue. Photo by Miriam Quin



Artuso Pastry's Anthony Artuso, Sr., co-owner and employees (l-r) Sibel Pjanic, Danielle Drake and Dolores Perez offered samples of their iconic bakery's delicious baked treats. Photo by Miriam Quin



Miss Italia New York queen Mimi Sillings sold 'Viva Italia' bracelets to raise money for Italian earthquake relief. Photo by Miriam Quin



Thomas Elliot Pellecie enjoyed playing the conga drum. Photo by Miriam Quin



(l-r) RoseAnn DiDomenico, Cinzia Giordano, Bruce and Jean Barber got into the party spirit. Photo by Miriam Quin

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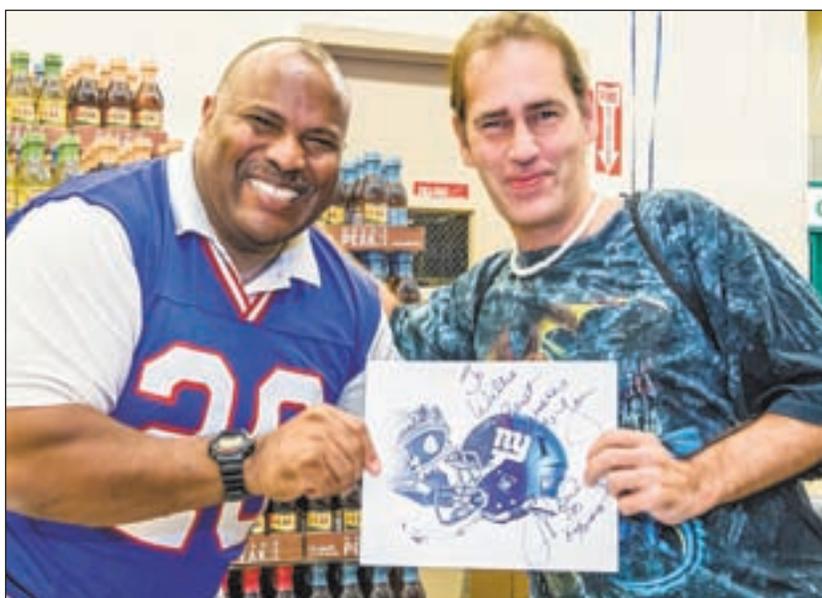
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FORDHAM ROAD BID HOSTS SIDEWALK SALE

There were a great deal of fun and savings to be had at the Fordham Road Business Improvement District's second Fordham Road Back-to-School Sidewalk Sale on Thursday, September 15 at East Fordham Road. Local families prepared for the academic season by purchasing new clothes and school supplies.



Elejandro Rojas and his daughter, Lorraine did some back-to-school shopping at Kids World
Photo by Silvio Pacifico



FORMER NY GIANTS JOE MORRIS MEETS FANS

Former New York Giants running back Joe Morris and signed autographs on Saturday, September 17 at Co-op City's Stop and Shop Supermarket. Morris was a key player of the Giants team that won Super Bowl XXI in 1986 by scoring a touchdown in the game.

Willie Kelly (r) was thrilled to meet and receive an autograph from former NY Giants running back Joe Morris.
Photo by Silvio Pacifico

HISPANIC HERITAGE FESTIVAL AT MAZZEI PLAYGROUND



Professional freelance photographer Miriam Quinones (2nd from l) was honored by (l-r) District Attorney Darcel Clark; Assemblyman Gjonaj and Natalia Fernandez, Gjonaj's chief of staff.
Photo by Silvio Pacifico

Assemblyman Mark Gjonaj, Senator Jeff Klein and the Hispanic Chamber of Commerce hosted the annual Hispanic Heritage Festival on Saturday, September 10 at Mazzei Playground. The event featured back-to-school giveaways by United Northern Mortgage Bankers; live music by Nelida Tirado, Rigo Lambert, EC Salsero, Julian Vasquez el Diamante de la Salsa, SBK, Shayla Hernandez and Taina; children's activities and an award presentation honoring Bronx Times freelance photographer Miriam Quinones.



Mark Fisher (back, 2nd from l) and Mike Gannon (back, c) from United Northern Mortgage Bank gave backpacks to (front, l-r) Skyler Reyes, Emily and Jamine Gonzalez and Abraham St. Garrett.
Photo by Silvio Pacifico

MERCY COLLEGE OPENS LOUNGE, COMPUTER LAB

Senator Jeff Klein, Mercy College president Timothy Hall and students celebrated the grand opening of its new state-of-the-art student lounge and computer lab on Thursday, September 15. Klein provided \$200,000 in state funding for the multi-use student activity commons.

(l-r) Tim Hall, Mercy College president; Diamond Jones, Mercy College junior; Senator Klein and Kevin Joyce, Mercy College dean of student affairs celebrated the grand opening of the college's new student lounge and computer lab.

Photo by Aracelis Batista





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Danielle Rucker, Program Counselor, 718-829-1564 EXT 3

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KINGS HARBOR HOSTS ANNUAL CARNIVAL

Kings Harbor Multicare Center hosted its highly anticipated annual carnival for residents on Wednesday, September 14 at the center's large front parking lot. The fun-filled event featured live music; carnival and casino games; spin art; vendors; prize booth and delicious cotton candy, ice cream and treats for everyone.



(l-r) Joan Perillo, Lorrienne Bryan, Marcia Williamson, Caudlyne Perito, Lorretta Freeman, Ruth Jones, Lisa Post, Terri Williams and Christina Ortiz had a great time at the carnival. Photo by Silvio Pacifico



Husayn Williams (l) and Patricia Pryor enjoyed a game of hoops. Photo by Silvio Pacifico

MONTEFIORE'S 6TH ANNUAL NICU REUNION

Dozens of early-birth babies who spent several weeks and months battling for their lives at Montefiore Hospital Wakefield Campus Neonatal Intensive Care Unit attended a reunion with their families on Wednesday, September 7. Held during Neonatal Intensive Care Awareness Month, the sixth annual celebration allowed NICU providers to see how the children have developed and thrived since receiving life saving care at the hospital.



Seven-month-old Jeremiah Mercado (c), who spent four months in Wakefield campus' NICU, celebrated with his parents, Jessica and Miguel. Photo courtesy of Montefiore Health System

LEAKE & WATTS HOSTS BACK-TO-SCHOOL BBQ

Nearly 300 students brought home shiny new backpacks and school supplies donated by dozens of individuals and companies at Leake and Watts Preventive Services Programs' annual Back-to-School Barbecue on Monday, August 29 in Westchester Square.



Children of all ages were eager to celebrate back-to-school with their friends at Westchester Square. Photo courtesy of Leake and Watts Preventive Service Program

MONTEFIORE HOSTS PEDIATRIC CANCER AWARENESS DAY

Young patients at the Children's Hospital at Montefiore celebrated Pediatric Cancer Awareness Day on Tuesday, September 13 with a super hero-themed event. The event was held during Childhood Cancer Awareness Month and featured exciting arts and crafts activities, games and face painting for the children's amusement.

Five-year-old Rosana enjoyed making her colorful super hero face mask. Photo courtesy of Montefiore Health System



Democratic Party Primary Elections 2016

This year's Democratic Party primary elections offered some excitement with incumbents defeating challengers, in most cases with relative ease. Assemblyman Victor Pichardo hosted a Democratic Primary Watch Party on the evening of Tuesday, September 13 at the Chelsea Craft Brewing Company for everyone to view the results. In the only open seat race, current 83rd Assembly District male district Jamaal Bailey easily defeated four other candidates competing for the 36th Senate District primary election. Other primary victors included Senator Gustavo Rivera, Assembly members Pichardo, Jose Rivera and Luis Sepulveda, Councilman Rafael Salamanca and 80th Assembly District female district leader Andrea Siegel.



(l-r) Senator Serrano, Assemblyman Victor Pichardo and Councilwoman Vanessa Gibson were excited to hear the primary's results.

Photo by Silvio Pacifico



Assemblyman Marcos Crespo (back, c), Bronx Democratic County Committee chairman, celebrated with some of his supporters.

Photo by Silvio Pacifico



An ecstatic Assemblyman Pichardo (front, c) celebrated his victory with his peers.

Photo by Silvio Pacifico



Assemblyman Luis Sepulveda and Rosemary Ordonez-Jenkins, Phipps Neighborhood senior director for community resources, celebrated his re-election.

Photo by Silvio Pacifico



Amanda Septimo and Senator Jose Serrano (r) congratulated Timothy Tapia on being elected the 86th Assembly male district leader.

Photo by Silvio Pacifico



Councilman Rafael Salamanca and his wife, Jessenia, were happy with the night's results.

Photo by Silvio Pacifico

Bronx scene

- Our Lady Of Mt. Carmel Dinner Dance.....57
- Bx. County Historical Society Poetry Reading.....57
- Do You Remember - F&M Schaefer.....59

Lehman College Chamber Players free concert



The Lehman College Chamber Players.

The Lehman Chamber Players will begin their musical season at Lehman College with a performance of works by Dvorak, Kahn, and Fuchs on Saturday, September 24, at 2 p.m. The public is invited to the free concert, which will be held in the Recital Hall on the third floor of the Music Building. Seating is limited.

The program will feature a variety of romantic works, including Dvorak's melodious Piano Quintet in A Major, the Serenade for Oboe, Cello and Piano by the German composer Robert Kahn, and the Terzetto for 2 violins and viola by the Austrian composer Robert Fuchs.

Members of the Chamber Players include critically acclaimed violinist Anton Miller and violist Rita Porfiris, professors of violin and viola at New York University and the Hartt College of Music in Connecticut; violinist Elizabeth Chang, professor of violin at the University of Massachusetts; cellist Hamilton Berry; oboist Alan Hollander; and pianist Diana Mittler-Battipaglia, both professors of music at Lehman College.

Lehman is located on Goulden Avenue and Bedford Park Boulevard West.

For more information, contact the College's Music Department at 718-960-8247.

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Prepare to produce your own TV program

Bronx residents will have the opportunity to become producers of their own independent television programs via participation in BronxNet television production workshops. From Tuesday, October 11, through Saturday, December 3, BronxNet will conduct a cycle of media classes and workshops at two locations – Mercy College at the Hutchinson Metro Center in the east Bronx, and BronxNet network operations at Lehman College in the northwest Bronx.

Professionals from the media and film industry will train participants in

all aspects of studio or location production, covering everything from videography to audio recording, to lighting, directing and more. Bronx residents who complete a cycle of training become certified public access producers, giving them access to a range of production equipment and airtime for a program of their own on one of several BronxNet channels.

“Bronxites who participate in our training workshops will be immersed in hands-on production work with some of the industry’s finest talent, in-

cluding the outstanding film directors Indio Ramkishun and Fermin Suarez, video professional Frank Reyes, and the Emmy-nominated studio director David Balsome,” said BronxNet director of Development and Training Audrey Duncan.

The registration fee for the studio production workshop is \$90 and field production is \$100. For details, contact BronxNet’s Training Department at training@bronxnet.org or call (718) 960-1181.

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 cable television 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 system in the Bronx. BronxNet’s ultra-local programming helps connect the Bronx with the World while our training programs and partnerships are a part of community development through media.

Mt. Carmel dinner dance; Wave Hill events; From Poe’s Porch

Our **Lady of Mt. Carmel Church**, 627 E. 187th Street, will hold its 110th Anniversary Dinner Dance on Sunday, October 23, at Maestro’s Caterers, 1703 Bronxdale Avenue.

Three honorees will receive papal blessings for their contributions to the church and the Belmont community. The honorees are parish worker Blanca Battaglia, actor Dominick Chianese and former principal of Mt. Carmel School John Riley.

The cocktail hour will begin at 3 p.m. followed by a formal 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 musical group “T.H.S.”

Reservations are \$100 per person, which includes a chance to win a \$500 door prize.

Tickets can be purchased by contacting the parish office at (718) 295-3770

Upcoming **Wave Hill** highlights include:

Saturday, October 1; Sunday, October 2: Family Art Project: Be A Bee: Join in for this classic Family Art Project. Outfit yourself with wings, antennae, a pollen cup and a kazoo to hum with. Buzz around in a hive of six-sided cells and forage in the flowers. Join in a bee parade and do a bee dance in a cardboard hive.

Saturday, October 1: Tai Chi Chuan: In this multi-level class, Irving Yee, a member of the William CC Chen Tai Chi School, introduces students to the internal martial arts, and promotes an awareness of its health benefits.

Saturday, October 1; Sunday, October 2: In The Shop: Honey Tastings: You’ll be amazed at the complex flavors of different varieties of honey! Sample a few, then purchase your favorite to take home. Taste local New York City artisanal honey from two producers, HoneyGramz and Seaway

Trail Honey. HoneyGramz are petite 2-oz. baby bears filled with pure and natural honey, sourced only from reliable U.S. beekeepers. Each bear comes with a beary sweet message.

Saturday, October 1: Garden Highlights Walk: Join in for an hour-long tour of seasonal garden highlights.

Saturday, October 1; Sunday, October 2: Honey Extraction Demonstration: Drop in and see the sticky process of extracting honey from the comb with our resident bee experts.

Saturday, October 1; Sunday, October 2: Candle-Making Drop-In Workshop: Try your hand at creating an assortment of beeswax candles to take home and enjoy. Materials fee: \$15 per kit, which includes enough to make several candles. Honey Weekend event.

Saturday, October 1; Sunday, October 2: Bees And Beekeeping Information Station: Chat with beekeepers, try on beekeeping gear, peek inside a hive and learn fascinating facts about honeybees.

Saturday, October 1: Gallery Tour: Join Wave Hill’s Curatorial Fellow for a tour of Glyndor Gallery exhibitions. Jackie Brookner: Of Nature is a retrospective that traces the expansive work of an artist focused on environmental issues. In the Sunroom Project Space, Doreen Garner and Ariel Jackson transform each room to create dynamic experiences.

Sunday, October 2: Yoga: Classes are led in partnership with Yoga for Bliss. All levels welcome; participants should bring their own mats.

Sunday, October 2: Meditative Woodland Walk: Get grounded, balanced and connected with nature! Walk/hike with artist, yogi and nature-lover Sarah Hart of iHart Lens on a monthly meditative journey through the garden’s trails and paths. Learn to use art, yoga, breathing techniques and writing activities to awaken the senses and open yourself to a deeper consciousness.

Sunday, October 2: Garden Highlights Walk: Join in for an hour-long tour of seasonal garden highlights.

Wave Hill is located at 675 West 252nd Street. For more information call (718) 549-3200 ext. 232.

The **Bronx County Historical Society** and the **Bronx Council on the Arts** are extending a special invite to you and your guests to a new social justice-driven poetry reading and workshop series at the landmark Edgar Allan Poe Cottage and the Poe Park Visitor Center in Poe Park on Saturday, October 29.

From Poe’s Porch features poets who will read from The Cottage’s

porch from noon to 1 p.m. This will be followed by special workshops and panel discussions in the adjacent Poe Park Visitor Center, from 1:30 to 3 p.m., just steps away from the historic house landmark. Tours of The Cottage will be available and both programs are free. From Poe’s Porch was designed to create greater awareness of local history, by drawing parallels to the issues addressed by Bronx poets today.

Meet the poets: Skye Cabrera, Carlos Manuel Rivera, and Jani Rose.

THE NEW SOUND OF BROOKLYN

The Community News Group is proud to introduce **BROOKLYN PAPER RADIO**. Join Brooklyn Paper Editor-in-Chief **Vince DiMiceli** and the New York Daily News’ **Gersh Kuntzman** every Thursday at 4:45 for an hour of talk on topics Brooklynites hold dear.

Each show will feature in-studio guests and call-out segments, and can be listened to live or played anytime at your convenience.



SPONSORED BY



JOSEPH LICHTER, D.D.S.



VINCE DIMICELI

GERSH KUNTZMAN

LISTEN EVERY THURSDAY AT 4:45PM ON BrooklynPaper.com/radio

LEGAL NOTICE

621-625 MORRIS PARK REALTY LLC Art. Of Org. Filed Sec. of State of NY 7/22/2016. 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, 1836 Haight Avenue, Bronx, NY 10461. Purpose: Any lawful act or activity.

LEGAL NOTICE

JSM SOLUTIONS, LLC Articles of Organization filed with the Secretary of State of NY (SSNY) on 06/09/2016 Office location Bronx County. SSNY has been designated as agent upon whom process against it may be served. The Post Office address to which the SSNY shall mail a copy of any process against the LLC served upon him/her is: C/O UNITED STATES CORPORATION AGENTS, INC. 7014 13TH AVENUE, SUITE 202, BROOKLYN, NY 11228. Purpose: any lawful purpose.

LEGAL NOTICE

Name of LLC: Benny's Auto Care LLC. Arts. of Org. filed with NY Dept. of State: 8/16/16. Office location: Bronx County, Sec. of State designated agent of LLC upon whom process against it may be served and shall mail process to: 620 E. 233rd St., Bronx, NY 10466. Purpose: any lawful act.

LEGAL NOTICE

Notice of Formation of Dayan Beauty Salon & Multiservices, LLC (LLC). Articles of Organization filed with Secretary of State of New York on March 31, 2016. 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 the LLC to C/O 4977 Broadway, Store 8 - aka - 577 Isham Street, New York, NY 10034. Purpose: Any lawful activity.

LEGAL NOTICE

Notice of Formation of J & S Moving Services, LLC (LLC). Articles of Organization filed with Secretary of State of New York on April 11, 2016. 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 1166 Simpson Street, Apt 4F, Bronx, New York, 10459. Purpose: Any lawful activity.

LEGAL NOTICE

NOTICE OF FORMATION OF MOREL & AFFILIATES, LLC Articles of Organization filed with the Secretary of State of NY (SSNY) on 07/07/2016 Office location Bronx County. SSNY has been designated as agent upon whom process against it may be served. The Post Office address to which the SSNY shall mail a copy of any process against the LLC served upon him/her is: C/O UNITED STATES CORPORATION AGENTS, INC. 701413TH AVENUE, SUITE 202, BROOKLYN, NY 11228. Purpose: any lawful purpose.

LEGAL NOTICE

ACTION FOR DIVORCE
NEW YORK STATE SUPREME COURT WESTCHESTER COUNTY Index No. 1969-16 LUIS ALBERTO DUARTE,

Plaintiff, v. MADELINE LUISA OLIVARES, Defendant. To the above named Defendant: You are hereby summoned 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, and in case of your failure to appear judgment will be taken against you by default for the relief demanded in the notice set forth below. Attorney for Plaintiff, Jose O. Castaneda, 219 Westchester Avenue, Suite 2, Port Chester, NY 10573. NOTICE: The nature of this action is to dissolve the marriage between the parties, on the grounds abandonment of Plaintiff by Defendant. The relief sought is a judgment of absolute divorce in favor of the Plaintiff dissolving the marriage between the parties in this action.

SUPREME COURT JUSTICE
HON. VICTOR G. GROSSMAN

LEGAL NOTICE

ACTION FOR DIVORCE
NEW YORK STATE SUPREME COURT WESTCHESTER COUNTY Index No. 1728-16 ALEJANDRA AMPARO, Plaintiff, v. JUAN G. AMPARO, Defendant. To the above named Defendant: You are hereby summoned to serve a notice of appearance on the Plaintiff's Attorney within 20 days after the serve of this summons, exclusive of the day of service, and in case of your failure to appear judgment will be taken against you by default for the relief demanded in the notice set forth below. Attorneys for Plaintiff, Jose O. Castaneda, 219 Westchester Avenue, Suite 2, Port Chester, NY 10573. NOTICE: The nature of this action is to dissolve the marriage between the parties, on the grounds abandonment of Plaintiff by Defendant. The relief sought is a judgment of absolute divorce in favor of the Plaintiff dissolving the marriage between the parties in this action.

SUPREME COURT JUSTICE
HON. VICTOR G. GROSSMAN

LEGAL NOTICE

ORDER OF NOTICE
State of Connecticut, Superior Court Judicial District of Hartford at Hartford

September 13, 2016
ABUBAKAR, NUHU & EVANS, SHARICEA.

Notice to: EVANS, SHARICEA.
Return Date: October 25, 2016

The Court has reviewed the Motion for Notice By Publication or Mail and the Complaint which asks for: divorce (dissolution of marriage).

The Court finds that the defendant's current address is unknown and that all reasonable efforts to find him have failed. The Court also finds that the defendant's last known address was 175 Alexander Ave. #14H, Bronx, N.Y.

THE COURT ORDERS that notice be given to the defendant by placing a legal notice in The Bronx Times Reporter, a newspaper circulating in Bronx, NY, containing a true and attested copy of this Order of Notice, and 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 should appear before 10/7/2016 and proof of service shall be filed with this Court.

ATTEST: A TRUE COPY
Phyllis Airey, State Marshal, Hartford County, State of Connecticut

LEGAL NOTICE

Notice is hereby given that an Order entered by the Civil Court, Bronx County on 9-20-16, bearing Index Number NC-000406-16/BX, a copy of which may be examined at the Office of the Clerk, located at 851 Grand Concourse, Bronx, NY 10451, grants me (us) the right to: Assume the name of (First) Minaya (Middle) Renee (Last) Nelms. My present name is (First) Minaya (Middle) Renee (Last) Etheridge AKA Minaya R. Etheridge (infant). My present address is 390 E. 158th St., Apt. 8-F, Bronx, NY 10451. My place of birth is Brooklyn, New York. My date of birth is October 09, 2013.

LEGAL NOTICE

Notice is hereby given that an Order entered by the Civil Court, Bronx County on 9-14-16, bearing Index Number NC-000344-16/BX, a copy of which may be examined at the Office of the Clerk, located at 851 Grand Concourse, Bronx, NY 10451, grants me (us) the right to: Assume the name of (First) Max (Middle) Joshua (Last) Rodriguez. My present name is (First) Arichuna (Last) Rodriguez (infant). My present address is 529 E. 147th St. #1, Bronx, NY 10455. My place of birth is Manhattan, New York. My date of birth is October 10, 2011.

LEGAL NOTICE

Notice is hereby given that an Order entered by the Civil Court, Bronx County on 9-13-16, bearing Index Number NC-000349-16/BX, a copy of which may be examined at the Office of the Clerk, located at 851 Grand Concourse, Bronx, NY 10451, grants me (us) the right to: Assume the name of (First) Nery (Last) Cruz. My present name is (First) Nery (Middle) Antonia (Last) Cruz AKA Nery A. Cruz AKA Nery Cruz. My present address is 50 West 97th Street, Apt 5E, New York, NY 10025. My place of birth is Mayaguez, PR. My date of birth is May 26, 1950.

LEGAL NOTICE

NOTICE OF SALE SUPREME COURT BRONX COUNTY
JPMORGAN CHASE BANK, NATIONAL ASSOCIATION, Plaintiff against

SUKCHING YEUNG, et al Defendants

Attorney for Plaintiff(s) Fein, Such & Crane LLP, 1400 Old Country Road, Suite C103, Westbury, New York 11590, Attorney(s) for Plaintiff(s).

Pursuant to a Judgment of Foreclosure and Sale Entered JUNE 1, 2016

I will sell at Public Auction to the highest bidder at the BRONX COUNTY COURTHOUSE, ROOM 600, AT 2 P.M. AT 851 GRAND CONCOURSE, BRONX, NEW YORK ON ANY MONDAY EXCEPT HOLIDAYS ON OCTOBER 3, 2016 at 2:00 P.M.. Premises known as 1237 FULTON AVENUE, BRONX, NY 10456. Block

2610 Lot 57. ALL that certain lot, piece or parcel of land, situate, lying and being in the Borough and County of Bronx, City and State of New York. Approximate Amount of Judgment is \$310,937.29 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index No 35632/14.

CHRISTOPHER E. CHANG, ESQ., Referee

LEGAL NOTICE

NOTICE OF SALE SUPREME COURT BRONX COUNTY
U.S. BANK TRUST, N.A. AS TRUSTEE FOR LSF9 MASTER PARTICIPATION TRUST, Plaintiff against

MICHAEL TRAHAN, et al Defendants

Attorney for Plaintiff(s) Fein, Such & Crane LLP, 1400 Old Country Road, Suite C103, Westbury, New York 11590, Attorney(s) for Plaintiff(s).

Pursuant to a Judgment of Foreclosure and Sale Entered AUGUST 1, 2016

I will sell at Public Auction to the highest bidder at the BRONX COUNTY COURTHOUSE, ROOM 600, AT 2 P.M. AT 851 GRAND CONCOURSE, BRONX, NEW YORK ON ANY MONDAY EXCEPT HOLIDAYS ON OCTOBER 24, 2016 at 2:00 P.M.. Premises known as 1958 CEDAR AVENUE, BRONX, NY 10453. Block 3230 Lot 1. ALL that certain lot, piece or parcel of land, situate, lying and being in the Borough and County of Bronx, City and State of New York. Approximate Amount of Judgment is \$535,162.14 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index No 35125/2014E.

MARVA ALLEN, ESQ., Referee

LEGAL NOTICE

NOTICE OF SALE SUPREME COURT - COUNTY OF BRONX

NATIONSTAR MORTGAGE, LLC, Plaintiff, Against

Index # 35310/2013E

MICHAEL SMILEY; ET AL., Defendant(s).

Pursuant to a Judgment of Foreclosure and Sale, duly entered in the Bronx County Clerk's Office on 7/26/2016, I, the undersigned Referee, will sell at public auction at the Bronx County Courthouse, 851 Grand Concourse, Room 600, Bronx, NY on 10/3/2016 at 2:00 pm, premises known as 1060 Longfellow Avenue, Bronx, NY 10459, 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 Borough of Bronx, County of Bronx, City and State of New York, and designated on the tax maps of the Bronx County Treasurer as Block 2756 and Lot 78.

The approximate amount of the current Judgment lien is \$628,878.98 plus interest and costs. The premises will be sold subject to provisions of the aforesaid Judgment of Foreclosure and Sale; Index # 35310/2013E.

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.

Paul King, Esq., Referee.
Leopold & Associates, PLLC, 80 Business Park Drive, Suite 110, Armonk, NY 10504

Dated: 8/10/2016 CN

LEGAL NOTICE

NOTICE OF SALE SUPREME COURT - COUNTY OF BRONX

U.S. BANK NATIONAL ASSOCIATION, AS TRUSTEE, ON BEHALF OF THE HOLDERS OF THE HOME EQUITY ASSET TRUST 2006-3 HOME EQUITY PASS-THROUGH CERTIFICATES, SERIES 2006-3 Plaintiff(s),

Against
Index No.: 380677/10
CARLOS DE LA CONCHA; et al, Defendant(s).

Pursuant to a Judgment of Foreclosure and Sale, duly entered in the Bronx County Clerk's Office on 1/22/2014, I, the undersigned Referee will sell at public auction at the Bronx County Courthouse, 851 Grand Concourse, Room 600, Bronx, NY on 10/17/2016 at 2:00 PM, premises known as 216 Betts Avenue, Bronx, NY 10473, 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 Borough and County of Bronx, State of New York, and designated on the tax maps of the Bronx County Treasurer as Block 3461 and Lot 13.

The approximate amount of the current Judgment lien is \$482,903.00 plus interest and costs. The premises will be sold subject to provisions of the aforesaid Judgment of Foreclosure and Sale; Index # 380677/10.

Eleanor P. Vale, Esq., Referee.
SHELDON MAY & ASSOCIATES Attorneys at Law, 255 Merrick Road, Rockville Centre, NY 11570

Dated: 8/18/2016 File Number: 20580 PB

LEGAL NOTICE

NOTICE OF SALE SUPREME COURT COUNTY OF BRONX, WELLS FARGO BANK, NA, Plaintiff, vs. FRANCESCO GHIOTTI, ET AL., Defendant(s).

Pursuant to a Judgment of Foreclosure and Sale duly filed on July 25, 2013 and an Order Appointing Successor Referee filed May 04, 2016, I, the undersigned Referee will sell at public auction at the Bronx County Courthouse, Room 600, 851 Grand Concourse, Bronx, NY on October 03, 2016 at 2:00 p.m., premises known as 2889 Harrington Avenue, Bronx, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Bronx, County of Bronx, City and State of New York, Block 5377 and Lot 42. Approximate amount of judgment is \$367,575.85 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 382433/09.

William J. Madonna, Esq., Referee
Knuckles, Komosinski & Manfro, LLP, 565 Taxter Road, Ste. 590, Elmsford, NY 10523, Attorneys for Plaintiff

F & M Schaefer now owned by Pabst

My wife and I were wandering around Woodlawn Cemetery when we had the good fortune of meeting the superintendent. He's extremely knowledgeable and took the trouble to bring our attention to the Schaefer family site. It is located in a rather out of the way place in the Highland plot and is the final resting site of the one time beer baron family.

Most older readers will recall their popular jingle: Schaefer is the one beer to have if you're having more than one. Some baseball fans may also recall the illuminated Schaefer sign in the outfield of Ebbets Field where the letter h lit up when a player reached first base unless it was due to an error in which case an e would light up.. The stadium at Sullivan Place and Bedford Avenue in Flatbush, by the way, was named for Charlie Ebbets, the owner, and the first game played there was in 1913. It closed in 1957 and was demolished in 1960.

Another popular beer from that era was Rheingold which would later become the official beer of the New York Mets. Their jingle is also widely re-

do you remember

by Bill Twomey

called as "My beer is Rheingold the dry beer. Think of Rheingold whenever you buy beer. It's not bitter, not sweet, it's the extra dry treat. Won't you try extra dry Rheingold beer?" It was sung to Waldteufel's Estudiantina waltz but most people who hear it refer to it as the Rheingold song.

Schaefer and Rheingold were fierce competitors in the 1940s and 1950s with Rheingold having a little edge because of their popular beauty contest that was sweeping the nation. Everyone wanted to vote for their favorite beauty queen. Both beers were on tap in all the local saloons but when Schaefer altered their recipe to save a few dollars, they started losing their share of drinkers. Budweiser entered the fray about that time and they had the best marketing staff eventually putting both Schaefer band Rheingold into subordinate positions.

Schaefer beer was adver-

tised as the first lager beer to come to America. Frederick came over from Wetzlar, Prussia (now Germany) in 1838 and his brother Maximilian arrived year later, thus we get the name F & M Schaefer Brewing Company. They opened their first brewery in America in 1842. When they passed away in 1912, the brewery passed to Rudolph J. Schaefer. He died in 1923 and his two sons, Frederick M. E. and Rudolph J. Schaefer Junior took control of the family business. There have been numerous changes since then and title to the company is now held by Pabst. By the way, should you decide to stop by the family plot for a visit don't be surprised if you come across a family member as some still come to pay their respects. Now, that's class.

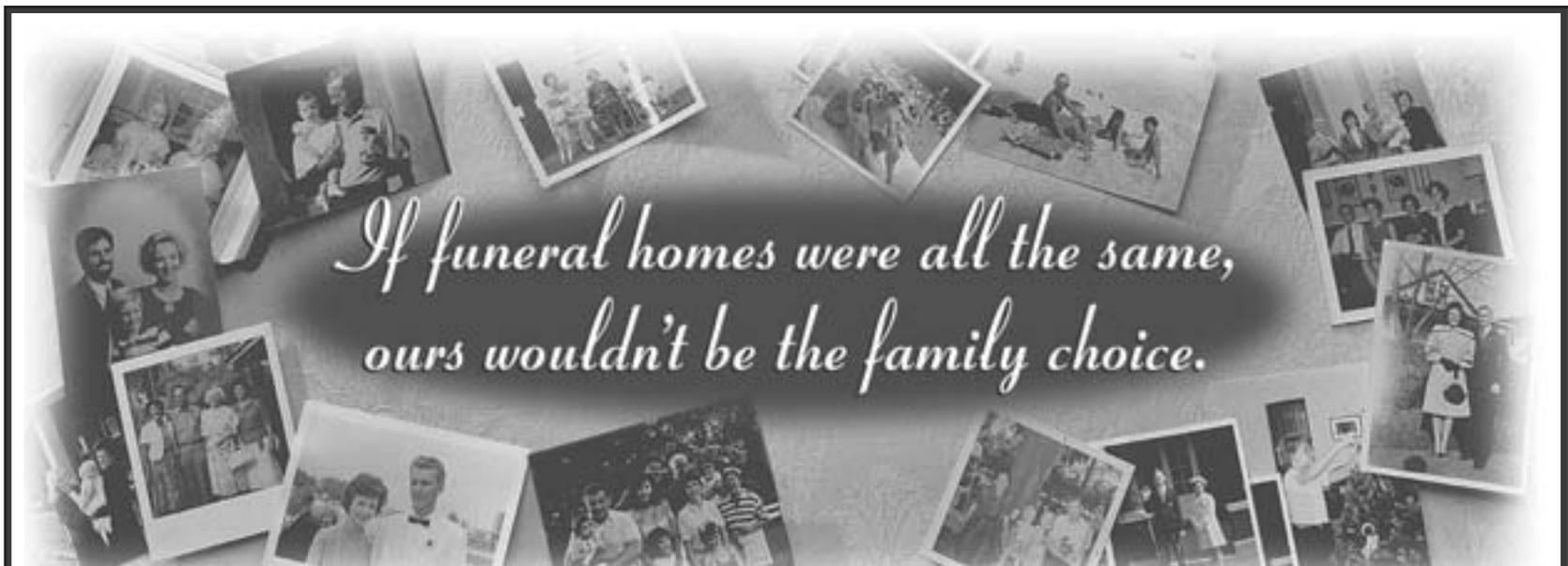
By the way, I wonder how many readers recall the expression "rushing the growler." A growler is simply another word for pail and to rush it to or from



Almost every household has at least one churchkey. This one carries the name Pabst who happens to be the current owner of the F & M Schaefer Brewing Company.

the tavern is self-explanatory. Youngsters were often given the task by their fathers. Later cardboard containers similar to those used by Chinese restaurants replaced the growlers. These, too, would be only temporary when the flat top beer can was introduced in 1935. The problem of getting to the foaming brew within was eas-

ily solved with a great invention called a churchkey. One side of this nifty tool could be used to open bottles while the other side sported a triangular metal piercing implement designed by D. F. Sampson for the American Can Company. Most homes have one tucked away here or there even though we now use flip-top lids.



*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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LEGAL NOTICE

**NOTICE OF SALE
SUPREME COURT COUNTY OF
BRONX**

JPMorgan Chase Bank, National
Association, Plaintiff

AGAINST
Basdeo Singh; et al., Defendant(s)

Pursuant to a Judgment of
Foreclosure and Sale duly dated May
11, 2016 I, the undersigned Referee will
sell at public auction at the The Bronx
County Courthouse, Room 600, 851
Grand Concourse, Bronx, New York on
October 24, 2016 at 2:00PM, premises
known as 1238 Evergreen Avenue,
Bronx, NY 10472. All that certain plot
piece or parcel of land, with the
buildings and improvements erected,
situate, lying and being in the Borough
of The Bronx, County of Bronx, City and
State of NY, Block 3771 Lot 20.
Approximate amount of judgment
\$414,267.96 plus interest and costs.
Premises will be sold subject to
provisions of filed Judgment Index#
380766-2012.

Tamika E Vaughn, Referee
Shapiro, DiCaro & Barak, LLC
Attorney(s) for the Plaintiff
175 Mile Crossing Boulevard
Rochester, New York 14624
(877) 759-1835

Dated: August 1, 2016-89142

LEGAL NOTICE

**NOTICE OF SALE
SUPREME COURT COUNTY OF
BRONX**

WELLS FARGO BANK, N.A.,
Plaintiff

AGAINST
JEANETTE WOLFE, et al.,
Defendant(s)

Pursuant to a Judgment of
Foreclosure and Sale duly dated May
31, 2016 I, the undersigned Referee will
sell at public auction at the Bronx
County Courthouse, 851 Grand
Concourse, Room 600 (Ground Floor),
Bronx, on October 17, 2016 at 2:00PM,
premises known as 643 EAGLE
AVENUE, BRONX, NY 10455. 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 2617, LOT
83. Approximate amount of judgment
\$432,060.66 plus interest and costs.
Premises will be sold subject to
provisions of filed Judgment for Index#
380139-14.

Bianka Perez Esq., Referee
Gross Polowy, LLC
Attorney for Plaintiff
1775 Wehrle Drive, Suite 100
Williamsville, NY 14221

LEGAL NOTICE

**NOTICE OF SALE
SUPREME COURT COUNTY OF
BRONX**

WELLS FARGO BANK, N.A.,
Plaintiff

AGAINST
MICHAEL NUGENT and MARCIA
NUGENT, et al., Defendant(s)

Pursuant to a Judgment of
Foreclosure and Sale duly dated
December 24, 2013 I, the undersigned
Referee will sell at public auction at the
Bronx County Courthouse, 851 Grand
Concourse, Room 600 (Ground Floor),
Bronx, on October 24, 2016 at 2:00PM,

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
for Index# 381055/11.

Heddyeh P. Broumand, Esq.,
Referee

Gross Polowy, LLC
Attorney for Plaintiff
1775 Wehrle Drive, Suite 100
Williamsville, NY 14221

LEGAL NOTICE

**NOTICE OF SALE
SUPREME COURT COUNTY OF
BRONX**

HSBC BANK USA, NATIONAL
ASSOCIATION, AS TRUSTEE FOR
NOMURA ASSET ACCEPTANCE
CORPORATION MORTGAGE PASS-
THROUGH CERTIFICATES, SERIES
2006-AF1, Plaintiff

AGAINST
ANNIE WINSTON, et al.,
Defendant(s)

Pursuant to a Judgment of
Foreclosure and Sale duly dated July
01, 2015 I, the undersigned Referee will
sell at public auction at the Bronx
County Courthouse, 851 Grand
Concourse, Room 600 (Ground Floor),
Bronx, on October 03, 2016 at 2:00PM,
premises known as 621 EAST 178TH
STREET, 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 3068, LOT
89. Approximate amount of judgment
\$553,929.14 plus interest and costs.
Premises will be sold subject to
provisions of filed Judgment for Index#
380938/12.

Jeffrey Dinowitz Esq., Referee
Gross Polowy, LLC
Attorney for Plaintiff
1775 Wehrle Drive, Suite 100
Williamsville, NY 14221

LEGAL NOTICE

**NOTICE OF SALE
SUPREME COURT COUNTY OF
BRONX**

US BANK NATIONAL
ASSOCIATION, AS TRUSTEE FOR
CITIGROUP MORTGAGE LOAN
TRUST 2007-WFHE2, ASSET-BACKED
PASS-THROUGH CERTIFICATES,
SERIES 2007-WFHE2, Plaintiff

AGAINST
DEBORAH BERNARD and
CAROLYN WATSON, et al.,
Defendant(s)

Pursuant to a Judgment of
Foreclosure and Sale duly dated
January 12, 2015 I, the undersigned
Referee will sell at public auction at the
Bronx County Courthouse, Room 600,
851 Grand Concourse, City of Bronx, on
October 17, 2016 at 2:00PM, premises
known as 3315 BARKER AVENUE,
BRONX, NY 10467. 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 4622, LOT 53.
Approximate amount of judgment

\$668,002.26 plus interest and costs.
Premises will be sold subject to
provisions of filed Judgment for Index#
18923/07.

Joseph Strasburg Esq., Referee
Gross Polowy, LLC
Attorney for Plaintiff
1775 Wehrle Drive, Suite 100
Williamsville, NY 14221

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
February 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 October 17, 2016 at 2:00PM,
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, Section 14, Block
3555, Lot 19. Approximate amount of
judgment \$428,250.80 plus interest and
costs. Premises will be sold subject to
provisions of filed Judgment for Index
#14244/07.

John Brickman, Esq., Referee
Gross Polowy, LLC
Attorney for Plaintiff
1775 Wehrle Drive, Suite 100
Williamsville, NY 14221

LEGAL NOTICE

STATE OF NEW YORK
SUPREME COURT COUNTY
OF BRONX

WELLS FARGO BANK, NA,
Plaintiff,

v.
CARLA B. BOLDEN, NATHANIEL
BOLDEN, JR., et al.,
Defendants.

**NOTICE OF SALE
IN FORECLOSURE
PLEASE TAKE NOTICE THAT**

In pursuance of a Judgment of
Foreclosure and Sale entered in the
office of the County Clerk of Bronx
County on May 12, 2015 and amended
by an order entered in the office of the
County Clerk of Bronx County on
December 22, 2015, I, the Referee
named in said Judgment, will sell in one
parcel at public auction on October 24,
2016 at the Bronx County Courthouse
Room 600, 851 Grand Concourse,
Bronx, New York, at 2:00 PM, the
premises described as follows:

1156 East 223rd Street
Bronx, NY 10466
SBL No.: Block 4901 Lot 33
ALL THAT TRACT OR PARCEL OF
LAND situate and being in the Borough
and County of Bronx, City and State of
New York.

The premises are sold subject to the
provisions of the filed judgment, Index
No. 35358/2013E, any state of facts an
accurate survey and inspection of the
premises may disclose, to covenants,

restrictions and easements, if any, to
assessments or water charges not a lien
upon the property, to violations, zoning
regulations, prior liens of record, if any,
and ordinances of the city, town or
village in which said premises lie, to
leases, tenancies and occupancies, and
to other charges and liens with priority
over plaintiff's mortgage.

Eric A. Wughalter, Esq., Referee
Kristin Corsi, Esq.
Woods Oviatt Gilman LLP
Judgment Amount: \$453,003.14
Plaintiff's Attorney
700 Crossroads Building, 2 State St.
Rochester, New York 14614
Tel: 585.987.2800

LEGAL NOTICE

**SUPREME COURT - COUNTY OF
BRONX**

BAYVIEW LOAN SERVICING, LLC,
Plaintiff against

MICHELLE APICELLA-LUNING
A/K/A MICHELE APICELLA; GERARD
LUNING A/K/A GERARD J. LUNING, et
al Defendant(s).

Pursuant to a Judgment of
Foreclosure and Sale entered on July 5,
2016.

I, the undersigned Referee will sell at
public auction at the Bronx County
Courthouse, 851 Grand Concourse,
Room 600, Bronx, N.Y. on the 17th day
of October, 2016 at 2:00 p.m. premises
All that certain plot, piece or parcel of
land, situate, lying and being in the
Borough and County of Bronx, City and
State of New York.

Said premises known as 2541
Mickle Avenue, Bronx, N.Y. 10469.

Tax account number: SBL#:
4482-61.

Approximate amount of lien \$
510,667.54 plus interest and costs.

Premises will be sold subject to
provisions of filed judgment and terms of
sale.

Index No. 380245/11. Lorraine
Corsi, Esq., Referee.

Fein, Such & Crane, LLP
Attorneys for Plaintiff
28 East Main Street, Suite 1800
Rochester, N.Y. 14614
(585) 232-7400

LEGAL NOTICE

**SUPREME COURT - COUNTY OF
BRONX**

PNMAC MORTGAGE
OPPORTUNITY FUND INVESTORS,
LLC, Plaintiff against

NORBERTO P. HERNANDEZ A/K/A
NORBERTO HERNANDEZ;
NORBERTO HERNANDEZ; ANDRES

HERNANDEZ, et al Defendant(s).

Pursuant to a Judgment of
Foreclosure and Sale entered on April
25, 2016.

I, the undersigned Referee will sell at
public auction at the Bronx County
Courthouse, 851 Grand Concourse,
Room 600, Bronx, N.Y. on the 24th day
of October, 2016 at 2:00 p.m. premises
All that certain plot, piece or parcel of
land with the buildings and
improvements thereon erected, situate,
lying and being in the Borough of Bronx,
City and State of New York.

Said premises known as 213 White
Plains Road a/k/a 213 Soundview
Avenue, Bronx, N.Y. 10473.

Tax account number: SBL#: 3455-3.
Approximate amount of lien \$
800,528.97 plus interest and costs.

Premises will be sold subject to
provisions of filed judgment and terms of
sale.

Index No. 35180-13. Bianka Perez,
Esq., Referee.

Fein, Such & Crane, LLP
Attorneys for Plaintiff
28 East Main Street, Suite 1800
Rochester, N.Y. 14614
(585) 232-7400

LEGAL NOTICE

**SUPREME COURT - COUNTY OF
BRONX**

SUNTRUST MORTGAGE, INC.,
v.

SULE BEST, et al.
NOTICE OF SALE

NOTICE IS HEREBY GIVEN
pursuant to a Final Judgment of
Foreclosure dated October 9, 2010, and
entered in the Office of the Clerk of the
County of BRONX, wherein SUNTRUST
MORTGAGE, INC. is the Plaintiff and
SULE BEST, ET AL. are the
Defendant(s). I, the undersigned
Referee will sell at public auction at the
BRONX COUNTY COURTHOUSE,
ROOM 600, 851 GRAND
CONCOURSE, BRONX, NY 10451, on
October 3, 2016 at 2:00pm, premises
known as 4167 EDSON AVENUE,
BRONX, NY 10466: Block 5015, Lot 17:

**ALL THAT CERTAIN PLOT, PIECE
OR PARCEL OF LAND, SITUATE,
LYING AND BEING IN THE BOROUGH
AND COUNTY OF BRONX, CITY AND
STATE OF NEW YORK**

Premises will be sold subject to
provisions of filed Judgment Index #
380005/2008. Elena Makau, Esq. -
Referee. RAS Borisikin, LLC 900
Merchants Concourse, Suite 106,
Westbury, New York 11590, Attorneys
for Plaintiff.

**SAVE
MONEY**

**BY SHOPPING
IN OUR
CLASSIFIEDS**

1ST ANNUAL MAKE A WISH COME TRUE FUNDRAISER

The inaugural Make a Wish Come True Fundraiser brought sports icons, local celebrities, county executives, pop stars and Westchester corporate elites together for an exciting evening celebration on Wednesday, September 14 at New Rochelle's the Surf Club on the Sound. The event was hosted by Sonny Vataj of Exit Realty and helped benefit the Make-A-Wish Foundation.



(l-r) Assemblyman Mark Gjonaj and his wife, Roberta; Jasmin Cruz-Otero and Harry Santiago had a great time at the inaugural Make a Wish Come True Fundraiser. Photo by Silvio Pacifico



(back, l-r) Sonny Vitaj, Exit Realty owner, thanks Edward Angelino, Power Express Mortgage Bankers for sponsoring the hand-made cigars by Frank Almanzar (front, c).

Photo by Silvio Pacifico



Make-A-Wish Foundation's Bo (r) was excited to meet former New York Yankee four-time World Series champion and five-time All Star Bernie Williams at the gala.

Photo by Silvio Pacifico



JAMES MONROE SENIOR CENTER HONORS PSA 8 OFFICER

The James Monroe Senior Center celebrated its 55th annual open house on Wednesday, September 14 by honoring NYPD Police Service 8 Area officer Joselito Garcia. To commemorate this special event, officer Garcia was presented a Liberty Medal in recognition of his dedication to the community he protects and serves.

Police officer Garcia (r) wore the Liberty Medal he was conferred by assistant director Franck LaBoy.

Photo courtesy of Aida Sosa



P.S. 49 NEW MINI-PITCH

P.S. 49, NYC Football Club, Major League Soccer Works, U.S. Soccer Foundation, Southern New Hampshire University and Adidas unveiled a brand new soccer mini-pitch at the Mott Haven school on Wednesday, September 14. The mini pitch will offer local children a safe place to play while providing an environment encouraging unstructured soccer play to continue the game's growth.

(back, l-r) NYCFC soccer player Mehdi Ballouchy; Frank Hernandez, P.S. 49 principal; Jon Patricof, NYCFC president; NYCFC soccer player Shannon Gomez (back, r) and P.S. 49 students had a ball celebrating the soccer mini-pitch's grand opening.

Photo courtesy of NYCFC

LEGAL NOTICE

2015-2958/A
CITATION
THE PEOPLE OF THE STATE OF NEW YORK
BY THE GRACE OF GOD, FREE AND INDEPENDENT

To: (a) New York State Dept of Taxation and Finance

(b) New York City Human Resources Administration (Medicaid)

(c) Attorney General of the State of New York

(d) "John Doe", alleged father of CHEETARA B. BYNUM, whose identity and whereabouts are unknown, if living, or, if dead, to his respective heirs, legatees, beneficiaries, fiduciaries, assignees, successors and creditors in interest whose names are unknown and cannot be ascertained after due diligence

A Petition having been filed by Paula Bynum, who resides at 1600 Sedgwick Avenue #8J, Bronx, New York;

YOU ARE HEREBY CITED TO SHOW CAUSE before the Surrogate's Court of the State of New York, Bronx County at its Courthouse located at 851 Grand Concourse, rm 406 Bronx, New York, on the 18 day of October 2016, at 9:30 a.m., why a Decree should not be made in the Estate of CHEETARA B. BYNUM, Deceased, lately domiciled at 1600 Sedgwick Avenue #8J, Bronx, New York, authorizing Paula Bynum, as Administrator of the goods, chattels and credits which were of CHEETARA B. BYNUM, to settle and compromise an Action against Jose Peppe Lopez, for the total sum of \$50,000.00; allocating 100% of said settlement to the cause of action for wrongful death brought therein as against all defendants and fixing and allowing the legal fees and payment of actual and necessary disbursements to ROSENBERG, MINC, FALKOFF & WOLFF, LLP, attorneys for the Petitioner and the Estate, in the amounts of \$16,666.67 for a legal fee and \$348.95 for actual and necessary disbursements; and declaring the claims of the Department of Taxation and Finance and New York City Human Resources Administration to be rejected, given the 100% allocation of the proceeds to wrongful death; and declaring "John Doe", the alleged father of CHEETARA B. BYNUM, to be disqualified from receiving any portion of the proceeds of the within Estate pursuant to N.Y. E.P.T.L. §4-1.4 and related case law for abandonment and failure to support; and allocating the remaining sum of \$32,984.38 as follows: 100% of all proceeds to the petitioner, Paula Bynum, pursuant to N.Y. E.P.T.L. § 4-1.1, 4-1.4, 5-4.4 and 5-4.6. You are hereby further cited to show cause why the Account of the Petitioner with respect to the proceeds of the Action should not be judicially settled; and why a modification of the original Letters of Administration issued in this matter should not be made so as to permit the settlement of the Action against the above-referenced defendants for wrongful death; and why an Order approving the Account of the Petitioner should not be issued; and why the requirement that a bond be filed should not be dispensed with; and why any such other and further relief as this honorable Court may deem just and proper should not be granted.

DATED, ATTESTED AND SEALED:
.2016.
Hon. Nelida Malave-Gonzalez
SURROGATE
Michael P. Hausler
CHIEF CLERK

NAME/ADDR./TEL. OF ATTYS. :
ROSENBERG, MINC, FALKOFF & WOLFF, LLP
Jesse M. Minc
122 East 42nd Street, Suite 3800
New York, New York 10168
(212) 697-9280

THIS CTTATTON IS SERVED UPON YOU AS REQUIRED BY LAW. YOU ARE NOT OBLIGATED TO APPEAR IN PERSON. IF YOU FAIL TO APPEAR IN PERSON, IT WILL BE ASSUMED THAT YOU DO NOT OBJECT TO ANY OF THE RELIEF REQUESTED. YOU HAVE A RIGHT TO HAVE AN ATTORNEY AT-LAW APPEAR ON YOUR BEHALF.

LEGAL NOTICE

Index No. 32216/2015E.
Date Filed: 08/31/2016.
SUPPLEMENTAL SUMMONS WITH NOTICE

MORTGAGED PREMISES: 2315 HERMANY AVENUE, BRONX, NEW YORK 10473.

BL#: 3698 - 74 and 75.

Plaintiff designates BRONX County as the place of trial based on the location of the mortgaged premises in this action.

SUPREME COURT OF THE STATE OF NEW YORK:

COUNTY OF BRONX
HSBC BANK USA, N.A., Plaintiff,
-against-

NATHANIEL ANDERSON A/K/A NATHANIEL E. ANDERSON AND CARMEN VEGA A/K/A CARMEN S. VEGA, if they be living, and if they be 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 window, 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 names and places of residence unknown, and cannot after diligent inquiry be ascertained by the Plaintiff, ETAL, 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 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 OBJECT of the above captioned action is to foreclose a Mortgage to secure \$33,000.00 and interest, recorded in the Office of the Clerk of BRONX on March 20, 1987, in Reel 747 Page number 745, covering premises known as 2315 Hermany Avenue, Bronx, New York 10473 - BL #: 3698 - 74 and 75.

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 Carmen Vega a/k/a Carmen S. Vega and Nathaniel Anderson a/k/a Nathaniel E. Anderson, the foregoing Supplemental Summons with Notice is served upon you by publication pursuant to an Order of the Hon. Mary Ann Brigantini, JSC of the Supreme Court of the State of New York, County of Bronx, dated August 10, 2016.

Dated: New Rochelle, NY

August 26, 2016
MCCABE, WEISBERG & CONWAY, P.C.

/s/ _____
Sonia J. Baez, Esq.
Attorneys for Plaintiff
145 Huguenot Street, Suite 210
New Rochelle, New York 10801
(914) 636-8900
File # 382-0919

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 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.

LEGAL NOTICE

STATE OF NEW YORK
SUPREME COURT
COUNTY OF BRONX
SUPPLEMENTAL SUMMONS
Index No. 32055/2016E

M&T BANK,
Plaintiff,
-vs-

ANGEL ROMERO A/K/A ANGEL NICHOLAS ROMERO, ZENITH PROPERTY MGMT., INC., NEW YORK CITY DEPARTMENT OF FINANCE, NEW YORK STATE DEPARTMENT OF TAXATION AND FINANCE, CRIMINAL COURT OF THE CITY OF NEW YORK, RETAIL RECOVERY SERVICE OF N.J. INC., RHYN RHYN VAN A/K/A RHYN VAN RHYN, CITY OF NEW YORK PARKING VIOLATIONS BUREAU, CITY OF NEW YORK ENVIRONMENTAL CONTROL BOARD, CITY OF NEW YORK TRANSIT ADJUDICATION BUREAU,
and JOHN DOE,
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 Plaintiff's attorneys within thirty days after the service of this summons, exclusive of the day of service, 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.

This is an attempt to collect a debt and any information obtained will be used for that purpose.

The foregoing summons is served upon you by publication pursuant to an Order of Honorable Doris M. Gonzalez, Justice of the Supreme Court of the State of New York, signed the 16th day of August, 2016, at Bronx, New York.

The object of this action is to foreclose a mortgage on the following property:

BLOCK 4305 LOT 08

ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the County of Bronx, City and State of New York, known and designated as Lot No. 22 in Block No. 63 on "Map of Morris Park situated in the County of Bronx, City and State of New York," (Sections 1, 2, 3 and 4), made by Leonard C.L. Smith, and filed in the New York County Registers Office on May 28, 1913 as Map Nos. 1745, 1746, 1747 and 1748, being more particularly bounded and described as follows:

BEGINNING at the corner of the premises herein described, where the Southerly side of Lydig Avenue is intersected by the Westerly side of Tomlinson Avenue;

RUNNING THENCE Southerly along the Westerly side of Tomlinson Avenue, 100.00 feet to a point;

RUNNING THENCE Westerly and at right angles with the last mentioned course and parallel with Lydig Avenue, 25.00 feet to a point;

RUNNING THENCE Northerly and at right angles with the last mentioned course and parallel with Tomlinson Avenue, 100.00 feet to a point on the Southerly side of Lydig Avenue;

RUNNING THENCE Easterly along the Southerly side of Lydig Avenue, 25.00 feet to the point or place of BEGINNING.

Subject to easements, covenants, and restriction of record.

These premises are also known as 1118 Lydig Avenue, Bronx New York 10461.

WOODS OVIATT GILMAN LLP
Attorney for Plaintiff
700 Crossroads Building
2 State Street
Rochester, NY 14614
Tel.: (585) 987-2800

**More Classifieds
online at
www.bxtimes.com**

COUNCIL OF NEGRO WOMEN INSTALLS OFFICERS

The North Bronx Section of the National Council of Negro Women installed its new elected officers on Monday, September 12 at the NCNW Child Development Center on 4035 White Plains Road.



District Attorney Darcel Clark (back, 4th from l) and Councilman Andy King (back, c) with the NCNWB's newly installed officers (back, l-r) Varahn Chamblee, parliamentarian; Olive Herry, chaplin; Lisa Dawson, parliamentarian; Frances Garvin, recording secretary; Flora Goldston, treasurer; Lacey Britton, financial secretary; (front, l-r) Dorothy Goshine, assistant recording secretary; Carolyn Smith, historian; Beverly Patterson, corresponding secretary; Patricia Kerr, president; Carmena Schwecke, 1st vice president; Glenda Crawford, 2nd vice president and Monica Major, historian.

Photo by Silvio Pacifico

HEART ADULT DAY CARE HONORS SEPULVEDA, 43RD

The Heart Adult Day Care of Parkchester honored the 43rd Precinct and Assemblyman Luis Sepulveda for their exemplary community service on Monday, September 12. Sepulveda and the 43rd Precinct received an award signed by the center's seniors during the Heart Adult Day Care's open house at 2011 Westchester Avenue.



The Heart Adult Care of Parkchester honored Assemblyman Sepulveda (back, 5th from l) and the 43rd Precinct for their dedicated service. Photo courtesy of the Rainbow Adult Day Care LLC

LEGAL NOTICE

SUPPLEMENTAL SUMMONS
Index No.: 32225/2015E
Date of Filing: August 17, 2016
SUPREME COURT OF THE STATE
OF NEW YORK

COUNTY OF BRONX
BRANCH BANKING AND TRUST
COMPANY, Plaintiff,
-against-

JULIET A. COOTE; KEEBLE
MARTINDALE; MORTGAGE
ELECTRONIC REGISTRATION
SYSTEMS INC, AS NOMINEE FOR
FRANKLIN FIRST FINANCIAL, LTD ITS
SUCCESSOR AND ASSIGNS; NEW
YORK CITY PARKING VIOLATIONS
BUREAU; NEW YORK CITY
ENVIRONMENTAL CONTROL BOARD;
NEW YORK CITY TRANSIT
ADJUDICATION BUREAU;
ALEXANDER ROBINSON; "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
CLAIM, OR MAY CLAIM, A LIEN
AGAINST THE PREMISES,
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 Plaintiff's attorney(s)
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.

YOU ARE HEREBY PUT ON
NOTICE THAT WE ARE ATTEMPTING
TO COLLECT A DEBT, AND ANY
INFORMATION OBTAINED WILL BE
USED FOR THAT PURPOSE.

TO THE ABOVE-NAMED
DEFENDANTS:

The foregoing summons is served
upon you by publication pursuant to an
Order of the Honorable Kenneth L.
Thompson, Jr. of the Supreme Court of
the State of New York, signed on
August 15, 2016, and filed with
supporting papers in the Office of the
Clerk of the County of Bronx, State of
New York.

The object of this action is to

foreclose a mortgage upon the premises
described below, executed by JULIET
A. COOTE and KEEBLE MARTINDALE
TO MORTGAGE ELECTRONIC
REGISTRATION SYSTEMS, INC. AS
NOMINEE FOR JERSEY MORTGAGE
COMPANY ITS SUCCESSORS AND
ASSIGNS bearing date January 19,
2012 and recorded in CRFN
2012000058841 in the County of Bronx
on February 13, 2012. Thereafter said
mortgage was assigned to BRANCH
BANKING AND TRUST COMPANY by
assignment of mortgage executed on
November 3, 2015.

Said premises being known as and
by 4007 ELY AVENUE, BRONX, NY
10466.

Date: July 15, 2016
Batavia, New York
Virginia C Grapensteter, Esq,
ROSICKI, ROSICKI &
ASSOCIATES, P.C.

Attorneys for Plaintiff
Batavia Office 26 Harvester Avenue
Batavia, NY 14020
585.815.0288
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
Index No.: 32383/2016E
Date of Filing: August 19, 2016
SUPREME COURT OF THE STATE
OF NEW YORK

COUNTY OF BRONX
DITECH FINANCIAL LLC F/K/A
GREEN TREE SERVICING LLC,
Plaintiff,

-against-

ELI KALFA, if living, or if either or all
be dead, their wives, husbands, heirs-
at-law, next of kin, distributees,
executors, administrators, assignees,
lienors and generally all persons having
or claiming under, by or through said
ELI KALFA, by purchase, inheritance,
lien or otherwise, of any right, title or
interest in and to the premises
described in the complaint herein, and
the respective husbands, wives, widow
or widowers of them, if any, all of whose
names are unknown to plaintiff;
BARKER RECOVERY LLC;
DEPARTMENT OF HOUSING
PRESERVATION & DEVELOPMENT;
NEW YORK CITY PARKING
VIOLATIONS BUREAU; NEW YORK
CITY TRANSIT ADJUDICATION
BUREAU; NEW YORK CITY
ENVIRONMENTAL CONTROL BOARD;
"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 claim, or may
claim, a lien against the premises,
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 Plaintiff's attorney(s)
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.

YOU ARE HEREBY PUT ON
NOTICE THAT WE ARE ATTEMPTING
TO COLLECT A DEBT, AND ANY
INFORMATION OBTAINED WILL BE
USED FOR THAT PURPOSE.

TO THE ABOVE-NAMED
DEFENDANTS:

The foregoing summons is served
upon you by publication pursuant to an
Order of the Honorable Larry S.
Schachner of the Supreme Court of the
State of New York, signed on August
17, 2016, and filed with supporting
papers in the Office of the Clerk of the
County of Bronx, State of New York.

The object of this action is to
foreclose a mortgage upon the premises
described below, executed by ELI
KALFA TO MORTGAGE ELECTRONIC
REGISTRATION SYSTEMS, INC., AS
NOMINEE FOR FAIRMOT FUNDING,
LTD., ITS SUCCESSORS AND
ASSIGNS in the principal amount of
\$432,250.00, which mortgage was
recorded in Bronx County, State of New
York, on August 5, 2008, in Liber/Reel
CRFN 2008000309687 at page.

Said premises being known as and
by 2229 CINCINNATUS AVENUE,
BRONX, NY 10473.

Date: July 19, 2016
Batavia, New York
Andrea R. Clattenburg, Esq,
ROSICKI, ROSICKI &
ASSOCIATES, P.C.

Attorneys for Plaintiff
Batavia Office 26 Harvester Avenue
Batavia, NY 14020
585.815.0288
Help For Homeowners In
Foreclosure

New York State Law requires that
we send you this notice about the
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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

SUPREME COURT OF THE STATE
OF NEW YORK COUNTY OF BRONX
SUPPLEMENTAL SUMMONS BRONX
County Designated as the place of Trial
on the basis of situs of realty . INDEX
NO.: 35973/2015E DATE OF
FILING: 09/29/2015 WE ARE
ATTEMPTING TO COLLECT A DEBT
ANY INFORMATION OBTAINED WILL
BE USED FOR THAT PURPOSE
CARRINGTON MORTGAGE
SERVICES, LLC, Plaintiff, -against-
SEYDOU KEITA; IDRISZA ZOUNDI if
living, and if he be dead, any and all
persons unknown to plaintiff, claiming,
or who may claim to have an interest in,
or generally or specific lien upon the real
property described in this action; such
unknown persons being herein
generally described and intended to be
included in the following designation,
namely: the wife, widow, husband,
widower, heirs at law, next of kin,
descendants, executors, administrators,
devises, legatees creditors, trustees,
committees,

lienors, and assignees of such
deceased, any and all persons deriving
interest in or lien upon, or title to said
real property by, through or under them,
or either of them, and their respective
wives, widows, husbands, widowers,
heirs at law, next of kin, descendants,
executors, administrators, devisees,
legatees, creditors, trustees committees,
lienors and assigns, all of whom and
whose names, except as stated are
unknown to plaintiff; PEOPLE OF THE
STATE OF YORK; NEW YORK CITY
PARKING VIOLATIONS BUREAU;
NEW YORK CITY ENVIRONMENTAL
CONTROL BOARD and JOHN DOE "1"
through "10" the last ten names being
fictitious and unknown to Plaintiffs, 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. 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 twenty (20) days after the service
of this Summons, exclusive of the day of
service, or within thirty (30) days after
completion of service where service is
made in a manner other than by
personal delivery within the State. 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 sixty (60)
days after service of the Summons. 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.

Dated: Tuckahoe, New York
August 18, 2016 Yours, etc.,
JEFFREY A. KOSTERICH, LLC
Jeffrey A. Kosterich, Esq. Attorney for
Plaintiff

CARRINGTON MORTGAGE
SERVICES, LLC 68 Main Street
Tuckahoe, New York 10707
(914) 395-0055

LEGAL NOTICE

FAMILY COURT OF THE STATE
OF NEW YORK COUNTY OF BRONX:
CITY OF NEW YORK SUMMONS
Docket No.B-475/16 In the Matter of the
Application of Catholic Guardian
Services for the Custody and
Guardianship of the person of
NICHOLAS ANTHONY FRASCONA A
Minor under the age of 18 years of age
pursuant to Section 384-b of the Social
Services Law of the State of New York.
In the Name of the People of the State
of New York: TO: PRISCILLA
LORRAINE AVILES Whereabouts
Unknown A Petition having been filed in
the Court, alleging that the above-
named child in the care of Catholic
Guardian Services, should be
committed to the guardianship and
custody of Catholic Guardian Services,
an authorized agency; a copy of said
Petition being annexed hereto;

YOU ARE HEREBY SUMMONED to
appear before this Court at 900
Sheridan Avenue, in the Bronx County
and City and State of New York, on the
2nd day of November 2016, at 11:00
A.M. o'clock in the forenoon of said day,
in Part 14, before the Honorable Linda
Tally, to show cause why the Court
should not enter an Order committing
the guardianship and custody of said
child to the Petitioner, as provided by
law. PLEASE TAKE NOTICE that upon
your failure to appear, all of your
parental rights in the child may be
terminated. PLEASE TAKE FURTHER
NOTICE that your failure to appear shall
constitute a denial of your interest in the
child, which denial may result, without
further notice, in the transfer or
commitment of the child's care, custody
or guardianship or in the child's
adoption.

PLEASE TAKE FURTHER NOTICE
that you have the right to be
represented by a lawyer and, if the
Court finds that you are unable to pay
for a lawyer, you have the right to have
a lawyer assigned by the Court. In the
event of your failure to attend, the Court
will hear and determine the petition as
provided by law. Dated: May 20, 2016
ORDER OF THE COURT Michael M.
Loughlin Clerk of the Family Court
County of Bronx

LEGAL NOTICE

METROPOLITAN CONSTRUCTION
PARTNERS LLC Art. Of Org. Filed Sec.
Of State of NY 08/01/2016. Off. Loc.:
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Purpose: Any Lawful act or activity.

TOP DRIVER DISTRACTIONS

Using mobile phones

Leading the list of the top distractions behind the wheel are mobile phones. Phones now do more than just place calls, and drivers often cannot pull away from their phones, even when driving. According to the California Department of Motor Vehicles, studies have shown that driving performance is lowered and the level of distraction is higher for drivers who are heavily engaged in cell

phone conversations. The use of a hands-free device does not lower distraction levels. The percentage of vehicle crashes and near-crashes attributed to dialing is nearly identical to the number associated with talking or listening.

Daydreaming

Many people will admit to daydreaming behind the wheel or looking at a person or object outside of the car for too long. Per-

haps they're checking out a house in a new neighborhood or thought they saw someone they knew on the street corner. It can be easy to veer into the direction your eyes are focused, causing an accident. In addition to trying to stay focused on the road, some drivers prefer the help of lane departure warning systems.

Eating

Those who haven't quite mastered walking and

chewing gum at the same time may want to avoid eating while driving. The majority of foods require a person's hands to be taken off of the wheel and their eyes to be diverted from the road. Reaching in the back seat to share some French fries with the kids is also distracting.

Try to eat meals before getting in the car. For those who must snack while en route, take a moment to pull over at

a rest area and spend 10 minutes snacking there before resuming the trip.

Reading

Glancing at an advertisement, updating a Facebook status or reading a book are all activities that should be avoided when driving. Even pouring over a traffic map or consulting the digital display of a GPS system can be distracting.

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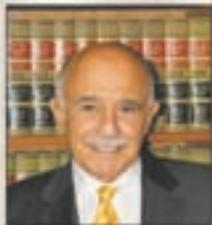


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Letitia James Warns Consumers About Classified Ads

Toll numbers may be a direct line to trouble.

Classified ads are intended to help people by facilitating communication and advertising available services; however, some of the hotlines & service numbers in classifieds actually hurt the people who rely on them by cheating them of their hard-earned dollars. "Most newspapers print a disclaimer in their classified ad section to warn readers about numbers that are a direct line to trouble. Any number starting with 900, 540, 595 or 871 charges a fee beyond a local call. In some instances, ads initially advertise calls to a local number, but then direct callers to a second number starting with one of the paid exchanges. "Consumers must also question the legitimacy of vague classifieds because they too could be a scam. Before responding to an ad, consumers should verify the source of all information & always be wary about sending money or signing a contract with an unknown party."

Office of the Public Advocate

PUBLISHER'S NOTICE

All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination because of race, color, religion, sex, handicap, familial status, sexual orientation or national origin, or intention to make any such preference, limitation or discrimination." We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

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NEWSPAPERS

Morris Park Town Hall addresss current heroin epidemic

From page 1

stressed with the parents in the audience that they play a vital role in keeping their kids from abusing drugs and alcohol.

He even suggested parents drug test their own kids, adding tests are inexpensive and can be bought from local drug stores.

"These children are using heroin as early as 12-years old," stressed Gjonaj. "Please don't be fooled."

Both Klein and Gjonaj said heroin addiction does not chose a specific socioeconomic status, race, sexual orientation or age.

Gjonaj also warned parents who say "not my kid" and believe their child is above heroin addiction.

He added even if their child was taught not to use drugs, peer pressure can be a "scary" persuader towards drug use.

Arlene Gonzalez-Sanchez, commissioner for the NYS Office of Alcoholism and Substance Abuse Services, said OASAS is one of the largest treatment centers in the state.

The office has 1,600 providers and has 100,000 patients "in any one day," according to Gonzalez-Sanchez.

In the Bronx, the commissioner said there are 65 treatment programs.

The treatment, said Gonzalez-Sanchez, is called medication-assisted treatment and treats approximately 11,000 Bronxites each day.

Sanchez said the state has also started an anti-heroin campaign, which has already installed a billboard on 167th Street to promote the



(l-r) Assemblyman Mark Gjonaj; Dr. Sarah Church, Montefiore Medical Center Substance Abuse Programs executive director; Senator Jeff Klein; Commissioner Arlene Gonzalez-Sanchez, OASAS; District Attorney Darcel Clark and Luke J. Nasta, Camelot executive director.

Photo by Silvio Pacifico

fight against heroin addiction.

Sanchez added that even though the night's discussion was on heroin the OASAS is dedicated to treating all types of substance abuse.

District Attorney Darcel D. Clark said she has been to other parts of the state where officials are claiming the heroin in their communities is coming from the Bronx.

Clark said the Bronx does not want that reputation.

She pleaded with those in attendance, stressing "everyone" knows the drug dealer on the street and the community should let the police know.

Clark also addressed fears community members may have of retaliation from drug dealers.

She said the alternative to keeping quiet is that people will keep dying on the streets from heroin overdoses.

In addition to discussions on what

the state is doing for heroin treatment, residents also learned what to do if they see someone overdosing on heroin.

The instructions were highlighted by a demonstration on how to administer Naloxone, the drug commonly used to reverse an overdose.

Once the training was completed attendees received a certificate of Naloxone training and their own package of the drug.

Lehman Center announces 36th anniversary season

Lehman Center for the Performing Arts announces the lineup for its 36th anniversary 2016-17 season, which continues its tradition of bringing world-class entertainment to the Bronx. To kick off the new season, Eddie Palmieri and his Salsa Orchestra present a sizzling evening of salsa; Willie Colon returns to La Casa De La Salsa to present a special Christmas concert celebration Asalto Navideño; the classically trained tenors from Cuba, the Habana Boys, four classically trained tenors from Cuba will make their debut appearance at Lehman Center; and a tribute to the Los Compadres: Jose Alberto "El Canario" and Septeto Santiaguero, will perform together for the first time at Lehman Center since their joint Latin Grammy® win. Audiences will be mesmerized by Canada's Royal Winnipeg Ballet's performance of Dracula; thrilled with 80's hit singers El DeBarge, Tank & Troop who will get everyone on their feet; won't want to miss the return of the popular Lehman Center favorite Forever Freestyle 11; and will celebrate the music and life of Prince while experiencing

the Performance Of The Purple Xperience. Lehman Center's exciting 36th Anniversary Season promises an exceptional array of talent to please all audiences. (Highlights of Lehman Center's 2016-2017 Latin and Popular music schedule included below.)

Welcome to Lehman Center for the Performing Arts 36th Season. Lehman Center is one of New York's finest and most exciting not-for-profit performing arts centers – a home to international performers reaching thousands of your friends and neighbors each year. Eva Bornstein, who is beginning her eleventh season as executive director of Lehman Center, says, "I would like to share this season's highlights: In addition to our outstanding Latino series featuring such great artists as Eddie Palmieri, La India, Willie Colon, Ismael Miranda, Tito Rojas, and numerous others, we will be presenting for the first time Canada's Winnipeg Ballet in "Dracula", Taj Express in the Bollywood Musical Revue, The National Symphony of Ukraine, Bale Folclorico da Bahia, Jose Alberto "El Canario" and Septeto Santiaguero,

Five Irish Tenors and Habana Boys from Cuba. Our new season has something for everyone." *New This Season: HAVANA CAFÉ and Lehman Center special VIP pre-concert wine & hors d'oeuvres reception starting at 6:30pm. VIP tickets include the reception and the best seats in the house. At the reception, meet the artists (whenever possible), other patrons and the staff of Lehman Center. Sponsored by Havana Café Restaurant and Havana Club Puerto Rican Rum.

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

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hman's concert series. "Create your own Series" offers a 10% discount on a minimum of three shows, or a 20% discount for six or more shows, or buy five family shows and receive a 15% discount. (All shows must be purchased at the same time at either the box office or by phone at (718) 960-8833.) Plus special \$10 tickets for any seat are available for selected shows for children 12 and under, made possible by a grant from Con Edison. Students, Senior Citizens, Lehman College Alumni, CUNY Staff and Faculty receive \$5 discounts on selected events.

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"This year, I'm going to do whatever I have to do. We're going to work and it's just a matter of putting that work in. If I have to put in some more work or do anything extra, that's what I'll do."

LYNETTE TAITE 74

PIPE DREAMS

By Sean Connolly

Maybe it's me but, whatever happen to the news reporting the news. In 1897, Adolph S. Ochs, the owner of The New York Times, created the famous slogan "All the News That's Fit to Print," which still appears on the masthead of the newspaper today. He wrote the slogan as a declaration of the newspaper's intention to report the news IMPARTIALLY. Maybe they should go back to what they felt was the right thing to do. It seems that the News, whether it is televisions or print doesn't want us to make our own choice on how we feel on a certain topics. They push their beliefs on us. Sure glad that this paper only prints the truth.

The NY Giants are 2-0. Head Coach Ben McAdoo has made an impact on Giant fans. He has shown great clock control. The player are responding to his style. For the second straight week, Cruz made the game-changing offensive play. He caught the game-winning pass last week against the Dallas Cowboys. Sunday, his 34-yard catch with 1:32 left put the Giants on the New Orleans' 2-yard line and allowed them to run the clock down for the game-winning kick by Josh Brown. The Giants have gotten more from Cruz, who had four catches vs. the Saints for 91 yards, then they could have dreamed possible, in his first two games back. Cruz said after the game, "Eli alerted the fly. Gave me a fly route on the outside. I knew he was going to give me a shot and once I got into my route and saw the ball in the air, I knew I had to make a play for my team. I knew I had to go up and get it. And that's exactly what I did." Next week the Redskins come into to test the Big Blue. Their defense has given up 65 points, maybe that is what the offence might need to get back on track in the red zone.

Gang Green had a must win against Rex. Head Coach Todd Bowles addressed the

Continued on Page 2

RAMS RALLY FALLS SHORT IN OT LOSS

BY BENJAMIN LEIBOWITZ

Fordham Prep quarterback Matt Valece couldn't find it in himself to be disappointed.

The Rams senior star led his squad to a dramatic comeback on Sept. 17, climbing out of an early-game hole against Holy Trinity, but it wasn't quite enough.

Despite the late-game rally and furious passing attack, Valece and the Rams couldn't mount that final hurdle, falling 45-38 in overtime.

"My guys were playing their tails off, and I couldn't have what I did in this game without them," Valece said. "It's all about positivity, and we're going to get back at it next [week in practice], and we're going to be better next Saturday against Kellenburg."

Valece was a force to be reckoned with through the air, completing 52 percent of his attempts and racking up 325 passing yards, not to mention three touchdowns.

The standout QB helped spark the Rams in the second half after Fordham Prep fell into a double digit hole early. But Valece never lost confidence, stepping up with ease in the pocket and consistently hitting his receivers down the field. In fact, by the final whistle, Valece connected with five different targets and each one of his touchdown receptions went to a different receiver.

It's a rhythm the Rams offense has been working on achieving since the end of last season and, despite coming up short on the scoreboard, the offensive success was a silver lining in the loss.

"Matt and I have been working together a lot this offseason, lifting, throwing routes on the days where nothing was scheduled, and our O-line has been great," said Loffredo, who hauled in five receptions



Fordham Prep quarterback Matt Valece was an offensive force to be reckoned with on Sept. 16, but the senior standout couldn't quite lead his team to victory as the Rams fell to Holy Trinity in overtime.

Photo by William Thomas

for 94 yards. "We have been working really hard."

Valece tied up the game with a touchdown throw in the game's waning minutes, but it all came to naught as Holy Trinity found the end zone on its opening drive of overtime.

Titans running back William Corchado took the ball at the 20-yard line and broke a handful of tackles, bouncing off Fordham Prep defenders with ease, to notch the game-winning score.

Fordham Prep wasn't able to respond and the loss was a tough pill to swallow, particularly after the offensive show-

case the Rams put on in the second half.

"Coming back the way we did and scoring at the end of the game was all wonderful," Rams coach Al Seoage said. "But on that overtime play we had two guys hit the kid on that counter, and he got out of it and scored a touchdown."

The coach was particularly disappointed with his defense's inability to bring Corchado down, especially when he knows what his front line is capable of.

Still, the Rams were proud of their rally and what the offense was able to accomplish

in pressure-filled moments.

In addition to Valece – and his receiving corps – Fordham Prep's ground game was led by Joseph Drago, who racked up 63 yards on just five carries.

Now, however, the Rams are anxious to put the almost-win behind them, turning their focus to the next game and, most importantly, wrapping up on tackles.

"We practice tackling every single day of the week, and the bottom line is we tackled poorly," Seoage said. "We have to put this one in the rear view mirror and focus on next week."

2016 Warriors Football Opening Day

Let's get this party started!! It's time to play some football

The Warriors opened their 64th season on Saturday September 17th.

Our sponsors this year are Pruzzo's Supermarket, Bronx Design Group, Barinos Market, Parkview Sports Center, O'Connor Carpet, Middletown Animal Clinic, Jimmy Ryans, Cardinal Spellman H.S., Scavello's On The Island, Schuyler Hill Funeral Home, McNulty Funeral Home, Ralph G. Giordano Funeral Home, PS106/Warrior Huddle, Iberia Foods, AC Professional Installers and Dugout Sporting Goods.

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FLAG FOOTBALL

Week#1 :Flag Football started last week and the Outstanding players for Pruzzo's Supermarket Apache: were Jose Monserrate and Maddox Burgos, from the Bronx Design Group Cherokee: Benjamin Velez and Christian Santiago, Barino's Market Mohicans: Donald DeRosa and James Addario, Parkview Sports Center :Nathaniel Platellas and Arthur Ray.

Week#2: Outstanding players for Pruzzo's Supermarket Apache: were Antonio Mautone and Sabastian Rivera, from the Bronx Design Group Cherokee :Aaron Valentin and Adam Velez, from the Barino's Market Mohicans: Joseph Lee and Daniel Saldiveri, and from the Parkview Sports Center: AJay Smith and Tristan Yopez.

JUNIOR PEE WEE DIVISION

The first game of the year saw the Cardinal Spellman Jets play the O'Connor Carpet Bears. In a hard fought defensive battle the Jets edged out the Bears 7-0. Running back James Kelly had the only td of the game and qb Nico Bustamante added the xp. Evan Cintron, Nd Nwosu and Hassan Blakely provided an excellent running game led by the O lineman Daniel Ortiz, Jayden Perez, Matthew Gutierrez, Patrick Walsh, Marcus Maldonado and Keanu Sierra. The D was led by Daniel Ortiz, Carson Lowe, Johannsen Paulino, and Dontaye Morton. The Jets stopped the Bears on the final play of the game on their 1 yard line for the 7-0 win.

The second game saw the Middletown Animal Clinic Chiefs play Jimmy Ryans Giants. In another hard fought defensive game the Giants edged the Chiefs 9-0. Giants Jayden Ramirez scored the only td of the game on a long run. The D made it 9-0 on a group tackle safety. Giants qb Jack Lucas had an outstanding game, as did the O

line and the whole D.

PEE WEE DIVISION

The first game was the Scavello's On The Island Knights vs. Ralph G. Giordano F.H. Saints.

On their opening drive and on their first play Black Knights Aidan Hanley-Piri ran 55 yds and was knocked out of bounds on the 5 yd line. On the next play Jacob Ortiz scored on a 5 yd td run. The xp was scored by Aidan Hanley -Piri making it 7-0 Knights. Logan Arroyo also scored on a 10 yd td run and Aidan Hanley-Piri kicked the 2 point conversion to give the Knights a 15-0 lead as the 1st quarter ended. In the 2nd quarter Knights Daniel Donahue ran 5 yards for his first ever td, Logan Arroyo scored the xp making it 22-0 at halftime. The Saints D shut down the Knights in the 3rd quarter as the score remained 22-0. In the 4th quarter Knights Jacob Ortiz had a 20 yard run, then on a tight end reverse Noah Cosme gained 10 yards, then Marc Piri scored on a 5 yd td run making the final score Black Knights 28 Saints 0

Black Knights outstanding O lineman were Ferdinand Cosom, Daniel Donohue and DJ Guthrie. Outstanding D lineman were Dominick DiNapoli, Ferdinand Cosom, Quincy Mitchell and Daniel Donohue. Defensive highlights were Adonis Santiago and Logan Arroyo with excellent tackling on the 2nd play of the game. Dominick DiNapoli and Quincy Mitchell with numerous tackles.

The last game of the day saw the McNulty F.H. Rams play the Schuyler Hill F.H. Javelins

The Javelins Kenny Maxwell rushed for 95 yds and scored 2 td's on runs of 40 and 20 yards. QB Peter DeFabbia threw for 105 yds and had a td and 2 point conversion. The other xp was scored on an end around by Miguel Rodriguez. The Javelins running game was by led by Christan Bangura, Jayden Brown, Joseph Calle, Anthony Bell, Aidan Sanchez, Jayden Colon, Dominick Morton, Jason Rivera and Omarion Morton. The D got their first shutout of the season led by Jayden Colon who had 12 tackles (2 sacks) Jason Rivera had 8 tackles (3 qb sacks) middle linebacker Anthony Bell had 7 solo tackles, Omarion Morton had 4 tackles (1 sack) Aidan Sanchez, Joesph Calle, Miguel Rodriguez, Dominick Morton and Peter DeFabbia all had 3 tackles each. Ethan Figueroa and Tristan Landetta clogged the middle all game and Makhi Lessington patrolled the free safety spot to secure the shutout. Rams highlights were a qb sneak by Donovan Beauvoir for 40 yards, Cameron Spears with an interception and 20 yd return, qb Angelo Disimeone with

a 15 yard pass completion to Donovan Beauvoir and after breaking 3 tackles ran for another 20 yards. On D Joseph Maldonado stripped the ball which was recovered by Kenneth Prince. The Rams played hard all game and are looking to bounce back next week.

Final Score Javelins 21 Rams 0

Our 14-under travel team had their first win this week beating the Bronx Cardinals 37-0 on Sunday morning. Congrats to our players and Coach Joe Guerra, look for the stats of that game in next week's edition.

Pipe Dreams

from Page 71

media after the win stated "We're not going to win every game scoring 37 points. We have to find different ways to win, different ways to contribute and make sure that at least we have our core intact and we're making steady progress," Bowles said. "And we made progress from the first to the second week. We have to keep trying to make progress in the third week and going forward. It may not result in the score all the time, but with different situations, we still have to indicate we're making progress. That's the biggest thing." Fans had a big scare when Brandon Marshall was taken down hard with a facemask. It was reported that Marshall did hurt his MCL. He sat out of practice early this week. The Jets expect Marshall will be able to play against the Chiefs in Week Three. Hopefully sitting him out will help him and the team.

The Left-hander Steven Matz may be able to provide some help to the Mets' injured pitching staff. New York manager Terry Collins announced on Sunday that the 25-year-old Matz tossed a 30-pitch bullpen session on Saturday at the team complex in Port St. Lucie. "We have no plans yet. Nothing's written. Steven Matz's name certainly will be in the mix," Collins told ESPN. "But Steven, when he gets here, is going to be a guy with a limit in workload that he has. So to get him built up and get him where we want, I am not sure we have the starts available."

Other Mets news is Tim Tebow, 29, signed with the Mets two weeks ago and will participate in the Instructional League all fall. The team will then decide this winter if he gets an invite to spring training next Febru-

ary. "It was really fun," Tebow said afterward, adding later: "I just went out there and played baseball, like I did a long time ago." Funny how they signed Tim and now they are in first place wildcard spot. Maybe he is their good luck charm.

Yankees could use a good luck charm like Tebow right about now. Just as the club got rid of the old and started to give the young a chance, injuries have haunted the team again. The recent sweep by the Red Sox might have cost Joe Girardi his job. If the General was running the team Joe would have never returned to the Stadium. He probably would have packed his bags for him. The Yankees should start looking for a Manager that can work with all of the young talent they have. Just like Joe Torre did back in the day.

This week in sports history in 1926 Gene Tunney beats Jack Dempsey in 10 for heavyweight boxing title. 1952 Rocky Marciano KO's Jersey Joe Walcott in 13 for heavyweight boxing title. 1984 Sparky Anderson is 1st manager to win 100 games in both leagues. 1988 Jose Canseco is baseball's 1st to steal 40 bases & hit 40 HR. 1992 1st female to play in a NHL exhibition game Manon Rheaume, goalie for Tampa Bay Lightning - gives up 2 goals on 9 attempts in 1 period. 1969 NY Mets clinch NL East pennant. 1954 Yogi Berra plays his only game at 3rd & Mickey Mantle plays shortstop.

Thank you for your comments and emails. Keep them coming. If there is something that you might like to see in upcoming articles or if you might like to make a comment you can do so by e-mailing me at sconnolly103@optonline.net.



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AFC Rapid Soccer Week 2 Highlights

BANTAMS

Rainbow Palace Day Care 3 - Global Container 3

In a hard fought match, Rainbow Palace Day Care earned a tie with Global Container thanks to three goals by Jacob Smith. Mario Santucci and Angelina Rodriguez provided great midfield support and Christian Vasquez was solid at goalkeeper.

Charlie's Angels had a tough loss against Prime Realty this week. Ava Frey played amazing in goal with many outstanding saves. Sawyer Burns and Irwin Ruiz scored a goal each. Great defense was played by Kate Tierman, Sophia Nelms, and Jordan Cruz. All in all the whole team played their hearts out and most importantly had FUN!!!

Sensory works vs. Finest Auto

Sensory works played a solid game on both offense and defense and won 5-0 against finest auto. Luca Incognoli lead the scoring with 3 goals with Cash Tucci and Jonni Bacelli both scoring one goal each. Both Logan Tomko and Dominic Cirotti made excellent saves while playing goalkeeper to give the team a shutout. Ava Spinola, Giustino Caldarelli, Ayla Contreras and Kubric Croce all played a strong defensive role in the win. Aj Metzger and Ian Rodriguez held down the midfield and distributed the ball well to help execute the goals. Great game overall for the whole team.

Prime Realty Group battled it out with Charles Angels. It was a tough game, but the non-stop offense and tough nosed defense of Prime Realty Group pulled through for a 7 - 2 win. Leading this team's offense were Tyler Wilson with 3 goals/ 5 shots on goal (This 5 year old showed he has the "Heart of a Lion"), Edward Vargas with 2 goals/ 5 shots on goal, James Addario 1 goal/3 shots on goal, Lucca Amoretti with 1 goal/2 shots on goal, Lily Whelan with 2 break away runs/1 shot on goal, Noah Perry with 2 breakaway runs/1 shot on goal, and Isabella Perry with 1 breakaway run/1 shot on goal. Coming up big in the middle of the field and winning possession for the team were Emer King with 2 stops/2 takes, and Aaron Rivera with 1 stop/2 takes. Shutting them down

and providing the defense were James Addario with 4 big stops/3 takes, Noah Perry with 4 big stops/2 takes, Isabella Perry with 4 big stops/2 take, Lily Whelan with 2 big stops/1 take, and Edward Vargas with 2 big stops/3 takes. This was a great Team win, everyone is so proud of you guys

Finest Auto Body gave a valiant effort against Sensory Works OT PC. Landon Soto gave an amazing display of what it takes to play as a goalie making multiple great saves. Kaelyn Newgent displayed great athleticism and had a break away run for goal.

All Around Security performed well as a team and we won our 2nd game of the season 4-0. This was a great team win, with large contributions from all our players; Zachary Ben Mansur scored 2 goals and Maxim Rauchman and Thomas Cullen added a goal each. This high flying offense was orchestrated and executed by our great midfielder Sara Grossman. This win was made possible by our fortress like defense, led by Natalie Alonso and Kinberly Neil that attacked every loose ball with precision and much finesse. Let's not forget our brave goalie Rocco lunngo, who maintained a clean net with a few brilliant saves.

MINORS

This week's game the Island Current vs Bronxville Auto Collision ended in a tie 1-1. Carlos Hernandez #8 scored the tying goal for Island Current. The defense on both teams worked hard and didn't allow another goal.

Louie & Ernie's coached by Noreen Crowe won 1-0 to Spot On.

What an awesome game played by both teams. Andy Badalati scored the only goal in the game. Great teamwork from Dan Wiehler, Erin Crowe and Sean Kocovic no getting by defensive players Evan Frey, Victoria Malone and unstoppable goalies Richie O'Flanagan and Brandon Crowe.

Loretta's Pizza played an away game vs Advance Solutions. Both teams came to play and ultimately the game ended with an overall 1-1 tie. The offense for Loretta's was clicking led by Justin Barberan scoring the only goal

for Loretta's Pizza. Both Ethan Mella and Sal Duran provided the assist to lead to the breakaway goal. Defensively, Loretta portrayed a very good stand throughout the game with the likes of Abbie Kreiner, Kailey Siegmund, Lyan Yap, Brianna Murphy and Jeremiah Calmares stopping the offensive threat that Advanced Solution brought forth. All of this hard work paid off thanks to Loretta's star goalie, William Muirragui-Codjoe. William was dominant at his position and single handedly stopped 9 shots on goal from a strong Advance solutions offensive team. Loretta 's Pizza is beginning to play as a strong team in this young 2016 season.

Brewskies Bar and Grill had a hard fought 3-2 win over the Bronxville Auto Collision in the Minors Division this past weekend. Brewskies was led by Coach Kenneth Boyd and Isaac Ramirez in their 1st win of the season. Everyone played well and fought hard though a back and forth struggle. A great free kick from Mihailo Radiovic got the team started with their first goal followed by a second goal by Salif Kone. Excellent hustle from Sophia Marie Arciuolo also known as "Pixie", and Kenneth Boyd Jr. as well as Ron and John Verde-Rose. Laila Vazquez provided excellent defense along with Melania Orgando, Jaden Straussman and of course the goalies Antonio Bruno and Anthony Medina. Excellent work from the whole team ensured the victory for the day.

Bronx Collision started the scoring with a goal midway through the first half by Andrew Pastrana. Brewskis got a penalty shot a short time later which was saved by goalie Mathew Cuebas but the referee had not blown his whistle so Brewskis got a second try at the penalty kick and scored on the do over. The half ended 1-1. Bronx Collision fought back in the second half and took the lead again on a goal by Yanni Pappafunou putting the team up 2-1. Brewskis found a way to keep focus and capitalized on a few defensive mistakes by Bronx Collision scoring twice in the half and taking the game 3-2

9/11 GAME

The Minors were first to play after the parade. Island Current played against Brewskies Bar & Grill. Team island Current came in to fish themselves a win. Five minutes into the first game of the season and #10 David Pemberton scores the first goal! Each team played well and didn't allow another goal with great defense anchor by Kasey Metzger after. Final score 1 - 0. Island Current with the win.

INTERMEDIATES

Fiamma pulled out a 2-1 nail biter over Scavello's Sunday in a week 2 clash that had everyone on the edge of their seats. After Scavello's jumped out to an early 1-0 lead, Aiden Osmanovic tied it up before the half with a blast from 15 yds out. Angel Melendez put Fiamma ahead early in the second with a perfect strike from the corner that proved to be the winning goal. Scavello's threatened late in the game, but Fiamma's defense, led by Rocco Cirotti, who single handedly shut down 3 breakaways, was able to lock down the victory. Well played by both sides for the full 60 minutes & this is sure to be an exciting rivalry all season long.

Scavello's coached by Noreen Crowe and Pete Wiehler lost 2-1 to Fatima

Conner Delatore scored the goal assisted by Chris Crowe. It was tied going into the 2nd half. Max Wiehler, Blaise Baumann and Justin Foster sweated and played their best. Defense players Nicolas Tripoli and Joe Vento gave their all but in the last 5 minutes Fatima scored winning goal. Nerve wrecking game.

BOYS MAJORS

Coach James Harkins for Alfie's place. Opening day game 3-1 win over Schuyler hill F.H. Great offensive play with 2 assists by Liam Tighe, 1 by Kevin Peters. Goals by Joe Healy, John Heaney, and Cole Wiehler. Great defensive player by Kevin Peters, James Harkins and goal tending by Kenny Banker.

Boys majors 9/18 1pm game Alfie's ties 1-1 against Alley cat smokehouse

Liam Tighe with another assist that's 3 assist in

2 games. Quincy Foster got the tying goal. It was a great game with 2 evenly matched teams battling back and forth. Great goal tending for Alfie's by Cole Wiehler in the first half, and Kenny Banker making a number of diving saves in the 2nd half. Alfie's strong defense was able to keep alley cat smokehouse from scoring more goals.

Schuyler Hill F.H. returned home to play a strong St. Frances De Chantal team. Playing short handed, Schuyler Hill gave it their all in trying to play alongside their opponent but ultimately Schuyler Hill took their second loss of the season. Forwards Vance Calderin, Vincenzo Iodice and Albert Rugova took some shots on goals that the opposing goalie managed to corral. Schuyler Hill goalie Geovanny Rodriguez made numerous great stops to keep Schuyler hill in the game but ultimately a formidable St. Frances team managed to score to gain the victory. It still is a young season and Schuyler Hill is not done yet in this young 2016 season.

GIRLS MAJORS

capital Shield Agency took out insurance to get the win on Sisto FH 4-0. Goals were scored by Manolia Argyros, Rebecca Cerini, Riley Murphy and Maria Silvestri. Great game played by all. Proud of the teamwork by the girls.

In a replay of the opening day matchup, Conquest & Crowe once again squared off with Sisto F.H. C&C prevailed 3-2 on a goal by Georgia Argyros and two more from Nicolette Dinnino. Strong offensive play was turned in by Amanda Pjetrushy, Lauren Kenny, Kayleigh Crowe and Nicole Grossman. Solid defensive efforts were turned in by Tori Anderson, Gabriela Dinnino and Samantha Forese in front of netminder, Jade Haney

INTERMEDIATES

This week Spot On lost to Louies and Ernie's, 1 - 0. It was a game of defense, and the stand outs were, Ava Diaz, William Gonzalez and goalie Damian Hegarthy. Aaron Diaz and Mathilda Hirschhorn played extremely well at mid field. Despite the loss, Daniella Mosca and Leo Vazquez played a strong game offensively.

Manhattan women's hoops adds local star

BY LAURA AMATO

The Manhattan women's basketball added a local face to its 2017 recruiting class and first-year coach Heather Vulin couldn't be more excited.

The Jaspers picked up a commitment from Bishop Loughlin guard Lynette Taite earlier this month when the senior standout made her official visit to the campus. It's a big-time get for Manhattan and one that Vulin and her staff are certain will be a building block for the program.

"Coach told me that 'she goes crazy when she looked at me and some of the other players on the floor,'" Taite said. "I knew I would have some time to help her do what she's trying to do there, which is build a strong program."

Taite immediately felt at home at Manhattan, feeling a connection with the squad from her first walk on campus. It was during her official visit, however, that she realized this could be her basketball home for the next four years.

"I loved the way they treated me. I felt like I was a part of the team as soon as I even got there," Taite said. "I feel really confident with my choice."

Taite – who averaged 12 points, seven rebounds and four steals with the Lions last season – knows it won't be easy at the next level, but she's more than willing to put in the work.

In fact, the senior standout wanted to suit up for practice with her future Manhattan teammates during her visit. She would have, if it weren't for National Collegiate Athletic Association rules.

"I'm not allowed to work out with the team until everything is final," Taite said. "But the first thing I thought of [after committing] was practice." "I know it's going to be hard, but I re-



Bishop Loughlin guard Lynette Taite visited Manhattan College twice and committed to the women's basketball team earlier this month, cementing her future in the Bronx with the Jaspers. File photo by Louise Wateridge

ally don't mind honestly. I want to get in there and I want to work hard."

Taite also had an offer from St. Francis Pennsylvania, but opted not to go on her visit – slated for early October – after realizing Manhattan was her perfect college-hoops fit.

She didn't want to miss out on the opportunity the Jaspers were giving her.

"There were three or four other girls who could have maybe had this

scholarship," Taite said. "So I as soon as I visited Manhattan, I just knew I wanted to be there. Waiting that long could have messed me up and I could have missed out."

Now that her college choice is set, Taite is ready to focus entirely on her final season of high school basketball and – perhaps even more importantly – her next practice.

She's determined to get better every day and knows that practice will

help her reach her final goal – a city championship.

"I want a championship. I'm not leaving without one," Taite said. "This year, I'm going to do whatever I have to do. We're going to work and it's just a matter of putting that work in. If I have to put in some more work or do anything extra, that's what I'll do."

Gridiron greats: The best moments from the Bronx HS gridiron this week

BY LAURA AMATO

The Clinton football team came up just short of another dramatic victory, falling to Flushing 10-6 on Sept. 17.

The Governors kept things interesting, scoring a fourth quarter touchdown after giving up 10 points in the first half, but the rally couldn't come to fruition as time expired in the game.

Clinton's offense struggled throughout the gridiron matchup, racking up just 71 total yards, while Flushing was seemingly unstoppable.

The Red Devils attacked from every angle – recording 113 yards through the air and 108 yards on the ground

– while Flushing's defense picked off Clinton QB Luis Ortiz twice.

Clinton returns to the field on Sept. 24, taking on Canarsie Educational Campus in the last of three road games to open up the season.

Of course, the Governors weren't the only squad to take the field this weekend. Here's the rundown of all things Bronx football in the second week of high school action:

Cardinal Spellman 28, St. Dominic 8: The Pilots strong start to the season continued on Sept. 17 with a lopsided showing in CHSFL action. Cardinal Spellman's de-

fense took center stage in the win, allowing just 16 passing yards in the victory.

If there was a bright spot for the Bayhawks, it was Victor Opara, who racked up 101 yards on the ground.

Lehman 34, Petrides 14: The Lions improved to 2-0 on the season thanks to a big-time second time quarter that saw the squad jump out to a 22-point lead. Petrides did its best to stage a rally, scoring 14 points in the second quarter, but Lehman managed to hold on for the victory.

Monsignor Farrell 24, Cardinal Hayes 18: Things continue to be a struggle for the Cardinals, who dropped to 0-2

on the season with a second straight loss on the gridiron. Hayes will look to notch its first win of the year next week, squaring off against Archbishop Stepinac in a Catholic AAA battle.

Alfred E. Smith 30, Adlai Stevenson 6: Jamari Morris was nothing short of efficient in the pocket, completing just four passes, but racking up 131 yards and two touchdowns in the process.

Meanwhile, the ground game hit its stride early for Alfred E. Smith, sparked by Alfredo Hines and Jamari Morris who combined for 127 yards and three touchdowns. Springfield Gardens 33,

Christopher Columbus 6: The Blue Steel got on the board in the second quarter, but Springfield Gardens answered in a big way, scoring 26 unanswered points in the second half to notch the victory.

Brooklyn Tech 22, JFK 20: The Knights couldn't grab their second win of the season, unable to hold on to a late-game lead as Brooklyn Tech rallied to take the slim victory.

OTHER SCORES:

Information Technology HS 34, Evander Childs Campus 13

Long Island City 34, KIPP NYC College Prep 12

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