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**The Bronx's
Number One
Classifieds**

Pages 44-49



Two clinics filling in for Espada

BY DAVID CRUZ

While one health care provider takes over disgraced former Senator Pedro Espada's now defunct Soundview Health Center, another clinic has set up shop just blocks away.

Urban Health Plan, a staple in the south Bronx for 40 years, opened its doors July 12 at the Bruckner Plaza strip mall, a four-minute walk from the old clinic, now dubbed the Stevenson Health Center and run by The Institute for Family Health.

But both sides agree there's "plenty of work to go around."

"The Institute is welcomed to practice here," said Paloma Izquierdo Hernandez, president and CEO of Urban Health Plan. "The community will luck out in having two providers."

Dr. Neil Calman, head of the Institute, said having two clinics to service an area of 60,000 people makes sense.

"The current recommended number of primary care providers to population is 1 doctor per 1200 patients," said Calman. "That means there's a need for 50 primary care providers to serve the population."

Lawmakers joined Urban Health Plan in cutting the ribbon for its sixth clinic in the borough.

Noticeably small, the new clinic has four exam rooms that offer primary care services.

Continued on page 50

VIGILS CONTINUE FOR RAMARLEY



Photo by David Cruz

MIDNIGHT BLAZE ON WALTON AVENUE INJURES 30

A fire took out several apartments and this rooftop in Concourse July 18, forcing dozens out. The fire at 975 Walton Avenue injured 28 firefighters and two people, said to be doing okay. It's unclear what caused the midnight blaze that burned for a few hours.

Youth shot by cop is mourned

BY DAVID CRUZ

The 18th and final vigil for an 18-year-old Wakefield youth fatally shot by a police officer in a disputed incident will be held today outside a Wakefield home that has turned into a virtual shrine.

The family of Ramarley Graham will then march to the nearby 47th Precinct stationhouse for a final rally.

"Each vigil represents every year Graham has been alive," said Constance Malcolm, Graham's mother.

Graham was fatally shot by 47th Precinct narcotics officer Richard Haste on February 2 after the cop chased him from the street up to the family's second floor bathroom where Graham was allegedly trying to flush drugs down the toilet.

The incident began after cops spotted Graham and two others leave a Wakefield bodega.

Police said Haste believed

Continued on page 50

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Photo by David Cruz

Honoring the fallen. Lawmakers join military vets in cutting the ribbon on the revamped Van Cortlandt Memorial Grove.

Reverence and reflection at Van Cortlandt Memorial Grove

BY DAVID CRUZ

A once desecrated war memorial grove is back to its former glory.

Local vets were joined by city Parks officials and lawmakers for the re-opening of the Van Cortlandt Park Memorial Grove on 246th Street and Broadway.

The memorial grove, established in 1949, received a \$250,000 facelift that went towards replacing several bronze plaques honoring 39 fallen WWII and Korean War servicemen who died in Europe, North Africa and the Pacific.

"This will remain a place of reverence for generations to come," said outgoing Department of Parks commissioner Adrienne Benepe.

Much of the renovation work included the replacement of 15 original plaques, which stand at the foot of large oak trees.

Herb Barret, a Riverdale resident and veteran, led the campaign to restore the site for the past six years. Cycling along the verdant pastures in 2006, Barret noticed the grove was completely trashed.

"The place was so shabby," said Barret.

Years of barbecuing left the grove heavily strewn with "garbage, branches, and charcoal."

by," said Barret.

This will remain a place of reverence for generations to come.

Adrienne Benepe
Parks Commissioner

Several of the bronze plaques also disappeared, according to Barret. "When I first looked at it there were about eighteen."

Seeing a need to honor the veterans the right way, Barret teamed with Don Tannen in forming the Memorial Grove Restoration Group.

"Pestering" local lawmakers for help, the group found it from Councilman Oliver Koppell, who allocated \$250,000 in city capital funds to spruce up the grove.

The project had a more personal link for Koppell,

the son of refugees from Nazism.

"These servicemen helped protect my family, and prevent the spread of Nazism," said Koppell.

But even as Koppell signed off on the allocations, the project dragged for years.

"It was a small contract," said Bob Bender with Community Board 8. "There were not a lot of companies that really wanted to bid on it."

Adding to delays were the missing plaques. Bad record-keeping forced researchers to sift through old documents to make sure their final count was accurate, according to Bender.

Work on the project finally began in 2011. Besides the plaques, contractors installed a new fence, trees and benches for people to sit and reflect.

The project has sparked interest for families of other fallen soldiers to be honored in the park. Anyone interested can call the Van Cortlandt Park Conservancy at (718) 430-1890.

Reach reporter David Cruz at 718-742-3383 or dcruz@cnglocal.com.

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Benedetto has sidewalk fixed

BY KIRSTEN SANCHEZ

No more cracks, no more possible broken backs, to paraphrase the old child's rhyme.

The construction process to redo the sidewalks around P. S. 160 in Co-op City has begun.

After local Assemblyman Michael Benedetto vented frustration at a press conference in late May at the Departments of Education and Transportation disputing which agency was responsible for repairs of the

sidewalk,

Benedetto contacted New York City's representatives in Albany and began discussing the dangerous situation the unrepaired sidewalks presented for students and Co-op City residents.

Benedetto pointed out that Co-op City has a large senior citizen and handicapped population and that numerous people had fallen in and around the school.

"New York City was leaving themselves open to a potentially large lawsuit,"

said Benedetto. "I think they understood that reasoning."

P.S. 160 school officials had been requesting for a number of years that repairs be made, but their calls were left unanswered.

The school's parent association president Elizabeth Penn said she had pictures of residents who had fallen on the sidewalk, and was concerned about the well-being of the school children, many of them physically disabled.

During the school's graduation ceremony, Bene-

detto announced that the multi-year struggle to fix the sidewalk would soon be over.

"I was hoping that it was going to happen," Benedetto said. "But I didn't think that it would happen this quick. I want to thank all those who helped bring this battle to a successful end, the Department of Education officials in Albany and the City who I talked with, the school officials who did the proper paperwork, Ms. Penn and the Parents Association for providing good backup.



Photo by Walter Pofeldt

Crossing streets will get a lot safer thanks to new 20 MPH speed zones.

Bronx Shepherds boss indicted on bribery

BY DAVID CRUZ

A pay-to-play scandal is rocking a longtime nonprofit. Satnarine Seebachan, veteran program exec with Tremont's Bronx Shepherds Restoration Corp., faced bribery charges stemming from a six-year probe.

He's accused of using contractors to do \$100,000 of free work at his home for dibs

on government-sponsored contracting work he oversees. He turned himself in July 16 at Manhattan Federal Court where he pleaded not guilty.

Bronx Shepherds has been a staple in the south Bronx for over 30 years, fixing affordable housing units and other services for the poor. It also manages several

buildings throughout the borough.

Seebachan is in charge of picking the contractors for two federally-funded home improvement programs, considered by nonprofit officials as a "major thrust of the organization".

But prosecutors claim Seebachan told contractors in 2006 and 2010 he would

"make it worth their while" if they performed free renovations on his Long Island home.

Seebachan, 50, convinced contractors to install new marble in his bathroom and kitchen. If convicted, he could face up to ten years in prison.

A receptionist at his nonprofit gave no comment.

Speed slowdowns

BY PATRICK ROCCHIO

Slow Down! Motorists used to the citywide 30 MPH (seemingly optional to many) speed limit will soon see it cut to 20 MPH in several Bronx neighborhoods.

It's part of the city ex-

panding its "Neighborhood Slow Zone" program after a successful pilot program begun in November in Claremont.

A team of reporters from the Bronx Weekly put the pedal to the metal on

Continued on page 55

BORICUA COLLEGE



Established in the early 1970s, Boricua College focuses on the needs of Puerto Rican and Latino students in New York City, while serving a diverse population of students from all over the metro area. Fields of study include childhood education, human services, business administration, liberal arts and sciences, and Inter-American studies. ♦ The college employs one of the largest concentrations of Latino bilingual professionals in the city, including 130 full-time and 100 part-time faculty and staff members. Boricua is a broad-based source of expert knowledge about Latin America, the Caribbean and the experience of Puerto Rican and Latino immigrants in the Big Apple. ♦ The most exciting new development is the Bronx Campus, a 14-story tower that houses the college's academic and administrative offices as well as a 260-seat theater, a museum, a cultural center, a library, a high school, a college prep program, and an after-school program for children of Boricua students. ♦ The new vertical campus can serve 2,000 full-time students and will be a part of Boricua Village, which includes 700 units of affordable and moderate housing, underground parking, retail space and a plaza.

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Golden Krust co-founder's autobiography charts success

BY KIRSTEN SANCHEZ

Lowell Hawthorne has a lot of Krust.

The co-founder of the Bronx-based Golden Krust Caribbean Bakery & Grill has a story to tell about the largest franchiser of Caribbean baked products in the United States.

And tell it he does in a new rags-to-riches autobiography.

The co-founder, president and chief executive officer of Golden Krust calls his memoir, "The Baker's Son" - about "how the Golden Krust empire was built from a small Jamaican village to the pinnacle of American enterprise."

"It tells about the power of family togetherness, faith and determination to succeed in spite of unsurmountable odds," he said.

"I also share business tips in the last chapter of the book which encapsulates key ingredients to the success of Golden Krust Caribbean Bakery & Grill. For anyone just starting their

entrepreneurial journey or thinking about starting a business one day, I would encourage them to get a copy."

Growing up, the art of baking flowed through the veins of the Hawthorne clan, having been taught the family secret by their father Ephraim Hawthorne, who operated the successful Hawthorne & Sons bakery in the hills of St. Andrew, Jamaica in a community known to many as "Border".

It was under the skillful eye of his father that Lowell and his siblings mastered the art of creating baked products.

The Jamaican-born Hawthorne graduated from Oberlin High School and Grantham College before migrating to the United States in 1981.

He worked as an accountant for the NYPD while studying at Bronx Community College, then going on to study business administration at Baruch

and Lehman Colleges.

"You can say that baking is in our blood! I believe we were destined to be in the baking industry," he said. "Even though we enjoyed a respectable life in Jamaica, opportunities for advancement were not always readily available. Some of my older siblings migrated to the U.S. in the early 80's to seek out a better life. One by one we all migrated and found employment in different fields.

"It was rough going for many years, until one day the idea of opening a bakery similar to what our parents had in Jamaica came to mind."

In 1989 his desire to create economic stability for his family led him to open a baked goods retail outlet on East Gun Hill Road, selling breads, buns and pastries.

The popularity of the first outlet grew quickly and led to opening several other outlets across the New York area, mostly in

Continued on page 55



Photo courtesy of Golden Krust Caribbean Bakery and Grill

Co-founder Lowell Hawthorne stands next to a conveyor belt carrying dough used to make Golden Krust's Caribbean style patties at its Park Avenue plant in the south Bronx.

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Annual summer meals program kicks off at Orchard Beach

BY KIRSTEN SANCHEZ

Get it while it's hot!

The annual summer meals program is now underway.

Chancellor Dennis Walcott, joined by federal and city agencies and non-profit organizations at Orchard Beach on the program's kick-off day, Friday, July 13, encouraged families to take advantage of free breakfast and lunch for their young-

sters through the program, which runs through August 31.

Summer meals are provided in more than 1,000 locations, including pools, parks, public housing sites and soup kitchens throughout the five boroughs.

The Department of Education is also operating a mobile refrigerated truck that provides meals to children at Orchard Beach. It

also operates another refrigerated truck at Flushing Meadows Park and will shortly add a third one to serve meals to youngsters at Queens Farm Park, Walcott said.

The DOE said it served more than 7 million meals last summer, including 67,000 meals served by the trucks. That's more meals than some states served for their entire summer program, it said.

To help promote summer meals, Share Our Strength, a national non-profit that focuses on eliminating childhood hunger, is providing text messaging capabilities and has produced postcards and flyers that are being distributed throughout the city through food advocates, community-based organizations, city agencies and the DOE to alert families of the summer

meals program.

"We want all families with children, no matter their residency, to have one of our nutritious meals free of charge," the chancellor said. "We are reaching out to families through posters and flyers, thanks to the efforts of the USDA, Share Our Strength, the Mayor's Food Policy Coordinator and the Office of School Food."

Bill Shore, founder and CEO of Share Our Strength, said he is thrilled to be partnering with the DOE to ensure that every child in New York who needs something to eat gets it.

"The summer meals program is a great way to make sure that kids who get free lunch during the school year can also get the nutrition they need when school is out," Shore said.

Councilman Jimmy Vacca agreed.

"The summer meals program is a wonderful opportunity for young children to receive free meals at over 1,000 schools, pools, parks and other great places in the city while they enjoy their summer vacation," Vacca said. "Just like during the school year, it's absolutely vital that

we continue to offer these free and nutritious meals to these youngsters during the months that they are not in school. Making sure our kids eat healthy year-round is something that we should all take seriously."

For a location and meal hours, parents can call 311, log onto the DOE at www.opt-osfns.org/schoolfood/public1/default.aspx, visit Share Our Strength's website at www.strength.org, or NYCFood at www.nyc.gov/nycfood. Parents also may text "nycmeals" to 877877, or visit the Parks Department website for locations at parks and pools.

Parkway voter registration

A voter registration rally, including family fun, entertainment, music, dance, food, health information and face painting, will be held at the Pelham Parkway Houses, the Honeymoon Lane Section, between Williamsbridge Road and Astor Avenue, on Saturday, July 21, from noon to 4 p.m.

The event is sponsored by Mark Gjonaj.

Cardinal Dolan's elevation St. Theresa Feast's theme

Archbishop Timothy Dolan's elevation to Cardinal by the Vatican will be the theme of this year's 16th annual summer feast by St. Theresa Parish.

The feast will run from Wednesday, July 25 to Sunday, July 29 near St. Theresa Church, on St. Theresa Avenue between Mulford and Mayflower avenues, between 5 p.m. and 11 p.m., and from 2 p.m. to 10 p.m. Sunday.

In past years, the festival has featured between 12 and 15 rides, as well as food, games and amusements.

Some of the highlights of the feast's schedule include performances by Simply Magic's John Turdo near the church every day of the feast at 6 p.m., a performance by

St. Theresa youth at 7 p.m. on Thursday, July 26, an opening procession and prayer at 7 p.m. on Wednesday, July 25, and the procession of the St. Theresa statue at 5 p.m. on Sunday, July 29th, followed by a choral concert by the St. Theresa and St. Frances de Chantal choirs at 6:30 p.m.

Each day of the feast will include an opening prayer in front of St. Theresa Church.

In addition to the fundraising feast for the church and school, the church is also holding its "grand raffle." Exactly 1,000 tickets will be sold at \$100 each, with the grand prize the winner's choice of a 2012 Mercedes C300 or \$30,000. Second prize \$1,000, and third prize \$500.

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Melrose center for disabled moves to West Farms

BY DAVID CRUZ

Something old is new again.

On the day the U.S. Supreme Court upheld Obamacare, a brand new medical center for cerebral palsy set up shop in West Farms.

The Jerome-Belson Center, once a 30-year staple in Melrose, has relocated to a high-tech 50,000 square foot medical facility in West Farms.

Re-named the West Farms Center and Metro Community Health Center, the facility officially opened on Thursday, June 28.

Though the building had already been up and running for several months, the ceremony gave members of the Cerebral Palsy Associations of New York State an opportunity to give the center a more appropriate opening, complete with a musical presentation.

They were joined by families and lawmakers in cutting the appropriately green ribbon, an eco-friendly symbol of the facility's

LEED certification.

"Here in the heart of the borough... God's work is being done and in this building God's work is going to continue," said Borough President Ruben Diaz Jr., adding the new center is another example of the Bronx's building boom.

Both centers offer an array of services for people with disabilities, including dental care, counseling and physical therapy. One of its primary focuses is treating those with cerebral palsy, a neuromuscular condition that impairs movement, learning and the five senses.

"This really will be a place to get medical attention," said Susan Constantino, head of the CPANYS, which provided the \$12 million needed to fund the center.

The facility, equipped with a day program for nearly 200 people, has helped Bronxites like Qura Martinez of Longwood, whose son Franklin has Downs Syndrome.

Fifteen years ago Martinez tried enrolling her son into several day programs only to be turned down. Once she found Jerome-Belson, Martinez said they "rolled out the red carpet for [her] son." She was even more thrilled to see the new clinic's upgrades.

"This is the best thing that ever happened to me," she said.

Franklin has now been able to cope with the condition, having learned to brush his teeth and bathe on his own.

Gwendolyn Lawson of Belmont couldn't thank the facility enough for helping her son Lamar live a full life with cerebral palsy. She was equally impressed by the large-scale facility.

"The old place had very limited space," said Lawson.

For giving her son a more comfortable life, Lawson volunteers for the medical center, setting up workshops for patients.

As the clinic settles in,



Photo by David Cruz

The ceremonial green ribbon is cut for the brand new eco-friendly medical center in West Farms.

it's also going through the process of qualifying as a federally-qualified health

center, which would cover the cost for patients who can't afford health care.

Reach reporter David Cruz at 718-742-3383 or dcruz@cnglocal.com.

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BOROBEAT



by Bob
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JOSE TROUBLES?

Bob Press who puts out the 100percentbronx.blogspot.com called us up Monday all excited, saying Assemblyman **Jose Rivera** might be knocked off the September 13 primary ballot line.

Seems Rivera's petitions list Bob's former political cohort and current male State Committeeman **Ricky Martinez** as an alternate Judicial Delegate.

According to Press, Martinez made it clear to Jose he was running against him for both Jose's 78th Assembly District and district leader's seats in Fordham/Bedford Park, and did not want his name on Jose's petitions.

We got mixed opinions on this one, with one respected election lawyer (no name, please) saying Ricky could have a case. "Now Ricky has to put up or shut up."

But attorney **Jerry Goldfeder**, who wrote THE BOOK on election law, said he doesn't see it as any big deal challenge-wise.

We shall see....

Oh, and BTW, Jose's petitions are carrying his city councilman son Joel's name as the NEW candidate running for male State Committeeman.

BRIDGE BUILDING

We're siding with Queens Councilman **Peter Vallone** on this one, who's opposing west Bronx Councilman **Fernando Cabrera's** bill allowing naming city bridges and landmarks after persons still alive.

Cabrera wants to name the Willis Ave. Bridge after former mayor **David Dinkins**, while Vallone fought naming the Queensborough/59th Street Bridge for still-breathing ex-mayor **Ed Koch**.

Peter paid the price, with Council Speaker and mayoral wannabe **Christine (Rosie O'Donnell) Quinn** slicing his district funding for DARING to oppose her.

And hey, if they're gonna rename the Willis Ave. Bridge, it should be after that action movie guy, Bruce....

MAJORITY LEADER JEFF KLEIN

Bronx state Senator **Jeff Klein** could wind up "de facto leader" of the senate with his four-member Independent Democratic Conference, predicts Bronx GOP Boss **Jay Savino**, if the Republicans lose a seat or two in November, once again leaving it evenly split 31-31.

Savino said that after interviewing Jeff and two other candidates, the GOP will be putting Jeff on it's ballot line in the Sept. primary.

MINI-ME'S

Just to keep the Dem primary interesting, a bunch of challengers without much particular clout are running up-hill races.

Many-to-most are out of perennial candidate **Richie Soto's** Rising Voices Coalition.

Soto himself is challenging west Bronx assemblyman **Nelson Castro**, and unlike previous races where he's dropped out before the end (against **Pedro Espada** for his then-state Senate

seat), Rich swears he ain't dropping out this time - if his petitions survive legal challenge.

If history is any judge, legal challenges to their petitions will see most of the challengers knocked off the ballot. And the lawyers get rich....

VINDICATED

We apologize for spanking our original source who had us printing that Party Boss **Carl Heastie** was going to back Supreme Court Justice **Darcel Clark** for the Bronx Surrogate's job. Turns out our source WAS right, but then Carl switched candidates and went with Acting Supreme Court Justice **Nelida Malave-Gonzalez**. Something to do with a political power broker/close friend of Gonzalez's stepping in to change Carl's mind, we hear....

WANNABE

Add political neophyte **Adam Bermudez'** name to perennial candidate **Irene Rukaj's**, filing nominating petitions for absentee Assemblywoman **Nao-mi Rivera's** seat.

In the interest of fair and balanced, Adam's a former reporter at the Times Reporter. Seems like a decent kid. Why he'd want to cross over to the Dark Side we have no idea....

SUDDEN IMPACT

No sooner did we recently write that the NYPD's Operation Impact rookies are spending more time riding around in vans, than bosses were laying out the street/crime activity maps for them to hit the pavement.

JIMMY TO THE RESCUE

We hear hardworking east Bronx Councilman **Jimmy Vacca** sacrificed a big chunk of funding for other worthy local projects to make sure the Throggs Neck Houses and the Pelham Parkway Houses where 88-year old **Sylvia Shapiro** was slain, got the money for security cameras.

Our cop sources tell us they have a "person of interest" in the murder, but as one long-time detective boss who dealt with Bronx D.A. **Rob Johnson**

told us, "The D.A. wants a conviction before he'll bring an indictment."

MEA CULPA

Thanks to Jack from Van Cortlandt Village pointing out that Councilman **Fernando Cabrera** supported Congressman **Charlie Rangel**, NOT **Adriano Espallat**, who supported Cabrera when he ran for his west Bronx seat.

FACE

Facebook bud **George Molé** couldn't resist hitting a book signing for "Good Times" actor/comedian **Jimmie Walker** (AKA J.J. "Dyn-O-Mite!" Evans). George notes Jimmy's a Bronx guy - Melrose Houses, Roosevelt High School.

BRONX BIRTHDAYS

Actor **Richard Castellano** (1933-1988), Clemenza in The Godfather - "Leave the gun, take the cannoli."

Actor Wesley Snipes, July 31, 1962.

Got some hot gossip? E-mail Kappy at bkappstatter@cnglocal.com.



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40th PCT.

TUES, JUNE 26th, 3:55 a.m. – 526 Tinton Ave. Police officers had a stand-off with a barricaded male. Officers from the Emergency Service Squad were summoned to the scene to help gain control of the individual. Once in custody at 5:40 a.m. the person was transported to Lincoln Medical Center.

TUES, JUNE 26th, 7:55 p.m. – Third Ave. and East 152 St. The medical staff at Lincoln Medical Center treated a male suffering from a bullet wound. A black male was treated for a bullet wound to the left leg. Police officials ordered additional police officers to be sent into the area to help with a search. Local detectives are handling the inquiry.

FRI, JUNE 29th, 1:05 a.m. – Park Ave. and East 149 St. Officials were summoned to the emergency room at Lincoln Medical Center after a man arrived suffering from a bullet wound. A 19 year old black male had been shot in the knee, but officials learned that the incident occurred in Manhattan. Detectives from Manhattan's 28th Pct. will be handling the inquiry.

41st PCT.

WED, JUNE 27th, 2:00 a.m. – 880 Faile St. Police investigators are looking into an incident where a male had been shot. The victim was suffering from six bullets wounds that entered the head, back, in addition to each leg. The male victim was listed in critical condition as police investigators looked for two black males.

FRI, JUNE 29th, 1:35 a.m. – 894 Rogers Pl. An 18 year old male was suffering from a bullet wound when he arrived at Lincoln Medical Center. The 18 year old black male had been shot once with the bullet entering the victim's buttocks. Officials at the scene requested officers from the Emergency Service Squad to assist with a crime scene search.

FRI, JUNE 29th, 6:20 p.m. – Westchester Ave. and Bruckner Blvd. Local police officers required assistance from Harbor police officers and officers from the Emergency Service Squad. The body of a male was discovered floating in the Bronx River near the Sheridan Expwy. Police officers removed the body from the waterway and turned it over to the experts at the Medical Examiner's office.

42nd PCT.

WED, JUNE 27th, 6:06 a.m. – 511 East 163 St. A search is underway for a black male. The unknown culprit broke into a commercial premise using what appears to be a simulated firearm. The thief flew with two-hundred dollars. Local detectives are handling the inquiry.

SAT, JUNE 30th, 1:20 a.m. – 830 Washington Ave. A Hispanic male was arrested after police recovered a semi-automatic pistol from the culprit. Taken away



POLICE BLOTTER

from the culprit was a 380-caliber semi-automatic pistol. The gun was vouched as evidence.

SUN, JULY 1ST, 9:10 p.m. – 820 Freeman St. Authorities are looking into a double shooting. Two black teenage girl's required medical attention after being shot. The 15 year old victims were both shot in the leg. They were both treated at Lincoln Medical Center. Additional police officers were dispatched into the area to assist with a search.

43rd PCT.

TUES, JUNE 26th, 11:25 a.m. – 1620 Westchester Ave. Authorities are looking for the person who robbed the local branch of the Bank of American. The unknown culprit passed a note to a teller.

WED, JUNE 27th, 11:40 p.m. – 1520 Leland Ave. Police officers became aware of an incident when they were called to an area hospital. Two black males went to Einstein Hospital seeking assistance for bullet wounds. The older victim, a 26 year old male was suffering from a wound to the left leg while a 20 year old male was shot in the left elbow. Local detectives are handling the inquiry.

THURS, JUNE 28th, 8:25 a.m. – 2062 McGraw Ave. A traffic agent came under attack by a motorist in the Parkchester area. The unidentified motorist apparently threw an object at the city worker causing an injury to the left shoulder. The incident is under investigation.

44th PCT.

MON, JUNE 25th, 2:40 a.m. – 1180 Gerard Ave. A 19 year old Hispanic male walked into Bronx Lebanon Hospital seeking help for a bullet wound. The teen was suffering from a wound to the right leg officials report. Police officers from the Emergency Service Squad were called to the crime scene to conduct an evidence search. Local sleuths are looking into the incident.

THURS, JUNE 28th, 12:50 a.m. – 800 Concourse Village West. Police were called to the scene of a shooting. A 36 year old black male was transported to Lincoln Medical Center after being shot in the abdomen. Members of the Bronx Task Force were dispatched into the area.

SAT, JUNE 30th, 1:25 a.m. – Weeks Ave. East Mt. Eden Ave. Police were informed that a male had been shot. The male victim was taken to St. Barnabas Hospital for medical care. Police checking the area for evidence recov-

ered possible evidence nearby on Topping Ave.

SUN, JULY 1ST, 12:05 a.m. – Jerome Ave. and Shakespeare Ave. A teenager was transported to Lincoln Medical Center after being shot. The 17 year old black male was suffering from a bullet wound to the facial area. Additional police officers were dispersed into the surrounding area to assist with a search. Local detectives are handling the inquiry.

45th PCT.

TUES, JUNE 26th, 2:40 p.m. – City Island. Authorities removed a body from the waters surrounding the City Island Bridge.

SAT, JUNE 30th, 1:10 a.m. – 18 Deep Water Way. Police officers arrested a city worker on City Island. The employee, a fire department paramedic, was charged with assault and was arrested on a cross-complaints. The government employee was taken to Jacobi Medical Center and provided with medical care.

SAT, JUNE 30th, 10:45 p.m. – City Island Ave. and Pell St. A Caucasian male was taken into custody after he failed to produce the proper license to own a gun in NYC. The 22-caliber pistol was vouched as evidence for the pending trail.

46th PCT.

TUES, JUNE 26th, 11:30 p.m. – Authorities are looking into a report that an 18 year old black female had been attacked. The teen told officials that she had been raped.

THURS, JUNE 28th, 12:35 p.m. – Harrison Ave. and Kingsland Pl. A 55 year old woman was transported to St. Barnabas Hospital after being shot. Authorities indicated that the woman was suffering from a wound to the buttocks. She was reported to be in stable condition. Police officers responding to the reported incident ended up taking three suspects into custody. Evidence was also recovered at the crime scene. Police officers from the Bronx Task Force assisted at the scene.

THURS, JUNE 28th, 4:05 p.m. – 1851 Phelan Pl. A young teenager was arrested after being found in possession of a hand gun. The 15 year old was in possession of a 9-mm pistol when he was arrested. The weapon was taken away from the teen and vouched as evidence.

47th PCT.

FRI, JUNE 29th, 10:06 a.m. – 1215 East 233 St. Police officers responding to a reported

bank robbery were able to recover the stolen money while arresting the suspect. A 23 year old Hispanic male was taken into custody after the local branch of the Chase Manhattan Bank was robbed. The male culprit passed a note to a teller before being handed an unknown amount of money.

FRI, JUNE 29th, 10:20 p.m. – 3245 Eastchester Rd. Suffering from two bullet wounds, a black male was transported to Jacobi Medical Center. The victim had been shot in the lower back in addition to the face. Bronx Task Force police officers were sent into the area to assist with a search. Local detectives are handling the inquiry.

SAT, JUNE 30th, 1:45 a.m. – 862 East 216 St. While on patrol, police arrested a suspect who was in possession of a gun. Taken away from the culprit was a 38-caliber revolver.

SUN, JULY 1ST, 11:40 p.m. – East 215 St. and Holland Ave. A suspect was taken into custody after police found the person in possession of a gun. Taken away from the culprit was a 38-caliber revolver.

48th PCT.

SAT, JUNE 30th, 1:10 a.m. – 815 Fairmont Pl. Two unidentified male culprits pushed the victim of a robbery back into their home at gun point. The unknown pair of culprits fled with eight-hundred dollars. The victim escaped injury. Police officials at the scene requested assistance of a K-9 to assist with a search.

SAT, JUNE 30th, 4:40 p.m. – Southern Blvd. and East 180 St. Emergency personnel responded to the busy intersection after a multi-vehicle accident caused injury to several persons including pedestrians. Officials indicated that the three vehicle accident sent a vehicle into a scaffold also injuring three pedestrians who were near a bus stop. Personnel from the Emergency Medical Service treated eight green tagged victims.

49th PCT.

TUES, JUNE 26th, 8:20 a.m. – 632 Van Nest Ave. Police officials launched an inquiry into an attack on a teenager. An 18 year old black male was suffering from a slash wound to the right leg. A search was conducted of the area, as the teen was being provided medical care at Jacobi Medical Center.

TUES, JUNE 26th, 7:00 p.m. – 1101 Pelham Pkwy. North. Police officials looking into an accident indicated that there was no

criminality connected to the incident. A bicyclist was struck by a vehicle.

THURS, JUNE 28th, 2:10 p.m. – 725 Brady Ave. Police working on an assault incident ended up with arresting a suspect and finding out that the victim's condition had improved. A 64 year old Asian male had been stabbed in the neck area by another male. The victim was transported to Jacobi Medical Center in critical condition authorities reported. Upon reviewing evidence, police arrested a suspect, but also learned that the victim's condition had greatly improved.

FRI, JUNE 29th, 3:00 a.m. – Cruger Ave. and White Plains Rd. A search was conducted for two Hispanic males. The unknown pair told a person that they were detectives. A badge was shown before the team fled with four hundred dollars which was taken from the victim.

FRI, JUNE 29th, 2:20 p.m. – 2575 Colden Ave. Police learned that a home invasion had occurred. Two Hispanic males had forced their way into a home. The two unidentified culprits removed an unknown amount of property before fleeing. Local detectives are handling the inquiry.

FRI, JUNE 29th, 6:30 p.m. – 1022 East 211 St. A black male was arrested after being found with a gun. Upon checking police learned that the culprit failed to have the proper license to have possessed the weapon in NYC. A 45-caliber pistol was vouched as evidence by police.

SUN, JULY 1ST, 10:50 a.m. – 1073 Esplanade. Detectives are looking into the death of a Caucasian male. Police found the body inside an apartment with what appears to be a self-inflicted gun shut wound. A gun was found nearby. Investigators are waiting for the Medical Examiner's autopsy report before declaring the death a suicide.

50th PCT.

SUN, JULY 1ST, 1:30 a.m. – Specially trained police investigators are looking into a report that a teenage girl had been sexually attacked. The 18 year old victim was taken to the Allen Pavilion in northern Manhattan for medical care.

52nd PCT.

TUES, JUNE 26th, 2:45 p.m. – 211 East Kingsbridge Rd. A search is underway for the person who broke into a House of Worship. The unknown thief removed from the church two pieces of luggage. Their contents were unknown.

THURS, JUNE 28th, 10:30 a.m. – 3408 Jerome Ave. Investigators are looking into an attempted bank robbery. A male passed a note to a teller, but fled the bank empty handed. No injuries were reported.

Transit

SUN, JULY 1ST, 4:45 a.m. – White Plains Rd. and East 219 St. Authorities are looking into an

incident where a black male apparently was struck and killed by an IRT train. Apparently the victim was struck and killed by a number 2 line train. Transit Police officers from District # 12 are working with Detectives from the 47th Pct. on this incident.

Housing

THURS, JUNE 28th, 12:05 a.m. – 845 Cauldwell Ave. Police officers starting the night tour were dispatched to a call where two persons had been shot. A 22 year old male was suffering from a bullet wound to the left arm while a 20 year old black male was shot in the right arm. Detectives from the 40th Pct. Squad are being assisted by police officers from Housing's PSA # 7. Both victims were treated at Lincoln Medical Center.

SAT, JUNE 30th, 2:55 p.m. – 1057 Boynton Ave. Three males pushed their way into a home at gunpoint. The trio fled with a cell phone officials reported. The occupant was not injured.

SUN, JULY 1ST, 2:20 p.m. – 1817 Story Ave. An investigation was started by detectives from the 43rd Pct. after a young boy was struck several times by 'BB'. The pellets struck the 12 year old boy in the forearm and also the stomach areas. Assisting local detectives are police officers from Housing's PSA # 8.

SUN, JULY 1ST, 7:05 p.m. – 346 East 156 St. Authorities are looking into a shooting that sent a black male to Lincoln Medical Center. The culprit was shot in the right knee officials report. Detectives from the 40th Pct. are handling the inquiry.

Fire Log

THURS, JUNE 28th, 2:05 P.M. – 100 Asch Loop. Firefighters were faced with a fire on the 14th floor of a residential building in the Co-op City complex. Ladder crews quickly gained access to the burning apartment report that no one was trapped in the home. Several minute passed when officials indicated that all primary searches were completed and were negative. By 2:16 p.m., engine crews indicated that they had the main body of fire extinguished with the incident being declared under control at 2:27 p.m.

SAT, JUNE 30th, 2:30 p.m. – 2020 Lafayette Ave. Additional fire units were dispatched on the initial alarm after Bronx Fire Alarm Dispatchers received indication that smoke-eaters responding to a reported fire were going to work. Dispatched based on information that the dispatchers were receiving were four engines companies, two ladder companies, a squad, in addition to a rescue company. First arriving firefighters indicated that they were faced with a working fire. The blaze was in the rear of a 2 1/2 story high residential building. A propane tank was burning and the flames extended to a one story addition to the home. Within twenty minutes the blaze was totally extinguished.

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LETTERS TO THE EDITOR

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Heading for the extinction list

Dear editor,
Democrats outnumber Republicans by 2,821,021 voters. There are 5,649,934 registered Democrats versus 2,828,913 Republicans. Others have registered as 2,334,113 Unaffiliated (no declared party affiliation), 447,710 Independence, 150,703 Conservatives, 44,412 Working Families and 23,099 Green.
Contrast these numbers with registered voters in 2002. That year, Democrats outnumbered Republicans by slightly more than 2 million. There were 5,188,113 registered Democrats versus 3,112,493 Republicans and 2,195,356 Unaffiliated (no declared party affiliation). Over the past ten years, Republicans have lost while Democrats and Unaffiliated registered voters continue to grow.
Democrats currently hold all statewide offices. The last Republican Senator was Alfonse D'Amato. He lost his seat to Democrat Charles Schumer in 1998. The last Republican state comptroller, Ned Regan, won his final term in 1990. The last Republican state attorney general, Dennis Vacco, served only one term winning in 1994. The last Republican to win any statewide office was former Governor George Pataki. His final term began in 2002. Since then, no Republican has been successful in winning any statewide office. Republican Party primary winner Wendy Long will be left on the Republican/Conservative Party alter of sacrificial lambs. Both State Republican Party chairman Ed Cox and Conservative Party chairman Mike Long have a consistent track record running second and third tier candidates for statewide office who are preordained to lose. She will go down in the political history books as another asterisk just like her predecessors Joseph J. DioGuardi (2010), Jay Townsend (2010), John Spencer (2006) and Howard Mills (2004). Former Congressman Rick Lazio (2000) and former Senator Alfonse D'Aamto (1998) were the last two credible Republican/Conservative Party candidates for United States Senator. They both had name recognition and the millions of dollars necessary to run credible campaigns.
Past election results speak volumes. In 2010 Democrat Gillibrand was just appointed by former Governor Paterson to fill the vacated seat of Hillary Clinton who became Secretary of State under President Obama. Gillibrand defeated Joseph J. DioGuardi 2,837,684 to 1,582,693. Likewise in 2010, Schumer defeated Jay Townsend 3,047,880 to 1,480,427.
In 2006, Clinton defeated Republican/Conservative John Spenser 2,846,428 to 1,391,218.
In 2004, Schumer defeated Republican Howard Mills and Conservative Marilyn G. O'Grady 4,769,734 to 1,625,009 and 220,960
In 2000, Hillary Clinton moved to Chappaqua, in Westchester County, New York. This was done to establish legal residency in New York, so she could run for the seat being vacated by Senator Daniel Patrick Moynihan. Clinton easily defeated Republican Long Island Congressman Rick Lazio 3,665,217 to 2,767,760 and Independence Party candidate Jeffrey E. Graham 43,181.

In 1998, then Brooklyn Congressman Charles Schumer defeated three term incumbent Republican/Conservative Senator Alfonse D'Amato by 2,570,065 votes to 1,854,423.
Any winning Republican/Conservative candidate for Senate needs to raise \$20 to \$30 million and turn out their own political base. Note that out of 2,828,913 registered Republican voters only 5% or 140,000 participated in the primary. Of that number, only 69,168 came to vote for Long while 48,429 voted for Congressman Bob Turner and 18,307 for Nassau County Comptroller George Maragos. Most telling, is that 95% or 2,693,001 voted for none of the above by staying home. Long has a difficult hill to climb between now and November convincing 98% of fellow Republicans to come out and support her. Long will also need to capture a majority of independent and a significant number of Democrats. Even more challenging, to be taken as a serious candidate, Long needs \$1 million per week just for media buys in the Metropolitan New York market. With no significant name recognition, secure Republican voter base or money, Wendy Long is clearly the underdog candidate. Gillibrand has had over two years to build her name recognition and has already raised over \$10 million. Long starts out the general election campaign with virtually no cash on hand after her Republican Party primary victory.
Republicans such as Presidential candidate Mitt Romney, former Senator Alfonse D'Amato, former Mayor Rudy Guiliani and former Governor George Pataki will all write off Long as a lost cause. If Long is lucky, perhaps some may go through the motions with nominal endorsements along with token campaign appearances and fundraiser's on behalf of Long. None will make any serious attempts to tap into their own respective campaign contributors pool to raise the millions necessary to help Long run a successful challenge. Independent NYC Mayor Michael Bloomberg is sure to end up endorsing Gillibrand.
In New York, President Obama is currently out polling GOP Presidential candidate Mitt Romney by over 20 points, ditto for Gillibrand over Long. It is obvious that the national GOP campaign committee, Romney's own Presidential campaign along with various independent political action committees will secede New York to Obama. Romney just like previous GOP Presidential candidates will have no boots on the ground in New York. There will be the usual token office with a skeleton staff and no real budget. No funds will be invested for telephone banks to get out the vote, mailings, newspaper, radio, or

Let's hear from you

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television media buys to provide any political coattails for Long. Romney will spend little or no time campaigning in a state he has already written off. The Albany GOP State Committee is broke. The Republican State Senate campaign committee is preoccupied with preserving their fragile majority. The national Republican Senate campaign committee along with various independent conservative movement, business and other pro Republican political action committees will invest their resources in other races around the nation with more credible candidates.
With Obama and Gillibrand heading the Democratic Party ticket, they will be providing strong coattails for fellow Democrats further down the ballot running for Congress, State Senate and State Assembly. Democrats challenging incumbent Republicans for these offices will benefit. Contrast this with a weak Republican ticket lead by Romney and Long. They will be an albatross around the neck for fellow Republicans running for Congress, State Senate and State Assembly. Republican incumbents will have a steeper hill to climb to win another term. Any hopes of victory for GOP candidates challenging incumbent Democrats are now gone. Republican State Senate majority leader Dean Skelos with a slim two seat majority has the most to lose. His task keeping control of the State Senate has become even more difficult.
While Gillibrand's mentor, Senator Schumer will not be on the ballot in 2012, he will play an active role. Schumer wants to keep his younger apprentice in the Senate. He needs her vote when Democratic Senate majority leader Harry Reid eventually retires. Schumer will be running against Illinois Democratic Senator Richard Durban. It would have been easy for Schumer to tap into his own "Pay for Play" special interests crowd to double the \$10 million Gillibrand already has in the bank. Schumer has successfully used this tactic in his last two campaigns for reelection outspending his under financed and unknown Republican/Conservative challengers by a 20 to 1 million margin. With Gillibrand's reelection all but certain, Schumer is now free to use his well oiled "Pay for Play" political machine to raise millions for assisting Democrats challenging incumbent Republican Congressmembers, State Senators and State Assemblymembers.
No wonder successful state wide New York State Republican public officials are on the extinct species list.
Larry Penner

Don't open the box

Dear editor,
The mayors' soda ban, if approved in September is Pandora's box, once opened, everything is fair game. They start with sugar drinks, then sugar products, then high calorie foods and the list goes on and on. The health commission and the Bloomberg administration probably has a list of things they deem to be unhealthy.
Our freedom of choice is slowly being taken away because others feel we are incapable of deciding for ourselves what to drink and eat, or how to maintain our health.
Robert Neglia

Hunts Pt. Farmers Market re-opens

BY KIRSTEN SANCHEZ

Delivered farm fresh and shipped directly each week to one of the main arteries of the Bronx.

Community Markets, a farmers market operator based in Westchester County opened its 10th season as the Hunts Point Farmer's Market on Saturday, July 7.

The weekly market will be held on Saturdays and Wednesdays, from 8:30 a.m. to 4 p.m., through mid-November.

Due to construction at the Monsignor Del Valle Square, this year's market had to relocate to Hunts Point Avenue at East 163 St.



Shoppers take advantage of the fresh fruits, veggies and other farm grown and made products at the Hunts Point food market outside the No. 6 IRT subway station.

and Bruckner Boulevard, directly outside the Hunts Point Avenue subway entrance.

New this year, Urban Health plan will aid Community Markets in offering Electronic Benefits Transfer, also known as food stamps to give another health food option for families in the area.

"Healthy eating is a priority for Urban Health Plan as we work to reduce the number of obese/overweight residents in the south Bronx," said its president and CEO, Paloma Hernandez. "Coordinating an EBT program for the farmer's market is one of the many ways that we

Continued on page 55

Serrano grants will help three clinics expand south Bronx healthcare services

BY KIRSTEN SANCHEZ

Three south Bronx health clinics will be sharing \$1.6 million in federal grants, Congressman Jose Serrano announced.

The congressman joined officials from the Department of Health and Human Services on Friday, June 22 to award the grant money to the leaders of local health care providers Urban Health Plan, Help/PSI Services and Bronx Community Health Network.

The grants are made possible by the health care law to expand community health centers.

The funding will be used to expand the availability and supplies of primary health care services for under-served communities in the Bronx.

"I am proud that these three great Bronx organizations were able to get this important federal

grant funding," Serrano said. "Each of these organizations provides individuals with access to quality health care in the Bronx, and this money will help them to offer more services to more people."

Kathleen Sebelius, Secretary for Health and Human Services, said in a statement that community health centers work to improve the health of the nation by ensuring access to quality primary health care services.

"The health care law is making our community health centers stronger and ensuring more Americans get the care they need," Sebelius said.

Urban Health Plan, Inc., the largest employer in the 10459 zip code, employs over 525 employees throughout its various sites and expects to add an additional 150 staff people over the next two years.

"Urban Health Plan will use the \$608,000 to expand Urban Health Plan's School Based Health Program to three additional schools," said Paloma Hernandez, president and CEO of Urban Health Plan.

As community-based and patient-directed organizations, health centers are well positioned to be responsive to the specific health care needs of their community.

"Health centers serve more than 20 million patients nationwide and are an integral part of our health care system," said Mary Wakefield, R.N., administrator of the Health Resources and Services Administration.

"These awards demonstrate our commitment to increasing access to quality health care through the creation of new health center sites."

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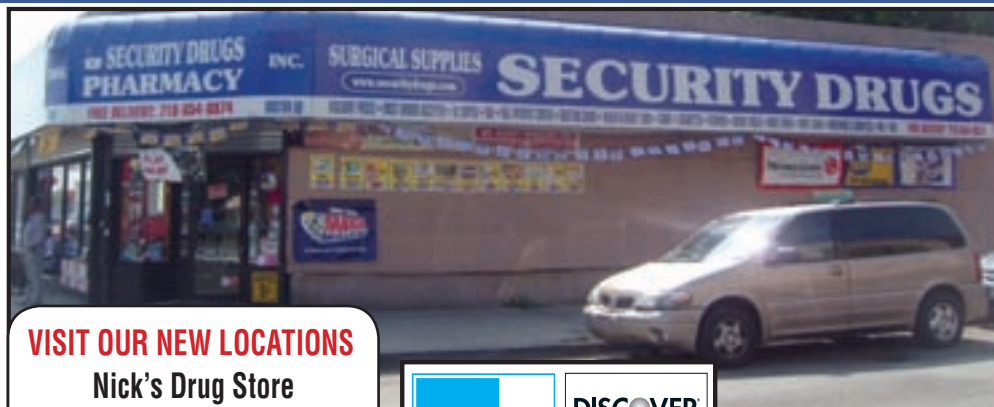
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Image courtesy of the United States Postal Service

Joe DiMaggio lives on in a forever stamp, courtesy of the U.S. Postal Service.

DiMaggio stamp unveiled by USPS

Pre-order sales surpass other baseball stamp greats

BY DAVID CRUZ
Another home run for a Yankees great.

Joe DiMaggio, already immortalized in history books, will live on forever thanks to the US Postal Service.

A forever stamp bearing his name will be unveiled on Saturday, July

21 at the Bronx General Post Office at 558 Grand Concourse.

And DiMaggio's legend has hit a grand slam with pre-order sales surpassing 420,000, the most out of the other baseball stamps in circulation.

The Borough President's office will join of-

ficials with the United States Postal Service in presenting the stamp to the public at a ceremony described as a "double-header".

On top of the new stamp, Borough President Ruben Diaz Jr. will also proclaim July 21 as Joe DiMaggio Day in the borough.

"On behalf of all Bronxites, we will cement the 'Yankee Clipper's' place in Bronx history," said Diaz Jr., himself a lifelong Yankees fan.

The postal service's customer advisory council chose DiMaggio to be placed on the stamp after reviewing hundreds of proposals.

The stamp features DiMaggio at home plate ready to hit a ball out of the park.

Stamp sheets will be available the same day of the unveiling in the Bronx with limited quantities going on sale nationwide on July 23.

DiMaggio fans are welcome to stop by the Bronx General Post Of-

fice to have their items signed by special guests including members of the DiMaggio family, though officials warn that space will be limited.

"It's a great honor for New York City and a homage to the Bronx," said Raschelle Parker, USPS New York District Marketing Manager.

Nicknamed "Joltin" Joe and "The Yankee Clipper", DiMaggio dedicated his entire 13-year career as center fielder for the Bronx Bombers.

Known for his 56-game hitting streak in 1941, DiMaggio led the Yanks to ten American League pennants and nine World Series championships.

Retiring in 1951, the three-time MVP winner and 13-time All-Star was inducted to the Baseball Hall of Fame four years later.

He died in 1999, but his legend lives forever.

Reach reporter David Cruz at 718-742-3383 or dcruz@cnglocal.com.

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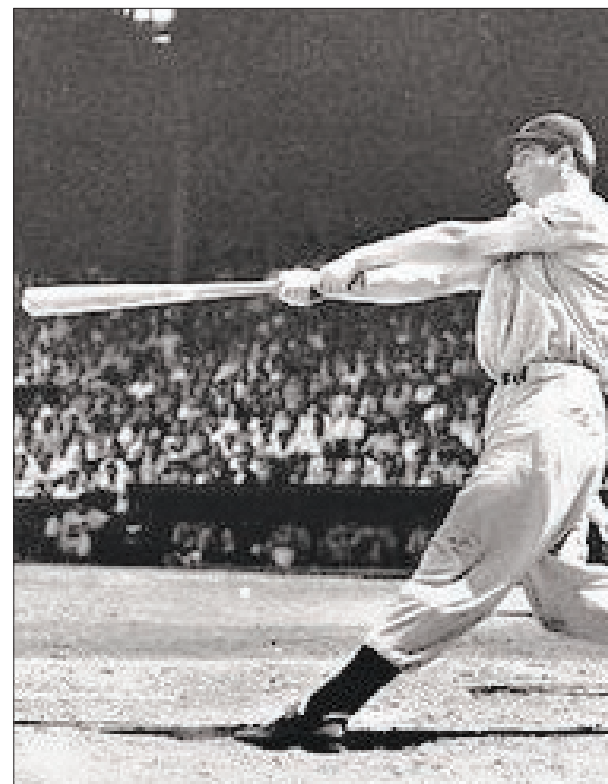


Photo by the Associated Press

The real Joe at home plate in Shibe Park, Philadelphia, on June 27, 1941.

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■ **I was skeptical.** I bought a box and it worked as advertised. Within a week I had relief. Howard Toy, 69, Henderson, NV ■ **It's heaven to sleep through the night.** For many years I had 6-7 sleep interruptions every night. Had urgent trips to the bathroom day and night with discomforts. I enjoy my new life. Angus Pike, Oshawa, ON ■ **I am truly amazed and relieved.** After 2 weeks I no longer have to get up during the night. I'm enjoying a normal sex life again. I hope a lot of men with a pride issue give this tea a shot. It's difficult to express how delighted I am. Clarence A. Rehrig, 58, Allentown, PA ■ **Know the truth.** This is my third year of drinking the Ezee Flow Tea. I highly recommend it. A real life saver. Thomas M. Thurston, Forsyth, GA. ■ **Women** suffering with incontinence, UTIs ask for Bladder Control Tea for Women #4b. Guaranteed relief within days. **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**



#26
now for one year. My mom and brother started taking it as well. Even my pastor is on it now. Thanks! Mary Earl, Longview, TX ■ **I started to take Bell Blood Pressure Formulation Formulation #26.** After about 30 days my blood pressure was normal. My doctor was very happy with me. Irene Surridge, 67, Owen Sound, ON ■ **A friend recommended Bell BP Formulation!** When a friend had good results I decided to try it. After taking Bell Blood Pressure Formulation #26. It made a difference in my life. Milton Perdomo, 68, Rego Park, NY. **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**

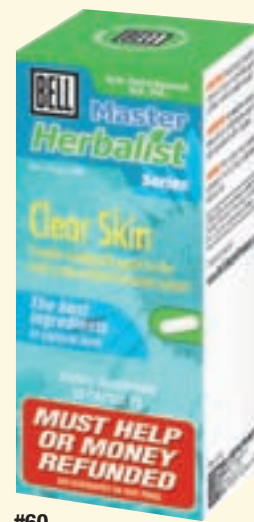
*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

■ **AVAILABLE IN THE BRONX:** Forever Young Health Food Store 12 W Kingsbridge Rd. @ Jerome Ave. **DeFranco Pharmacy** 1790 Randall Ave. **Lincoln Pharmacy** 526 Morris Ave. **West Street Pharmacy** 51 West 183rd St. **5 Star Pharmacy** 2604 3rd Ave. **Emerald Pharmacy** 4295 Katonah Ave. @ 236th St. **Allerton Park Pharmacy** 645 Allerton Ave. **Bioscrip Pharmacy** 2226 White Plains Rd. **Castle Hill Community Pharmacy** 706 Castle Hill Ave. **Castlehill Drugs** 674 Castlehill Ave. **Drug Depot** 619 E. 169th St. **Eve Pharmacy** 612 Westchester Ave. @ Cauldwell Ave. **Friendly Pharmacy** 389 E. 138th St. **Fuller Drug Store** 2688 3rd Ave. @ 143rd St. **J & N Pharmacy** 1220 Morris Ave. **Lawler Drugs** 4105 E Tremont Ave. @ Miles Ave. **Jerome Drugs** 1788 Jerome Ave. **Lydig Avenue Pharmacy** 742 Lydig Ave. **MacOmbs Pharmacy** 1729 Nelson Ave. **New Life Nutrition** 153 E. 188 St. **R&S Pioneer Pharmacy** 1018 Ogden Ave. **Big Apple Health Food Center** 4143 White Plains Rd. ■ **AVAILABLE IN WESTCHESTER COUNTY:** ■ **YONKERS:** **Yonkers Pharmacy** 944 N Broadway **Esther Pharmacy** 71 S Broadway **LeMac Pharmacy Inc.** 623 McLean Ave. **Value Plus Pharmacy** 485 Tuckahoe Rd. ■ **NEW ROCHELLE:** **Avel Pharmacy** 550 North Ave. **Grabel's Apothecary Inc.** 140 Lockwood Ave. **New Rochelle Prescription Center** 551 Main St. ■ **MILLWOOD:** **Drug Mart Of Millwood** 230 Saw Mill River Rd. ■ **RYE:** **Rye Beach Pharmacy** 464 Forest Ave. **Rye Beach Pharmacy** 1 Theall Rd. ■ **MOUNT VERNON:** **Ankersons Pharmacy** 11 S 4th Ave. ■ **CROSS RIVER:** **Cross River Pharmacy** 20 N Salem Rd. **Nature's Temptation** 890 RT 35.

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Last couple of years I tried everything. Results with Bell Skin Disorders #60 were unbelievable. I have beautiful skin again. Thanks for giving back my self-esteem. Nelisa Royer, 28, Doral, FL ■ **My mom bought Bell #60.** I was skeptical. It did work quickly and better than anything else. Christopher Seraphin, 14, Brooklyn, NY. ■ **It worked.** I no longer have to hide at home, because I was ashamed to be seen. Agnes Casillas, 60, New York, NY ■ **Can wear again dresses** that are backless. My skin looks fantastic. Thank you from the bottom of my heart. Yvette Maclean, 40, Lodi, CA ■ **I was trying everything for years** and nothing worked. I felt physical and emotional pain having to hide. Finally I found your Bell #60. I'm so grateful and impressed about how fast it worked with amazing results. Eulalia Isabel Sanchez Martin, 30, Brampton, ON **Skeptics can call everybody. All are real people like you or your friends.**

SNORING?

As recommended by Dr. Gifford-Jones M.D.



#23

Here is proof that snoring can be corrupting your health and your marriage. Three out of 10 couples are considering divorce because of snoring says a major magazine article. You are not alone! An official survey says 48% of all people snore. 75% are affected, if you add non-snoring husbands that have snoring wives or vice versa. Snoring is caused by slack muscles in the throat. A common complaint is that people feel that they are not well rested in the morning. Many people wrote they are now sleeping like a babies. Their partners are delighted. This natural health product Sound Sleep #23 usually helps the first night. No side effects.

■ **College professor had lack of good sleeps with many interruptions** for last 8 years that made her tired during the day. Within 3 days taking Bell Sound Sleep #23 the terrible snoring stopped. I wake up feeling refreshed and energized. I can concentrate in a focused, happy manner. I feel delighted with this natural product. Dr. Anele E. Heiges, 77, New York, NY ■ **A life changing product.** The very first night I took the capsules and every night after I had a restful and wonderful sleep. It has been a God send and blessing. I am by nature a skeptic. The money-back guarantee convinced me to try it. Jimmy Pay, 53, Gardendale, AC ■ **3 Years on Bell Sound Sleep #23.** My wife and I are entirely satisfied. Snoring episodes have completely disappeared. This has improved our lives enormously. Leo Fortin, 60, St-Georges, QC ■ **Basically you saved my husband's life.** For the last 5 years my husband had very bad nights. Bell #23 was nothing short of a miracle. I have my husband back. No more snoring. No more napping during the day. I am telling all our friends. Bonnie Johnson, 64, Wichita, KS ■ **My life changed. Sleep now 7-8 hours.** I am a retired college professor and author of books. I have no more need to nap during the day. Nothing I tried helped until I started Bell Sound Sleep. I am so delighted with this product I would like to make motivational speeches to help others. Carmen V. Caruso, 66, Ann Arbor, MI **On the Bell Website we list phone numbers or email addresses of actual users of this product and all other Bell products. Most are delighted to talk about their relief.**



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Bronx beat

Health network receives HIV funds

The **Bronx Community Health Network** will receive more than \$1 million in federal funding for their ongoing efforts to prevent, treat, and manage HIV/AIDS in the Bronx, Congressman José Serrano announced.

The \$1.043 million grant was issued by the Health Resources and Services Administration under Title 3 of the Ryan White Act. Congressman Serrano worked for reauthorization of the deeply important Ryan White Act, which funds most of the HIV/AIDS-specific health care and prevention in the nation.

Serrano called the work that the organization performs “exemplary and deserving of the support that our government is giving to it.”

“Their model, which treats the whole patient, is the way medicine should be practiced,” he noted, saying it is particularly important in cases of people with HIV/AIDS.

“They need more comprehensive care than others might in order to successfully manage their disease. Through management of existing infections and education of those not infected, BCHN is doing extremely important work to roll back the spread of this deadly disease,” he said.

Dr. Jay Izes, BCHN’s chief medical officer, called care of patients with HIV/AIDS and prevention of infection in people who are at high risk of developing HIV/AIDS “an essential part of the BCHN mission.”

“This competitive grant renewal reflects HRSA’s evaluation of the innovative, patient-centered care that we provide.”

Inside Lehman XII, **Lehman College’s** student co-produced video news magazine, has won three awards—the Videographer Award of Distinction, the Communicator Award of Distinction, and

the Hermes Creative Award (gold). They bring the total number of awards won by the magazine to twenty-five since 2004.

“The show’s main goal is to provide professional hands-on training for our students and also to produce programs that are informative and entertaining to the general public,” said Lynne Van Voorhis, executive producer of Inside Lehman. “The awards are evidence that our students are succeeding beyond all expectations, which is exciting to all of our participants and the College. The program’s producer, Tom O’Hanlon, guides the students to aim for excellence in their work and ultimately prepares them for the possibility of a career in the profession.”

The news magazine typically features five stories, each ranging between five to seven minutes in length and focusing on work being conducted by faculty and students, campus initiatives, and issues that impact the surrounding community.

The most recent production included a story on asthma in the Bronx and the link between poverty and air quality in certain urban, industrial settings. A segment on noise-induced hearing loss discussed appropriate levels of noise consumption, how to prevent hearing loss, and the consequences of ignoring these recommendations.

Another story on Korean studies followed one student’s quest to comply with foreign language requirements despite being unable to read or write due to an earlier accident. With some creative thinking on the part of administration, Henry Chang was able to enroll in an independent study program in the Korean language designed by the Lehman Department of Languages and Literatures. He was then paired with two Korean students—one ex-

change student and another earning her degree at Lehman, who taught the class and offered tutoring, thereby helping him fulfill his requirements and graduate.

Other segments featured a story on eating healthy while on a budget and modern dance, which showed prospective dancers how to enter the professional arena.

The Videographer Awards is an international competition designed to recognize excellence in video productions, television commercials, news, program and digital media. The Communicator Awards are judged and overseen by the International Academy of the Visual Arts, and the Hermes Creative Awards is an international competition for creative professionals involved in the concept, writing and design of both traditional materials and programs and emerging technologies.

“Inside Lehman” is available on CUNY-TV at <http://www.youtube.com/insidelehman>.

Douglas York, **Union Community Health Center’s** chief executive officer, attended a White House forum and dialogue on Hispanics/Latinos and HIV/AIDS on July 10.

He was invited by the Administration of the Domestic Policy Council, Office of National AIDS Policy.

“It was an honor to have been invited to this important discussion about an increasing health crisis in the Bronx,” said York, noting that the center “has been aggressively responding to what many do not realize is an increase in HIV rates in our community by adding services and expanding HIV/AIDS expertise among its clinicians.”

The center was selected in March 2012 by the AIDS Education and Training

Continued on next page

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UNICORN VISITS SUNY MARITIME COLLEGE



A 110-foot tall ship Unicorn (left), a training vessel for the non-profit Sisters Under Sail, visited the waterfront campus of SUNY Maritime on the morning of Tuesday, June 26. Fifteen teens from New Jersey were learning leadership skills for girls and young women on a five-day voyage from Perth Amboy, New Jersey to New London, CT. They met with students from Preston High School to discuss there adventure.

Photo courtesy of SUNY Maritime



Joining the crew of the Unicorn are several Preston High School students, SUNY Maritime president Wendi Carpenter, Bronx Chamber of Commerce president and CEO Lenny Caro.



BronxNet honored their brightest on Thursday, June 28 with the annual BronxNet BETA Awards. At 450 Grand Concourse, home to the Hostos Center for Arts & Culture, the festive venue featured dance performances, a special tribute to Hostos' Wallace Edgecombe, and of course awards to deserving winners. BronxNet's public access channels give locals the chance to produce their own shows that matter to Bronxites.

(Left) Dance performances headlined the awards show. Here Los Pleneros De La 21 dancer Yulia Guttierrez of Concourse rocks the stage at the event.

2012 BRONXNET BETA AWARDS



Photos by Walter Pofeldt

(Above) DJ Cool Clyde picks up the award for Best Educational Program from BronxNet's Arlene Mukoko.

Hostos Center for Arts and Culture director Wallace "Wally" Edgecombe stands humbly as he accepts a Citation of Merit from Borough President Ruben Diaz Jr.

from previous page

Centers National Center for HIV Care in Minority Communities to participate in the 2012 HIV in Primary Care Learning Community.

As a result, the health center has launched a comprehensive clinical training program and allocated additional resources to its physicians to assist them with the management of highly active antiretroviral therapy.

It has also increased access to HIV testing by expanding the availability of

OraQuick testing at more of its locations. HIV rapid testing is now offered at its three primary care sites. Most recently, the center recruited an Adolescent Medicine physician to expand its services for youth, including LGBT youth who may be at greater risk for HIV.

The center also offers a full range of primary care, adult medicine, pediatrics and dental care services, as well as needed specialty services such as physical and occupational therapy, cardiology, urology, optometry,

dermatology and podiatry, with about 150,000 medical, dental and physical rehabilitation visits annually to 25,000 individual patients at its four locations.

Borough President Ruben Diaz Jr.'s office helped launch the 2nd Bronx Can Health Challenge on Saturday, July 14, hosted by Blink Fitness, a new fitness center located at 744 St. Ann's Ave and East 156th Street.

Staff from Lincoln Medical and Mental Health Center, a CAN partner, regis-

tered community residents, recorded vital stats, measurements and screened for blood pressure and diabetes. Blink Fitness had trainers on site to provide fitness tips and extended free trials to all participants 18 years and older. Blink Fitness will also provide a complementary six-month membership to the top male and female participants with the highest percentage of weight loss.

The health initiative brings together individuals, doctors and other health providers, places of wor-

ship, community gardens and community centers, schools, and civic-minded groups to promote behaviors that lead to healthy lifestyles.

"The Bronx CAN Family Health Challenge is a perfect example of how members of our Bronx community could work together to create great programs that have a large, positive impact on the well-being of the borough," said Diaz. "I urge all Bronx students and their families to take on the eight-week Family Health

Challenge."

"Too many of our residents are suffering from preventable ailments like obesity and high blood pressure," added local state Senator Jose M. Serrano.

"It's very exciting that this initiative is expanding outward to other areas of the Bronx, and I look forward to working with Borough President Diaz to promote healthy living in my district. I encourage everyone to take the Challenge, and take a positive step toward an active, healthy life."



OUR LADY OF MOUNT CARMEL CHURCH HOLDS FOUR-DAY FEAST

Our Lady of Mount Carmel Church held the Feast of Mount Carmel from Wednesday, July 11 through Sunday, July 15 with a procession held on Sunday during which a statue of Our Lady of Mt. Carmel was carried through the streets. Churchgoers assembled in the heart of "Little Italy" in the Bronx at 187th Street and Arthur Avenue. Games rides, raffles and other entertainment were available to all those who attended.



PHILLIPPINE CONSUL VISITS ST. BARNABAS

Philippine Consul General, Mario DeLeone (c) celebrates Filipino Heritage Day with staff at St. Barnabas Hospital on Friday, June 29. The visit and celebration are part of the hospital's diversity program. St. Barnabas Hospital regularly hosts events featuring a look at the rich cultures of its staff and patients. Special days have also recognized those from Puerto Rico, China, Dominican Republic, Africa, and Ireland.

Photo courtesy of St. Barnabas

NEW GREEN SPACE DEBUTS BEHIND ABC CARPET & HOME BRONX WAREHOUSE OUTLET



How green is this pasture! Locals walked about WATERWASH ABC - a newly open green public space at 1055 Bronx River Avenue, home of ABC Carpet & Home Bronx Warehouse Outlet in Soundview. Organized by Rocking the Boat, 8000 salt tolerant native plants absorb water from soils and seawater, helping to prevent water runoff into the Bronx River. It also provides peace and tranquility to many Bronxites!



Photo courtesy of Rocking the Boat

Residents walk about the new trail, made possible from a \$350,000 grant by state Attorney General's Bronx River Watershed Initiative to Rocking the Boat.



Rocking the Boat honored ABC Carpet & Home Bronx Warehouse Outlet with a concrete sign emblazoned on the open space's trail. Adam Green, head of Rocking the Boat says the longtime Bronx company allowed "young people to work with a dynamic team of artists, engineers and contractors, to design and create something that will have lasting social and ecological impact."

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Wed, July 25 6:00 p.m.	Simply Magic by John Turdo (near church)
Thu, July 26 6:00 p.m. 7:00 p.m.	Simply Magic by John Turdo (near church) St. Theresa Youth Present: A Moment's Worth, The City Strikes Back, Left in the Attic, My Arcadia, DJ Inappropriate
Fri, July 27 6:00 p.m. 8:00 p.m.	Simply Magic by John Turdo (near church) The Right Stuff (with Alumnae Lenny Seiter)
Sat, July 28 4:00 p.m. 8:00 p.m.	Simply Magic by John Turdo (near church) Gino and Gina Gentile (Italian/American Music)
Sun, July 29 2:00 p.m. 7:00 p.m.	Simply Magic by John Turdo (near church) Music by Benny & Dominic formerly of Symphonia

✠ RELIGIOUS EVENTS ✠

Wed, July 25	7:00 p.m. 7:30 p.m. 8:30 p.m.	Opening Procession & Prayer Mass in Honor of St. Theresa Holy Hour for Evangelization
Thu, July 26	7:00 p.m. 7:30 p.m. 8:30 p.m.	Opening Prayer (in front of church) Mass in Honor of St. Theresa Holy Hour for Evangelization
Fri, July 27	7:00 p.m. 7:30 p.m. 8:30 p.m.	Opening Prayer (in front of church) Italian Mass in Honor of St. Theresa Holy Hour for Evangelization
Sat, July 28	4:30 p.m. 5:00 p.m. 6:30 p.m. 8:30 p.m.	Opening Prayer (in front of church) Mass in Honor of St. Theresa Spanish Mass in Honor of St. Theresa Holy Hour for Evangelization
Sun, July 29	Masses 4:00 p.m. 5:00 p.m. 6:30 p.m. 9:30 p.m.	7:30 am, 9:00 am (Italian), 10:30 am, 12:15 pm Holy Hour for Evangelization Procession of St. Theresa Concert by the St. Theresa and St. Frances DeChantal Choirs (Church) Feast Closing Prayer (in front of Church)

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21



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Assessing your abilities as an aging driver

When a person first earns a driver's license, he's earned more than just the right to legally operate an automobile. To many drivers, a driver's license is symbolic of freedom and self-sufficiency.

The significance of a driver's license never truly dissipates, which makes it difficult for aging people to address their abilities as a driver and whether or not they can still safely share the road with other motorists. Many drivers can safely stay behind the wheel well into their golden years, but others begin to recognize their skills are starting to diminish as they approach senior citizen status. For those who want help gauging their abilities as a driver, some self-examination can help.

Assess your eyesight

Healthy eyes are essential to being a safe driver, and drivers can assess their eyesight in a number of ways. In addition to

visiting an eye doctor for an eye examination, drivers should look for signs that they're having difficulty with driving. If signs and street markings aren't so easy to read anymore, you might need a new prescription for eyeglasses. When the glare of headlights at night makes it difficult to see, your driver's seat might need to be adjusted or you might want to consider antiglare eyeglasses that make it easier to see at night.

Know your comfort level

Safe drivers are also comfortable drivers. To assess your comfort level as a driver, ask yourself the following questions before getting back behind the wheel.

- Is it troublesome to look over your shoulder and change lanes?
- Has steering become difficult?
- Has your reaction time when switching from the gas pedal to the brake pedal decreased?

If you can answer "yes" to any of the questions above, then it could be that you're beginning to

lose strength, coordination and flexibility, which can make it more difficult to operate a motor vehicle. Answering "yes" doesn't mean you have to give up your driver's license.

In fact, your doctor might be able to prescribe therapies or medicines or suggest a fitness regimen that can make it easier for you to comfortably drive a car. In addition, if you're having trouble steering or operating a motor vehicle in any way, you might just want to find a vehicle that's easier to drive, such as one with an automatic transmission that has power steering and brakes.

When assessing your comfort level, also examine your mental state while driving. If other drivers make you uncomfortable or traffic signs are confusing, this can make it difficult to safely operate an automobile. Such feelings when driving could also be a side effect of a particular medication, so discuss the issue with your doctor to see if that's the case and if there are any alternatives.



Aging drivers should weigh a host of factors when determining if it is still safe for them to be on the road.

Consider others' concerns

Aging drivers are often the last to notice if their abilities behind the wheel are starting to diminish. Loved ones are often put in the position of talking to aging drivers about their abilities, and this can cause friction. If loved ones have expressed concern about your abilities as a driver, honestly address these concerns, even if it's initially hurtful or embarrassing to do so. Your loved ones are sharing their feelings out of genuine concern for your well-being, so don't look at it as

an assault on your self-sufficiency. Some organizations, including the AARP and AAA, offer driving classes for mature drivers to help them more adequately handle the challenges aging drivers might face.

Aging drivers face obstacles they may or may not be prepared for. When such challenges arise, that doesn't necessarily mean it's time to stop driving entirely. Instead, honestly weigh a host of factors before deciding if it's still safe for you to be behind the wheel.

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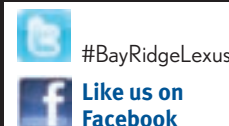
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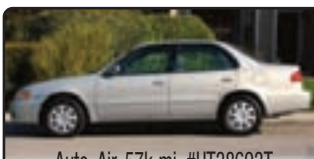
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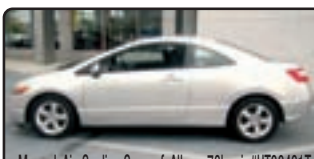
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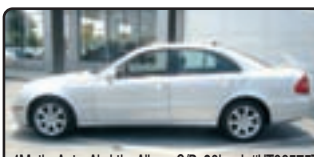
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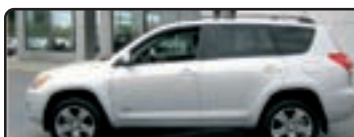


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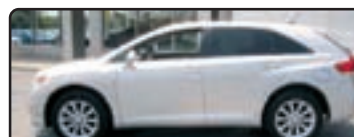
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Ask anyone who has taken an extended road trip what a car looks like post-trip and visions of food stains, trash, and other not-so-pretty things might soon appear. But it doesn't always take a road trip to create a messy interior. Ordinary day-to-day living can lead to stains, scratches, clutter, and more.

Many interior messes can be cleaned up, but taking a proactive approach to interior cleanliness can save time and frustration. These are a few ways to keep the car clean and minimize damage.

Detail the interior

There are many products on the market that can be applied to the dashboard and other trims around the car. For the most part, these are leather conditioning treatments or vinyl coatings that help prevent cracking or drying out of the materials. They also impart a nice shine onto the trimwork, and alleviate finger smudges and other eye sores.

Using a shop vacuum is a smart way to clean the carpeting and mats, as well as catch



Avoid a mess by having a small bag or trash can to collect the remnants of the meal so they don't end up on the floor or seats.

crumbs and other dirt that can end up staining the seats of the car. A shop vac has more horsepower than a regular vacuum and will draw dirt out more easily.

If you have leather seats, use a mild soap and water solution and dampen a cloth to wipe down the seats. The same solution can be used on the plastic components,

such as cup holders and storage areas. Use a dry cloth to dry and buff out any streaks. There are leather seat protector products available, and upholstered seats can be protected with a scotch guard-type product.

Create a dirt barrier

Carpeted mats are meant to make the car interior appear

sleek and refined. Yet, many times, these mats can get soiled quite quickly. A good investment is to purchase vinyl or plastic mats that have a raised perimeter that will trap any dirt or liquid (like melted snow) on the mat. Then the mats can be easily removed and hosed off.

Along the same lines, car seat covers can be bought that will serve as a barrier between dirt, crumbs, fur, and anything else that would normally become embedded in the upholstery. There are kick mats that can be placed on the rear side of front seats. This way, if kids in the back put their feet up on the seats or have a tendency of kicking, they won't dirty the seats.

If your car has a trunk, consider lining it with an impermeable material that can absorb spills and catch dirt. With the spring planting season just around the corner, you don't want the topsoil or fertilizer spilling into the carpet-lined trunk making a mess. For SUV drivers, a mat or liner can be installed in the cargo area. Check with your dealership or an after-

market retailer if there are products specifically designed for this purpose. Otherwise a blanket, absorbent sheet, etc., can be used in a pinch.

Clean off before driving

The warm-weather season is one full of frolicking in parks or seaside. Be sure to stomp shoes clean of sand and dirt before entering the car. Pay special attention to the cleanliness of pets and children's feet before entering the car.

Get a trash receptacle

In a perfect world, there would be no eating and drinking in a car and no chance for food and beverages to spill. However, many people find from time to time that they need a snack or a refreshment in the car. Avoid a mess by having a small bag or trash can to collect the remnants of the meal so they don't end up on the floor or seats. Look for drinks with straws and covers for easier drinkability in the car. Only allow foods that won't cause major stains if spilled, such as water and dry snacks.

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New set of wheels

Manfredi "Toys of Summer" contest winner Jennifer Rhatigan, her husband Mike, and son Zack, all from South River, New Jersey, celebrate in front of their new 2012 Jeep Cherokee Larado 4x4.

Motorcycle safety prevents accidents

Motorcycles have been around for decades, and so have riding enthusiasts. Through all of the innovations and motorcycle design changes, safety while riding remains of the utmost importance.

Very often, motorcycle accidents are attributed to lack of rider skill. The National Highway Traffic Safety Administration says that there are roughly four million registered motorcycle riders on American roadways. There may be many others who are unlicensed and still hop on a motorcycle as a preferred mode of transportation.

There are several advantages to motorcycles. With some models, motorcycles offer a ride with good fuel economy. Cycles take up less space than cars, and they can be easier to park and maintain in an urban setting.

The administration's statistics indicate that motorcycle fatalities make up around five percent of all traffic fatalities. Eighty percent of motorcycle accidents result in injury or death, compared to the roughly 20 percent of other vehicles. That's due to the minimal protection the vehicle provides. This further emphasizes the necessity to properly and safely operate a motorcycle to avoid accidents in the first place.

Riding safely first involves purchasing a bike that is the right size and power for the rider. Larger bikes can be heavy and riders who are small in stature may not be able to maneuver or lift the motorcycle, should it

fall over. Also, riders should choose bikes that fit their lifestyles. For instance, a trail bike will not be safe on a highway.

It is a good idea to enroll in a motorcycle safety course if it's your first experience with a bike. This course will give invaluable tips regarding maneuvering, learning about operating the cycle, defensive driving techniques, and other tips specific to motorcycles. For example, intersections are one place on a roadway where many accidents take place. Bike riders should try to enter an intersection with a larger vehicle on the right of the motorcycle, or at least in the left-most lane to provide a space cushion from oncoming traffic.

Of course, protective clothing and equipment are essential to minimize injuries if an accident should occur. Helmets, goggles, boots, long pants, jackets, and the like should be worn at all times. Injuries can often be prevented with protective gear, but many riders still don't embrace such gear.

Another important safety tip is to recognize that traveling with another passenger is much more difficult to do than riding alone. A passenger can throw off the balance of the bike and add weight, two factors that may be different from what the rider is used to. Before taking another passenger out for a spin, riders should be extremely experienced in handling the bike and proficient in all controls and safety maneuvers.

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Here are some other safety tips motorcycle riders can heed.

- Treat other motorists with courtesy.
- Do not tailgate.
- Do not cut through the middle of lanes or pass cars on the right while traffic is stopped.
- Be especially alert at intersections.
- Use signals whenever appropriate.
- Avoid driving during inclement weather.
- Assume the motorcycle is invisible to other drivers; position yourself to be seen.
- Avoid sudden braking or turning.
- Maintain a safe distance between vehicles.
- Use headlights during nighttime and daytime hours.
- Watch the road surface to anticipate potential hazards.

Following safe driving methods helps prevent motorcycle-related accidents, injuries, and death.



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Bronx scene

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Ponies, Bronx native Nick Sandow's movie, premieres in the Village

BY KIRSTEN SANCHEZ

And they're off!

Ponies, a movie directed by Bronx native Nick Sandow, and featuring his old Morris Park nabe as a big scene stealer, premiered on Friday, July 13 at Cinema Village in Manhattan.

The movie is Sandow's debut as a director, shooting scenes on Morris Park Avenue.

But the film crew didn't exactly win over the community when they first started filming.

John Fratta, assistant district manager for Community Board 11, said calls began pouring in when the movie started filming in 2009, with community members outraged at an OTB
Continued on page 40



Photo courtesy of Greenbox Films Entertainment

Actor John Ventimiglia (Artie Bucco of Sopranos fame) and Nick Sandow (in lettered t-shirt), a Bronx Native and film director, on the set of his film Ponies, a drama set in NYC and filmed in Morris Park.



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Monet Evenings continue at the Garden

The **New York Botanical Garden's** monthly summer concert series, **Monet Evenings Featuring Water Lily Concerts**, continues this evening, July 19, with a performance on the Conservatory Lawn by the **Avalon Jazz Band**.

Enjoy a complimentary specialty cocktail while viewing Monet's Garden in the Enid A. Haupt Conservatory. This re-creation of Claude Monet's idyllic garden in Giverny, France, features evocative set pieces depicting Monet's Grande Allée and iconic Japanese footbridge surrounded by willow trees, bamboo groves, and flowering shrubs.

Monet's most famous subjects, water lilies, grace the Conservatory Courtyard Pools.

Light picnic fare and other refreshments will be available for purchase, as well as a cash bar.

The event runs from 6 p.m. to 9 p.m., with the concert beginning at 7 p.m. Future concerts are scheduled for August 16 and September 22.

Tickets are Adult Non-Member \$30/Member \$20 (includes one complimentary cocktail for adults 21 and over or non-alcoholic beverage); Kids under 12: Non-Member \$12/Member \$10.

For more information or to purchase tickets, visit www.nybg.org or call 718.817.8700.

It will be a fun- and enjoyment-packed weekend at **Wave Hill**, the 28-acre public garden and cultural center overlooking the Hudson River and Palisades. On Friday, July 26, mom and child can practice fun yoga poses like the jumping frog, twisty owl and downward dog together.

The one-hour class taught by Lisa Ferraro, an instructor at Yoga for Bliss, helps build strength, increases flexibility and relaxes the body and

mind.

Wear loose, comfortable clothing and bring a mat if possible. Recommended for ages 2-5, the sessions are held outdoors only and are weather dependent.

Call 718.549.3200 x245 by 8 a.m. on the day of the class for weather updates.

Session fee is \$15 Member/\$23 Non-member, and includes one adult and one child. Registration opens on-site at 9:30 a.m.

Also over the weekend:
SAT, JULY 28 TAI CHI CHUAN

Quiet like a mountain, moving
Continued on next page

ITEM: Fun time was had by all at the Locust Point Concert featuring WVOX-DJ Dennis Nardone, the band Just Nuts, the Alive and Kick-in' Duo and more. Thanks to the students of The Just Nuts Music School that opened the show. It was such a success that I hear they'll be doing it again next year.

ITEM: What a weekend at The Wicked Wolf on East Tremont; appearances by members of the bands Sugarush, Trash Rules, The Tub Band, No Stringz Attached and more. Thanks to all who came out to help me celebrate four years of acoustic Sun-

rock on the bronx

by Fish Altieri

days.

ITEM: Here's a reminder of a nice night for a great cause: Providence Rest Fund-raiser on Saturday, July 21! Come out for an "Evening of Music on the Sound" featuring the duo "No Stringz Attached", singer Dennis Dell, Emil Pulicchio, The Triad Jazz Guitar Trio plus raffles and great prizes. Rock on. Rock out.

Temple Hatikva has Cyclones tickets

Temple Hatikva will "take you out to the ballgame" on Sunday, August 12 at 5 p.m. when they will all go to watch the Brooklyn Cyclones play on Jewish Heritage Night at the home of the Cyclones, MCU Park in Coney Island.

Temple Hatikva has reserved a luxury suite at the ballpark, and admission includes hot dogs, hamburgers, salads, sodas, programs and a free souvenir hat.

The cost for this evening of fun is only \$75 per ticket. However, there are only 20 tickets available, so reserve your ticket now by calling (718) 792-1109 or via e-mail at TempleHatikva@aol.com.

As an added treat, those going to the ballgame will hear Rabbi Harry Hertzberg broadcasting an inning in Hebrew over the public address system at the ballpark. This Hebrew broadcast has been a tradi-

tion for many years and will continue on August 12.

Don't miss your chance to root for the Brooklyn Cyclones (the Class A minor league affiliate of the New York Mets) on Sunday, August 12 at 5 p.m. and support Temple Hatikva at the same time.

Temple Hatikva is located at 2440 Esplanade and can be reached at (718) 792-1109 or via e-mail at TempleHatikva@aol.com.

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David Wood with dairy cows at Eildon Tweed Farm.

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APARTMENTS FOR RENT

Forest House Apartments is pleased to announce that applications are now being accepted for 98 affordable housing rental apartments now under construction at **1071 Tinton Avenue** in the **Morrisania** section of **The Bronx**. This building is being constructed through the Low-Income Affordable Market-Place Program (LAMP) of the New York City Housing Development Corporation, the New York State Homes and Community Renewal Homes for Working Families program (HWF), the Low Income Rental Program (LIRP) of the New York City Department of Housing Preservation and Development, and The New York City Housing Authority. The size, rent, and targeted income distribution for the 98* apartments are as follows:

# Apts. Available	Apartment Size	Household Size **	Monthly Rent ***	Total Annual Income Range **** Minimum ***** Maximum
13	Studio	1	\$696	\$25,818 – \$34,860
26	1 Bedroom	1 2	\$748	\$27,635 – \$34,860 \$27,635 – \$39,840
59	2 Bedroom	2 3 4	\$908	\$33,223 – \$39,840 \$33,223 – \$44,820 \$33,223 – \$49,800

* Up to 31 units of the total 98 advertised in the project will have a preference for NYCHA households as follows:
(a) residents of Forest Houses, (b) NYCHA residents in Bronx Community Board 3, (c) eligible residents from other NYCHA developments or (d) eligible residents with valid NYCHA transfer vouchers.
** Subject to occupancy criteria
*** Includes gas for heating
**** Income guidelines subject to change
***** Minimum Income does not apply to households qualifying for Section 8 assistance.

Forest House Apartments has a smoke free policy

Qualified Applicants will be required to meet income guidelines and additional selection criteria. To request an application, **mail a self-addressed envelope to: Forest House Apartments, c/o Blue Sea, 60 East 42 Street, Suite 1835, New York, NY 10165. Completed applications must be returned by regular mail only (no priority, certified, registered, express, oversized or overnight mail will be accepted) to a post office box number that will be listed on the application, and must be postmarked by September 17, 2012.** Applications postmarked after September 17, 2012 will be set aside for possible future consideration. Applications will be selected by lottery; applicants who submit more than one application will be disqualified. Disqualified applications will not be accepted. A general preference will be given to New York City residents. Current and eligible residents of Bronx Community Board 3 will receive preference for 50% of the units. Eligible households that include persons with mobility impairments will receive preference for 5% of the units; eligible households that include persons with visual and/or hearing impairments will receive 2% of the units; and eligible City of New York Municipal Employees will receive a preference for 5% of the units.



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www.nyc.gov/housing



Ponies debuts in the Village Cinema

From page 38

sign going up on at the vacant former site of a WaMu bank on Morris Park and Hone avenues.

“I got the first phone calls on Friday, June 19 that there was going to be an OTB,” Fratta said. “I immediately called up OTB like a raving lunatic and they didn’t know anything about it.”

After a little research, it was discovered that the sign was merely just a prop for the movie.

Sandow was born and raised in Morris Park.

“We shot the film in the neighborhood where I grew up, which was an incredible coincidence,” Sandow said. “It’s been 25 years since I lived in that neighborhood, and to experience its generosity of spirit while shooting my first feature was a gift.”

Sandow said he was originally drawn to the project because of its focus on gambling.

“On the surface, it deals with gambling: its draw and

the addiction of it,” Sandow said. “I was born and raised in a neighborhood where losing more money than you had to the local bookie was a rite of passage. I accomplished this at 15, but quickly realized that it was a sucker’s game and that it was much more profitable to be on the other side of it.”

Sandow said the other reason he took on the project was because of his anger over 9/11.

“It was post 9/11 and I was very angry that my country was inciting a war which I believed to be very obviously based on deception,” Sandow said. “Directing Ponies was a way for me to have a voice on this issue.”

The compelling drama is set in New York City within the world of Off Track Betting and reflects on the anxieties faced by recent immigrants to America.

The main characters have fled their home countries because of war or other forms of strife, but find America is not the safe

haven they are looking for—especially post 9/11.

“The characters in the story struggle greatly to survive, and display fantastic ingenuity to survive,” Sandow said. “I find this admirable true: how some people can find a way to survive at all costs. It’s a hard view but one I can’t help but recognize as something deep, dark, ugly and beautiful.”

Ponies began as an original stage play written by Michael Batistick and was produced by Michael Imperioli’s Studio Dante, where it received a critically acclaimed extended run under Sandow.

In 2009, Batistick adapted his play for the big screen for Sandow to direct.

The cast includes John Ventimiglia, famous for his many television appearances, and most recently best known as restaurateur Arthur Bucco on the HBO series The Sopranos. It also stars Kevin Corrigan, Babs Olusanmokin, and Tonye Patano.

Monet Evenings continue at NYBG

From previous page

like a river, Tai Chi is a sequence of gentle movements based on images found in nature. Short and long form classes are led by Irving Yee, an active member of the William CC Chen Tai Chi School. Sessions are held outdoors only and are weather dependent. Call 718.549.3200 x245 by 8 a.m. on the day of the class for weather updates. Session fee: \$15 Member/\$23 Non-member. Registration opens onsite at 9:30 a.m. on the grounds, 10 a.m. Beginners, 11 a.m. Intermediates.

SAT, JULY 28 FAMILY ART PROJECT—HANDMADE RIVER RAFTS Handmade River Rafts/Balsas recyclables. Make an all-natural tiny raft or boat and then see if it floats. Send your vessel downstream in a specially designed water trough. Free, and admission to the grounds is free until noon. At the Ecology Building, 10 a.m. to 1 p.m.

SAT, JULY 28 GALLERY TOUR Join an exhibition interpreter for one of our regularly scheduled tours of Tending toward the Untamed: Artists Respond to the Wild Garden. Wave Hill’s Wild Garden serves as inspiration for new painting, photography, animation, sculpture and installation, by artists Gary Carsley, Chris

Doyle, Julie Evans, Isabella Kirkland, Janelle Lynch, Rebecca Morales, Erik Sanner and Anat Shifan. In the Sunroom Project Space, Wave

Hill’s Van Lier Visual Artist Fellows Nova Jiang and Cameron Rowland have each created installations. Jiang’s project combines art, technology and garden design to create an interactive experience for visitors; Rowland investigates the architecture and open space of public housing projects in relation to Wave Hill. Tours take place Tuesdays and Saturdays at 2 p.m., through August 18. Free with admission to the grounds. At the Glyn-dor Gallery, 2 p.m.

SAT, JULY 28 GARDEN WALK—REVELING IN THE SUNSHINE Horticultural Interpreter Charles Day leads this walk, part of a series examining strategies that plants have evolved to survive the hottest months of the year. Some plants thrive in the sunniest areas of the garden. Investigate tricky adaptations that keep plants perky as they bask in the hot sun. This walk also takes place Thursday, July 26. Free with admission to the grounds. Meet at the Perkins Visitor Center, 2 p.m.

SUN, JULY 29 HATHA YOGA Release stress and find refuge from city life by practicing seasonal yoga, surrounded by the beauty of Wave Hill. Hatha Yoga involves the use of physical postures, breath control and meditation to create a supple, strong and relaxed body-mind. Classes are led by Neem Dewji, certified in Hatha and Therapeutic Yoga from The Yoga for Health Foundation in Bed-

fordshire, England, and The Integral Yoga Institute in NYC.

Participants should bring a mat, dress in loosely fitting clothing and come to class with breakfast well digested. All levels welcomed. Sessions are held outdoors only and are weather dependent. Call 718.549.3200 x245 by 8 a.m. on the day of the class for weather updates. Session fee: \$15 Member/\$23 Non-member. Registration opens onsite at 9:30 a.m. On the grounds, 10 a.m. to 11:15 a.m.

SUN, JULY 29 FAMILY ART PROJECT—HANDMADE RIVER RAFTS Handmade River Rafts/Balsas recyclables. Make an all-natural tiny raft or boat and then see if it floats. Send your vessel downstream in a specially designed water trough. Free with admission to the grounds. Ecology Building, 10 a.m. to 1 p.m.

SUN, JULY 29 GARDEN HIGHLIGHTS WALK

Join for an hour-long tour of seasonal garden highlights. Free with admission to the grounds. Meet at the Perkins Visitor Center, 2 p.m.

For more information, call (718) 549-3200 or go to www.wavehill.org.

The first 500 fans to celebrate the return of soccer to Yankee Stadium on Sunday, July 22, will receive a free souvenir at **Billy’s, Crown Diner, The Dugout, Stan’s and Yankee Tavern**. These bars will welcome fans to root for Chelsea or Paris Saint-Germain.

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John McNamara's hobo travels recalled

Just about everyone you speak with will agree that no recent Bronx historian can produce the quality and originality of John McNamara's columns.

He began writing them in 1956 and continued doing so for the next 44 years. He set the standard for those of us who followed by looking into areas where no one else thought to venture and sharing his findings with his readers, many of whom would follow his stories week in and week out. His column was often the first thing people read upon opening their paper.

It wasn't just Bronx history that was captured by his pen, but he also set about recording his vast and varied trips around the globe. That in itself sets him apart from other journalists as many of his experiences can never be re-lived.

His chronicles on the Great Depression have captured that historic epic as he lived it. The same can be

do you
by Bill Twomey **remember**

said about his "riding the rails" as a hobo or traveling aboard tramp steamers with no fixed schedule. Some things do change and some experiences simply cannot be repeated.

John's world of yore has come and gone. We, for our part, can be grateful not only for his wanderlust, but also that he had the skill and craftsmanship to capture such a broad slice of his life in writing.

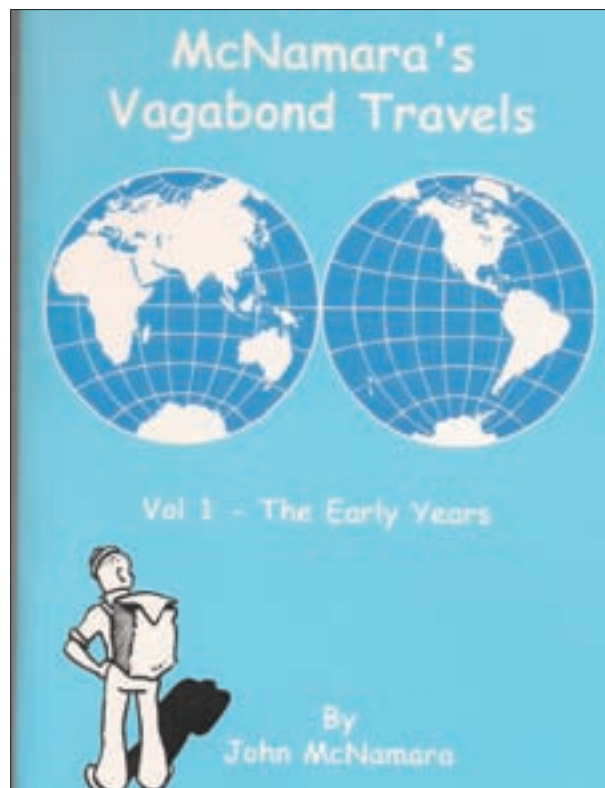
Fortunately, some of those stories were recounted in his last book, "McNamara's Vagabond Travels." Each is a little historical gem polished to perfection by the master himself. He approved the proof copy of the book shortly before his death on October 15, 2004, just a couple of months shy of his 92nd birthday. His

daughter, Betty, then followed the book through the production process.

Look at the front cover and you'll note that it reads "Vol. 1 - The Early Years." This book was meant to be the first in a series about his global travels.

What surprised everyone is that the book simply didn't sell very well, negating the need for further volumes. Everyone who read the book was mesmerized by it saying that it read like a fast-paced novel. Unfortunately, there was no money in the budget for advertising so the publisher had to rely on press-releases only.

The book is not easy to find, but if you're looking for a copy, you can contact Bunratty Publishing at 4265 Alma Street, Palo Alto, California 94306 or you can



John McNamara's Vagabond Travels.

email bunratty@mail.com. The book has 221 fascinating pages and is moderately

priced at \$19.95. The Bronx County Historical Society also has copies for sale.

Benedetto sets AARP Safety Driving Course

Assemblyman Michael R. Benedetto will be sponsoring an AARP Driver Safety course on Saturday, August 18, from 9 a.m. to 3 p.m. This course is a closed class with AARP.

Space is limited. Registration for this class begins on Monday, July 23, at 9:30 a.m. No reservations will be accepted prior to that date and time.

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

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

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

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Bronx schools

Preston staff on leadership team

Sisters of the Divine Compassion who have staffed Preston and St. Frances de Chantal, and who have also graduated from and ministered at both Preston and St. Frances have been elected to the new RDC leadership team. They were installed at a liturgy and ceremony on June 29 at their Divine Compassion Chapel at Good Counsel in White Plains.

Sr. Carol Wagner, RDC, LCSW a long time Throggs Neck resident graduated valedictorian from St. Frances, Preston High School and the College of White Plains of Pace University. After teaching Chemistry Sr. Carol became a licensed clinical social worker and worked 10 years at Our Lady of Mercy Mental Health clinic.

In 1991 she returned to Preston as head of the guidance department and began Preston Center of Compassion Counseling Services. She has offered individual and family psychotherapy in our community at Preston for the past 20 years. Sr Carol was elected president of the Sisters of the Divine Compassion and assumed leadership of the congregation on July 2, the 126th anniversary of the founding of their community and ministry of compassion in NYC.

Sr. Lucille Coldrick, RDC, MS has been actively involved in the Throggs Neck community as principal of Preston High School from 1991-2008. She was elected assistant to the president and member of the



(Left) Sr. Carol Wagner, with her St. Frances and Preston teacher Sr. Madeline Desel (Sr. M. Antonio).



(Right) RDC Leaders bless the congregation at their installation in White Plains on June 29. (left to right: Sr. Lauren McLeod, Sr. Lucille Coldrick, Sr. Carol Wagner, Sr. MaryJane Deodati, and Sr. M Clare Arenholz.

leadership team of the RDC congregation.

Sr. Mary Clare Arendholz, RDC, MS, a graduate of both St. Frances de Chantal and Preston HS, and was teacher, and then principal of St. Frances from 1963-1991. Sr. MaryJane Deodati,

RDC, MS was teacher and assistant principal at St. Frances (1971-1985), and the principal at Preston High School 1985-1991. Both Sr. Clare and Sr. MaryJane were also elected to the new RDC leadership team.

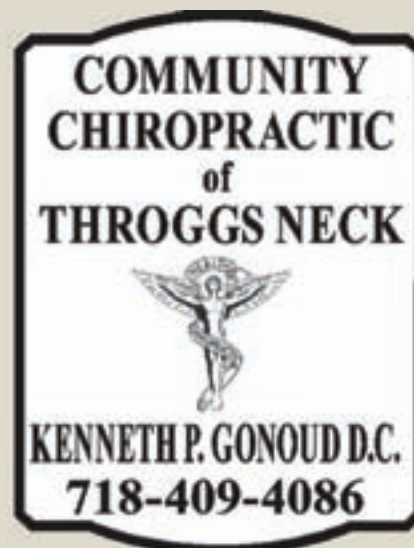
St. Ray's alumni view expansion

Alumni gathered at St. Raymond High School for Boys for an Open House on June 23 that enabled them to view the recently expanded building. Ravens from the past 51 years were invited to enjoy cocktails and a

buffet dinner, and receive tours of the new computer labs, classrooms, art, music and guidance suites and the rooftop athletic court!

Graduates were impressed with how things have changed over the

years, including many of the technology advances that have been made in the classrooms. "The new addition is quite impressive as well as a great resource for the entire student body," said Charlie Mehlich '68.



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BY FATHER
RICHARD F. GORMAN

The saying “a penny for your thoughts” is an old and frequently heard English idiom simply asking people to volunteer their opinions on an issue being discussed. Though no payment actually changes hands, the phrase has become a regular part of the English vernacular. Its origins date back to the end of the Middle Ages, the point at which modern English was just beginning to take shape. The phrase is generally credited to a playwright and author by the name of John Heywood, who was born in the late fifteenth century. “A penny for your thoughts,” along with many other pithy, adept expressions, can be discovered in this gentleman’s book entitled “The Proverbs Of John Heywood.”

Well, admittedly unsolicited, and for the cost of this newspaper, which is certainly more than a penny, here is my opinion on the need to restore our New York City Police Department to its former level of staffing. When Mike Bloomberg became the 108 Mayor of the City of New York, there were slightly more 40,000 New York City police officers. Today, according to the official N.Y.P.D. website accessed via “nyc.gov,” the current strength of our police department stands significantly lower at 34,500 uniformed personnel, a reduction of approximately 7,000 cops!

When enduring a steady slash in the ranks of its “Finest,” the N.Y.P.D., fresh from its successful crusade against violent crime run amok in our city, has now been saddled with an equally daunting responsibility -- viz., that of keeping “The Big Apple” safe from terrorists. Under present Police Commissioner Ray Kelly, deputy police commissioners for intelligence and for counterterrorism have been hired and given both personnel and all available other resources in order to insure than another “9 - 11” never happens again in New York City. Among other steps taken by Commissioner Kelly, 1,000 police officers have been specifically and exclusively dedicated in order to keep radicals and fanatics, both home-grown and from

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abroad, who wish to harm us unsuccessful and at bay. Simultaneously, though, our cops are still needed to deal with every kind of disaster and difficulty from felonies

A PENNY FOR YOUR THOUGHTS...

to misdemeanors, from domestic violence to school safety, from traffic control to monitoring parades, from crime prevention to community relations. This our “Finest” do -- and do it very well -- whether on dry ground, the water, or up in the air. Do not forget, either, who must protect our President and his family when they come to town and who is burdened with keeping an eye on the never-ending cascade of celebrities and dignitaries who do us New Yorkers the favor of dropping by, even if they do snarl our traffic and steal our parking spaces! The number of cops may have dwindled, but their duties have soared.

At the recent Town Hall gathering hosted by Mayor Bloomberg at Saint Barnabas Girls High School in Woodlawn Heights, I proposed the following idea to His Honor about maintaining the strength of our police department. I suggested that he steal an initiative that worked quite well in the past. When Mr. Bloomberg’s predecessor in City Hall, Mayor David N. Dinkins, was confronted by an out-of-control spike in crime, he, as a feature of his “Safe Streets, Safe City” Program, added a small percentage to the municipal sales tax that was dedicated lock, stock and barrel for the hiring of more cops. This choice marked the beginning of a winning war against crime that resulted in the City of New York becoming the safest big city in the United States. To keep New York as such, I

recommended to the mayor that the New York City sales tax be upped by a quarter of one percent -- i.e., one-fourth of a penny! -- with all of the proceeds there from being wholly used to maintain the N.Y.P.D. at a uniformed strength of 40,000 cops. His Honor, politely and thoughtfully, responded that he had many tough alternatives amongst which to choose in governing our town and that my idea was not one of them.

As we witness the latest rise in the number and the type of violent crimes on our streets, as we contend, yet again, this summer with an innumerable assortment of “quality-of-life” nuisances, as we pay with both inconvenience and with our hard-earned dollars the intolerable cost of crimes not tracked by law enforcement agencies, is it not better to shelve out a few more shekels in order to hire a great many more police officers? Would it not be better to an enhanced police presence in our neighborhoods and on our streets? Does it not make more sense to have more of “New York’s Finest” to respond more readily and more rapidly to our calls for assistance? Is it not preferable for even the N.Y.P.D. itself to have a greater number of police officers that could be trained more easily and deployed more effectively? Would not the department prefer having its personnel less pressured by the demands of continuously being called in on overtime or of being unable to recuperate from the strain of a stressful job? The next time that your car window is smashed and your motor vehicle vandalized, or the next time that you hear of someone being mugged for money or other valuables, or the next time that you have to clean graffiti from your fence or from the exterior of your building, ask yourself this question: “What is cheaper and less of a hassle the cost of the crime or a fourth of 1¢ and a few dollars more a year when I shop?”

Why not let Mayor Bloomberg know your answer to this question. Why not drop him a line at City Hall (New York, New York 10007) or e-mail him directly using “nyc.gov.”

Until next time, that is for this time!

Two new health clinics for Espada’s one

From page 1

All of the rooms are “interim” for now, said Hernandez, saying that her group is now scouting for a bigger local facility.

“When we expand we’ll be able to bring in mental health and dental services” she said.

Picking Soundview as the next new clinic was a “no-brainer”, she said.

Soundview residents were already visiting the group’s flagship clinic in Hunts Point, founded by Hernandez’s father, Dr. Richard Izquierdo, nearly 40 years ago.

Hernandez said she felt compelled to open a community-based clinic after Soundview’s troubles.

Federal and state authorities discovered clinic founder and CEO Pedro Espada Jr. milked the clinic out of \$500,000. The former state senator was found guilty of embezzling the funds. He is now awaiting a separate federal trial on tax evasion. Citing poverty, Espada recently asked a federal judge for a public defender.



Photo courtesy of Urban Health Plan, Inc.

Attending the ribbon cutting ceremony for Urban Health Plan at Bruckner Plaza (from left to right) : Angel Laporte, Nelson Peralta, site administrator, Urban Health Plan; Paloma Hernandez, President and CEO, Urban Health Plan; New York State Assemblyman Marcos Crespo; Community Board 9 District Manager Francisco Gonzalez; Anna Vincenty, representing Congressman Jose Serrano; Thomas Messina, representing Congressman Joseph Crowley.

Urban Health applied last September for the same sought-after federal health grant Soundview was denied after receiving a low application score.

Claiming it had been unfairly treated, Soundview attorneys filed a lawsuit against the federal Health and Human Services Department and Urban Health.

Urban Health ultimately won the grant, moving quickly in February to build the second floor clinic to meet the requirements set by the federal health grant.

Dr. Calman said his group did not apply for the grant since it was busy finding an alternative way to keep the Espada clinic from closing.

Vigils continue for Ramarley Graham

From page 1

he’d seen the group carrying a gun.

Graham’s grandmother and 6-year-old brother were inside the home when the shooting occurred.

Several weeks later, a Bronx grand jury indicted the officer on manslaughter charges.

Haste is due back at the Bronx Criminal Courthouse for a hearing September 13, with dozens of Graham’s supporters expected to rally outside calling for the charge to be upgraded to murder.

“Haste is a deadly machine,” said April Stone, 20, a friend of Graham’s, at the

17th vigil on July 12 outside the Graham home, with candles, large banners and commemorative T-shirts bearing Graham’s face around the home.

Stone alleges Haste and Graham had a previous encounter before the shooting, never rising to the level it did on February 2.

After the vigil outside the Graham home, protesters marched through the streets of Wakefield chanting “no justice, no peace, no racist police” and handing out flyers to taxi drivers, neighbors and storeowners, asking them to support Graham.

The shooting has provoked much talk on the debate of the NYPD’s stop and frisk policy where many at the vigil in predominantly minority Wakefield see it as racial profiling.

“I want them to get justice,” longtime resident and Graham’s former basketball coach Sean Crawford said of the family.



Photo by Walter Pofeldt

Marches honoring Ramarley Graham take to the streets of Wakefield calling for justice in his death.



PIPE DREAMS

By Rob Connolly

Time on your hands

Expanded Playoffs

Norman Chad looked at the ever expanding MLB playoffs and decided to make this suggestion. "So I am here today to propose an extreme, expanded postseason. It involves shortening the regular season. The 162-game regular season is so 20th century, anyway; who can watch an early spring Padres-Rockies game?

I say let 'em all into the postseason — all 30 teams are playoff-bound! This is how we do it:

We shorten the regular season to 58 games; every team plays every other team twice. Done.

That takes care of April and May.

June 1: Playoffs!

To give the regular season a little meaning, each league champion gets a bye. The other 28 teams, seeded 1 to 28 by record, play a best-of-seven series; winners of that opening round, along with the league champions, move on to the round of 16. And so on.

Each series would last three weeks, which means you play a game every three or four days. This would allow a team like the Yankees to finally cut payroll and set up its rotation so that CC Sabathia pitches every game of the postseason.

Then you would take a week or two off before the World Series, like the NFL does with the Super Bowl.

We're talking two months for the regular season and four months

Continued on page 54

Hoop Group decision pays off

Wings' Brown gets FDU offer

BY ZACH BRAZILLER

Jaequan Brown was planning use this week to rest and get ready for the AAU Nationals and Super Showcase in Orlando, Fla. Instead, he found himself in Reading, Pa. at Albright College.

The reason? Former Wings Academy teammate Justin Jenkins.

"He said it was a good experience, you play against top players and you're with your friends," Brown said.

He left out exposure, lots of it. Brown, a rising senior who averaging 10 points and eight rebounds per game last year, is already reaping the benefits. He picked up his first offer from FDU Wednesday night.

"I'm real happy I came down," the second team All-Bronx selection of The Post said. "It's probably the best decision I made. I knew I played well, but I didn't think I played well enough to get a scholarship. I was very hyped. It was very exciting. Once I got it, I told my mother, my father, my grandmother."

Jenkins, who landed a scholarship at Fairfield and is currently taking summer courses at

the MAAC school, had a big week at Hoop Group last year. His performance led to him landing several mid-major scholarships in the winter. A versatile 6-foot-4 forward, Brown hopes history repeats itself.

"I'm going to attack the basket at will, rebound and play defense," said Brown, who has drawn high interest from Quinnipiac, along with VCU, Delaware, Drexel, Fordham and Hofstra. "I have to show I have a lot of energy on the court."

The camp setting is not necessarily the best way for Brown to showcase his talents. For Wings, he was a glue guy, a lockdown defender and strong rebounder whose offense came around late in the season.

"I'm not gonna change at all," he said. "I'm gonna play how I play."

That's particularly true since he missed all of last summer with a serious ankle injury. Instead of playing in front of college coaches, he made various trips to water parks to take his mind off of basketball. He's happy to be back.

"This is really big for me," he said.

It already has been.



Photo by Denis Gostev

Wings Academy's Jaequan Brown picked up his first scholarship offer, from FDU, on Wednesday night.

Shooting with Shavar: Newkirk aims for big July

BY SHAVAR NEWKIRK

Over the next month, The Post will bring you into the world of Cardinal Hayes/Team SCAN point guard Shavar Newkirk as he travels from Reading, Pa., to Springfield Mass., Augusta, Ga. and Las Vegas during the live recruiting period. One of the city's top floor generals for nationally ranked Team SCAN, the 5-foot-11 Newkirk is looking to add to an already impressive AAU season. This is entry No. 1 of 4, as told to The Post's Zach Braziller, which will appear over the next four weeks. The rest are slated for July 16, July 23 and 30.

I'm getting ready for the Hoop Group [Elite] Camp tomorrow. I'm

just going to go out and showcase my skills, show that I'm better than what people think. I've been to Hoop Group before. I made the All-Star team every time I went.

People think I'm average, I believe I'm above-average. I'm going to play my game, do what I do best and hopefully people see. I'm playing with a chip on my shoulder. Everybody has negative things to say about me. I want to show I should be recognized.

If I keep doing what I'm doing, eventually I'm going to get looked at. I don't care about rankings. I could be No. whatever, that's not gonna stop my opponents from coming at me.

I like this month, but I like

the previous month because that allows our team to get in a groove, practice and get ready for July. We look forward to finishing [the AAU season] No. 1 but we have to take one game at a time, we have to play hard.

I've been working out in the gym, getting ready for school, working on every aspect of my game to get better.

Me and my teammates have been getting ready by having five-hour practices. That's getting us ready for college. We're working on our chemistry, working on individual skills, getting ready for July. My hopes for July are to win every tournament we enter and for everybody to show we're a good

team and show we're No. 1.

I have college looks from St. John's, Temple and West Virginia and I have offers from Manhattan, Iowa State, Seton Hall, Iona and Providence.

I'm going to put up shots in a little bit and [do some] weightlifting. I'm been working on repetition on my jump shot and it's giving me confident in the game to stretch the defense out.

Locally, I've been playing unlimited, to get use to playing taller, stronger defenders. It's hopefully going to help me mature in my age group.

Check back with Shavar Newkirk for his next diary entry July 16.

- 2012 ALL CITY -

Boys' Lacrosse honors

BY JOSEPH STASZEWSKI

It was a return to glory for a number of city boys lacrosse teams.

Fieldston and its high-octane offense again rose to the upper echelon of the Ivy Prep League and reached its first NYSAISAA final since 2009. Tottenville and Monsignor Farrell were both trying to eliminate the taste of championship defeats from last season, and did so.

The Pirates won their first PSAL Class A crown since 2004 while Farrell ended the drought with an unbeaten CHSAA Class A championship run, its first city crown of any kind since 1995.

All-City Boys Lacrosse Player of the Year: Grady Smith, Fieldston

Fieldston returned to prominence this season and the versatile Smith was a big reason for that success. The senior midfielder and All-Ivy Prep League first team selection was the offensive cog the rest of the Eagles rallied around. He produced 45 goals and 30 assists to lead The Bronx school to a second-place finish in the Ivy's and its first berth in the NYSAISAA title game since 2009.

All-City Boys Lacrosse Coach of the Year: Demetrios Haronitis, Tottenville

It was title-or-bust this year for a senior-laden Tottenville team that Haronitis personally developed. That goal was realized as it brought home its first PSAL Class A crown since 2004 by beating

New Dorp, 5-4, in dramatic fashion. The Pirates journey wasn't easy with plenty of tight wins and a surprising regular-season loss to Hunter. Still, Haronitis never exhibited less than 100 percent confidence in his club, and he was rewarded with a title.

First Team

A Ben Andreycak, Fordham Prep

The Tufts-bound senior and All-American selection was one of the city's best all-around talents. He scored 45 goals, including the tying score in a big win over rival Iona Prep, and notched 37 assists

M Bektosh Ayoob, Benjamin Cardozo

The senior captain led the Judges to one of its best seasons in recent memory, which included a return trip to the PSAL Class A semifinals. Ayoob scored 41 goals and dished out 22 assists.

A Kenny Coughlin, Tottenville

The Hobart-bound standout was the key cog to the Pirates PSAL Class A title, especially with fellow star Cody Rivera missing time with injury. Coughlin, who will also play football at Division III Hobart, tallied 34 goals and 23 assists, by far his best season in a Pirates uniform.

A Tyler Dean-Krantz, Riverdale

The Falcons didn't feature an explosive offense, except when Dean-Krantz was in open space. The senior attack was one of the Ivy

Prep League's most prolific scorers with 23 goals and 23 assists. He could dodge to the cage or fire precisely from the outside.

A Nick DeMeo, Tottenville

A sophomore attack, he played well beyond his years this season. He gave the Pirates another offensive threat and scored the winner in a big win over Catholic league foe Xaverian. DeMeo had 25 goals to go along with 24 assists.

G Chris Fiore, New Dorp

Considered the best goalie in the city, the Morrisville-bound senior was again superb as New Drop reached the PSAL Class A final for the second in his four seasons. He made 239 saves to keep the Central Cougars in every game.

M Hugo Francis Poly Prep

No player had a bigger impact on a game than Francis. The Blue Devils ball-control offense run through him, which made perfect sense as the senior pumped in 27 goals to go along with 32 assists to help Poly reach the NYSAISAA semifinals

M Sam Healy, Fieldston
Healy did a little bit of everything for the Eagles, and he did it well. The junior scored 30 goals, handed out 26 assists and was one of the city's top faceoff winners.

M Tanner Morris, Fieldston

The senior was armed with one of the most precise



Photo by Lauren Marsh

Fieldston's Grady Smith is the All-City boys lacrosse Player of the Year.

shots in the city, constantly hitting the corners. That was evident with his team-leading 61 goals, a key factor in the Eagles' run to the NYSAISAA final.

M Mark Rini, Monsignor Farrell

Rini vowed before the year started to erase the memory of last spring's championship game loss. He did just that, tallying 49 goals, 17 assists and won 62 percent of his faceoffs. Rini scored five goals, including the winner, in the CHSAA Class A final against Stepinac.

D Logan Williamson,

Fordham Prep

Williamson knows a thing or two about physical play as the Rams starting running back. That translated into a big year on the lacrosse field as the leader of a stingy Fordham defense. As a result, Williamson was named CHSAA Defender of the Year.

Honorable Mention

A Shawn Brackett, New Dorp

D Vinny DiMare, Monsignor Farrell

A Max Goupit, Poly Prep

G Conor Gowan, Ford-

ham Prep

G Joseph Lio, Farrell

G Alex Meiselman, Tottenville

M Nick Mietkowski, Hunter

D Ryan Nardi, Fieldston

M Joe Liberto, Xaverian

D Hal Press, Riverdale

M Emin Sabovic, Christopher Columbus

M Connor Smith, Fordham Prep

M Colum Sleeper, Fordham Prep

M Ben Vallimarescu, Dalton

A Matt Visintin, Mount St. Michael

West Virginia University's Truck hopeful of NBA stop

BY JOSEPH STASZEWSKI

Darryl (Truck) Bryant is looking for an NBA stop. The former West Virginia guard had a pre-draft workout with the Sacramento Kings, but didn't hear his named called at the Prudential Center last week, leaving his immediate future uncertain.

"Right now I'm just trying to get a summer league team," said Bryant, a St. Raymond product, after

playing with the Rosedale Trailblazers at Hoops in the Sun on Sunday.

Part of the problem, Bryant said, was he switched agents midway through the process. Bryant said he took his time picking the second time, wanting to make sure he got it right. He is being represented by Jared Hodges, who is affiliated with Alston Walton. Bryant is staying in shape by playing on

the city's streetball circuit, at Dyckman and HITS.

"It definitely did [set me back]," he said of the uneasy agent situation. "I had to find the right guy."

Bryant tried to raise his stock by playing in the Portsmouth Invitational, a showcase for the top college seniors in front of NBA scouts. Bryant's K&D Rounds Landscaping team lost all three games. He av-

eraged close to eight points and four assists in 22 minutes of play. He improved as the week went on, scoring 11 points in his final contest. Bryant didn't think it was the best environment for him to showcase his talents.

"It was really a lot of selfishness," Bryant said. "A lot of guys were there for themselves trying to impress an NBA team. It was a good experience, though."

The Brooklyn native was a key cog to West Virginia's success in a loaded Big East during his four seasons with the school. His senior year he averaged 16.9 points, 2.7 assists and 3.1 rebounds as the Mountaineers went 19-14 and 9-9 in conference play. As a sophomore, West Virginia went 31-7 and reached the Final Four.

"It was a great experience," Bryant said. "I got to

play with some great people. [The Final Four] is a once in a lifetime experience. That's what everyone wants to do in college basketball."

He feels like he has a good chance of landing a summer league invite, but knows there are a lot of guards out there even from last year's draft.

"I'm just going to pray and hope I get an opportunity," Bryant said.

- 2012 All City Men's Softball honors

BY MARC RAIMONDI AND JOSEPH STASZEWSKI

In the end, it was Tottenville once again.

Cheryl Lopez pitched a shutout and hit a three-run home run to lead the Pirates to their second straight PSAL Class A city title and eighth championship in the last nine years. In the final, they beat Susan Wagner, which was making just its first title game appearance since 1989.

Archbishop Molloy has put together an impressive run atop the CHSAA, too. The Stanners won their fourth straight Brooklyn/Queens title and second consecutive city crown, beating St. Joseph by the Sea in the state semifinals before falling to Kellenberg (L.I.) in the final.

In the NYSAISAA, Holy Child won the whole thing, defeating Horace Mann in the championship game. Mann has now been to the last three finals, falling each time. Poly Prep's string of six straight state titles was broken – the Blue Devils lost in the semis.

All-City softball Player of the Year: Cheryl Lopez, Tottenville

Lopez was already the favorite for All-City Player of the Year. She put herself over the top by putting the ball over the wall.

The city's best pitcher beat Susan Wagner, 3-1, in the PSAL Class A city championship game and provided every single run of support for herself with a three-run home run out of St. John's University's Red Storm Field.

The incredible performance added to Lopez's already impressive résumé. The junior went through the playoffs like a buzz saw, leading Tottenville to a second straight title and an eighth crown in the last nine years. In last year's championship game, Lopez gave up just one hit to Madison over 10 innings. This time, she did it with her bat, too.

"She is a true leader on this team because she picks people up," Tottenville coach Cathy Morano said. "She does it sometimes in a quiet way and sometimes in a loud

way with that shot."

All-City softball Coach of the Year: Marco Altieri, Susan Wagner

After reaching five semifinals in the last six years, Altieri and Wagner broke through to the PSAL Class A championship game for the first time in 23 years. Doing it with bulldog ace Taylor Sarcone, a four-year starter in the circle, meant a lot to Altieri. He and assistants Tim McAuliffe and Melissa Zipf did a phenomenal job getting the most out of their talent. All three of the Falcons' league losses were to eventual champion Tottenville.

"We have been coming up short, running into really good teams," Altieri said of reaching the title game. "One thing the girls said is we are going to do it this year. We all believed in each other."

First Team

P Jackie Cautela, St. Joseph by the Sea

The junior was Sea's most consistent hitter and a dominant ace in the circle even with her team sporting a three-pitcher rotation. She went unbeaten with an 0.81 ERA and notched 39 strikeouts in 26 innings pitched. Cautela tossed a 1-0 shutout of Preston in the CHSAA Archdiocesan final and hit .667 in five playoff games.

P Victoria Goldbach, Archbishop Molloy

The Catholic University-bound windmill saved her biggest moments for her final season. Goldbach won four playoff games, including a 1-0 victory against Fontbonne Hall in which she struck out 13, and blanked St. Joseph by the Sea, 1-0, allowing just two hits in the CHSAA state semifinals.

P Nicole Lomangino, St. Francis Prep

The Terriers leaned heavily on the senior who only got more dominant as the year went on. Lomangino waited her turn to earn the title of ace and threw nearly every inning this season. She struck out 14 in a win over Fontbonne Hall and pitched the Terriers to the CHSAA Brooklyn/Queens final series.

P/SS Kate Miller, Fieldston



Photo by Denis Gostev

Tottenville's Cheryl Lopez is the All-City softball Player of the Year.

The best position player – and perhaps best athlete – in the city was someone that few people outside of the Ivy League knew. Fieldston is not a citywide powerhouse, but the Princeton-bound Miller led the Eagles to a share of the Ivy League title and a trip to the NYSAISAA semifinals while pitching for the first time.

1B/SS Dana Moss, Archbishop Molloy

Moss, who is headed to C.W. Post, was one of the top hitters in New York City, often collecting three and four hits a game. That, along with her superb glove, made her the total package.

P Julianna Orrico, Preston

Just a freshman, Orrico never played like one at any point this season, competing with a veteran's poise and determination. She got big hit after big hit and pitched Preston past Moore Catholic, 4-1, and into its first CHSAA Archdiocesan final since 2004.

SS/P Maria Palmeri, Archbishop Molloy

One of the most decorated players in Molloy history, the C.W. Post-bound Palmeri again provided punch in the Stanners' order. She led the Queens schools to a third straight trip to the CHSAA state final and a fourth consecutive Diocesan crown by driving in the tying run in Game 1 of the championship

series against rival St. Francis Prep.

SS Jillian Regan, Tottenville

One of the most feared hitters in the city, Regan is just a sophomore. That's bad news for the rest of the PSAL since the shortstop was one of the very best players in the five boroughs, whether it was crushing home runs, getting on base or making smooth defensive plays in the field.

P Britney Rodriguez, Construction

Few players in the city could match her versatility – Rodriguez was a flame-throwing left-handed pitcher and led the PSAL in almost every offensive category this season in helping Construction to a second straight Class A semifinals. Just a sophomore, she is a pure athlete – she can do anything on the diamond.

P Taylor Sarcone, Susan Wagner

When it comes to experience and being a workhorse, no one else can compare to Sarcone. The senior got the ball every day for Susan Wagner for four years, was a middle-of-the-order hitter for almost as long and this season she led the Falcons all the way to their first PSAL Class A city final since 1989.

Second Team

SS Gina Gerone, James Madison

For pure athleticism, there was few better than the

Catawba College-bound star. Gerone, a senior, has been a key player for Madison since she was a freshman and this year led the Knights to the PSAL Class A quarterfinals.

P Nicole Hubert, Mary Louis

The sophomore cemented herself as one of the city's best young players. She was the Hilltoppers unquestioned ace and one of the team's most productive and powerful hitters. Even more will be expected of her next season.

SS Maxine Jasko, Moore Catholic

The senior finally got to show the city what she was capable of after an injury-plagued junior year and she didn't disappoint. Her strong arm and range made her one of the city's best shortstops. Jasko hit over .400, scored 17 runs and drove in 16 in league play.

P Lianna Jordan, St. Joseph by the Sea

Jordan, like her teammate Jackie Cuatela, was a double threat. She was the Vikings No. 2 pitcher and second-place hitter. The junior went 4-0 with a perfect ERA and hit .406 with 10 RBIs. She was pivotal in Sea's small ball-style, with her ability to bunt and put the ball in play.

3B Danielle Kibler, Preston

A star was born in this freshman. Kibler hit .500 with 30 RBIs and played a near flawless third base. In Preston's win over Moore Catholic in the CHSAA Archdiocesan semifinals, she went 2-for-4 with a double, an RBI and a run scored.

C Jen Palase, Tottenville

Whatever coach Cathy Morano asked of the senior leader, Palase did with sterling results. The New Haven-bound leadoff hitter could bat lefty, slapping and bunting, or turn around and mash righty while also providing excellent defense behind the plate.

SS Maria Serrantino, Fontbonne Hall

Serrantino was part of the backbone of the Bonnies defense, displaying a strong arm and plenty of range. A dangerous middle-of-the-order bat, the sophomore

was known for her scorching line drives, and enjoyed a big three-hit day in a win over Mary Louis.

P Tiffany Rondon, Cardinal Spellman

The four-year starter saved her best year for last. Rondon showed great poise and effectiveness in the circle, including her first win over rival Preston. First-year coach Brendan McCarrick was rewarded for showing faith in her at the plate as she became an important piece of the batting order.

CF Victoria Slavik, James Madison

A St. Francis Prep transfer, Slavik made a seamless transition to Madison and the PSAL. She was one of the league's best defensive centerfielders and established herself as one of the Knights top hitters. The junior batted .525 with 21 RBI and 29 run scored, while also picking up two wins in the circle.

P Nicolette Trapani, Fontbonne Hall

Trapani had a breakout season in the circle, putting her name amongst the city's top windmillers. She pitched and hit the Bonnies to an upset of Archbishop Molloy and shutout the Stanners for seven innings in an eventual 1-0 playoff loss.

Honorable Mention

CF Keyana Brown Wiggins, Stevenson

P Sarah D'Amico, Lab Museum United

3B Stephanie DeMartino, Moore Catholic

3B Bianca Concepcion, Francis Lewis

P Mia Farinelli, Horace Mann

SS Gabrielle Faustino, Bryant

P Maguette Fofana, Clinton

P Heidi Gomez, Bayside
1B Jennifer Greenberg, Susan Wagner

P Morgan Higgins, Stuyvesant

P Blayse Halvorsen, McKee/Staten Island Tech

C Jackie Kennedy, Poly Prep

CF Tara O'Rourke, St. Francis Prep

3B Victoria Quinones, Cardinal Spellman

P Shelby Yacovone, Caradozo



Photo by An Rong Xu

Former St. Benedict's Prep star Melvin Johnson was given his release by Miami on Wednesday.

Exiting Miami

BY ZACH BRAZILLER

Former St. Benedict's Prep star and Bronx native Melvin Johnson has asked and received his release from his National Letter of Intent with Miami, The Post has learned.

One the nation's top shooters, the 6-foot-2 Johnson parted ways with Miami, "for mutual reasons," his mother Kizzy Gladden said.

"It was because of circumstances beyond our control," she told The Post, declining to elaborate. He has been cleared by the NCAA's Clearinghouse, Gladden said.

Johnson, she said, has two remaining official visits left, which he plans to take. In September, the former Rice standout picked Miami over Virginia Tech, Georgetown, South Florida, Dayton and the College of Charleston. A four-star recruit by Scout.com ranked as the No. 14 shooting guard in the Class of 2013, he led St. Benedict's to a 35-3 season and it finished 15th in the USA Today national rankings.

"We want it [done] as soon as possible," Gladden said. "Classes start in a

month. I'm hoping the next week, week and a half. We don't want to make a circus out of it."

"I didn't want to go through the process again," she added. "It's rough. It's hard for me and him. But I see everything happens for a reason."

BY WINSTON DINKINS

On Saturday, June 23, the Zodiacs competed in the USATF New York District Championship and Regional Qualifier in Staten Island. Most of the best athletes through-out New York competed for an opportunity to qualify for regional meet and then hopefully qualify for the national meet. 90% of our team who competed, qualified. This is an outstanding accomplishment.

The following athletes qualified for the USATF Regional 1 track and field meet: Adaria Reaves 100m, 200m, LJ - Samantha Archer 100m, 200m, SP - Tamara Rodrigues 200m, 400m, 800m - Kendra Todd 100m,

From page 49

for the postseason, so you're done by the end of September. Wa-lah!"

Wimbledon Talk Doesn't Do It

I've never been into tennis- except to watch McEnroe.

What would happen if someone tried to stretch a net across a street-HA!

Tennis was never a city game. Oh, there WERE paddleboard courts but they were always being used by old guys wearing knotted kerchiefs on their heads.

We stuck to softball, basketball, and touch-football where the rule-of-thumb was "No blood, No foul."

Exceptions

There are so many exceptions that can be used toward an NBA team's salary cap, you'd have to be a "Wall Street Lawyer" to be able to understand them and properly use them. You have the "Early Bird" that sounds more like dinner time for seniors, the "Larry Bird," and the "Full Bird"- I'd get in trouble for using that one.

Max Contract Offer

The Sports Curmudgeon was puzzled by some of the financial wastefulness and frivolity being put out by some NBA owners who claim the league is losing money. "When I hear the words "max contract offer", I usually think of players who

are difference makers on the court and who are players that will draw folks to the arenas just to see them in action. I suspect that is a degree of financial prudence that makes me ineligible to ever own or run an NBA team. For the record, I do like Roy Hibbert as a player; he is not a stumblebum or a malingerer. However, he is nowhere near what I would call a player worthy of a "max contract offer". Eric Gordon is in the same situation. Gordon for his career averages 18 points per game with 3 assists and 3 rebounds per game. He was injured this year so he only got to play in 9 games. He too has a "max contract offer". Landry Fields reportedly will get \$20M from the Raptors over 3 years. Why?

Omar Asik is looking at a 4-year contract offer worth \$25M from the Rockets. Asik scores 3 points per game and collects 4 rebounds per game as a sub in Chicago. Catching the ball in the low-post, he looks like Edward Scissorhands; making what passes for an offensive move in the low-post, he has all the grace of a bear on stilts.

You can count on both hands and feet the number of NBA fans who will buy a ticket they would not have purchased in the first place just to go see Hibbert or Gordon or Fields or Asik play. The owners seem to be bent

on digging themselves into a deeper hole than ever under this new CBA.

Time On Your Hands

The Sports Curmudgeon reported that the WBF (World Burping Federation) held their World Championships in June and, "The WBF is also environmentally conscious. When animals belch, they release greenhouse gases but the WBF does not want to be on Al Gore's black list, so they have come up with something they call the "Green Burp". [Aside: They really do need a better name here; "green burp" might conjure up images of a "three-dimensional burp" and that would be disgusting.] In WBF events, green burping happens because the contestants ingest warm carbonated beverages resulting in a burp that injects no new greenhouse gases into the atmosphere than would be there without the belching. Doesn't that make you feel better about these good folks? The winner of the First World Burping Championship produced a bench that lasted for 18.1 seconds. His mother must be awfully proud of him..."

More Time

Norman Chad talked about Floyd Mayweather's sentence for domestic violence at the Clark County (Nev) Detention Center. Chad said Mayweather was there for about 8.7 minutes before

he wanted his lawyer to appeal the stay (the judge rejected the appeal). Mayweather might be writing things like,

"2:48: How much "good behavior" does it take to get out of here?"

2:49: Besides, I'm alone all day — who even notices I'm on good behavior?"

New FIFA Reg

Soccer approved new goal-line technology. FIFA is going to use Hawk-Eye and GoalRef systems at January's Club World Cup in Japan and decide which system has a 150% success rate for use next season in the English Premier League. This will carry a cost of \$250K/Stadium. MLB will be following this test very closely.

Perry's Postings

Dwight Perry (Seattle Times) wrote that, "It took three police officers to subdue Vikings running back Adrian Peterson after he allegedly became belligerent when asked to leave a Houston nightclub at closing. Peterson has been charged with resisting arrest and impersonating a Cincinnati Bengal.

"Rufus, Wimbledon's trained hawk that flies over the courts to keep pesky pigeons away, got kidnapped but was found in time to finish out the tournament. Veteran Wimby watchers reported an immediate decrease in drop shots."

Zodiacs Track Club competes in Staten Island qualifier

200m, 4x100 - Lisha McKenzie 100m, 200m, 4x100 - Jalina Robinson 200m, 4x100 - Jacqueline Kendall 1500m, LJ, 4x100 - Jodi Powell 200m - Deja Coleman 400m - Jaelah Eargle 80H - Giovanna Tolbert 3000m - Pearl Webster SP, Javelin - Reina Chen 200H - Aaliyah Wajid 800, 3000, 2000 Steeplechase - Andrea Amoroso SP, Discus, Javelin - Boys - Joshua Nickens 100m, 200m, 400m, - Adrian Gentles 200m, 400m - Joseph Webster 100m, 200m, 4x100 - Jordan Samuels 100, 4x100 - Kendal Todd 200m, 400m, 4x100 - Julian Coley 4x100 - Micheal Rogers 400m - Adrian Swift-Henry 400m, 800m, LJ - Alix Scott 100m, 4x100 - Shafik Cintron

100m, 200m, 4x100 - Elijah Harewood 100m, 4x100 - Kuran Scott 4x100 - Taylor Douglas 100m, 200m, 4x100 - Keelan Thomas 100m, 400m, 4x100 - Taje Nelson 100m, 200m, 4x100m - Shem Spencer 100m, 200m, 4x100 - Hugh Fraser 800m, 1500m - Darius Gordon 1500, 3000, LJ - Kasim Thomas 100m, 4x100, LJ - Tyron Ingram 100m, 200m, 4x100 - Terrance Derrick 100m, 4x100 - Bobby Hood 4x100 - Shane Cherry 100m and Xavier Wajid 3000m, 2000 Steeplechase.

I would like to give special thanks to coach Cherry, staff members Alisha Woods, Diana Kendall and parent George Samuels for taking care of the chil-

dren at the meet so Coach Francis and I can take do other things.

The meet didn't end to approximately 10:00 pm. They stayed to the end to ensure the children received their awards and proper credit for their events. Great job, we appreciate you.

They gave me an opportunity to host the track meets for section 2 block party. I believe this was the first block party in Co-op City. I must give a special thanks to the block party committee. It was well organized with a lot of activities, food, drinks and great entertainment. I hope that this is the beginning of many more in Co-op

City.

Join one of New York's top track and field teams. We compete all year round in multiple events from Cross Country to In-door and Out-door Track and Field meets. Our children learn how to balance sports and education.

If you have or know of any children between the ages of 6 and 16, who are looking to utilize track and field to improve their horizon, please contact president Thomas Francis at (718) 679-2060 or co-president Winston Dinkins at (914) 441-6196, email WAT-CLT@AOL.COM or visit our web site www.ZODI-ACSTRACK.ORG.

Reduced 20 MPH speed zones coming to local borough neighborhoods

From page 4

Thursday, July 12 to see how fast traveling at the current speed limit (or in some cases a little slower or faster) they could make it through the residential and commercial corridors in the newly designated areas in Mount Eden, Allerton, Baychester and Riverdale.

It would take roughly two minutes to drive through the proposed Mt. Eden neighborhood slow zone - comprised of two schools, a senior center and very narrow streets.

Along Walton Avenue, between East Mt. Eden Ave. and East 170th Street, drivers would encounter one traffic light, a speed bump and a stop sign.

One woman holding a child sneered when she witnessed a reporter hit the pedal at 24 MPH.

A car could travel east-bound on Burke Avenue from Laconia to Wilson avenues in 46 seconds; north-bound on Laconia Avenue from Allerton to Boston Road in about 45 seconds; and on Arnov Avenue from Laconia to Wilson avenues in 36 seconds in the Eastchester Zone.

The zone has wide streets and is mostly residential.

In a busier commercial stretch in the Baychester zone, a drive along Boston Road from Connner Street to Eastchester Road at 35 MPH took about five minutes, while one on Eastchester Road from Chester Street to Burke Avenue took seven to ten minutes because of traffic lights.

The four new Bronx zones and another 13 city-wide, were announced

Tuesday, July 10 by Mayor Bloomberg, city Department of Transportation commissioner Janette Sadik-Khan, and City Council Transportation chair Jimmy Vacca. "We've driven fatalities and injuries down to record lows through innovative traffic engineering, aggressive enforcement and an unwavering commitment to finding new ways to make our streets safer, as even one fatality is too many," said Bloomberg, who called

speeding "the number one traffic killer."

Vacca said speeders often don't realize how fast they are going, or even that the speed limit for all city streets is 30 MPH.

"I cannot go anywhere without people telling me they need a four-way stop-sign or speed hump. But I think if those people look at their speedometers or in the mirror, they'll realize that they need to reduce their speed and become more

aware of how quickly they go."

The slow zones are created at the request of the local community board or community, after a survey and approval by the city DOT, Vacca said.

Boundaries for the Eastchester zone are Allerton Avenue, Laconia Avenue, Burke Avenue, East Gun Hill Road, Sexton Place, Wilson Avenue, and Stedman Place.

Boundaries of the Bay-

chester zone are East 222nd Street, Eastchester Road, Boston Road, and Hammer-sley Avenue.

The Speed Zone in Mount Eden is bounded by Cross Bronx Expressway, East 174th Street, Grand Concourse, East 170th Street, and Jerome Avenue.

Riverdale's is West 247th Street, Palisade Avenue, Henry Hudson Parkway, and West 232nd Street.

- With Kirsten Sanchez and David Cruz

Golden Krust's co-founder autobiography charts success

From page 5

predominantly Caribbean neighborhoods.

Seven years later, Hawthorne opened 16 more Golden Krust stores.

In 1996 Golden Krust became the first black-owned Caribbean business in the U.S. to be granted a franchise license.

With the growth came the need for more manufacturing space, prompting the Hawthorne clan to buy plant facilities on Park Avenue in the south Bronx.

Golden Krust has expanded over the years and now encompasses a wider

variety of Caribbean fare such as Jamaican-style patties available in eight different flavors.

The franchise owns over 120 stores in nine states, including New York, New Jersey, Connecticut and Pennsylvania.

"We always had a big vision, which is simply to take the taste of the islands to the world," Hawthorne said. "Our vision remains strong and we are driven to make Caribbean cuisine mainstream by 2020. My hope is that very soon patties and jerk chicken will be as American as pizza and burgers."

Hunts Point Farmers Market

From page 13

are working towards this goal."

Also in support of creating a healthy diet, the NYC Department of Health and Hygiene will give weekly cooking demonstrations using market produce.

The first market was held on Wednesday, July

11 and will continue to run through the season.

The market features two farms from upstate New York: Acevedo Farm and Alex's Tomato Farm.

Both will bring fresh fruits and vegetables to the market every week, with offerings changing as the seasons change.

TROUBLE GETTING COOL?

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NEW '12 Chevy **Camaro** 2LS

Stk#120424, 2dr, 6cyl, auto, power steer/ABS/wind/locks/mirr/A/C, AM/FM Stereo/CD/XM Radio, OnStar with turn-by-turn Navigation, Bluetooth, cruise, tilt wheel, remote keyless entry, MSRP \$25,440. Includes rebate\$.



NEW '12 Chevy **Tahoe** LS 1500

4WD. Stk#120321, 5dr, 8cyl power steer/ABS/wind/locks/heated mirr/seats, A/C, AM/FM Stereo/CD/XM Radio, OnStar with turn-by-turn Navigation, cruise, tilt, Bluetooth, remote start/keyless entry, MSRP \$44,760. Includes rebate\$.

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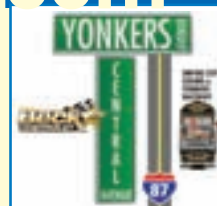
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*Prices incl. all costs to be paid by the customer except for licensing/reg+1st payment/\$695 bank fee+tax. All prices include all rebates. Total Payments: Cruze=(A)\$5031 (B)6201, (C)\$6981; Residual-\$10,565. Camaro=(A)\$7761, (B)\$8931 (C)\$10,101; Residual-\$15,009. Tahoe=(A)\$14,391, (B)\$15,561, (C)\$16,731; Residual-\$22,827. Leases are based on 10K mi/yr lease@25¢ thereafter. Leases are closed ended w/purchase opt. incl. Lessee resp for maint & excess wear/tear. \$Must qualify for the following rebates: must qualify for conquest rebate - must have a 1999 or newer non GM lease in the household to be eligible for these advertised prices. See dealer for complete details & qualifications. OnStar with turn-by-turn Navi: based on a no charge 6 mos. subscription from GM. †Subj. to primary lender approval. See dealer for comp. details. Not resp for typos/equip errors & vehicles sold prior to pub. date. Pics for illus. purp only. Offers exp. 07/24/12. DMV#2600376.