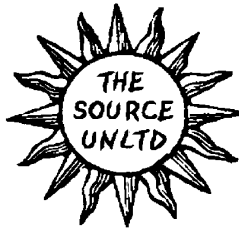


# Source Letter



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A monthly publication with news about the East Village community at large ©2004

Free in The Village

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Priceless Everywhere Else

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**FIRST OFF...** The curtain of dread and fear that has existed for the past 8 years has not only been lifted but has been burned and stomped on. Today, November of 2008, it feels good to live in a country where people finally said "ENOUGH" and used our primary American weapon, THE VOTE, to reclaim our sensibility, our democracy and our country. Problems still exist and always will, but at least it seems like there is someone who will actually confront them and try to figure out how to solve them. Here's to a new beginning and a renewed sense of community and pride. Something to be thankful for. Keep the community strong, vital and real.

## NOVEMBER SPECIAL:

## OVERNIGHT COPY RATE 4¢ EACH

Minimum 100 per original

Miss an issue? Visit us online at [www.sourceunltd.com](http://www.sourceunltd.com)

### INFORMATION

**Attn. Parkers:** Alternate Parking is suspended:

- |             |        |                |
|-------------|--------|----------------|
| • Nov. 1st  | Sat.   | All Saints Day |
| • Nov. 4th  | Tues.  | Election Day   |
| • Nov. 11th | Tues.  | Veterans Day   |
| • Nov. 27th | Thurs. | Thanksgiving   |

- The Ninth Precinct Community Council Meeting is on Wednesday, Nov. 19th @ 321 East 5th Street  
Info: 212-477-7805  
[www.thenewninthprecinct.org](http://www.thenewninthprecinct.org)



- Visiting Neighbors: You can make a difference.  
611 Broadway, Suite 510  
New York, NY 10012 (212) 260-6200

- **HELP OUT...** contribute to our ongoing food drive to benefit The Middle Collegiate Church Food Pantry Program. Bring your canned goods to our store. Thanks

## COMMUNITY NEWS

**GET LISTED! UPCOMING EVENTS, GIGS, ITEMS OF SPECIAL INTEREST...**

To submit, Stop by our store @ 331 E. 9th Street OR e-mail us at [santo@sourceunltd.com](mailto:santo@sourceunltd.com)  
Submissions for the next Source Letter must be received by November 25th. Inclusion subject to space availability.

- **IN FOCUS...** Children's capoeira classes with Master Ombrinho, who, for more than 20 years has been teaching children focus, discipline and respect through this Brazilian martial art & dance form. Safe, challenging & fun! First class FREE, 5pm on Fridays @ New York Capoeira Center, (107 Suffolk St. #307) Adult classes also. Info: 212-677-2203 [newyorkcapoeira.com](http://newyorkcapoeira.com)
- **A NIGHT AT THE CASBAH...** with Reyna Alcala and Ensemble, featuring Oriental Dance and the Premier of Reyna's ZAMBRA. Nov. 15th, 7pm & 8:45pm at Lang Recital Hall @ Hunter College, E. 9th Street (bet. Park & Lexington Aves) For tickets & info: 212-772-4448
- **MOSTLY MASKS...** by Tom Murrin - The Alien Comic. See Murrin's masks, made for quick-changes and performances. There will be about 50 pieces (masks, portraits, costumes, backdrops) on display. Through Nov. 16th, Wed.-Sun., 1pm - 6pm @ La MaMa La Galleria, 6 East 1st Street (Bowery & 2nd Ave.) (212) 505-2476
- **HARMONIC NUANCE...** Ko-Ryo Dance Theater with Korean choreographer Sunhwa Chung presents two premiere pieces, Friday, Nov. 7th at 9pm, and Sat.-Sun. Nov. 8th & 9th at 8pm @ The Merce Cunningham Studio 55 Bethune Street (bet. Washington and West Sts) Call: 212-686-4444 Visit: [www.koryodance.com](http://www.koryodance.com)
- **SHOPOCALYPSE REVIVAL...** Benefit Concert celebrating the release of Reverend Billy & The Stop Shopping Gospel Choir & The Not Buying It Band's new CD, Sunday, Nov. 9th, 1:00pm-2:30pm @ The Highline Ballroom, 431 W. 16th Street Call: 212-414-5994 Visit: [www.revilly.com](http://www.revilly.com)
- **LYSISTRATA'S CHILDREN...** A return engagement of "Lysistrata's Children," a Brechtian comedy written and directed by Philip Suraci. Inspired by Aristophanes, this play is an original work conceived by Suraci and devised for and with a teenage cast. From Nov. 6th thru 23rd at the Theater for the New City, 155 First Ave. (bet 9th & 10th Sts) Call: (212) 254-1109 Visit: [www.theaterforthenewcity.net](http://www.theaterforthenewcity.net)
- **MAGICAL DUO...** Terre Roche, singer & guitarist with the Roche Sisters joins forces with Sidiki Conde, trained in the traditional arts of drumming, singing & dancing from Guinea, W. Africa, Nov. 9 & 23, at 7pm @ The Living Room 154 Ludlow St. (bet. Stanton & Rivington) Call 212-533-7235
- **SANTO GIGS...** Thursday, November 13th with D.B. Rielly @ Cafe At C (68 Ave C at 5th Street) 8pm - 10pm, Visit: [www.dbrielly.com](http://www.dbrielly.com). FREE

### GUEST COLUMN OF THE MONTH

Be Part of the Guest Column...Submit stories, photos, drawings to: [santo@sourceunltd.com](mailto:santo@sourceunltd.com)



THIS MONTH...*RUN SLOW TO GET FAST* by Francis Schiro

**THE FINAL WORD** By Francis A. Schiro

# Run Slow to Get Fast

Advice on getting back into exercise

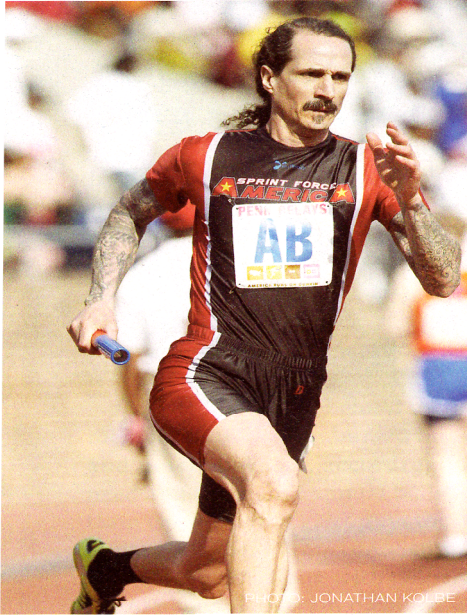


PHOTO BY JONATHAN KOEBE

▲ FRANCIS SCHIRO  
From Masters  
Athlete Magazine

**THE MOST IMPORTANT PART** of starting an exercise routine is to have concrete and realistic goals. For the person over 40 who has not been active, a check up with your doctor is a good place to start before engaging in any exercise.

The key to establishing a successful exercise program is to develop a program you can actually follow — something that fits into your lifestyle and takes into account working a full time job, having a family and so on.

When establishing a fitness base, less is always the best way to go. I have seen many people get excited in the beginning of an exercise program and start doing too much too soon and consequently:

- Get injured.
- Lose interest.

Exercise should be a relationship with yourself, and the best relationships take time and patience. Establishing a realistic workout routine will be based on the answers to two very important questions:

- How much time do you have to dedicate to this new activity?
- What are your goals, short term as well as long term?

When I work with a person returning to exercise, I make a clear evaluation of where that person wants to go. I also make an evaluation if his or her goals are realistic. Determining if the goals are realistic and attainable are keys to long term success. We all thrive on success. Doing well enhances the experience,

Francis Schiro is the current holder of 4 World Records (Masters category age 40+),

Winner June 2008 Empire State Senior Games 200 meters and 400 meters in NEW state records.

Personal training appointments for individual clients are totally adjustable and flexible. Always happy and pleased to answer ANY questions. Call 917 566 9054 [francisschiro@aol.com](mailto:francisschiro@aol.com) Respectfully Francis A Schiro

and gives one even more energy and motivation to continue.

Primarily, I work with runners but the same principles apply to any person returning to athletic activity. Be careful of your trainer. Does your trainer expect you to be like them? Is your trainer aware of the dynamics of aging? Does your trainer understand that we are not 21 years old anymore and have significant stressors in our lives? Do they take those factors into consideration?

The people I train always wonder why I go so “slow” with them. Many times they want to accelerate the pace of the workouts. I tell them to trust me, and if they give me the time they will be doing much more than they ever expected.

But a strong, slow foundation is the key to longevity, which to me defines success. We cannot all “win the race” or win the first place trophy, but we can all participate on our own level. This is the key — participation, being active, experiencing the joy of life and the joy of an active life.

I tell the people I train that exercise is their “right.” It’s a gift waiting for them to accept. They have to do the work, and the gift becomes theirs. Exercise does not have to be complicated. Here’s how simple it can be: If you presently walk around the block one time how about shooting for four times?

Give yourself time to reach this goal. I would say add one additional block per 10-day period. After 40 days you should be walking four blocks: a significant improvement with consequent benefits.

Exercise does not always take place on the playing field or track. Exercise can be incorporated into your life on many different levels.

The true key is to improve yourself. A sound and fit body is a blessing and a reward. We are not all going to be Olympic champions, but we can be champions with ourselves with some focus and effort. ●

Francis A. Schiro is a co-founder of Sprint Force America

## Satch's Corner

Where you can read about some good cd's, books and videos  
You can buy this disk on our website: [www.thesourceunltd.com](http://www.thesourceunltd.com) (Just click on the Amazon logo)

**MUDCRUTCH** ...Every time I think that Tom Petty has hit the heights in collaborations, he comes up with something else. First there was touring as Bob Dylan's back-up band, then The Traveling Wilburys. This time he hooks up with the guys from his first band and records a disc that sounds like ... well a Tom Petty disc. It's a little more country than usual for him but the writing is strong and it rocks. Standouts include "Lover of The Bayou", "Six Days On The Road" and some covers such as "Shady Grove." Petty shows that sometimes you can go home again. I give it 3 bones. See you next time on the corner....



"Satch" drawing by Sara Hauser

**Closing Statement:** "One thing that doesn't abide by a majority rule is a person's conscience." -Harper Lee

