

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... Hope everyone enjoyed and survived the holidays. Here's hoping that 2007 takes us to a better place. Maybe a little more compassion tolerance understanding. A little less greed hatred viciousness. One can only put it out there and hope. Support your local vendors when you can, keep the community strong and vital.

SOURCE STUFF FOR JANUARY
FULL COLOR BUSINESS CARDS
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INFORMATION

Attn. Parkers: Alternate Parking is suspended:

- Jan. 1st Mon. New Year's Day
- Jan. 15th Mon. Martin Luther King Jr.

• **STAY WARM & TOASTY...**Heat Season Lasts Through May 31st. During Heat Season residential building owners must maintain hot water year round & heat when the outdoor temperature falls below 55° bet. 6:00am-10:00pm & 40° bet. 10:00pm & 6:00am.

• The Ninth Precinct Community Council Meeting will be held on Tues., Jan. 16th, 7:00 pm @ 200 East 5th St. (JASA), Corner of Cooper Square & 3rd Ave.



• **Visiting Neighbors'** volunteers help older adults alleviate loneliness & isolation, provide mental stimulation & emotional security. Call (212) 260-6200



• **DONATE CANNED GOODS ...** to our ongoing food drive to benefit **The Middle Collegiate Church Food Program**. Bring your canned goods to our store.

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

Submissions must be received by January 29th. Inclusion subject to space availability.

- **ABOUT ALICE...** Calvin Trillin will speak about his latest book, *About Alice* a love story, chronicling a romance that began at a Manhattan party, where Trillin desperately tried to impress a young woman who "seemed to glow." Jan. 17th, 7:00-8:30pm, @ Strand Books, 828 Broadway at 12th St. (212) 473-1452 www.strandbooks.com
- **GOOFY GRAPHICS...** Create scratch paintings and learn about the process of etching. Recommended for children ages 5 to 11., Tues., Jan. 16 at 4:00pm, at Tompkins Square Library, 331 East 10th Street, Preregistration required. Info: (212) 228-4747
- **UP IS UP, BUT SO IS DOWN...** Contributors Maggie Dubris, Richard Hell, Eileen Myles, Susie Timmons and David Trinidad join editor Brandon Stosuy in a celebratory reading for the recently published *Up Is Up, But So Is Down: New York's Downtown Literary Scene 1974-1992* (NYU Press). Using the book as a launching pad, the authors will step outside its table of contents, selecting and reading key New York texts. A reception, co-sponsored by NYU Press, will follow. Fri. Jan. 26th, 10:30 pm @ The Poetry Project, 131 E. 10th Street. 212-674-0910 www.poetryproject.org
- **TOYS IN THE ATTIC...** by Lillian Hellman, Directed by Austin Pendleton Previews Jan 5-14 @ The Pearl Theatre Company, all preview tickets \$25. Opens Jan 14 at 7pm, . 80 St. Marks Place, (bet. 1st & 2nd Ave.) 212-598-9802 www.pearltheatre.org
- **DAVID LYNCH**, director of hits like *Twin Peaks* and *Blue Velvet* will be discussing his new book *CATCHING THE BIG FISH*, about the creative benefits of meditation, Thursday, January 11 - 7:00 pm, at Barnes & Noble, 33 East 17th Street @ Union Square, Info: 212-253-0810
- **UKELELE CABARET...** with Tom Harker, Sonic Uke, Ron Hester, and David Hornbuckle's Dixieland Space Orchestra Wed., Jan. 24th, 10:00pm @ The Bowery Poetry Club, 308 Bowery @ Bleecker, Info: 212-614-0505
- **Picture Book Time...** For ages 3 to 8, Wednesday, Jan. 3, 10, 17, 24 & 31 at 2:00pm @ Tompkins Square Branch of the NY Public Library, 331 E. 10th St., (212) 228-4747 tompkinssquare@nypl.org
- **CHILDREN FOR CHILDREN** will hold its Fifth Annual "Grow Involved on Martin Luther King, Jr. Day" Jan. 15th at 2 locations this year: Martin Luther King, Jr. High School and P.S. 57 in Harlem. Honoring Dr. King's legacy of a lifetime devoted to service, this huge event consists of hands-on service projects run by twelve different New York City community-based organizations. Approximately 2,000 children, families, and school groups are expected to attend. For More info Contact: childrenforchildren.org 212.708.0200

GUEST COLUMN OF THE MONTH 

What Parents Don't Know About Backpacks by Dr. Alice Behr

Most parents have no idea how much their child's backpack weighs, nor what is in it...that is indeed what a recent research study reports.

Every year school age children make more than 13,000 backpack related office or emergency room visits in the United States, and in the past four years there have been more than twenty documented studies showing that improperly worn backpacks may cause long term damage to a growing spine. Yet, one wonders how many parents never take the time to check the weights or contents of these backpacks.

These studies, which were done to assess parental knowledge of the weight and contents of their elementary schoolchild's backpack, showed that 96% of parents have never checked the child's backpack weight and 34% have never checked the backpack contents.

"Students, parents and educators should understand the risks in the use of backpacks," said Dr. Alice S. Behr, a leader in the backpack safety movement. "We're committed to the health and safety of these children, so we help raise awareness through our work with schools."

Dr. Behr joins thousands of healthcare professionals and educators throughout North America and around the world in helping school-age children use their backpacks safely and properly. She recommends the following safety tips:

- Choose Right - Choosing the right size backpack is the first and most important step to safe backpack use. Bring a friend to help you measure your backpack properly. The proper size backpack is 75% of the length of a child's back, approximately the space between the shoulder blades and waist.
- Pack Right - The maximum weight of the loaded backpack should not exceed 15% of your body weight. Pack only what you need for the day. Carry a book or two by hand to relieve the load if necessary. If the backpack forces the wearer to lean forward to carry, it's overloaded.
- Lift Right - Use these steps for proper lifting to prevent injury:
 1. Face the pack.
 2. Bend at the knees.
 3. Using both hands, check the weight of the pack.
 4. Lift with your legs.
 5. Apply one shoulder strap at a time. Avoid slinging the pack onto your back.
- Wear It Right - Use both shoulder straps at all times to avoid unnecessary pressure to one side of your body. Make the shoulder straps snug, but not too tight. When your backpack has a waist strap, use it to stabilize the load.

Dr. Behr's practice is in Stuyvesant Town, where she has been a member of the community for the past 14 years. She specializes in wellness care, pediatric care, pregnancy care, sports and dance injuries., 409 E. 14th St. Suite E, NYC 10009 (212) 533-6868, abchiro@rcn.com



Satch's Corner Where you can read about some good cd's, books & videos which can be purchased at www.sourceunltd.com through our affiliate program with amazon.com

TOM WAITS -- orphans

I admit, I've been a Tom Waits fan for many a year. I consider him in the top five of American songwriters along with Bob Dylan & Paul Simon. I also usually steer clear of "from the vaults" box sets but this one is truly a treasure. Any one of the three discs could have been released as an album on their own, the material is that good. Standouts include a chilling cover of "Sea of Love", the overtly political "Road to Peace" & the beautiful ballad "Fannin Street". The recording has a real live sound to it, better than demo quality but not studio polished. With over 50 songs, it could be overkill unless you're a fan, but overall it's a great, interesting listen.

"See you next time on the corner...."

Closing Statement: "When you feel your life's too hard, just go have a talk with God." -Stevie Wonder