

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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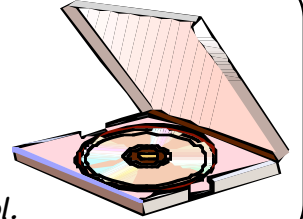
**FIRST OFF:** The lazy, hazy days are upon us. With the open windows & doors comes a carefree, laid back attitude. Just don't make it easy for people with thievin' on their mind & remember to close them up when you leave your home. And as this month's guest columnist, (see on back) Frank Schiro writes, stay hydrated.

## SOURCE STUFF FOR JULY

**10% OFF ALL BLANK CD's, DVD's, Custom Length Audio & Video Cassettes, Mini DV, High 8 Cassettes, DAT Tapes, Mini Disks, Zip Disks & Floppy Disks. \$10.00 min. Mention this ad.**

### DID YOU KNOW...

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## COMMUNITY NEWS

All listings are free. To submit, come to the store located at 331 East 9th Street or email us at [santo@sourceunltd.com](mailto:santo@sourceunltd.com). Submissions must be received by July 25th for the August issue. Inclusion is subject to space availability.

- \* **IN THE GARDEN..**The 6B garden, located at 6th Street & Ave B is a great little oasis in the city & has various programs for children & adults all summer long. Stop by & pick up a calendar of events.
- \* **FEEDIN' THE HOOD:** The food drive to benefit The Middle Collegiate Church Food Programs is a great success. Let's keep the cans a comin'. All canned goods are welcome.
- \* **Something good to hear...**Listener supported WFUV 90.7 FM plays a great mix of new & old music that you won't hear anywhere else from rock and folk artists. They can be heard on the internet at [wfuv.org](http://wfuv.org) & can always use financial assistance.
- \* **East Village Visiting Neighbors** provide help & companionship to seniors in our area. To volunteer or for more info call 212-260-6200.
- \* **SkateboardDirectory.com** aims to be your guide to skateboard sites on the internet! Site has a powerful search engine, hundreds of articles, and thousands of links.
- \* **La Sirena**, located at 27 East 3rd St, is a Mexican folk art store which carries family made products ranging from museum quality pieces to market place merchandise. They're offering a 20% discount off the entire store with this newsletter. For Info: 212 780-9113
- \* **Michael Lydon** celebrates the release of his recent book **Songwriting Success** with a performance at St. Mark's Church, Tues. July 20th @ 8pm with guests, **Ellen Mandel Robert Warren**, Santo, others. 212-260-5397
- \* **Sundays Live!** **Billy Lyles** performs a cool mix of soul, blues & jazz at The Telephone Bar & Grill. 149 2nd Ave, at 7-9 PM
- \* **Santo** is one of the guest musicians sittin' in on Michael Lydon's book party (see above) at St. Mark's Church. He'll also be playing with classic rock singer/guitarist **Jim Toscano @ The 1849 Club**, Bleecker & McDougal St., **Wed. July 21st & July 28th** from 9pm on... Good food, No cover.



"Satch"

by Sarah Hauser

**Satch's Corner** Where you can read about some good cd's, books & videos which can be purchased at [www.sourceunltd.com](http://www.sourceunltd.com) through our affiliate program with amazon.com

### Los Lobos: The Ride

This is the latest release by this band and I must say, it's worth the admission just for the tune co-written & performed with Tom Waits, "Kitate". There's a lot of guests on this disc, ranging from Ruben Blades to Elvis Costello, Mavis Staples to Garth Hudson & they all sound great with the guys. These are real musicians producing real music. Give a listen. See you next time on the corner.

**GUEST COLUMN OF THE MONTH**

# Guest Column of the Month

## QUALITY OVER QUANTITY AND DRINK PLENTY OF WATER

by Francis A. Schiro

Many clients come to me for Fitness Training and are amazed that 9 out of 10 times my first words are "Do Less". In time I prove to them that better overall results can be achieved in this manner. In a country where the philosophy seems to be "Bigger is Better" ie: MORE is better. I firmly believe the primary component of a fitness training program should be quality not quantity. As a World Class athlete and active coach, this is the path I follow and teach. I have trained men and women from all backgrounds - from the person attempting to lose weight and develop a comprehensive fitness routine to national and world champion track and field athletes. The message is the same - make your workouts work for you. Goal setting is a key component of a good fitness program. The goals should be divided into short term and long term and be realistic. A good coach will help you establish realistic, attainable goals. I know in my own athletic career some goals took literally years to achieve. This is fine and I have found many times it was the path to the goal that was in actuality my true "Reward". The true reward of fitness training is the actual training. The challenge to one's self, the redefinition of ourselves and the consequent reward of positive activities.

I repeatedly stress to my clients to enjoy themselves. Pain is not gain in my philosophy. That may work for the Marine Corp. but I have found from experience that many times excess will turn "someone off" from exercise or even worse injure them. Discomfort on the other hand is part of training but should be carefully monitored in a systematic fashion and be dealt with according to the training plan. Personally I am training at the highest level of my life having learned how to adjust and deal with discomfort levels. I totally enjoy my training regardless of the discomfort level - this is what one can achieve with a systematic training approach.

Your training program should be effective as well as enjoyable. The ability to challenge oneself should be a positive and rewarding experience. Fitness "plans" can be adjusted for any person and any age. Fitness in itself is it's own reward. A good fitness plan should compliment the lifestyle of the participant and not work against it. Quite frankly there is no reason not to have a fitness program of your design in your life.

In the hot and humid months ahead whatever your fitness program is, drink lots of water. Hydration is essential. Water works best.

**Francis A. Schiro, a long time East Village resident, currently holds 5 Masters Track & Field World Records. Presently he's ranked 2nd in the world at 400 meters, age 50-54 and 1st in the USA. He is Co-Founder of Sprint Force America, a track and field team for people of all ages and abilities. Francis is available for individual and group training. Call 212-260-3141 email: francisschiro@aol.com**



**Closing Statement:** When Money Talks, Nobody Pays Attention To The Grammar.