

Source Letter

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Free in The Village

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Priceless Everywhere Else

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FIRST OFF.. A belated goodbye to The Second Avenue Deli. Whatever the real reasons for the closing or one's personal feelings about the place, it is truly felt deeply when a neighborhood loses an establishment that has been around for 50 years. Especially one that drew as many people to the area as the deli did. The corner of 10th & 2nd is a darker place these days. To lighten things up, Spring is upon us & even though it wasn't a harsh winter, it was winter nonetheless. Brighter & longer days are ahead. Enjoy them all.

SOURCE STUFF FOR MARCH

CD

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DISCOUNTS FOR QUANTITIES; SOME RESTRICTIONS APPLY.

INFORMATION

Attn. Parkers: Alternate Parking is suspended:

- March 12th, Wed. Ash Wednesday
- March 14th, Tues. Purim

• **Heat Season Lasts Through May 31st.** Problems call 311.

• **HEAR AND BE HEARD** at the next meeting of the 9th Precinct Community Council. March 14th, 7pm at 200 East 5th Street (Corner of Cooper Square and 3rd Avenue).



• Help out at **MARTHA'S KITCHEN** Soup Kitchen located in the West Village. Info Call: (212) 243-5470 OR Contact: Laura.Fran(Laura.Fran@onebrick.org)



• **YES YOU CAN CAN...** donate 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 March 29th. Inclusion subject to space availability.

- **TANGO NIGHT @ La Belle Epoque...**Dance Performance by Angeles Chañaha & Michael Nadtochi at 9:00. ALSO Learn to Tango: 7:00-8:00 pm for Beginners, 8:00-9:00 Intermediate, with DJ YESIM (LA TURCA), @ Ukrainian East Village Restaurant, 140 2nd Ave. (Between 8th & 9th Sts.) More Info: 212-924-7077 or visit: www.dancetango.com
- **IN AMERICA...** Paintings by Haejae Lee, Photographs by Sandra Nydegger, Reception Sat. March 4th, noon - 7pm on view until March 12th @ Kerrigan Campbell art + projects. 317 East 9th St., 212-505-7196, www.kerrigancampbell.com
- **RELAX, REFRESH, REVITALIZE...**Learn to Meditate. Thurs. March 23rd & Thurs. March 30th, from 2:00 pm-3:30pm, Drop-ins are welcome. Registration not necessary. Fee: \$5 per class. @ Karpas Health Information Center, 311 First Ave @ 18th St., Call 212-420-4247.
- **The Taylor Mead Show...**starring Andy Warhol's favorite movie star and the Poet laureate of The Factory, Taylor Mead. Friday, March 24 6:30pm - 7:00pm @ The Bowery Poetry Club, 308 Bowery @ Blecker, 212-614-0505
- **VAUDEVILLE ON FILM...**Short Films from the late 1920s, @ Donnell Library Wed. March 8th, FREE, 2:30 pm, 20 W. 53rd St (bet. 5th & 6th Ave) Call: (212) 621-0618
- **BOBBY STEELE'S 50th B'DAY BASH/BENEFIT** featuring The Undead, Michale Graves, Nihilistics, Hymen Holocaust, more T.B.A., Friday, March 17th at CBGB'S, 315 Bowery, 212-982-4052
- **neither/nor redux...** Outlawed 1980's Arts Center rears it's retro head for a One Night Stand. Survivors & friends of the Neither/Nor Studio/Store, will hold an indefinable event filled with music, words and video..... Featured performers include Billy Bang, Jameel Moondoc, Dave Sewelson, Jonny Farrow, Steve Cannon, & more. Saturday March 4th, 7pm-12am., @ The 6th Street Community Center, 638 East 6th Street. For Info: 646-279-4175 www.videovoid.tv/neither/nor
- **THE NATION PRESENTS...**activist Tom Hayden in conversation with Air America Radio's Laura Flanders. Hayden presents his book *Rebel: A Personal History of the 1960's* (for a future show on Air America Radio (WLIB 1190AM). Discussion, Q&A and Signing. March 30th, 6:30pm - 8:00pm, @ Strand Book Store, 828 Broadway (at 12th St), 212-473-1452.
- **ORCHESTRA SLANG @ Zebulon**, March 13th and March 18th at 7:00pm & 9:00pm, For More Info Call: 718-218-6934
- **SANTO GIGS** Tues., March 28th, Rome Neal's Banana Puddin Jazz Jam featuring music with The Japanese Connection, 9pm, @ Nuyorican Poets Cafe, 236 E. 3rd Street, 212-505-8183 www.nuyorican.org



GUEST COLUMN OF THE MONTH

Column of the Month

Frank Schiro in masters heaven after ascent from heroin hell By Ken Stone □

In a dark alley, Frank Schiro might scare you -- his arms covered with tats, his hair black and scraggly. In fact, he's a keeper of stray cats who markets cute little pillows for a living. But he's been through the wringer of life, which has been a true fright.

His prowess as a one-lapper is legend, especially in New York track circles. He led off Team USA's gold-medal effort at the 2003 Puerto Rico worlds and last year was the top-ranked M50 sprinter in the USATF rankings for 400 indoors (54.58) and out (53.86). But few people know about his other victory -- a far bigger one. Last year, he sent me a book called "Heroin." Published in 1998, the book by Humberto Fernandez is a definitive history of heroin, its use and abuse, and how victims have kicked it. One was Frank Schiro.

Fernandez mentions only "Frank" in this case history, but it's obvious it's our own Francis A. Schiro -- with references to masters track, Boston indoor nationals and other hints. But the book isn't widely known. So when it talks about his cocaine use and heroin addiction, his life as a petty thief and burglar to support his habit, his first failed attempt to go straight (and addiction to methadone), Frank didn't have to worry about too many friends knowing about his sordid past. But in recent years, with his addiction under control, he's gained the courage to come clean to more people. When I asked him for an interview, he readily consented -- but asked that I not dwell on his narcotic years -- during which he worked as a drug counselor. That was fine with me, since he's just as interesting as an opinionated track star as a recovering addict.

This interview was conducted over two months, ending in Jan. 2006.

Masterstrack.com: What part did masters track play in your quitting alcohol and drugs? Could you have kicked your habit without track and training as a motivating factor?

Schiro: Being able to run again is one of the biggest "gifts" of my recovery. I had to get off alcohol/drugs in order to be able to run again. When I went into a 30-day treatment program 10 years and 9 months ago I had no plans to get back into running; I was just trying to get back into "life." For me "life" always meant running -- something I have been doing since I can honestly remember. I do not feel I have "overcome" anything. I live my life one day at a time as a member of A.A. Masters track is yet another incredible gift of my sobriety. I have met some incredible friends who have become part of my life. I think the lifestyle of a masters athlete is its own reward. I train countless hours, day after day, month after month, year after year to race for less than one minute. I myself love to train and love to see where I can go with what I have. As much as I love my athletics, I always have to remember I have to put first things first and in my case that is a strong connection to the A.A. program. Without an active program of recovery I do not think I would be running. That has been my experience to date.

Your name in the "Heroin" chapter is given only as "Frank." Are you now comfortable with a wider public knowing that you're the subject of this sad and shocking life story?

At this point in my life I guess I am comfortable with me. My story *is* my story. Many people have quite a story in their lives as well. I agreed to have my story as part of that book because I thought it might actually help someone else. I got caught up in drugs/alcohol and they took a tremendous toll. **Bob Neumayer**, a very dear friend of mine -- (and) a four-time winner of the New York City Marathon wheelchair division -- once said to me as we were talking on the street one day: "You know, Frank, the only difference between me and them (pointing at the people walking by) is you can *see* my handicap." I think that's how I feel. True my story "exposes" me, but the truth is the truth.

You left the Central Park TC and with fellow New York sprinter Ed Gonera and others formed Sprint Force America. What led to SFA, and what is its purpose? It has a reputation as being for elites only, though. Can anyone join?

Ed Gonera and I left Central Park TC because we wanted to develop a club that would help the athlete to excel. Many clubs exist to "benefit" *from* the athlete -- improve ranking, elevate visibility, etc. We wanted a club that would *help* us. The plan was twofold -- both financial and real support of what we were actually doing. I think our reputation of elite was more performance-based than reality-based. We are and remain an open club.

What about the issue of doping in masters track? Should masters be punished for taking doctor-prescribed medications?

Drug use is part of our culture. If illegal drugs are used, the person using them has to be made to deal with the consequences. Consequences are the way to go -- to make people *responsible* for their choices. I have worked in many modalities of substance-abuse treatment from adolescent to adult, from inpatient to outpatient, from short-term to long-term. Responsibility for actions was always a key to possible resolution. In regard to doctor-prescribed drugs, this has to be *carefully* addressed on an individual basis. Both doctor and athlete are capable of manipulation.

Frank Schiro ran legs on world record and world-championship relays and last year was America's top-ranked 400-meter sprinter in the M50 age group. He & his wife Darlene live in the EV, & spend a great deal of their time rescuing cats "from the mean streets of NYC". They run their own business, dream-pillow.net, and Frank also works as a fitness trainer.

*For a complete version of this article visit:
www.masterstrack.com/news2006/schiro.html



"Satch"
by Sara Hauser

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

Ali Farka Toure with Ry Cooder -- Talking Timbuktu

Before Ry Cooder went to Cuba & put together the highly acclaimed *Buena Vista Social Club*, he invited the great West African guitarist Ali Farka Toure to his California home to record this great album. The combination of California laid back & Mali farm vibe mixed with both men's deep knowledge of blues & roots produced a disc that takes you to open fields and endless skies. Give this a listen & it'll drain the stress out of you. See you next time on the corner....

Closing Statement: *Chance favors a prepared mind. -Louis Pasteur*