New Schedule
With this issue East River News moves from a monthly publication schedule with a break for the summer to publishing bi-monthly (every other month) year-round.

Community Board 3
The next full Board meeting is 6:30 pm on Tuesday, February 27, 2007 at Chinatown YMCA Beacon Center located inside MS 131,100 Hester Street (Between Eldridge & Forsyth Streets). Various CB3 committees meet on other dates. For more information, go to www.cb3manhattan.org.

New Subcommittee
The East River House Committee has a new subcommittee dedicated to environmental and sustainability issues. The subcommittee will look into, and make suggestions on, how we — as a coop and as individuals — can save energy, money, and the Earth. If you have any ideas you’d like to suggest please e-mail us at erhc2@earthlink.net

The Golden Rule...
Our New Year’s resolutions have gotten us all back into the gym. Here’s a short list of gym etiquette.

► Clean the machines in the gym after you use them — cleaning spray and paper towels are provided for this purpose.

► Stick to a 20 minute time limit on cardio machines.

► Let others “work in” with you if you’re doing more than one rep at a machine.

► Return all weights and other items to their proper place.

► No phones please, unless it’s an emergency, save your chat-time for after your workouts.

► Don’t spread out, put your bags and coats in the closet. If you’re doing floor exercises on a mat make sure others can easily walk around you.

► Keep it down, we all know you’re super-strong but please keep your grunts and screams to a minimum. If you are using an iPod makes sure that it’s not so loud that others can hear your music.
Neighborhood Services
Our East River Community is rich with services for people of all ages. Many of these organizations have been serving the neighborhood for more than a century. Here are just a few:

CHINESE AMERICAN PLANNING COUNCIL
150 Elizabeth St., 212-941-0920
Services for the whole family: preschool, after school, job training and other services provided in Chinese dialects.

THE EDUCATIONAL ALLIANCE
197 East Broadway, 212-780-2300
Services for the whole family: preschool, summer day camp, art classes, gym, mental health, senior services and more.

GRAND STREET SETTLEMENT
80 Pitt St., 212-674-1740
Services for the whole family: preschool, teen program, summer day camp, career services, senior services and more.

HAMILTON-MADISON HOUSE
50 Madison St., 212-349-3724
Services for the whole family: preschool, after school, summer day camp, counseling, violin lessons, senior services and more.

BETANCES HEALTH CENTER
280 Henry St., 212-227-8401
Health services for the entire family.

GUVERNEUR HEALTHCARE SERVICES
227 Madison St., 212-238-7897
Health services for the entire family.

CO-OP VILLAGE NORC
465 Grand St./473 FDR Dr., 212-358-8489
Services for East River cooperators aged 60 and over: nursing and social work services, fitness, lecture series, writing and comedy classes, trips at nominal cost, jitney to Pathmark and doctor appointments in Manhattan, Lifeline service, homecare. This program is supported by East River Housing Corporation and The Educational Alliance.

Grand Gourmet Delivery!
Yes, there are restaurants that deliver to East River Housing. Here are a few:

Big Eat (Chinese)
97 Bowery, 212-219-9955
El Castillo De Jagua (Spanish)
521 Grand Street, 212-995-0244
Lombardi's (pizza and Italian food)
32 Spring Street, 212-941-7994
McDonald's, 212 337-3378
Noah's Ark Original Deli
399 Grand Street, 212-674-3200
Pizza Shack
525 Grand Street, 212-477-3374
Shalom Chai Pizza
367 Grand Street, 212-598-4178
Soy (Japanese)
102 Suffolk Street, 212-253-1158
Tien Garden (Asian vegan)
170 Allen Street, 212-388-1364
Thai on Clinton
1 Clinton Street, 212-228-9388
Wa Lung Kitchen
557 Grand Street, 212-254-3775
Wild Ginger (pan-asian vegan)
380 Broome Street, 212-966-1883
Zafi's Luncheonette
500 Grand St., 212-533-2415
Know some other? Let us know, erhca@earthlink.net.

PLACES TO FIND SWEET TREATS FOR YOUR VALENTINE
Babycakes vegan bakery
Baked goods are free of gluten, wheat, dairy, refined flour and sugar; they'll deliver for $15.
248 Broome Street, 212-677-5047
Donut Plant
379 Grand Street, 212-505-3700
They usually have special flavors such as rose petals for V-day.
Economy Candy
Chocolate, dried fruit, candy, nuts, jams, jellies, and more.
108 Rivington Street, 800-352-4544
Hong Kong Supermarket
A full-service supermarket that also has a good assortment of boxed chocolates, cookies, cakes and some exotic candies and dried fruits
Allen Street & East Broadway
The Sweet Life
Chocolate, dried fruit, candy, nuts, jams, jellies, and more – they'll also ship your gifts
63 Hester Street, 212-598-0092
Sugar Café
Café food and delectable desserts
220 Allen Street, 212-260-1122
Sugar Sweet Sunshine Bakery and Café
Cookies, cakes, cakes-by-the-slice, tarts, muffins, coffee cakes
126 Rivington Street, 212-995-1960