Cheers as Oval Rec Center Reopens

By DAVID CRUZ

To Norwoodians and beyond, Williamsbridge Oval Park is considered “the hidden jewel of the Bronx,” a park so immersed in Norwood, it’s deemed the epicenter of the leafy neighborhood. So when the recreation center temporarily closed in 2010 for repairs, a sense of loss rippled through the community. That is until now.

A revitalized Williamsbridge Oval Recreation Center finally re-opened to a packed crowd of neighbors, elected officials and park advocates on a frigid Saturday, November 23. The highly anticipated daylong event drew plenty of families, as DJ Crazy Rob added to the musical soundtrack. The event capped a three and a half years of false starts, holdups and plenty of public acrimony toward the city Parks Department tasked to revamp the recreation center.

“The renovations were sorely needed,” said Lisa von Uhl, lead organizer for the Friends of Williamsbridge Oval Park, the grassroots group largely responsible for pressing the Parks Department to complete $5.2 million facelift project.

The granite building, found on the southwestern side of the park near curvy Reservoir Oval, received an inventory of upgrades including a new roof, exterior upgrades to the building’s façade, new windows and boiler. Public restrooms accessible to wheelchair-bound neighbors were also built, found along the opposite ends of the two-story center.

“It’s like Christmas!” said Tancy Rodriguez, a fellow member of the volunteer group. “It’ll make a change to the children in this neighborhood.”

The center closed for repairs in April of 2010, with Parks Department brass originally aiming for a summer of 2011 opening. But the holdups stemmed from construction crews coming up short.

“To have this park closed was a huge...definite loss for us,” said von Uhl, who consistently sent email blasts and letters to elected officials.

Von Uhl also led a massive protest in August 2010, previously serving as vice-chair. “It was a call to fire the agency to hurry up with work,” said Aponte, drawing laughs. He “We’re probably here today probably because of a little prodding,” said Aponte, drawing laughs. He (continued on page 6)

Community Board 7 Leaders Thriving in New Roles

By KIMBERLY JACOBS

As she flips back and forth between the ink-filled calendar pages with hardly any room left to fit a word in for this month, Chairwoman Adaline Walker-Santiago laughs as she doesn’t even have to explain what a typical day is like—her calendar speaks for itself. Walker-Santiago, a resident of the area for 30 years, is the newly-elected Community Board 7 chairperson working tirelessly as a volunteer.

The former assistant deputy chancellor for the city Board of Education has decades of experience with community issues, especially education, spanning back to college where she ministered to students with special needs, and Head Start director in the Bronx. Her effectiveness led to leadership positions as supervisor of Manhattan Children Psychiatric Center pre-adolescent unit, pre-school education director for kids with multiple handicaps, and Head Start director in the Bronx. Being a mother of three led to even more community involvement in the PTA and other organizations.

“This epidemic was killing a lot of folks,” said Caba. “I wanted to make a difference and didn’t know how, so I figured I’ll go ahead and be a volunteer.”

Working over 20 years with the HIV and AIDS population, Caba was continuously reminded of broader issues in the community. “We had a certain vision or view of what those people look like,” said Caba. “Then I came to find out that now we have all these other things that are going on for folks in our community who are marginalized.”

(continued on page 3)
9th Annual Sparkling the Heart of Fordham
GET 10% OFF
SHOP FORDHAM
December 6 - December 22, 2013

3 FLOOR DEPARTMENT STORE
390 E Fordham Rd
4 EVER SHOES
10 E Fordham Rd
ALMONTE NAIL SALON
314 E Kingsbridge Rd
REGULAR FULL SET ONLY
APPLEBEE’S NEIGHBORHOOD GRILL & BAR
4250-4750 Third Ave
www.applebees.com
AT&T MOBILITY
381 E Fordham Rd
BB&H JEWELRY
2496 Grand Concourse
BEST ITALIAN PIZZA
200-202 E Fordham Rd
BEST PERFUME PLUS
129 E Fordham Rd
www.quantityperfumes.com
BEVERLY HILLS FURNITURE
305 E Kingsbridge Rd
www.beverlyhillsfurniture2.com
BIG JANE’S JEWELRY
386 E Fordham Rd
BOOST MOBILE
263A E Fordham Rd, 20% OFF
384 E Fordham Rd
BUBU’Z INK
315 E Kingsbridge Rd
CHECKERS
305 E Fordham Rd
www.checkers.com

cOHEN’S FASHION OPTICAL
139 E Fordham Rd
COHEN’S GENTLE DENTAL
1 E Fordham Rd, 2F
www.cohensgentledental.com
COLOMBIA JEANS/LEVANTAPOMPIS
(BOOT BOOSTING JEANS)
387 E Fordham Rd
www.levantapompis.com
CONWAY
215-223 E Fordham Rd
www.conwaystores.com
CUNY ON THE CONCOURSE
2501 Grand Concourse, 2F
www.cuny.edu/continuing/education/continuing-education-courses-only
DIAMOND DAZZLERS
371 E Fordham Rd
EASY PICKINS
5 E Fordham Rd
350 E Fordham Rd
www.easypickins.com
ELECTRONIC MALL
390 E Fordham Rd
EMBODE BOUTIQUE
316 E Fordham Rd
E-STYLE
114 E Fordham Rd
EXCLUSIVE CELLULAR/FORDHAM ROAD WIRELESS
309 E Fordham Rd
FAMOUS FOOTWEAR
4710 Third Ave
FORDHAM GOLD MINE
50 E Fordham Rd
FORDHAM UNIFORMS
367 E Fordham Rd
GEM PAWN BROKERS
367 E Fordham Rd
GEM STORY
253 E Fordham Rd
GEORGE JEWELRY
334 E Fordham Rd
GG EXPRESS PARKING
421 E 189th St
www.msparking.com
GOLD FINE JEWELRY
379 E Fordham Rd
20% OFF
GOLD PALACE JEWELRY
214 E Fordham Rd
JEWELRY & CUSTOM PIECES ONLY
GOLDEN TOUCH BRONX
5 W Fordham Rd
HOT POINT
340 E Fordham Rd
www.hotpointny.com
INSPIRE
29 E Fordham Rd
JACLYN’S BOUTIQUE
300 E Fordham Rd
KIDS WORLD
39 E Fordham Rd

PRESENT THIS AD OR YOUR METROCARD TO GET 10% OFF
Visit www.fordhamroadbid.org for more information.

Take the 4 D B to Fordham Rd, Metro-North Railroad to Fordham
Parking: Jerome, Valentine & Tiebout Aves, 189 Street at Park & Washington Aves
For customized travel directions by NYC Transit Subways & Buses or Metro-North Railroad visit www.mta.info and use Trip Planner+

Santa Claus on Fordham Rd!
Friday, December 6, 2013
6pm-8pm @ Muller Park & Plaza
(E Fordham Rd & Creston Ave)
Free Presents for the first 450 kids!
Raffles, Prizes & Giveaways
Hosted by Rhina Valentin

FORDHAM ROAD BUSINESS IMPROVEMENT DISTRICT

OUR SPONSORS INCLUDE: NYC COUNCILMAN JOEL RIVERA NYC COUNCILMAN FERNANDO CABERRA

BRING THE COMMUNITY TOGETHER
December 11, 2013

Rangel Praises U.S. Senate’s “Nuclear Option”

Congressman Charles Rangel, representing portions of Norwood and Bedford Park, applauded the U.S. Senate’s decision to change filibuster rules for the Senate minority in a decision dubbed the “nuclear option.” The nickname derives from the shear magnitude the new policy will impose on a general of Senate tradition. The filibuster reforms now make it easier to clear presidential cabinet nominations by the Senate, cutting off hours of debate without the so-called supermajority—essentially 60 yes votes in the Senate. These days, all it takes is a simple majority of 51 yes votes to clear a candidate. U.S. Supreme Court nominees are still subject to the supermajority vote. In a statement, Rangel called the decision a “creative use of the nuclear option” for erasing “225 years of divisive precedent that has obstructed the democratic process in our nation. Administration nominees will no longer have their confirmation delayed and blocked for writing real reasons.”

In many instances, a filibuster has worked for Senate members on both sides of the aisle, though many balk at the use when the tactic is used against them. Benefitting the most from this recent decision are federal judges, since their positions are for life should the Senate approve them. The Obama Administration has earned the dubious distinction as the most filibustered for each confirmation. That’s nearly half of the total number of filibusters within the entire history of the U.S. presidency, which stands at 86, according to figures by the Congressional Research Service.

The move to Senator Reid’s leadership, the nominees can now move forward and begin their jobs to improve the lives of the American people,” Rangel said.

Republicans slammed the vote, criticizing majority Democrats for downplaying the Senate’s role as an influential body when it comes to presidential nominations.

—DAVID CRUZ

Cabrera Speaks Out on Norwood News’ Armory Story

Councilman Fernando Cabrera broke his silence on a story first reported by the Norwood News over claims he allegedly tried to siphon $100,000 from developers of the Kingsbridge National Ice Center for a defunct religious nonprofit he’s tied to. He scoffed at the claims, calling the allegations “nonsense” to the Daily News at a Nov 25 news conference, adding that no money is heading to his nonprofit, Community Action Unlimited.

Cabrera’s chief of staff, Greg Faulkner, also responded, telling The Bronx Times Reporter the report is “simply not true.” But The New York Times, The Daily News and The Bronx Times Reporter quoted KNIC’s lead counsel, William Brower III, saying the project, mainly traffic issues that anti-rink opponents say can snarl already-congested Kingsbridge Road. The Bronx Times Reporter spoke with Faulkner, who hypothesized that it’s still “a heavy amount of traffic” should 1000 of the 7000 estimated guests arrive to the cavernous ice center.

Cabrera, considered the key vote on the project, voted in favor of the ice plan at a Bronx Borough Board meeting. Shortly after the vote, he quickly rushed out with his staffers, as reporters unsuccessfully tried to reach him. The City Council is now poised to vote on the project in early December. Go to www.norwoodnews.org for any breaking updates.

—Norwood News

CB 7 Leaders Thriving in New Roles

(continued from page 1)

Caba and Walker-Santiago started in July, with a level of commitment stretching beyond their desk and the typical 9 to 5 grind. On most days, the duo is handling concerns brought to them by residents, attending meetings and staying updated on issues surrounding the communities they represent. They’re wasting no time in getting to know the last two months they had already impacted on the massive Kingsbridge Armory project and property development on Webster Avenue.

Most recently, they sat down with two developers from Stagg Group who were looking to develop property on Webster Avenue into a homeless shelter. They were joined by the Land Use and Housing Committee, all the elected officials, and representatives of the Bronx Quad, comprised of the New York Botanical Garden, the Bronx Zoo, Montefiore Medical Center, and Fordham University, to make Stagg aware of another market that needs to be served. The board was ultimately able to change its mind on the shelter, going back to the drawing board to possibly turn their project into moderate income housing and retail.

“In the end, Stagg Group turned around and saw all the good reasons to bring in more marketable rated housing because our vision is to have more moderate income developments with good retail on the bottom floor,” said Walker-Santiago.

The Stagg Group did not return calls for comment.

The Kingsbridge National Ice Center (KNIC) was another victory for members in approving the center with 29-5 vote, allowing it to move to the next step in making it a reality in the neighborhood. “We need to bring new and exciting things to this part of the Bronx,” said Caba. “We need to economically develop even more.” CB7 rallied locals early on, so they can make their case heard on both projects—the KNIC plan and now the scrapped Mecado Mirabo project.

CB7 is here as a representative to the residents for concerns on various things in the neighborhood. Residents can make them aware of what’s going on by calling and e-mailing, but they also have monthly general board meetings that run during the evening, with the community allowed to voice concerns on issues. CB7 members encourage everyone to attend.

“The We need to reach more parents, we want to see more young people, and we want to see more baby boomers,” said Walker-Santiago.

The format change of the monthly committee meetings has proven beneficial and time efficient for volunteer community board members, thanks to Walker-Santiago’s suggestion. Two committees meet for an hour on the same day, allowing all 13 committees to meet in eight days during the month. Previously, there were one two-hour meetings for each committee. General board meetings are every third Tuesday of the month, beginning at 6:30 p.m.

Supporting each other has helped the team make progress early in the two-year term on the board. Even disagreement allows them to see another perspective, while growing as a unit.

“Remaining teachable” is kind of like a mantra for Caba as a recent graduate from Fordham University, earning his master’s degree in sociology. “It takes time, it takes commitment,” said Walker-Santiago.

Public and Community Meetings

• BEDFORD MOSHOLU COMMUNITY ASSOCIATION meets on Wednesday, Dec. 4, at 8 p.m., at 400 E. Moshulu Pkwy. So., apt. #B1 (lobby floor).

• THE ANNUAL HOLIDAY TREE LIGHTING CEREMONY takes place on Wednesday, Dec. 11 at 6 p.m. at Moshulu Parkway and Bainbridge Avenue.

• COMMUNITY BOARD 7 committee meetings are held on the following dates at the board office, 229A E. 204th St., at 6:30 p.m. unless otherwise noted: the Executive Committee on Thursday, Dec. 5 and Economic Development, Community Relations & LTP Committee on Wednesday, Dec. 11; Senior Services Committee takes place Thursday, Dec. 12 at 10 a.m.; Traffic & Transportation on Thursday, Dec. 12. For more information, call (718) 933-5660 or visit bronxcb7.info/calendar.

Vol. 26, No. 23

Norwood News is published bi-weekly on Thursdays by Moshulu Preservation Corporation 3400 Reservoir Oval East Bronx, New York 10467

Phone: 718 324 4998 Fax: 718 324 2971

E-mail: norwoodnews@norwoodnews.org Web: www.norwoodnews.org

Publishers

Moshulu Preservation Corporation

Editors-in-Chief

Alex Kratz and David Cruz

 Classified Advertising

Dawn McEvoy

Accounts Receivable

Dawn McEvoy

Proofreader

Judy Noy

Production

Neil deMause

Regular Contributors

David Greene, Adi Taival

Interns

Kimberly Jacobs.

For display advertising, call (718) 324-4998.

Support Your Community Newspaper!

The Norwood News is a not-for-profit publication and relies upon the support of its advertisers and readers to produce a quality community newspaper. To support your paper, become a member and receive a subscription for one year.

Simply mail check or money order for $40 to: Norwood News, 3400 Reservoir Oval East, Bronx, NY 10467.

Norwood News is not responsible for typographical errors. Opinions expressed in signed letters and bylined columns represent the sole opinion of the author and are not necessarily those of Moshulu Preservation Corporations or Montefiore Medical Center. Editorials represent the views of the editor and/or publisher only. The newspaper reserves the right to limit or refuse advertising it deems objectionable. Advertisements appearing in this paper cannot be used without the written permission of Norwood News. Letters to the editor are subject to condensation and editing. Writers should include their affiliation or special interest if any. Anonymous letters are not published but your name can be withheld if requested.
This week we asked readers their thoughts as they prepare for Thanksgiving Day and the coming holiday season.

Well, I’m thankful for my family, and it’s a day for me to count my blessings. It’s a day that a lot of people take for granted. It’s been an excellent year...it’s all about the family.

Mario Rodriguez

It was a good year for me. I got a promotion at work, so that’s something to be thankful for this Thanksgiving. This Thanksgiving the family is gathering at my house, kickin’ the turkey, the usual stuff... and the pork shoulder of course, because I’m Spanish.

Pablo Velilla

This year has been good and I hope next year is even better, that’s what I think. I’m going to eat turkey. One of my customers gives me some turkey to eat.

Gazem Alsaidi

Thanksgiving is a very special day and we should all celebrate with a nice dinner.

Kazi Hussain

It was a good year for me. I got a promotion at work, so that’s something to be thankful for this Thanksgiving. This Thanksgiving the family is gathering at my house, kickin’ the turkey, the usual stuff... and the pork shoulder of course, because I’m Spanish.

Pablo Velilla

This year has been good and I hope next year is even better, that’s what I think. I’m going to eat turkey. One of my customers gives me some turkey to eat.

Gazem Alsaidi

Thanksgiving is a very special day and we should all celebrate with a nice dinner.

Kazi Hussain

Thanksgiving hasn’t been the same since my younger brother died, but I do have another brother, so this year I will spend it at my brother’s house and my son will be celebrating with us, so I’m hoping to have a good holiday.

Tommy Walsh

This year has been good and I hope next year is even better, that’s what I think. I’m going to eat turkey. One of my customers gives me some turkey to eat.

Gazem Alsaidi

Thanksgiving is a very special day and we should all celebrate with a nice dinner.

Kazi Hussain

Thanksgiving hasn’t been the same since my younger brother died, but I do have another brother, so this year I will spend it at my brother’s house and my son will be celebrating with us, so I’m hoping to have a good holiday.

Tommy Walsh
Community Ed Council Approves New Zoning

By SARINA TRANGLE

While the new redrawn school lines for District 10 affects thousands of children, only a handful of parents gathered at PS/MS 37 to watch the Community Education Council vote on the changes.

But before they voted, the CEC denounced the city’s failure to notify parents in a timely manner, allowing the council to adjust the zoning boundaries for PS 8, PS 20, PS 46, PS 54, and PS 280 to secure enrollment space for a new grammar school opening at 3177 Webster Ave.

Parents learning about the proposal the night before the Nov. 21 vote later blasted the Department of Education (DOE) for not notifying parents. The CEC assured parents it’ll hold meetings in every school affected by future zoning changes.

“The council recognizes that there is a serious flaw in the communication system. We can’t fix it right now, but going forward, it will not happen this way,” said CEC chairman Marvin Shelton. “We will go out to the schools of the impacted communities for every zone change... even if it’s not mandated.

The DOE did not respond to requests for comment.

Seven of eight present CEC members voted in favor of the DOE plan, which intends to use the new school and an expansion of the PS 56 building to funnel students and ease overcrowding at nearby elementary schools. CEC member Soledad Nunez-Price abstained, saying she didn’t “feel comfortable voting in favor because I don’t feel enough engagement of the community was done.”

The DOE unveiled its first draft of the new zoning map in October, assigning students living between East Mosholu Parkway North and Bainbridge Avenue from East 206th Street to Webster Avenue. Those residing between East 203rd and East 206th streets and Perry Avenue and the Metro-North Harlem Line were also re-assigned to the new school.

A majority of the new school’s territory came from PS/MS 20’s zone. Of the six impacted schools, PS/MS 20 is the only building the DOE does not consider overcrowded. The department deemed PS 8, PS 46, PS 54, PS 56 and PS/MS 280 as overcrowded, with PS 56 to be operating at 147 percent of its capacity.

The DOE will phase in the new zone lines by applying them to kindergartners and other students who are new to the public school system in September 2014. Still, the DOE expects all seven elementary schools will have more students than their target capacities once the new zones are fully implemented.

At the CEC’s request, the DOE added a few blocks near Poe Place to PS 54’s zone. The council sought to increase the residential strips in PS 54’s catchment area because the school’s relatively low enrollment makes it a target for receiving students the DOE transfers from overcrowded schools every fall. Shelton said the CEC had made considerations in keeping PS 54’s zone “a little bigger” so current school principal Marybelle Ferreira has a higher chance of seeing more zoned students enrolled in the school.

Ferreira notes the zoning change presents a sort of conundrum for parents who live north of East 197th Street who send their children to PS 54. The issue could be that some of the children could have younger siblings assigned to PS/MS 20 and are now worried about walking most of the mile between the two elementary schools. The DOE didn’t provide buses when it opened the grammar/middle school and rezoned the area about two weeks ago, said Ferreira.

“They are very concerned about having the little ones go so far a distance,” Ferreira said. “You’re thinking about snow, about rain.”

Parents criticized the rezoning process as undemocratic. Most reported hearing about the changes from the CEC or from friends because the DOE and principals aren’t required to send out notifications or otherwise inform families about such changes. Evy Rivera, treasurer of the PS/MS 280 Parents Association, said the acclimation period facing new families would impede progress at struggling schools. “I don’t like it at all,” Rivera said. “We’re not doing good and now there’re going to be parents worried about busing.”

PS/MS 20 Principal Joan Riley said the school could receive more students next year and its catchment area would morph dramatically. However, Riley said staff would be prepared to help families adjust.

Other principals did not return requests for comment.

Arthur Avenue Store Front for Rent!

Great location in the heart of Little Italy in the Bronx.

Arthur Ave. just below 187th Street

For more information or to schedule a viewing of the store call (917) 645-9536
Cheers as Oval Rec Center Finally Reopens

(continued from page 1)

later admitted the agency could’ve done better to speed up the project. “It took some time to finish the center, but I think you’ll be quite impressed by the center to see all that we have done.”

He later insisted much of the delay was the result of a change in plans, mainly the extra $1 million Parks had requested to gut the building’s interior and replace it with new amenities that “appeal to young people and seniors,” as Deputy Commissioner Robert Garafola put it. Some features include an exercise room with 2800 new pieces of equipment, a locker room, game room, multi-purpose room for meetings or exercise classes and a computer lab, part of the agency’s Computer Resource Center, an education enrichment program by Parks. Inside, eight personal computer stations have been set up for anyone looking to improve upon their tech skills.

The project funds came from the Croton Water Filtration Plant mitigation fund, a capital trust created by the city Department of Environmental Protection. The agency earmarked $200 million toward upgrades or repairs for parks throughout the Bronx, including Williamsbridge Oval, in exchange for the community’s consent to build the Croton Water Filtration Plant in Van Cortlandt Park, destroying several acres of parkland.

“The community earned everything that’s taken place here,” said Assemblyman Jeffrey Dinowitz. “This community above every other neighborhood in the Bronx had to put up with that horrible project in Van Cortlandt Park.”

Tour

Shortly after the ceremonial green ribbon cutting, families were free to take a tour of the center, which is free for kids 17 and under. Adults 18 to 24 and senior citizens pay $25 for a full-year membership while adults 25 and older pay $100.

Dozens signed up for membership, including Adaline Walker-Santiago, chairwoman of Community Board 7 covering Norwood. She’s already planned to hold general board meetings inside the multi-purpose room.

Inside the weight room on the first floor, 17-year-old Justin Ramirez jumped at the chance to try the new exercise equipment. He’s back at the gym that was once a hangout spot when he was 12 years old. He remembered the day it closed years back.

“It was devastating. It used to be a spot where we would come and chill, play pool,” said Justin. “When it closed, all the people we used to hang with started to go away.”

Upstairs, Stephanie Woo dropped by midway into an afternoon Zumba class with daughter Maggie in tow. The pair was glad to see improvements, labeling the old center as an “eyesore.” “We didn’t even have bathrooms,” said Woo, a lifelong Norwood resident. “We had to go home and find some restaurants on the avenue.”

With the days of inconvenience behind them, the Friends of Williamsbridge Oval is basking in their triumph.

“I sit home and email and make phone calls, and write press releases. I don’t get paid for this,” said von Uhl. “But today is my paycheck.”

KIDS WASTE: no time hitting the Oval’s recreation center’s game room, playing a friendly game of pool or foosball.

THE OVAL’S daylong event featured hordes of children both inside and out. Here, neighborhood kids square off against one another in a fierce game of floor hockey.

Photos by Adi Talwar

NEW BIGGER LOCATION!

Walk Pain Free with
BRONX FOOT REHABILITATION ASSOCIATES

FOR THE CORRECTION OF:
BunionS • HammertoeS
Ingrown Toenails

FOR THE TREATMENT OF:
Heel pain • Arch pain
Callouses • Flat Feet
Achile Sprains/Sports Injuries
Diabetic Foot Infections
Chronic Non-Healing Wounds
Effective Foot Reconstruction
Foot Trauma Management

For your convenience we offer:
IN OFFICE & HOSPITAL SURGERY

Please call for an appointment, walk-ins welcome

JIAN ZHANG D.P.M., FACFAS • DENNIS NACHMANN, D.P.M.
Dr. Zhang is certified in both American Board of Foot Surgery and Hyperbaric Oxygen Wound Care!

3112 WEBSTER AVENUE
BRONX, NY 10467

Call
718-655-3410

THE NEIGHBOR works up a sweat during an exercise class inside the Oval’s recreation center’s multi-purpose room.
Lesell Pharmacy Closes, Transfers Prescriptions

By DANILKA INFANTE

A neighborhood pharmacy in the heart of Norwood opened its doors for the last time on Nov. 19. Lesell Pharmacy at 3161 Bainbridge Ave. has stood as a Norwood staple for decades, remaining a familiar mom and pop store to neighborhood locals.

Some customers who knew about the pharmacy closing visited to give their farewells and offer thanks to pharmacy employees. Those who stopped by on Lesell’s last day were informed that the pharmacy’s supplies and customer prescriptions were bought by CVS at 3125 Bainbridge Ave. Customers can pick up their prescriptions at CVS from now on. Signs are posted on the Lesell Pharmacy doors to notify other customers that all prescription records have also been transferred to CVS.

The sudden closing has customers surprised and perplexed. One customer who only went by Nilda wasn’t much of a CVS fan. “I tried getting my prescription in CVS once and they were a mess,” recalled Nilda. “I won’t go to CVS for my medicine!”

If previous customers have any medicine refills, they must go to CVS in order to retrieve them all. Should a customer wish to fill a new prescription going forward, they’re not obligated to go to CVS.

Nilda said she doesn’t know where she’ll go to get her medicine now. “I guess I’ll probably start going to Leroy Pharmacy,” she said. That store is at 314 E. 204th Street.

When employees of the pharmacy were asked if they knew whether or not the establishment would reopen as a pharmacy again, they said they didn’t know.

Editor’s Note: Rite Aid is another local pharmacy located on Jerome Avenue off Gun Hill Road.

Neighborhood Notes

Photo Workshops at Fordham U

The New York Botanical/Zoological Photographic Society holds bi-weekly photo workshops for avid photographers two times a month on Saturdays at 9:45 a.m. at the Fordham Preparatory School (room 243) on the Fordham University Campus through June. For more information, call (718) 543-3115.

BRIO Awards Application Workshop

An application workshop for The Bronx Council on the Arts’ BRIO (Bronx Recognizes Its Own) awards will be held Dec. 12 from 1 to 3 p.m. at Bronx Council on the Arts at Westchester Square, 2700 E. Tremont Ave. Application deadline is Jan. 31, 2014. For more information, call (718) 931-9500 ext. 35.

Dinner With a Doctor Seminars

St. Barnabas Hospital, 4422 Third Ave. (at 182nd Street) presents free seminars, ‘Dinner With a Doctor,’ Dec. 19 (Spanish) and Dec. 12 (English), both at 6 p.m. in the hospital’s Braker Building boardroom, with staff doctors focusing on wound healing while attendees enjoy a light meal. For more information, call (718) 960-9000.

Breast Cancer Support Group

Jacobi Medical Center; 1400 Pelham Pkwy. So. and SHARE (self-help for women with breast or ovarian cancer) are hosting a support group for women recently diagnosed with breast cancer, are undergoing treatment, and those who have completed treatment. Meetings are from 1 to 2 p.m. on Fridays, Nov. 29 and Dec. 20. For more information, call (718) 918-4318 or (866) 891-2392.

Kwanzaa Festival

The Learning Tree Cultural Center, 801 Bartholdi St. (behind Evander Childs H.S.), is hosting its 12th annual Kwanzaa festival on Dec. 7 from 1 to 8:30 p.m., featuring African values of family, community responsibility, and more. Vendors are welcome. For more information or to register, call (718) 844-0958.

For more Neighborhood Notes online, go to www.norwoodnews.org and click on “Neighborhood Notes.”
Be Healthy

1-3 lbs. Average holiday weight gain.

Vital Stats

November 28–December 11, 2013

Norwood News

Be Healthy

Holiday Meals for a Healthier You

By the Norwood News

Thanksgiving marks the official start of the holidays, and perhaps the start of overindulgence. With all the fattening fixings tempting you, Montefiore Medical Center's registered dietitians shared some tasty options for popular holiday dishes that are sure to please the palate while keeping the calorie count at bay.

Butternut Squash and Apple Cider Soup

Lori Rosenthal, M.S., R.D., C.D.N., is a bariatric dietitian in the Department of Surgery at Montefiore. Below she shares her recipe for a fruity festive twist on a class vegetable soup.

**Ingredients:**
- 1 butternut squash (1 1/2 pounds)
- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 clove peeled, minced garlic
- 3 slices fresh, peeled ginger
- 1 14 oz. can or box of low sodium vegetable broth
- 1 1/2 cups apple cider

**Directions:**
1. Peel squash with a vegetable peeler (from stem to root) and cut lengthwise with a heavy knife. Scoop out the seeds with a large spoon, cut lengthwise again and then into chunks.
2. Heat olive oil in a large pot. Add onion and garlic. Cook until soft (about 5 minutes).
3. Add ginger, squash, vegetable broth and apple cider. Cover and cook over a medium flame for approximately 20 minutes or until the squash is soft.
4. Remove from heat, uncover and let cool.
5. Puree using a blender; food processor or immersion blender. Adjust the thickness with additional cider if desired.

Mock “Mashed Potatoes” / Cauliflower Smash

Jessica Shapiro, M.S., R.D., C.D.N., Montefiore’s Associate Wellness Dietitian, shares a creative way to add more veggies to your diet. It’s a handy idea for a healthy side dish that doesn’t compromise on taste. Cauliflower is a nutritional powerhouse and this recipe provides just 100 calories per serving!

**Serving size:** ¾ cup
**Yields:** 4 servings

**Ingredients:**
- 1 head of cauliflower, broken into florets
- 1 cup of water
- 2 garlic cloves, peeled (intensify flavor by roasting)
- ¼ cup low fat plain Greek yogurt
- A splash of low fat milk
- ¼ cup grated Parmesan cheese (for a cheesy flavor)
- Salt and pepper to taste
- Chopped chives for garnish

**Directions:**
1. Combine cauliflower, garlic, and water or stock in a steamer basket. Place in a medium size saucepan, cover and bring water to a boil. Steam until very tender, about 10 to 15 minutes. Alternatively, place cauliflower in microwave for the same amount of time; this cooking method retains more nutrients as well.
2. To ensure best possible flavor, make sure cauliflower is as dry as possible.
3. Transfer cauliflower and garlic to a bowl or food processor. For chunky texture, mash with potato masher or immersion blender. Add the milk, sour cream, Parmesan cheese (if desired), and salt and pepper. Mix or puree until preferred texture.
4. Garnish with chopped chives.

Jess’s tip: Add one or more antioxidant boosts by combining the cauliflower with other veggies like broccoli and/or carrots (these will change the color of the dish); or adding herbs and/or spices like cumin, rosemary, thyme, smoked paprika, etc.

Healthy Green Beans Almondine

Shared by Maria Romano, M.S., R.D., C.D.N., registered dietitian at the Montefiore-Rinsein Center for Cancer Care, this dish promises to be satisfying dish for dinner guests to munch on.

**Ingredients:**
- ½ cup water
- 2 pounds of fresh, washed green beans
- ½ cup of sliced almonds
- 3 fresh garlic cloves, pressed and diced
- Salt and pepper to taste
- 2 tablespoons of olive oil
- Slice of lemon

**Directions:**
1. Combine water and fresh green beans. Cover and simmer about 7-9 minutes or until green beans slightly tender.
2. In a separate small pan, combine olive oil and garlic and sauté over a low flame until garlic is fragrant.
3. In a small pot over medium heat, combine water and fresh green beans. Cover and simmer about 7-9 minutes or until green beans slightly tender.
4. Drain green beans and transfer to a serving bowl. Toss with toasted almonds and garlic & oil, sprinkle with salt and pepper to taste and squirt with lemon juice.

Help, to keep you home.

Senior Whole Health of New York (SWH of NY) helps coordinate the care you need to stay at home.

Senior Whole Health of New York's Managed Long Term Care Program provides care at home, including an in home attendant to help with meals and mobility. We provide transportation to and from doctor’s appointments, and help you manage your medications.*

Call to see how we can help you.

1-888-353-0188 (Toll-free)
711 (TTY)
www.seniorwholehealth.com

* All benefits provided are based on medical necessity.

Caring for seniors in your neighborhood.
Visitation’s Annual Holiday Bazaar: Will take place on Sunday, Dec. 15 from 9 a.m. until 3 p.m. This bazaar will take place in the auditorium located at 160 Van Cortlandt Park South. Free parking available.

Refreshments will be sold and there will be a wide array of new merchandise to choose from – jewelry, scarves, children’s toys, and other gift items. All proceeds will benefit the grades K-8 students at Visitation School.

There are still vendor spaces available. For more information, please call (718) 543-2250.


Homes, apartments, and offices cleaned. Free estimates. Reasonable rates. Contact Mark at (718) 882-0598.

20% off for seniors Tuesdays, Wednesdays, and Thursdays.

Cash Paid: For antiques, old items, collectibles, artwork, jewelry, books, records, coins, stamps, sports cards, bric-a-brac. Moving sales, estates, contents of homes. (718) 882-0598 (home), or (347) 734-9261 (cell).

HAPPY THANKSGIVING!

Classifieds:
$12 for the first 20 words and 25 cents for each additional word. Professional Directory: $144 for six months; $260 for one year. To place an ad, call (718) 324-4998 between 9 a.m. and 4 p.m. Monday thru Friday.

Beautician Services
Come to Madame P’s Beauty World
The last old-fashioned hairdresser in the Bronx.
We specialize in haircutting, hair care, and provide consultations on hair care and styling. We are doing carefree curls and press and curl. We also offer flat-ironing. 20% off for seniors Tuesdays, Wednesdays, and Thursdays.

Pediatric Services
Tiga Pediatrics
3510 Bainbridge Avenue, Suite 5, Bronx, NY 10467
Ages 0 to 21 years
General Practice, Obesity, Asthma, ADHD
Same-Day Appointment Every Day!
(718) 319-8999

Law Offices
James M. Visser, Esq.
General Practice
Accidents, Commercial
Wills & Estates
Offices Bronx and Manhattan
(646) 260-6326

HAPPY THANKSGIVING!
Onstage
- The Bronx Library Center, 310 E. Kingsbridge Rd., presents Chinese Music and Dance, Nov. 30 at 2:30 p.m.; and Zazuza, performed by the Allegro Singers, Dec. 7 at 2:30 p.m. For more information, call (718) 879-4424/46/57 or visit www.nylpl.org.
- The Moshulu Library, 285 E. 205th St., presents A Tribute to Sam Cooke, performed by singer Cody Childs, Dec. 7 at 2:30 p.m. For more information, call (718) 882-8239.
- Lehman College’s Center for the Performing Arts, 250 Bedford Pk. Blvd., W., presents comics Anthony Ríos, Ruperto Vanderpool, Jochy Santos and Cquin Victoria, and singer/guitarist Anthony Rios, Nov. 30 at 8 p.m. Tickets are $26 to $50. For more information, call (718) 960-8833.

Events
- Bronx Museum of the Arts, 1040 Grand Concourse, between 161st and 164th streets, presents free: Readings & Conversations, featuring two authors, as well as free guided tours of the galleries, Dec. 4 from 6:30 to 7:30 p.m. in the North Wing Lobby. Also scheduled free is First Friday, Dec. 6, 6:30 to 9 p.m., celebrating and promoting the arts in the Bronx, in the North Wing Lobby. Programs are subject to change. For more information, call (718) 681-6000 ext. 131.
- The Woodlawn Conservancy presents Second Sunday, Dec. 8, general tour to explore the cemetery. Meet at the Jerome Avenue entrance at 2 p.m. ($15; discount for members/seniors/students). For more information, call (718) 920-1469.
- Friends of Van Cortlandt Park presents Run for the Trail Series, B’Ramble 10K/5K, featuring a cross-country course to raise maintenance funds, Nov. 29 at 10 a.m. Registration fee is $25 online and $30/mail-in. For more information, visit www.vctc.org/page/b-ramble-10k-5k.
- Wave Hill, a Bronx oasis at 675 W. 252nd St. in Riverdale, offers Family Arts Project: Harvest Time Hangings, to gather leaves and cones to hang on the tree. For more information, call (718) 549-3200.
- Wave Hill, a Bronx oasis at 675 W. 252nd St. in Riverdale, offers Family Arts Project: Seasons Greetings, to fashion your cold-weather tales into pop-up holiday cards, Dec. 7 and 8; at the WH House from 10 a.m. to 1 p.m. Grounds admission is free Saturday until noon. For more information, call (718) 549-3200.
- The public is invited to ride the free Bronx Culture Trolley, which transports visitors on the first Wednesday of each month (except January and September), to free Bronx hot spots. Trolley night starts with a 5 p.m. reception at the Longwood Art Gallery at Hostos Community College, 450 Grand Concourse (at 149th St.). From there, the trolley departs at 5:30, 6:30 and 7:30 p.m. On Dec. 4, riders are treated to a special Holly Bolly Trolley featuring holiday treats and Bollywood dances. Riders can get on and off at any scheduled stop and spend as much time as they wish at any or all of the featured venues. For more information and a detailed schedule, call (718) 931-9500 ext. 33 or log on to www.bronxarts.org.

Holiday Events
- The Belmont District Management Association presents a holiday tree lighting event, Dec. 7 from 2 to 6 p.m. in Ciccarrone Park at 188th Street and Arthur Avenue. Scheduled are live music, refreshments, and a visit by Santa Claus. Visitors may bring a Mass card or memory card to hang on the tree. For more information, call (718) 294-8259.
- The Jerome-Gun Hill Business Improvement District (BID) presents Black Friday, Nov. 29, and Small Business Saturday, Nov. 30, inviting consumers to support the BID by making it their destination for holiday shopping and to enjoy special sales and discounts at every stop. Additional events include the 2013 Holiday Tree Lighting Ceremony, Nov. 30 from 5 to 8 p.m. at Greensstreets Park, corner of Jerome Avenue and Mosholu Parkway North. Come meet Santa and receive a free gift (while supplies last). One gift per child (child must be present). For more information, call (718) 324-4946.

Library Events
- The Bronx Library Center, 310 E. Kingsbridge Rd., presents programs for adults including Computer Basics: Dec. 5 at 2 p.m.; Heritage Arts & Crafts Workshop: Dec. 8 at 2 p.m. (registration required by phone or in person); Internet for Beginners: Dec. 8 at 2 p.m.; and What Does Health Care Reform Mean for NYC?: Dec. 11 at 10 a.m. Children can enjoy Homework Help: (ages 5 to 12), Dec. 1 and 8 at noon, and Dec. 3 and 10 at 3:30 p.m.; Preschool Story Time at 11 a.m. Dec. 5 and 12; and Toddler Playtime at noon: Dec. 5 and 12; and Holiday Card Making: Dec. 5 at 4 p.m. For more information, call (718) 579-4244/46/57 or visit www.nypl.org.
- The Moshulu Library, 285 E. 205th St., offers for seniors and adults: Knitting Circle: Thursdays at 3 p.m.; Wii Program: Tuesdays at 3 p.m.; and MS Word 2010 for Beginners: Dec. 4 at 10:30 a.m.; and Advanced MS Word 2010: Dec. 11 at 10:30 a.m. (advance in person registration required for both). Children can enjoy Toddler Story Time at 10:30 a.m. (ages 18 to 36 months), Dec. 5 and 12; and Reading Aloud at 4 p.m.: (ages 3 to 12), Dec. 2 and 9. For more information, call (718) 882-8239.
- The Jerome Park Library, 118 Eames Place, offers for children: Film: Nov. 29 at 4 p.m. For adults: Computer Basics at noon: Dec. 3, 5, 10, and 12; and Health Care Information and Enrollment Session: Dec. 3 at noon. For more information, call (718) 549-5200.

HAPPY CHANUKAH TO ALL OUR JEWISH READERS AND HAPPY THANKSGIVING TO ALL OUR READERS!

NOTE: Items for consideration may be mailed to our office or sent to norwoodnews@norwoodnews.org, and should be received by Dec. 2 for the next publication date of Dec. 12.
November 28–December 11, 2013  Norwood News

Our Healthcare Professional and Affiliates Program offers
Exclusive savings for the healthcare community

NEW 2014 MALIBU LS
STEAMBLOWER, AUTO, 4Cyl, PVR, ENSHIN W/ HAND+LAMP+MP3, A/C, ONSTAR W/ NAV UP TO 6 MOS., PRICING INCL. $1450.00 C/O, $250.00 LEASE CONVENIENCE, MISP: $12,410

LEASE PER MO | 39 MO
$159

NEW 2013 VERANO
STEAMBLOWER, AUTO, 4Cyl, PVR, ENSHIN W/ HAND+LAMP+MP3, A/C, PRICING INCL. $1450.00 C/O, $250.00 LEASE CONVENIENCE, MISP: $12,410

BUY FOR
$21,950

NEW 2014 OUTLANDER SPORT ES AWD
STEAMBLOWER, 4Cyl, AUTO, PWR, L/SL/SE, A/C, ALLOY WHEELS, ABD, FAST KEY, KEY FOB, $2000 LOYALTY REBATE*, MISP: $26,845

LEASE PER MO | 36 MO
$144

LASORSAs Autos
The Bronx dealer that cares
3510 Webster Ave, Bronx, NY 10468
Phone: 310-767-3831
3086.16.3431

SALES 718.960.8833

LEHMAN CENTER
FOR THE PERFORMING ARTS
Box Office 718.960.8833
Online tickets and full season schedule www.LehmanCenter.org

The State Capella of Russia PRESENTS A RUSSIAN CHRISTMAS
Sunday, December 8th, 2013 - 3Pm
Tickets: $25, $45, $50, $75, $100 per ticket. $10 any seat.

Parranda Navideña CELEBRATING THE HOLIDAY SEASON
JIBARO STYLE Featuring Lilly y los Gran Tri, Osvaldo Gonzalez "El diablo de los aceros", Jesus Miguel Clara "El Gallito de Manizales", Lleny Flora, and Caminando Rítmico Tropical & MORE
Saturday, December 14th, 2013 - 8PM
Tickets: $25, $45, $50, $75, $100 per ticket (Based on availability, $10 any seat).

Festival del Humor A NIGHT OF LAUGHTER TO REMEMBER
Featuring Paul Rodriguez, Ruperto Vanderpool, Cuquin Victoria, & Jochy Santos.
Special Guest, Anthony Rios.
Saturday, November 30th, 2013 - 8PM
Tickets: $50, $45, $35

The Moscow Classical Ballet IN THE CHRISTMAS HOLIDAY CLASSICS
The Nutcracker
Sunday, December 15th, 2013 - 8PM
Tickets: $45, $50, $75, $100 (based on availability, $50 any seat.)

Doo Wop A LEHMAN CENTER FAVORITE
Sail Away in Style to ROCK & ROLL IS HERE TO STAY
Featuring Fred Parris & The 5 Satins, The Belmonts, former lead singer of the Smokeys, Shirley Alston Reeves, Larry Chance & The Earls, Chipmunks, and Danny & The Juniors.
Saturday, January 19th, 2014 - 8PM
Tickets: $45, $40, $25, $15 any seat.

250 Bedford Park Boulevard West, Bronx, NY 10468
Come, Shop & Save BIG!!
Discover the Stores, Quality Service & Savings at the Jerome-Gun Hill Business Improvement District!

BLACK FRIDAY, 11/29 Make the BID Your Black Friday Destination this Holiday Season and Enjoy Special Sales & Discounts at Every Stop!!

SMALL BUSINESS SATURDAY, 11/30 Remember to Shop Locally & Support the Jerome-Gun Hill BID!!

Over 200 Stores on Jerome Avenue from Mosholu Parkway to Gun Hill Road and on Gun Hill Road to Webster Avenue

Where Good Neighbors Deserve Great Shopping! All in a Safe, Clean & Friendly Environment!

2013 Holiday Tree Lighting Ceremony
Hosted By: Rhina Valentin „La Reina del Barrio“

Saturday, November 30th, 5-8PM
Greenstreets Park (corner of Jerome Ave. & Mosholu Parkway North)

Meet Santa & Receive a FREE Gift!
*While supplies last. One gift per child. Child must be present.

For more information, call the BID Hotline at 718.324.4946 or visit www.jeromegunhillbid.org