

NORWOOD NEWS

Be Healthy

Healthy Holiday
Recipes
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Vol. 26, No. 23 ■ PUBLISHED BY MOSHOLU PRESERVATION CORPORATION ■ November 28–December 11, 2013

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 throughout 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 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 with demonstrators demanding Parks to fast track the renovations. Parents brought their children to the protest, waving signs that read, “Open our rec center AHORA!” The protest resulted in Parks opening up the public restrooms for families getting their exercise at the sprawling, 13.1-acre park.

Bronx Parks Commissioner Hector Aponte, the event’s master of ceremonies, credited Friends of Williamsbridge Oval Park for their persistence in “prodding” the agency to hurry up with work. “We’re probably here today probably because of a little prodding,” said Aponte, drawing laughs. He

(continued on page 6)



Photo by Adi Talwar

THESE KIDS swing round and round at Williamsbridge Oval Park on Saturday, Nov. 23, the day of the much anticipated, and long awaited re-opening of the recreation center. More photos on this big day can be found 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 Com-



Photo by Kimberly Jacobs

COMMUNITY BOARD 7’S team of doers, 1st vice chair Barbara Stronczer with District Manager Socrates Caba and Chairwoman Adaline Walker-Santiago (l-r) at last summer’s National Night Out Against Crime.

munity 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 minored in education and double majored in sociology and psychology at Lehman College. After earning a master’s degree from Columbia University in bilingual special education, her career began as a special education teacher in the Bronx, empowering her students with positive affirmations.

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.

“Education is my forte and my passion,” said Walker-Santiago, “but I’ve been involved in a lot of different aspects of community life in this com-

munity.” She’s been on the board since 2011, previously serving as vice-chair.

Sharing the same amount of dedication is Socrates Caba, the new district manager, a paid position that had been open since October 2012. A Bronx native, Caba is also a husband, father of three, and founder of the Bronx HIV Advocacy Network, having served on the board from 2007-2010. His career started as a volunteer at Bronx AIDS Services that led to him becoming a staff member. “I just wanted to do something to give back and I knew that 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.”

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BREAKING BRONX

News • Politics • Policy

Rangel Praises U.S. Senate's "Nuclear Option"

Congressman Charles Rangel, representing portions of Norwood and Bedford Park, applauded the U.S. Senate's recent 52 to 48 vote to change filibuster rules for the Senate minority in a decision dubbed the "nuclear option." The nickname derives from the sheer magnitude the new policy will incur, re-writing a generation 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 "the right thing" 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 political 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 judge nominees, since their positions are for life should the Senate approve them.

The Obama Administration has earned the dubious distinction as the most filibustered office, with 82 filibusters. 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.

"Thanks 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 Brewer III, saying

Cabrera had indeed made a request. "[C]oming as it did from a sitting city council member who would ultimately vote on this project, was inappropriate in our view," said Brewer III, in the statement.

The question now remains whether Cabrera's actions are illegal. According to *The Bronx Times Reporter*, Cabrera could be in some form of hot water based on a rule the weekly found in The City Charter stating that no public official can use their position to garner funds from an entity doing business with the city.

Cabrera is knee-deep in negotiations with the KNIC, poring over last-minute concerns that have popped up since Community Board 7 voted favorably for

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 tailed 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 work; in the last two months they've already had an impact 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 some 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 20-5 votes, 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 the now scrapped Mercado 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.

"We want to see more parents, we want to see more young people, and we want to see more baby boomers," said Walker-Santiago.

Public and Community Meetings

- **BEDFORD MOSHOLU COMMUNITY ASSOCIATION meets on Wednesday, Dec. 4, at 8 p.m., at 400 E. Mosholu Pkwy. So., apt. #B1 (lobby floor).**
- **The ANNUAL HOLIDAY TREE LIGHTING CEREMONY takes place on Wednesday, Dec. 11 at 6 p.m. at Mosholu 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 Tuesday, Dec. 3; Public Safety 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) 933-5650 or visit brnxc7.info/calendar.**

Inquiring Photographer

By DAVID GREENE

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



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

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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 205th 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 stu-

dents 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.



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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 hang-out 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 separated."

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 or 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 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.



THIS NEIGHBOR works up a sweat during an exercise class inside the Oval's recreation center's multi-purpose room.

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Photos by Adi Talwar

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



Photo by Danilka Infante

FAREWELL TO Lesell Pharmacy. The neighborhood staple closed its doors for the last time on November 19, alerting regulars that their prescriptions will now be handled by the nearby CVS pharmacy.

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. 10 (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) 944-0958.

For more Neighborhood Notes online, go to www.norwoodnews.org and click on "Neighborhood Notes."



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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 (1½ 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 ½ 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 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-Einstein 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. Remove remaining stems off each end of each green bean.

2. Spread sliced almonds on a cookie sheet or baking pan and toast lightly in the oven.

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. In a separate small pot, combine olive oil and garlic and sauté over a low flame until garlic is fragrant.

5. 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.

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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.

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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.

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Out & About

EDITOR'S PICK

The Public Is Invited...

Councilmember Oliver Koppell invites the public to a free **all-holiday reception and celebration of his years of service, 2002 to 2013**, on Dec. 1 from 2 to 4 p.m. at the Riverdale YM-YWHA, 5625 Arlington Ave. Light refreshments will be served. For more information, call (718) 549-7300.

Bronx Borough President Ruben Diaz Jr. invites the public to a free annual **Bronx Chanukah Celebration**, featuring Dr. Ruth K. Westheimer as mistress of ceremonies, Dec. 3 at 1 p.m. at the Bronx County Building Veterans Memorial Hall, 851 Grand Concourse (at 161st Street). There will be a musical performance by the children's choir from Kinneret Day School. Light refreshments will be served. For more information or to RSVP, call (718) 590-6116.

Onstage

■ The Bronx Library Center, 310 E. Kingsbridge Rd., presents **Chinese Music and Dance**, Nov. 30 at 2:30 p.m.; and **Zarzuela**, performed by the Allegro Singers, Dec. 7 at 2:30 p.m. For more information, call (718) 579-4244/46/57 or visit www.nypl.org.

■ The Mosholu 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 **Paul Rodriguez, Ruperto Vanderpool, Jochy Santos** and **Cuquín Victoria**, and singer/guitarist **Anthony Ríos**, Nov. 30 at 8 p.m. (tickets are \$35 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 5:30 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/riverdale-b-ramble-10k.

■ 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 weave them into a decorative wall hanging, Nov. 30 and Dec. 1; at the WH House from 10 a.m. to 1 p.m. Also scheduled is **Winter's Eve**, for members only, free, to enjoy live music, beverages, door prizes, and a 20 percent discount in The Shop, Dec. 2 from 5:30 to 8:30 p.m. Grounds admission is free Saturdays until

noon all year, and free until noon Tuesdays in November and December. Glyndor Gallery **tours** take place Tuesdays and Saturdays at 2 p.m.; garden **walks** are held Tuesdays and Saturdays at 11 a.m. and Sundays at 2 p.m., from the Perkins Visitor Center. For more information and a schedule of events, call (718) 549-3200.

■ The Bronx County Historical Society, 3266 Bainbridge Ave., presents **Foxhurst to Hunts Point**, tour, starting from the southwest corner of Southern Boulevard and Westchester Avenue, Dec. 8 at 11 a.m. For more information, call (718) 881-8900.

Holiday Events

■ The Belmont District Management Association presents a **holiday tree lighting event**, Dec. 7 from 2 to 6 p.m. in Ciccarone 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 Greenstreets 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.

■ Bartow-Pell Mansion Museum, 895 Shore Road, Pelham Bay Park, presents the following holiday events: Dec. 6 - **Luncheon**, 12:30 to 2 p.m. (reservations required); and **Metropolitones**, singing a cappella (\$12/adults; \$10/seniors/students; free/members), including holiday shopping and refreshments, 5:30 to 8:30 p.m., and a free Bronx Seaside Trolley to transport shoppers to City Island (registration requested). Dec. 7 - **A Storybook Christmas**, 10 a.m. to 1 p.m., for the entire family to enjoy holiday storytelling (10:15 a.m. and 12:15 p.m.) and crafts, professional photos with Santa (\$20), holiday shopping, and more (registration required), cost is \$20/age 1+/\$15/member children; free for adults and under age one year; and **Holiday Evening Celebration**, 7 to 10 p.m., to enjoy cocktails, holiday fare, caroling auction, and more (reservations required). For

more information, tickets, or to RSVP, call (718) 885-1461.

■ The Hostos Center for the Arts & Culture's Repertory Theatre, 450 Grand Concourse, presents its free annual **Kwanzaa Celebration**, Dec. 5 at 7 p.m. For more information, call (718) 518-4455.

■ Bronx Museum of the Arts, 1040 Grand Concourse, between 161st and 164th streets, presents **Holiday Party**, free, Dec. 7 from 1 to 4 p.m., featuring art-making activities and gallery tours for the entire family; in the North Wing Lobby. Program is subject to change. For more information, call (718) 681-6000 ext. 131.

■ The Fordham Road BID holds its 9th annual **Sparkling the Heart of Fordham Holiday Event**, Dec. 6 from 6 to 8 p.m., at Muller Park & Plaza, corner of Fordham Road and Creston Avenue. Scheduled are a visit by Santa Claus, musical performances, free gifts to the first 450 children to arrive, raffle giveaways, and discounts at stores along Fordham Road. For more information, call (718) 562-2104 or visit fordhamroadbid@optimum.net.

■ Mosholu Montefiore Community Center, 3450 DeKalb Ave., presents **Latke Luncheon**, Dec. 4 from 11:30 a.m. to 1:30 p.m. For more information, call the senior department at (718) 882-4000.

■ The NY Botanical Garden presents its **Holiday Train Show**, model trains traversing replicas of NY landmarks created from plant materials, through Jan. 12, in the Enid A. Haupt Conservatory. For more information, call (718) 817-8658.

■ 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 every 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 Trolly** 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.

Exhibits

■ Bronx Museum of the Arts, 1040 Grand Concourse, 2nd floor North Wing, between 161st and 164th streets, presents free: **Paulo Bruscky: Art is Our Last Hope**, through Feb. 9; and **Tony Feher**; and **Orchard Beach: The Bronx Riviera**, both through Feb. 16. For more information, call (718) 681-6000 ext. 131.

Compiled by JUDY NOY

■ The Bronx County Historical Society's Museum of Bronx History at the Valentine-Varian House, 3266 Bainbridge Ave., presents **History Woven Into Cloth**, selections from the Society's textile collection, through April 6. For more information, call (718) 881-8900.

■ The Bronx Council on the Arts presents **Esther Pagan: My Colors of Cancer** and **In the Headlines: Latino New Yorkers 1980-2001**, at Hostos College's Longwood Art Gallery, 450 Grand Concourse (at 149th Street), through Dec. 20. For more information, call (718) 931-9500 ext. 33 or (718) 518-6728.

■ The Bronx Documentary Center, 614 Courtlandt Ave., presents **Refugee Hotel**, through Dec. 1, Thursdays to Sundays, 2 to 7 p.m. Exhibition chronicles refugees during their first night in the United States and their lives in resettlement. For more information, call (718) 993-3512.

■ Lehman College Art Gallery, 250 Bedford Pk. Blvd., W., presents **Morphology of the Print**, through Jan. 8, which includes works that push the boundaries of printmaking. Student workshops will be available including art and architecture. For more information and a detailed schedule, call (718) 960-8731/2.

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. 6 at 2 p.m. (registration required by phone or in person); **Internet for Beginners**: Dec. 6 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; **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 Mosholu 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. 9 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.*

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2005 BUICK LACROSSE CX Stk#6136U, 6cyl, auto, FWD, p/w/l/str/b, a/c, AM/FM/CD, 45k mi	\$10,000
2010 CHRYSLER TOWN+COUNTRY Stk#6085U, 6cyl, auto, p/w/l/str/b/sliding drs, a/c, AM/FM/CD/XM, alloys, 3rd row, 33k mi	\$17,800

Prices incl all costs to consumer except tax, title & dmv fees. *Low APR financing for 36 mos for qualified buyers on all Certified GM pre-owned vehicles, subject to primary lenders approval. Subject to primary lenders approval. Leases closed end for 10k mi/yr at 25c/mi, 12k mi/yr at 15c/mi (*14 Outlander) thereafter. Leases on approved credit for qual buyers thru US Bank. Lessee resp for excess wear/tear/maint/insur/excess mileage. Ttl Pymts/Resid: *14 Malibu=\$6201/\$13,140, *14 Outlander Sport=\$5616/\$13,339. Due at sign=\$0 1st mo pymt + \$0 sec dep + \$1999 down + \$595 bank fee (\$495 bank fee for Outlander) ^CCR rebate must have Tier S approval thru Ally Bank. ▲Valid only for customers w/ a current 1999 or newer non-gm lease (i.e., non-Buick, Cadillac, Chevrolet, GMC, Hummer, Oldsmobile, Pontiac, or Saturn) passenger car or light duty truck lease contract are eligible for this offer, not required to terminate current non-GM contract. *Loyalty Rebate only good on *13 or *14 Outlander Sport, must be reg owner or spouse living at the same address, must be current Mitsubishi owner. Used cars sold cosmetically as is. Pics for illust purp only. Not resp for typos/equip errors. Offers cannot be combined w/any other adv specials. ★Based on EPA hwy mileage. See dealer for details. Offer expires 3 days after pub.

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Anthony Rios Jochy Santos Paul Rodriguez Ruperto Vanderpool Cuquin Victoria



The State Capella of Russia
PRESENTS A "RUSSIAN CHRISTMAS"
Sunday, December 8th, 2013 - 3PM
Tickets: \$35, \$30, \$25 | Children 12 and under, \$10 any seat



Parranda Navideña
CELEBRATING THE HOLIDAY SEASON, JIBARO STYLE! Featuring Lily y su Gran Trio, Odilio Gonzalez "El Jibarito de Lares," José Miguel Class "El Gallito de Manatí," 5 en Plena, and Conjunto Ritmo Tropical & MORE
Saturday, December 14th, 2013 - 8PM
Tickets: \$45, \$40, \$25 | Children 12 and under, \$10 any seat

Festival del Humor

A NIGHT OF LAUGHTER TO REMEMBER

Featuring Paul Rodriguez, Ruperto Vanderpool, Cuquin Victoria, & Jochy Santos.

Special Guest, Anthony Ríos.

Saturday, November 30th, 2013 - 8PM

Tickets: \$50, \$45, \$35



The Moscow Classical Ballet
IN A TIMELESS FAMILY HOLIDAY CLASSIC
The Nutcracker
Sunday, December 15th, 2013 - 6PM
Tickets: \$45, \$40, \$25 | Children 12 and under, \$10 any seat



Chiffons

Doo Wop A LEHMAN CENTER FAVORITE!
Sal Abbatiello presents ROCK & ROLL IS HERE TO STAY
Featuring Fred Parris & The 5 Satins, The Belmonts, former lead singer of the Shirelles, Shirley Alston Reeves, Larry Chance & The Earls, Chiffons, and Danny & The Juniors.
Saturday, January 18th, 2014 - 8PM Tickets: \$50, \$45, \$35



250 Bedford Park Boulevard West, Bronx, NY 10468



Program Subject to Change.
Box Office Service Fees Apply



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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 &
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*While supplies last. One gift per child. Child must be present.

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