



Message from the President... Vern Anastasio



It's Spring in Bella Vista. There is no better time to enjoy our neighborhood than the Spring. This

edition, we bring you news of a new park and a report one of our best restaurants....

NEW TRIANGLE PARK IN BELLA VISTA

At the intersection of Christian Street, Passyunk Avenue and 6th Streets, at Bella Vista's eastern edge, sits the new TRIANGLE PARK. A great group of dedicated volunteers, who includes BVUCA board member Brett Mapp, have been working hard to turn this little plot of land into a beautiful passive pocket park. Trees and flowers have been planted in what was once an old gasoline station. Though at least one tank remains underground, all professional reports are in and there are absolutely no contamination matters of concern. Soon, Triangle Park will be blooming! We encourage you to volunteer in keeping it beautiful.

If you are interested in getting involved with Bella Vista's newest (5th!!) park, please visit www.friendsoftrianglepark.org **CLEAN AND GREEN** - Bella Vista Beautification Committee Continues to Keep the Community Clean!

With the coming of a new park to Bella Vista, let me remind everyone to do their very best to keep the sidewalks and curb sides in front of their homes and apartments clear of litter and debris. Four years ago Bella

Vista United Civic Association launched an unprecedented survey of visitors to Bella Vista. All had great impressions of our community. Many shared the same concerns about sidewalk litter that Bella Vista residents share.

When I was growing up in Bella Vista, generations past made a conscious effort to keep the sidewalks and curbs clean in front of their homes. ON any given Saturday morning, you would literally see dozens upon dozens of homeowners outside soaping and scrubbing their front steps. Times and some things have changed in Bella Vista, but our community pride and interest in our cleanliness is greater than ever.

We ask that everyone get involved in cleaning litter and debris from the front of your home, your neighbors home and down you block. We also encourage everyone to GREEN your fronts with bushes, flowerpots and shrubs. IF you would like a tree planted in front of your home, please contact the Bella Vista United offices at 267-872-4686.

Since the survey of Bella Vista visitors in 2005, Bella Vista United launched Operation Beautiful View — a community wide effort to remove litter and debris from the sidewalks and streets of Bella Vista. Now in it's third season, this program has removed a total of 4200 bags of litter and debris from our sidewalks. Look around on any given First Friday and you will see BVUCA's professional cleaning crews hard at work keeping Bella Vista clean.

Continued on Page 4

CHALLENGERS HIGHLIGHT CITY CONTROLLERS' POOR PERFORMANCE

Wally Zimolong, BVUCA Board Member

Democratic challengers, Brett Mandel and John Braxton, and Republican Al Schmidt squared off with embattled incumbent City Controller Alan Butkovitz in a lively debate on Tuesday April 3 at the Palumbo Rec. Center. Mandel and Braxton are looking to unseat Controller Butkovitz in the May Democratic primary, while Schmidt will look to best the winner of that primary in November's general election.

The usually quite off year election race for City Controller has become heated amidst the City's financial crisis. This was made evident on several occasions when Controller Butkovitz appeared to lose his cool during several exchanges with Mandel, former head of the non-profit Philadelphia Forward, and Braxton, a former Common Pleas Court Judge. Meanwhile, Schmidt, the lone Republican who also worked for the Clinton administration, seemed content to stick to the issues while the Democrats engaged in a little political mudslinging.

All of the candidates were critical of Controller Butkovitz performance. Mandel pointed out that Butkovitz, in violation of the City Charter, has failed to perform any audits during his tenure. Judge Braxton pointed out that the City continues to waste millions of dollars during our financial crisis. Meanwhile, Schmidt stressed that only a Republican, who is not part of the Democratic machine that has controlled the City during each financial meltdown in the last 60 years, could truly exercise the independent oversight necessary to effectively perform the job. Except for Controller Butkovitz, the candidates graded Mayor Michael Nutter's handling of the City's financial performance as below average.

Each of the challengers was well prepared and demonstrated an excellent grasp of the issues. This race will surely be in the public eye through November. In fact, Schmidt engaged in an artful media blitz on April 15, which raised a few eyebrows in Democratic Philadelphia. Stay tuned.

Save The Date! Spring Fling

Monday, May 11th **Mezza Luna**
6:00 – 9:00 p.m. **763 S. 8th St.**

Tickets are \$20 (25. at door), Seniors \$10 (\$15 at door), cash bar. Host sponsorship is \$50. We are also in need of prizes for our Chinese Raffle. If you or your business is interested in becoming a host sponsor, or you can help out with prizes contact Carolyn at Carolyn@buvca.org or by calling 267-872-4686.

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Paw Prints

Kitten Season Is Upon Us ...By Carrie Ruddell Maria

Owner The Monster Minders Dog Walking and Pet Sitting

Did you know that we're about to enter "kitten season?" What's that? Kitten season begins in Spring and continues through until Fall. While cats can have litters at any time of year, this period is when our shelters are literally flooded with litters of homeless kittens. Many of these kittens will not survive in the shelter long enough to be adopted at 8 weeks - there just isn't enough space and they are very susceptible to disease. What can you do to help? Foster!

Fostering is an amazing experience for cat lovers (dogs can also be fostered). We have fostered a few litters for PAWS (Philadelphia Animal Welfare Society) and are happy to offer tips and tricks. If you have a spare room, a warm basement, or other enclosed space that you can spare for a few weeks - you can save lives. Basically foster homes take the vulnerable kittens out of the shelter and provide them with food, litter, socialization, a warm place to sleep & play, and a loving home. At around eight weeks old, the kittens will be spayed or neutered (PAWS provides all medical care). At that time they're ready to go to their forever homes. Saying goodbye is always bittersweet, but you'll rest assured knowing that you literally saved lives.

Remember, any time you adopt a pet of any age - you not only save one animal, but two. Getting an animal out of the shelter opens up a free kennel upon which another homeless animal enters while waiting for an adoptive home. There are plenty of amazing older cats and dogs for adoption at all times through PAWS. If you'd like more information about adoption or fostering for PAWS please see: www.phillypaws.org and click on "Foster." You can also visit the adoption center at 2nd and Arch Street and talk to some of the PAWS staff about fostering.

Carrie Maria, The Monster Minders
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Parent to Child

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For me, Spring means GREEN. And the Bella Vista restaurant, JAMES, located at 8th and Christian Streets, uses the color GREEN in their logo, marketing materials and yes, even in their food.

A recent visit to JAMES provided ample evidence as to why Bella Vista and owner/chef of JAMES, Jim Burke, has been recognized as the best new chef in America. As we sunk into comfy leather chair in a quiet corner table, we were greeted by an amuse bouche of fried duck liver with a hint of Dijon mustard. We then proceeded to order three courses each in order to relish the completed JAMES experience. We were not disappointed.

Leslie's borscht was perfectly cooked and the tableside service of pouring the broth onto the beets was a nice added touch. My first course, sweetbreads sitting in a beautiful green garlic sauce was cooked to a perfect consistency and literally melted in my mouth. The accompanying pickled radish gave the dish an intense depth.

For the pasta course, I tried my hand at another green dish — JAMES's take on risotto, risie bisi, which was both creamy and smooth and just the right portion. But it was Leslie's pasta dish — the beloved tagliatelle pasta in duck ragu —, which stole the show that night. This is, by far, one of the best pasta dishes I have ever sampled. Leslie said it was probably the best single dish of pasta she had ever had. We now know why of all the dishes at JAMES, only this one remains from their opening day two years ago. Funny thing was, when I first read the description of the dish ("shaved chocolate and orange"), I said, "forget that — no sweets in dinner". But Leslie, wisely, was feeling adventurous. And man, was I surprised. Dinner entrees were next. Leslie went for the steak, which was perfectly cooked and, as Leslie said, "some of the best steak in Philadelphia". My

choice was the grass fed veal loin with fava beans and morels. Not to sound like a broken record, but this veal dish was by far the best cooked piece of meat I've had at a restaurant in more than a decade. The morels and favas, two of my favorite foods, were a great combination of earthy and light.

The dinner also included great breads from Metropolitan bakery, cheese (for dessert) from Bella Vista's DiBruno Brothers and a baby macaroon and strawberry gelatin to close out the experience.

If you're looking for heaping portions of good old restaurant fare that pleases the hungry masses, you will be disappointed. The brilliance of JAMES is the focused, disciplined intensity of each dish. The marriage of flavors that are uncomplicated yet layered in away that elevates the diner's palate. But don't misunderstand — we left JAMES plenty full!

Dinner at JAMES is a culinary excursion unlike any other in Bella Vista. And a friendly, knowledgeable and attentive staff guides that excursion. The room's decor, service and food add up to a fine dining experience of precise quality and focused attention to detail. Bella Vista has many great restaurants and bars. Each of them (along with our Italian Market) adds to the mosaic that makes our neighborhood (arguably) the food capital of Philadelphia. JAMES adds a new dimension to the culinary landscape of our community. The early Spring menu is truly remarkable. You can dine at the bar or their lounge.... or take in the full experience in their dining room. I encourage everyone to support our neighbors and go enjoy JAMES.

"Look for more Bella Vista Restaurant highlights in future editions..."

If you would like to write a piece for the newsletter about your dining experience at one of our BV restaurants, please submit to Carolyn@bvuca.org.

The Art of Wellness



Yan Q. Huo, M.A., ATR-BC, LPC
President Art of Wellness, LLC

What is acupuncture?

Acupuncture is an ancient healing art dating back more than 5,000 years. It has been accepted by the general population for its excellent therapeutic curative effect, wide range of indications, simple application, short-term effective treatment, low cost, and safety.

According to Eastern philosophy, the human body reacts according to immutable laws that govern the universe. These laws keep both mankind and the cosmos in harmonious balance.

When this balance is upset, the result is a "natural" catastrophe and/or human sickness. The purpose of acupuncture is to help restore harmony in the human body.

Anatomically, each of us has 6 pairs of meridians. Meridians are main energetic pathways. Those pairs of meridians that run along the inner areas of the arms and legs are called Yin Meridians, and those that run along the outer arms and legs are called Yang meridians. Each meridian runs to or from the internal organs, and all are connected to each other. Along the meridians on the body's surface are various acupuncture points, of which there are 361. These points influence the flow of life energy force, called "Qi" (Chi). The ancient Chinese believed that a normal healthy person has a harmonious balance of Yin and Yang meridians with a free flow of life energy force. Any unbalance of Yin and Yang, or any blockage of the free flowing life energy force, causes disease and/or pain.

Acupuncture treatment is a therapy that involves inserting small single use needles into certain acupuncture points along the meridians, restoring the balance between Yin and Yang meridians, removing blockage of the energy force flow, and regulating the "zang-fu" (main) organs, qi and blood of the body and restoring individual's health.

Rates for 2009

Bella Vista Life is printed 5 times during the year.

Jan/Feb • March/April • May/June • Sept/Oct • Nov/Dec

All information must be submitted by the 15th of the month preceding the upcoming issue (i.e., April 15th for the Sept./Oct. issue). Please submit your ads in print-quality PDF format.

Pricing is as follows:

SIZE	One Time	Five Times
Business Card	\$20	Same
Quarter Page (3" Wide x 5" Deep)	\$70	\$60
Half Page (7 5/8" x 4" 7/8" Deep)	\$100	\$85
Full Page	\$160	\$135
Back Page (Full Page Only)	\$260	\$235

If you would like to purchase an ad space for the next Newsletter (Sept./Oct.) please contact us by Aug. 15, 2009.

Bella Vista Bits

A warm Bella Vista welcome to the following new businesses in our community.

The Art of Wellness healthcare center that embraces both western and eastern natural healing philosophies and treatment approaches. Some of their many services include Traditional Chinese Medicine, acupuncture, yoga, stress management and much more. An open house will be held on May 8, from 2-7. Or call and make an appointment for a free wellness consultation @ **215 305 2238**. A Summer Program for children ages 5 to 13 year-old, which entails the creative arts therapies (art, music, and dance/movement), yoga & meditation, and nutrition. **640 Bainbridge St. (215) 305-2238 info@artofwellnesscenter.com, www.artofwellnesscenter.com**

If you are in the market for insurance, stop by to see Michael Lelli at his new **Allstate Insurance** office at **749 S. 8th St. 267-639-6723, AO49735@allstae.com**

The Big Green Earth Store opened at **934 South St.** The Big Green Earth Store is an environmentally friendly home goods retail store. Tony Fisher, co-founder, will be writing a "Green" column for our newsletter to give us tips on how we can help save the planet. **267-909-8661, tfisher@biggreenearthstore.co, www.biggreenearthstore.com**

MESSAGE continued from Page 1

GRAFFITI

Nothing gets my blood boiling more than the sight of graffiti in Bella Vista. Recently, we located and reported new graffiti at Mildred and Catharine Sts and 10th and Christian Streets. Additionally, graffiti seems to be flooding the roll-down gates and boards along the 9th Street Italian Market.

We encourage everyone to call 311 and report graffiti in Bella Vista when you see it — no matter where! Additionally, our beautification committee will be engaging the 9th Street merchants to discuss ways to eliminate the graffiti on the market.

In the European tradition that runs through the soul of Bella Vista, the neighborhood newsletter takes the summer months off. Our next issue will be published in September, where will have details on Philadelphia Zoo Day in Bella Vista. This will be a fun and exciting event in the neighborhood where animals from the Philadelphia Zoo visit Bella Vista. This will prove to be great fun for the whole family! Until then, have a happy, healthy and harmonious Summer!

Big Green Eco-Facts ...by Tony Fisher



Did you know that Americans throw away 2.5 million plastic bottles every hour? And even more shocking is that more than 70% of those containers will eventually end up in our already overcrowded landfills and won't begin to biodegrade for at least 700 years. What can you do? Ask local businesses if they offer refills for your empty plastic containers. Some businesses buy product in bulk and are able to pass their savings on to you.

If you are going out to dinner, take your reusable shopping bag with you to carry any left-overs home. Also take clean, empty containers from home to put your to-go food in. Most restaurants will happily use your containers instead of their plastic or Styrofoam ones. After all, it saves them money, which increases their bottom line.

However if you are still unable to reuse your plastic containers, Philadelphia now has single-stream recycling citywide, which means that we are able to put all of our recycling into one bin for curbside pick-up. Put cans, glass, paper, plastic containers and cardboard all in the mix. Look at the bottom of plastic containers for the recycle symbol and a #1 or a #2 inside the symbol.

If you have questions about recycling, visit recyclingpays.phila.gov or call the recycling hotline at **215-685-7329**.

Tony Fisher is owner and operator of Big Green Earth Store, with two locations in Philadelphia, 934 South Street in Bella Vista, and 239 Market Street in Old City.



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State Representative
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CHILDREN'S FAIR

Hosted by Rep. Babette Josephs

Co-hosted by Bella Vista United Civic Association

An event to promote health and safety for kids ages 6-12

- Games & Activities
- Moonbounce
- Information about CHIP and other programs for kids.
- Indent-A-Kid

This is a free, outdoor event. In the case of rain, the event will be held inside the Recreation Center.

For additional information or to volunteer, please contact the office of State Representative Babette Josephs at (215) 893-1515 or visit the web site at www.babette.org



Palumbo Recreation Center

**10th and Fitzwater St.
Philadelphia**

**Saturday, May 16
10 a.m. – 2 p.m.**

Rain or Shine



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