

## CAN YOUR HOME INSURANCE WEATHER THE STORM?

## CALL US FOR PEACE OF MIND, LET US PROTECT YOUR HOME AND FAMILY.

John Cerini NYS Licensed Broker WWW.CAPITALSHIELDAGENCY.COM 3600 E. Tremont Ave. Bronx NY 10465 **Tel: (718) 829-3200** 

## Nutella Stuffed French Toast Cups

## Ingredients

- 4 eggs
- 1 c. heavy cream
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 6 c. of thick, cubed bread, about 6-7 slices
- Nutella or other hazelnut spread

I. Preheat the oven to 350°F and grease a muffin pan with butter or oil spray.

Instructions

2. In a large bowl, whisk together the eggs, heavy cream, vanilla and cinnamon.

3. Gently fold in the cubed bread, mixing until combined and soaked through. Be careful not to overmix-the bread becomes soft and can deteriorate.

4. Immediately spoon half of the mixture into the prepared muffin pan, dividing amongst 9-10 muffin cups.

5. Drop a small dollop of Nutella or hazelnut spread, about 1 tsp, into each muffin. Top with the remaining french toast mixture.

7. Bake for 25 to 30 minutes until the tops are dry and they are cooked throughout.

8. Let cool for at least 5 minutes as the cups settle and return to their original size.

9. Serve as is or with a dusting of powdered sugar.









Prices good with this AD only Sale Ends 9/30/2018

# 

Serving the community for over 30 years!!!



### **Robert A. Vavolizza, DDS** 3585 E. Tremont Ave. 18) 829-7300

We work with most insurance companies and offer Care Credit payment plan options with up to 1 year FREE financing.

#### CONSULTAT = =

Basement Sale: Sat. 9/22, 1366 Edwards Ave. (9-5). Chest, night stand, desk, luggage, dishes, glasses, Xmas items: (Tree, figurines, cards, etc.) , Corningware, pocketbooks, scarves, jewelry, strollers, baby activity gym, sinks, commode (New) much more

Open House Indian Village huge brick detached two family with walk in and two car garage Saturday Sept 22nd 11:00 am to 1 Pm Joseph Milone Řealty 2055 Wilson Ave. 646-584-5423 Spacious three bedroom, 2 baths, section 8 apartment for rent. Good credit and proof of income required. call 347-303-7138

Pelham Bay 2 bedroom apt for rent. Private house

\$1,800 646-737-6375 Throggs Neck. 3 Bedroom Duplex House for rent. Coin operated laundry. Includes 1 parking spot/yard. \$2600. 2 months security and first month's rent. Utilities included. By Owner. 646-860-5212

Two Sisters and a Mother GARAGE SALE. Saturday, Sept. 22nd-2454 Mickle Avenue between Mace & Waring - 10:00AM-3:00PM

Indoor Moving Sale, 269 Davis Ave. Bronx, NY Saturday & Sunday Sept 22 & Sept 23 9:30am - 5:30pm

One bedroom basement apartment for rent, utilities included, Pelham Prkw. Call 718-300-3798

GARAGE SALE: Saturday, 9/22/18 at 812 Quincy Avenue from 9AM-2PM. Many new Items, toys, and clothes

ereating beautiful smiles everyday... **EXTENDED OFFICE HOURS:** Monday & Fri 9:00am-6:00pm Tuesday & Thursday 11:00am-8:00pm Saturday 9:00am-2:00pm

Se habla Espanol; Si parla Italiano

Licensed electrician will beat any written estimate. House wiring, electric heat installed security systems and much more. Call Al 718-829-8844

•Revitalize your Smile with Porcelain Veneers

Silver Fillings Become Beautiful Natural Looking Teeth

www.robertvavolizzadds.com

Basement apartment Country Club situation wanted discounted rent caretaking services need text 201-566-4212

Garage Sale Saturday 9/22 9am-4pm 1427 crosby avenue lots of kid items and housewares 20 professional quarts bread and cake mixer with

all parts. Name brand Boxer 917-769-9063 Garage sale September 22 & 23 10am-3pm 1831 Hering Avenue

3 bedroom in Private house. Balcony. Backyard. Utilities included. Credit check. \$2200. Bruckner blvd and Havemeyer Avenue. Call Owner 914-222-1002

Yard Sale: Sat 9/22 10am-3pm. 1117 Ellsworth Ave. (Off Layton Ave). Huge variety incl tools, decorations, furniture & more

Multi-family garage sale in Country Club, 3154 Spencer Dr. Bronx, NY, Corner of Kenellworth 9-5 pm we have a lot of stuff, something for everyone. Including 3 chandeliers. Saturday 9/22

Single Italian woman with service dog (10lbs) Studio, 1 bed or finished basement to rent, nice neighborhood 914-202-9206

2 Bedroom apartment \$1950 monthly on E. Tremont 561-323-0058

Bronx Pelham Bay apartment for rent near train all shopping nearby, suitable for 2 working people, good credit, no pets 646-322-9550 No Brokers





## KICKIN UP OUR 3RD ANNUAL FUNDRAISER AMERICAN FOUNDATION FOR SUICIDE PREVENTION

COUNTRY NIGHT SATURDAY SEPTEMBER 29TH AT 4:00 PM LINE DANCING LIVE MUSIC 50/50 APPETIZERS CASH BAR AVAILABLE

W.E.B.

SSO TICKET DONATION S TICKETS ONLINE AT EVENT BRITE OR CONTACT PAT BRENNAN 718.829.2016 KERRY GROGAN 516-557-5288

IN MEMORY OF BILLY BRENNAN MARTIN GROGAN

AMERICAN TURNER CLUB 748 CLARENCE AVENUE BRONX NY 10465

	<b>Z GLASSIF</b>	IED FORM					
	SUBMISSION DEADLIN	IE: WEDNESDAY AT 11 AM					
PINCHE	<b>M</b> SUBMIT YOUR C	LASSIFIED ONLINE					
BRONXPENNYPINCHER.CO	VISIT: BRONXPE	NNYPINCHER.COM					
3797 E. TREMONT AVEN BRONX, NEW YORK 104		8.828.7974					
718-828-1104	4U YEARS #1						
YOUR AD WILL APPEAR EXA INCLUDE PHONE NUMBEI LIMIT 51 WORDS. NO REFUN	R, INDICATE PUNCTUATION & S DS OR CHANGES ONCE AN AD IS	ARLY (ONE WORD PER BOX) PECIAL INSTRUCTIONS. PLACED. Do not abbreviate.					
1110 DAP	P Will Not Be Responsible for 2.	3.					
4.	5.	6.					
7.	8.	9.					
10.	11.	12.					
13.	14.	15.					
	17.	18.					
16.							
19.	20.	21.					
22.	23.	24.					
25.	26.	<u>27.</u>					
28.	29.	30.					
31.	32.	33.					
34.	35.	36.					
37.	38.	39.					
40.	41.	42.					
43.	44.	45.					
46.	47.	48.					
49.	50.	51.					
🗆 REAL ESTATE* 🗆 COMM	ERCIAL AD <b>Merchan</b>	ADDITIONAL CHARGES					
Limit: 1 House, Apartment, Runs 1	d-Business Ads Week Only 10 WORDS \$20 for 10 Words - 40¢ Each Ad						
Runs 1 Week Only 40¢ Each A	10 WORDS dditional word \$20 for 10 Words - 40¢ Each Ad \$4 Charge To Add Extra	a Items PARTIAL CAPS \$3					
\$40.00 / 10 WORDS 40¢ Each Additional word		BOAT ALL CAPS \$5					
*REAL ESTATE AGENTS Please Call For Rate Info! 718-828-1104 \$25 for 10 WORDs. 4	OR MOVING SALE <b>FUM DA</b> NO MULTIPLE DATES. One Car or Boat Per D¢ Each Additional Word \$20 for 10 Words - 40¢ Each Ad	ad gditional Word					
PLEASE INCLUDE PAYMENT or CREDIT	CARD INFORMATION WITH YOUR ORDER.						
ALL INFORMATION	EXTRA WORDS						
Name	X .40¢						
Billing Address	ADD'L CHARGES						
Billing Zip Code Telep							
Credit Card # Security Code	- WEEK OF # OF WEEKS						

WARM + FRIENDLY ENVIRONMENT

#### **ADVANCED TRAINING IN** CHILDRENS DENTISTRY

TREATMENT ROOMS UNIQUELY **DESIGNED FOR KIDS** 

SEDATION SERVICES AVAILABLE



3875 EAST TREMONT AVENUE WWW.EASTTREMONTDENTAL.com EAST TREMONT DENTAL ASSOCIATES

### MOST INSURANCES ACCEPTED TOWARD TREATMENT

WEEKEND + EVENING APPTS. EMERGENCY TREATMENT CREDIT CARDS ACCEPTED

HUGE Multi-Family Garage Sale Saturday 9/22/2018 3196 Valhalla Drive 9AM-3PM

One bedroom apartment for rent in Morris Park area \$1,200. 914-310-9549 No Brokers please. Call

Apartment rental: Three bedrooms, two bath-rooms, sunny, many closets 646-709-4663, <u>Throggs</u> Neck

1 BR Small Apt. Throggs Neck Avail 10/01 \$1200/MTH. Utilities Extra. No pets, No smoking No brokers Call 914-671-4795

Morris Park: Rienlander Ave and Hone Ave. 4 1/2 room 2 bedroom walk up in private house with EiK-bkr. all hardwood floors AC units mounted in walls front porch and rear porch, small pet ok - "Really Nice" \$1,500 plus utilities 718-409-1884

Furnished rooms for rent \$700 monthly 561-323-0058

HAROLD S. ENTES, ESQ "YOUR NEIGHBORHOOD ATTORNEY" **1960 WILLIAMSBRIDGE ROAD** REAL ESTATE CLOSING BANKRUPTCY (CHAPTER 7 & 13) STOP FORECLOSURE **EVICTION & GARNISHMENTS DIVORCE \* CHANGE OF NAME \* WILLS** LANDLORD/TENANT CALL US (718) 828-3070

Looking for experienced Deli Worker Mon thru Friday in Pelham Bay Contact Anthony at amass1414@gmail.com with a description of your experience; or call 718-597-3620

Needed part time help knowledge of appliance repair clean license call 718-239-3950

Roofing, Gutters, Kitchens & Bathrooms and all repair work, affordable. Call 646-373-7628 or 718-918-1233

> TREE CUTTING, PRUINING Specializing in large tree removal. UNBEATABLE PRICES Lawn Cutting, Yard Clear-Outs Insured. Free Estimates 347-939-1757

Country Club Area 3BR's 1 and 1/2th Baths, Large Rooms Call Joan 917-860-1951

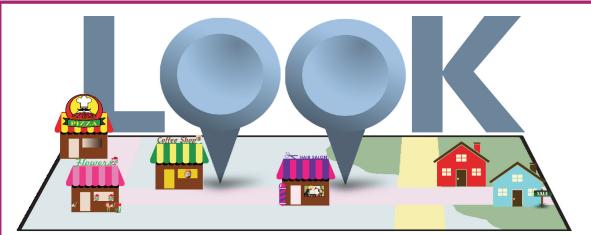
**T&C CONTRACTING:** KITCHEN, BATHROOM, TILES, FINISHED BASEMENTS, PAINTING, PLUMBING, MA-SONRY, CARPENTRY, FREE ESTIMATES. FULLY INSURED AND LICENSED ASK FOR TONY - 914-906-8730

Garage for rent Pelham Bay area mid-size car. Pel-Bay Realty 917-841-5462

> **D & P FLOOR SERVICE** HARDWOOD FLOORS SANDING AND REFINISHING. **26 YEARS OF EXPERIENCE** FREE ESTIMATES CALL (718) 733-7963

CARS/TRUCKS WANTED !!! We buy 2002-2018 Cars/Trucks, Running or Not! Nationwide Free Pickup! Call 1-888-416-2208. AIRLINES ARE HIRING - Get FAA approved hands on Aviation training. Financial aid for qualified students Career placement assistance. CALL Aviation Institute of Maintenance 1-866-296-7094. Over \$10K in debt? Be debt free in 24-48 months. Pay a fraction of what you owe. A+ BBB rated. Call National Debt Relief 1-855-403-3654. Reverse Mortgage: Homeowners age 62+ turn your home equity into tax-free cash! Speak with an expert today and receive a free booklet. Call 1-844-223-6053 OXYGEN - Anytime. Anywhere. No tanks to refill No deliveries. The All-New Inogen One G4 is only 2.8 pounds! FAA approved! FREE info kit: 1-855-839-1738 DENTAL INSURANCE. Call Physicians Mutual Insurance Company for details. NOT just a discount plan, REAL coverage for 350 procedures. 855-434-9221 or http://www.dental50plus.com/44 VIAGRA & CIALIS! 60 pills for \$99. 100 pills for \$150 FREE shipping. Money back guaranteed! Call now Save 1-800-870-8711 FDA-Registered Hearing Aids. 100% Risk-Free! 45-Day Home Trial. Comfort Fit. Crisp Clear Sound. If you decide to keep it, PAY ONLY \$299 per aid. FREE Shipping. Call Hearing Help Express 1-844-730-5923 Lung Cancer? And Age 60+? You And Your Family May Be Entitled To Significant Cash Award. Call 877-915-8674 for Information. No Risk. No Money Out Of Pocket. Call Empire Today to schedule a FREÉ in-home estimate on Carpeting & Flooring. Call Today! 1-800-724-4133 Stay in your home longer with American Standard Walk-In Bathtub. Receive up to \$1500 off, including a free toilet, and lifetime warranty on the tub and installation! Call us at 1-855-465-5426 BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 866-248-6408 Book Your Flight Today on United, Delta, American, Air France, Air Canada. We have the best rates. Call today to learn more 1-866-752-9083 Spectrum Triple Play! TV, Internet & Voice for \$29.99ea. 60 MB per second speed. No contract or commitment. More channels. Faster Internet. Unlimited Voice. Call 1-888-383-5155 HERO MILES - to find out more about how you can help our service members, veterans and their families in their time of need, visit the Fisher House website at www.fisherhouse.org Earthlink High Speed Internet. As low as \$14.95/ month (for the first 3 months) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink today 1-888-586-9798 Sleep Apnea Patients- If you have Medicare coverage, call Verus Healthcare to qualify for CPAP supplies for little or no cost in minutes. Home Delivery, Healthy Sleep Guide and More- FREE!! Our customer care agents await your call. 1-888-689-4341 DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions ac-cepted. Free pickup. Call for details. 1-855-587-1166 UNABLE TO WORK DUE TO INJURY OR ILLNESS Call Bill Gordon & Assoc., Social Security Disability Attorneys! FREE Evaluation. Local Attorneys Nationwide 1-800-919-8208 [Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL (TX/NM Bar.)] NEW AUTHORS WANTED! Page Publishing will help you self-publish your own book. FREE author submission kit! Limited offer! Why wait? Call now: 1-877-635-3893 A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1- 844-258-8586 DISH TV - Over 190 Channels Now ONLY \$59.99/mo! 2yr price guarantee, FREE Installation! Save HUNDREDS over Cable and DIRECTV. Add Internet as low as \$14.95/mo! 1-800-871-1312

_							_						
G	Ŗ				X	5	ľ				Ŗ		
1 2	3	4		5	6	7	8		9	10	11	12	13
14				15					16				
17				18					19				
20			21						22				
		23				20	24	25					
26 27	28		29		30	31				32	33	34	35
36		37			-	-		38	39		-		
40					41		42		43		-		
44				45		46		47					
48				49	50						51		
		52	53	"				54		55	<u> </u>		
64 63		52	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		50			7		,,,	()	(2)	
56 57	58				59	60	61				62	63	64
65					66					67			
68					69					70			
71					72					73			
Δεει	155					n n	w	n				I	
AcrossDown1. Part of a white picket fence 5. Looks at curves? 9. Salts or Downs 14. Hot issue? 15and away 16. Satting for "Androcles and the Lion"1. Marble chunk 2. Dalai (chief Tibetan monk) 3. State positively 4. Personal preference 5. Emotional exhaustion 6. Emulated 7. Musical Brothers 18. Country's McEntire 19. Some stitches in britches 20. "I mix with Jack, Jim and Johnny" 22. Colorado park 23. Prefix with skeleton or sphere 24. Speedy Gionzales quote 25. You may step on it in a rush 29. Greated warmly 32. Painter of "The Persistence of Memory"1. Marble chunk 2. Dalai (chief Tibetan monk) 3. State positively 4. Personal preference 5. Emotional exhaustion 6. Emulated 7. Sock type 8. Thinly distributed 9. Relieves pressure 10. "My family is first" 11. Word with love or hot 12. Big spender's phrase 13. Father's ritual? 21. Word in a Terry McMillan title 25. Phrase heard in court or church 26. John's sign? 27. What Monty Hall made 28. Toyota model 30. Soft mass 31. Guttural utterance 33. As (generally) 34. Meets one's Waterloo 35. Lifeless 37. "I'll finish it for you" 39. Calais eatery 45. Blen Canyon structure 47. Bewitch 59. You can dance to them 68. Nuts for Coke? 69. "I may interrupt your program- ming" 65. You can dance to them 66. Classic TV's harem pants wearer 70. Diplomat's forte 71. Diplomat's forte 71. Space-age hound 72. Dexterous 73. It could follow something1. Marble chunk 2. A good one is usually square 63. Circle parts 64. Semiquaver, for one													



## We are all over **YOUR** neighborhood! Pick up a Penny Pincher at these Amazing Locations!

Chase Bank 3528 E. Tremont Ave.

Crosby Pet Key Food 1626 Crosby Ave.

Crosstown Diner Key Food 2880 Bruckner Blvd.

3244 Ampere Ave.

Giordano's "Big G" 1554 Paulding Ave. 3151 Westchester Ave.

2722 E. Tremont Ave.

Barino's Market Pruzzo's Supermarket 2937 Westchester Ave.

Bronx Pizzeria Monte Grab&Go Market TJ Lizzy's Deli 3579 E. Tremont Ave. 1790 Eastchester Rd.

Ruane's Deli 2 Centre Edgewater Pk. Dr. S&W Supermarket 4028 E. Tremont Ave. Silver Beach Office

1 Plaza Place

Sweeney's Deli 3136 Miles Avenue

3009 Harding Ave.







VIEW WEBSITE FOR MORE LISTINGS MORRISPARKREALTY.COM JCOSENTINO.COM \* INFO@MORRISPARKREALTY.COM



Take advantage of this strong sellers market! List You Home with us and we will provide you with a FREE Confidential Consultation. We offer free mortgage pre-approval!



#### **Kafcos Realtv** 1Kafcos.com 718.518.910 SERVING THE BRONX & WESTCHESTER FOR 30 +YEARS!!!



THROGS NECK-3175 WISSMAN AVE 2 FAMILY HOME, HUGE TRIPLEX INCLUDES 3 LG BEDROOMS, 2 FULL & 2 HALF BATHS, A MASTER BEDROOM SUITE W OWN BATH & WALKIN CLOSET, SLIDERS TO TERRACE W WATER VIEWS, MAIN FLOOR IS IDEAL FOR ENTERTAINING. OPEN FLOORPLAN LR, KITCHEN & DINING ROOM WITH SLIDERS TO TERRACE & WATER VIEWS, FINISHED BASEMENT TOO, UNIT #2 IS A SPACIOUS 1 BR DUPLEX, 2 CAR GARAGE **\$899,000** 



THROGS NECK: 1053 QUINCY AVE NEEDS A HANDY TOUCH! BRICK 1 FAMILY, 3 BDRS, 1.5 BATHS, LR, KITCHEN/DINING, LEADS TO DECK & YARD, HARDWOOD FLOORS, FINISHED WALKIN TOO, ASKING \$475,000



THROGS NECK: 757 LOGAN AVE THE ENTERTAINER! DETACHED 1 FAMILY SET ON 50X100 PROPERTY. SPACIOUS LAYOUT. LIVING ROOM, FORMAL DINING ROOM & EAT IN KITCHEN, COMPLETELY FINISHED WALKIN, 2 FULL & 1 HALF BATH, HUGE LUXURIOUS BATHROOM W/JACUZZI & SEPARATE SHOWER, MANY SPECIAL AMENITIES SUCH AS CENTRAL A/C & VACUUM, ASKING \$729,000



THROGS NECK- 825 REVERE AVE INCOME PRODUCER! DETACHED BRICK 2 FAMILY SET ON 50X100 PRIME THROGS NECK LOCATION. XTRA LARGE 3 PEDROM OVER 2 PEDROMA POTU BEDROOM OVER 3 BEDROOM. BOTH WITH SLIDERS TO A DECK, PLUS COMPLETELY FINISHED WALKIN, GARAGE, WOOD FLOORS THROUGHOUT, A TURN KEY PROPERTY! \$1.050



PELHAM BAY- 1834 EDISON AVE PELHAM BAY- 1834 EDISON AVE OWN & EARN! DETACHED 2 FAMILY TOTALLY RENOVATED & TURN KEY IN PRIME PELHAM BAY LOCATION, CONVENIENT TO ALL SPACIOUS 2 BEDROMS + LARGE 1 BDR (CAN MAKE INTO 2 BDRS) W/ CENTRAL A/C, HARDWOOD CABINETS AND STAINLESS STEEL APPLIANCES, DOOR TO DECK FROM BOTH UNITS, HARDWOOD FLOORS THROUGHOUT, COMPLETELY FINISHED BASEMENT MAINTENANCE FREE YARD. **\$759K** 



SILVER BEACH: 11 OAK AVENUE WHY PAY RENT? CHARMING 1 BEDROOM CO-OP W/ LARGE LIVING ROOM, KITCHEN / DINING ROOM, UPDATED BATH, FULL BASEMENT, ENJOY A CAREFREE LIFESTYLE WITH AMENITIES SUCH AS: SECURITY, ACCESS TO BEACH, COMMUNITY CENTER, PLAYGROUND & DELLASKING \$240 000 PLAYGROUND & DELI ASKING \$249,000



OWN & EARN! THROGS NECK- 833 REVERE AVE DETACHED BRICK 2 FAMILY, SPACIOUS 2 BEDROOM OVER 1 BEDROOM, HARDWOOD FLOORS, BEAUTIFULLY MAINTAINED HOME WITH MANY UPDATES \$585,000



COUNTRY CLUB: 1312 LOHENGRIN AVE CHARM & CHARACTERI 3 BEDROOM 2.5 BATH TUDOR SET ON 30X133 LOT. UPDATED KITCHEN & BATH, COMPLETELY FINISHED WALK IN, METICULOUSLY LANDSCAPED YARD. HURRY! **\$639,000** \*ASK FOR MICHAEL



Equal Housing Lender Wells Fargo Home Mortgage is a division of Wells Fargo Bank, N.A. © 1999 - 2018 Wells Fargo. All rights reserved. NMLSR ID 399801 

Financing available through Anna Simolacaj 914.285.1455 NMLSR ID: 439780









OPEN HOUSE SAT 9/22 & SUN 9/23 1-5<sub>PM</sub> 255 Graff Ave. Throgs Neck Multi Family Mildred Valentin 646-957-4648 Mark Collazo 917-891-0751



OPEN HOUSE SUNDAY 9/23 1-3PM 3060 Barkley Ave. Throgs Neck Single Family, 3 Bed, 2 Bath

Jasmine Flores 917-736-2575



#### OPEN HOUSE Thur 9/20 3-7pm

3130 Arnow PI, Pelham Bay Single Family, 3 Bed, 2 Bath

Carmen Banks 347-982-5827



Single Family, 3 Bed, 3 Bath Jovani Giron 646-584-4467 Ayleen Aybar 816-812-6240



Single Family, 3 Bed, 2 Bath SAT 9/22 12-4 Carmen Banks 347-982-5827 SUN 9/23 1-4 Jovani Giron 646-584-4467 Ayleen Aybar 816-812-6240



SUNDAY 9/23 11-1PM 1985 Bathgate Ave, West Bronx Multi Family Vanessa Villanueva 917-557-5302 Adan Morales 917-622-3880





PELHAM BAY Modern Studio With Private Entry \$1,100

PELHAM PARKWAY MODERN 1 BEDROOM, 1 BATH WALK-IN \$1,350

BRONX MANOR/PELHAM MANOR SPACIOUS 3 BEDROOM, 1 BATH BEAUTIFUL WOOD FLOORS \$2,000

## FREE MARKET ANALYSIS!





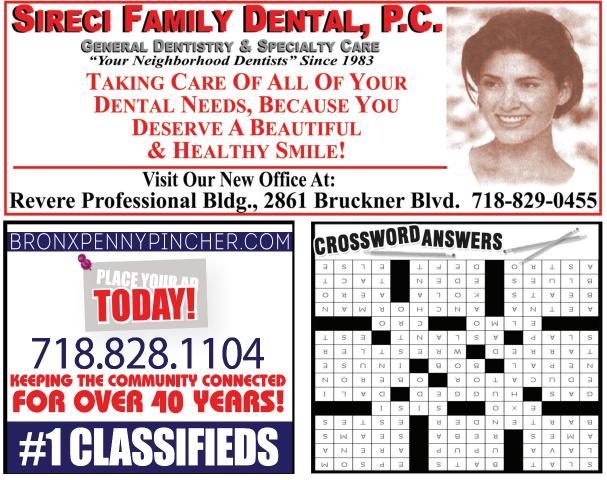




## LOOKING FOR THE BEST DEALS IN THE BRONX? GO TO:



## WWW.BESTINTHEBRONX.COM



#### "Neighborhood Updates" Matthew Cruz District Manager Bronx Community Board #10 3165 East Tremont Avenue

Bronx, NY 10461 (718) 892-1161 Bx10@cb.nyc.gov

#### MTA FAST FORWARD WORKSHOPS

Several months ago, the MTA New York City Transit (NYCT) President Andy Byford introduced his plan to modernize the local transit system. Fast Forward: The Plan to Modernize New York City Transit is an effort to identify ways to update aspects of our transit system including the bus network. The MTA NYCT is holding a series of workshops focused on "Bus Network Redesign" where straphangers may offer input on ideas such as identifying locations where MTA NYCT and NYC DOT can collaborate on Bronx bus lines, suggesting ways for improving space between bus stops and reviewing changes to bus routes. Please be sure to attend the workshops in your area. For Bronx Community Board #11, please attend the workshop at Jacobi Hospital on Monday, October 15 from 6 P.M. to 8 P.M. to suggest improvements on the Bx12, Bx12 Select Bus Service and Bx31 bus routes. For Bronx Community Board #10, please attend the workshop on Tuesday, October 9 in Co-op City at 2049 Bartow Avenue, Room 31 from 6 P.M. to 8 P.M where you may suggest improvements to the Bx23, Bx26, Bx28, Bx30 and BxM7 bus routes. I hope to see many of you there!

#### PROSTATE CANCER SCREENING

September is Prostate Cancer awareness month. According to the American Cancer Society, 1 in 9 men will be diagnosed with prostate cancer during their lifetime. Additionally, most men are diagnosed after the age of 65. With this in mind, Montefiore is offering a prostate exam to all men over 40-years-old. All men are welcome regardless of insurance and immigration status. Please be sure to register by calling (718) 405-8076. Along with your screening, you will receive educational information and can speak with medical professionals. Encourage your loved ones to take advantage of this opportunity.

#### **BEING A GOOD NEIGHBOR**

Quite often, when I speak at a local civic association or give remarks during a meeting, I field complaints of lack of neighbor etiquette from the audience. While I know we all take much pride in our communities, let us all be sure to curb our pets, sweep in front of our homes, not place our trash receptacles before 4 P.M. and kindly check on our neighbors that are senior citizens during times of bad weather. These are some of many ways where doing our part helps to sustain the communities we call home. PLEASE TAKE NOTE: Once your ad has been placed, there will be NO REFUNDS. PLEASE: Read your ad the first day it appears. If any error was made by The Bronx Penny Pincher on a TELE-PHONE NUMBER OR ADDRESS the publisher will be happy to correct it FREE OF CHARGE. The Publisher is not responsible for typographical errors. However, the Publisher must be notified within 48 hours of THAT publication or the publisher will not assume responsibility. Please include your phone number and/or address in ad copy or the Publisher will not be responsible if either of the above is left out. PLEASE WRITE LEGIBLY. We will not be responsible for illegible handwriting.

The Bronx Penny Pincher will not be liable for any direct, indirect or consequential damages arising out of the use of companies printed in this edition or on the website nor is The Bronx Penny Pincher responsible for the work ethic or business practices of said companies.



The Bronx Penny Pincher will not be responsible for any four color discrepancies that may occur when electronic materials are printed. The Bronx Penny Pincher cannot be held accountable for any change that may occur in color quality or match.

express permission of the publisher.



NORTHEAST BRONX SENIOR CENTER Located at 2968 Bruckner Blvd., in the basement of St. Benedict's Parish. Open Monday through Friday from 9am-4pm. Lunch is served daily at 12 noon. A voluntary contribution is appreciated. Daily social and cultural activities including bingo, dancing, glee club, exercise class, trips and much more. We have blood pressure screening once a week. A case worker is available to help seniors access entitlements and benefits. Registrations is required with no fee. Seniors must be at least 60 years old.
 THE BRAHMA KUMARIS in the Bronx invites you to join in a discussion/workshop, 'Living with Self-Esteem,' Saturday, September 22, 2018, 4:30-6:30pm, at 2705 Williamsbridge Road, Bronx, NY 10467. We will explore how to change the beliefs we hold about ourselves by changing the filter through which we see and value ourselves. Seeing the absolute best in ourselves is the greatest gift we can give to ourselves and to the world at this

changing the inter the absolute best in ourselves is the great-selves. Seeing the absolute best in ourselves is the great-est gift we can give to ourselves and to the world at this time. Please join in this discussion and please invite a friend. This program is for all and it is free. Hope you are available. RSVP and information, please contact Carmen bkbronx2.ny@gmail.com or 718-994-0765

bkbronx2.ny@gmail.com or 718-994-0765 **DIVAS BUS RIDE TO THE RESORTS CASINO,** Atlantic City, NJ: The Pelham Bay Red Hat Divas and The Bronx Red Hat Majestic Boomers are sponsoring a trip to the Resorts on Thursday, September 27, 2018. Bus Departs at 8:30am on Ampere Avenue & Kennelworth Place and 8:45am on 1007 Morris Park Avenue in front of Morris Park Bakery. Tickets are \$40.00 with a return of \$25.00 in slot play. Call Fran Arico for more info @ 718.828.5073. SEATS ARE LIMITED! Seating is according to date of payment. Red Hats and Friends Holiday Party on Saturday, December 8th at Knights of Columbus Hall 1pm-5pm. All proceeds are for Calvary Hospital. IN CASE OF INCLEMENT WEATHER, EVENT IS CANCELLED - WE WILL CALL PERSON WHO BOUGHT GROUP TICKETS. **CHURCH OF HOLY ROSARY** 2915 Eastchester Road at

BOUGHT GROUP TICKETS. CHURCH OF HOLY ROSARY 2915 Eastchester Road at the corner of East Gun Hill Road, Bronx NY 10469. Mark you calendar Annual Rosary Rally to honor Our Lady of Fatima to pray for World Peace on Saturday. October 13th at 12Noon on front steps of the Church of Holy Rosary. Come! Pray with other faithful Catholics at high noon throughout the Nation fr4om the east coast all way through to the west coast. For more information, please contact Charlotte Fazio at 347.964.1506 DEFLHAM APT CENTER 155 Fifth Avenue Pelham NY

Please contact Charlotte Fazio at 347.964.1506 **PELHAM ART CENTER** 155 Fifth Avenue Pelham, NY 10803, 914.738.2525 x113 FLOATING IMAGERY by Sui Park September 14, 2018 - Spring, 2019, Opening Reception in the courtyard Friday September 14, 5:30-6:30 pm | WAXING POETIC Curated by Katharine Dufault, September 14, 6:30-8:00 pm. Free and Open to All WORD BACK PRANCH Yora for Registration

September 14, 6:30-8:00 pm. Free and Open to All **NYPL MORRIS PARK BRANCH** Yoga for Beginners, Saturday, Sept 29th at 3pm. In this session you will learn simple but powerful yoga postures to balance and stabi-lize your system. No prior experience with yoga is nece-sary. Free and open to all, ages 7+. NYPL 985 Morris Park Ave, Bronx NY 10462, 718. 931.0636. **NYC PARKS** Come Spend a Day and Volunteer at Pelham Bay Park & Orchard Beach! FALL is a great time to volunteer with us! We are recruiting and encouraging all communities to help protect and maintain our natural resources and greenspaces. Come be a part of NYC's largest park and our September 2018 Volunteer Program UPCOMING PROJECT DATES: Sunday September 23 – HUTCHINSON RIVER RESTORATION PROJECT (Meet up at intersection of Pelham Bridge Road and City Island Road/diagonal from the Horse Stable). Lynne Corry, Volunteer Program Pelham Bay Park Administration, lynne.corry@parks.nyc.gov 718.430.4625.

THROGGS NECK VOLUNTEER AMBULANCE CORPS FREE FALL HEALTH FAIR TNVAC is announcing its Fall Health Fair on Sunday, September 23, 2018 from 2:00pm until 5:00pm at its base, located at 3955 East Tremont Avenue, Bronx, NY 10465. We will have blood pressure checks, Rite Aid Flu Vaccine Clinic, CPR/First Aid classes held at 9am and 2pm, Body Wraps & weight loss information, insurance information, membership applications for new vol-unteers, free samples of health and wellness products, healthy eating booth, tours of the ambulance, photos with ambulance gear for children, fun tattoo stations for children, and more information and vendors will be present. There are and more information and vendors will be present. There are still limited spots for health and wellness vendors and presen-ters available. Please contact Erika Newsome, trivacchairper-son@gmail.com or call 718-216-7714.

son@gmail.com or call /18-216-//14. **THE NEW YORK PUBLIC LIBRARY PELHAM PARK- WAY-VAN NEST** Teen Saturday Morning Cartoons: Watch old cartoons in your pajamas at your favorite local library! Join us Saturday, Sept 22nd for cereal, old car-toons and related books to check out. Programming begins at 10am for ages 12+. | Financial Literacy Workshop: Preparing for Retirement and Social Security Benefits on Sept 25th at 1pm. No registration is required. Open to adults 18+. | Coloring Every Friday at 1pm: Increase mindfulness by coloring cool intricate designs. Coloring can combat stress and stimulate brain designs. Coloring can combat stress and stimulate brain areas related to motor skills, sensory perception and cre-ativity...and it's just plain fun! All materials are provided. Adults 18+. Pelham Parkway Van Nest Library, 2147 Barnes Ave, Bronx NY 10467, 718.829.5864. **R.A.I.N. ALZHEIMER'S CAREGIVER LINK PROGRAM** 

**R.A.I.N. ALZHEIMER'S CAREGIVER LINK PROGRAM** Join us for the 2nd annual caregiver walk as we unite those dealing with the challenges faced while caring for a loved one with Alzheimer's or other related dementias. Saturday, September 29, 2018, Orchard Beach Boardwalk. Check in at 9:00am. For more info, call 646.727.5715, Robert.Reyes@raininc.org, or visit www.raininc.org, Register online: bit.ly/rainalzwalk2018 **CRUGER AVENUE SYNAGOGUE** invites you to a bountiful Sukkott Join us as we celebrate this festive holiday with tra-Sukkot! Join us as we celebrate this festive holiday with tra-ditional orthodox services followed by A FREE community lunch inside of our sukkah. Morning services begin at 9 am on Monday, September 24, and Tuesday, September 25, fol-lowed by a delicious kosher lunch. Cruger Avenue Synagogue, 2222 Cruger Avenue, Bronx, NY 10467.

BRONX JEWISH CENTER COMMUNITY EVENT: BRONX JEWISH CENTER COMMUNITY EVENT: The Bronx Jewish Center invites the entire community on Wednesday, Sept. 26 starting at 5:00pm at Bronx Park East and Lydig Ave to celebrate with us the festival of Sukkot which is an agricultural festival that originally was considered a thanksgiving for the fruit harvest. We build temporary booths called Sukkot and eat our meals in them. We also celebrate God's presence in our lives and bis ongoing care for our well being. There will be a full

them. We also celebrate Soukot persence in our lives and his ongoing care for our well being. There will be a full Buffet meal served. Please join us with your fellow neigh-bors to partake in this beautiful holiday. Thank You. **BRONX COUNTY CHORUS/PARKCHESTER CHORUS** ANNOUNCING: Monday, September 24, 2018 "Bronx County Chorus" formerly Parkchester Chorus starts its 79th season with its new name. "Bronx County Chorus" repre-sents the fact that now, our membership hails from all parts of our Bronx neighborhood. It is our mission to magnet singing citizens of our Bronx borough. If you enjoy singing come try us out. B.C.C rehearses at First Lutheran Church of Throggs Neck, 3075 Baisley Avenue, Bronx, New York 10461. Public transportation is available but we will also set-up "ride-along" where possible and street parking is available. For more information, please call 718-320-2790, leave a message, visit our Facebook page or our website, http://www.parkchesterchorus.org/, email Bronx County Chorus at: parkchesterchorus.members@gmail.com.

IAVE AN EVENT OR COMMUNITY NEWS? SUBMIT YOUR NON PROFIT EVENTS, NEWS ETC. TO BXPP@AOL.COM AND DON'T FORGET TO VISIT OUR NEW COMMUNITY GROUP AT WWW.FACEBOOK.COM/GROUPS/BXCOMMUNITYNEWS





AFTER

POUND

BEFORE

LOSE ONE

LOSS

PER DAY

PERDER 1 LIBRA POR DIA ACEPTAMOS TODOS LOS SEGUROS PARA ESPANOL: 631-721-8210

• Control your appetite

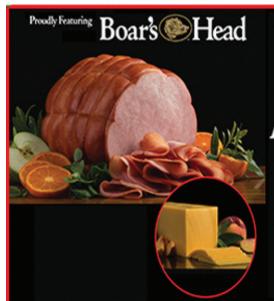
- Control Cravings
- Replace surgeries to lose weight

CALL TODAY! 1-800-998-6421 WE ACCEPT ALL INSURANCE FOR SPANISH 631.721.8210

WWW.PORTIONCONTROLLER.COM



Largest Deli and Buffet Selection in the Bronx Serving Breakfast and Lunch Buffet From 6am - 7pm Monday Through Saturday



Get a FREE ½ lb Boar's Head American Cheese with purchase of any 1 lb order of Boar's Head sliced deli meat.

1790 Eastchester Rd. Bronx NY 10461 718-684-2774 •718-684-2745 •718-684-2776



ORDER ONLINE: montegrabandgomarket.com

Valid with This Coupon Minimum \$10 Purchase





, ,			-		
1	SLAND SA	ALADS			
<ul> <li>Island Salad - Lettuce, Tomatoe</li> </ul>	s, Cucumber	& Black Olives	\$5.95		
<ul> <li>Caesar Salad - Lettuce, Tomat</li> </ul>	oes, Cucumb	er, Black Olives, Grated Parmesan,			
Caesar dressir	ng and Crout	ons	\$6.95		
Chef Salad - Lettuce, Tomatoes, Cucumber & Black Olives, Meats & Cheese					
<ul> <li>Salad Platter - Choice of Shrimp</li> </ul>	, Chicken or	Tuna Salad, w/ Potato Salad,			
Egg Salad on a b	ed of Lettuce	e, Tomato's & Black Olives	\$19.95		
ISLA	ND SALA	DS EXTRA			
w/ Grilled Shrimp add \$6	.00 w/ Gri	illed Chicken or Steak add \$5.00			
	Dressin	gs			
Creamy Italian, Ranch, French, Blue Cheese, Balsamic Vinaigrette & Oil & Vinegar					
ISLAND 100% ALL BEEF DOGS					
Have it Your Way Boiled, Fried or Grilled					
The Loner 1 Dog w/Toppings	\$1.50	The Loner w/ Fries	\$5	5.50	
The Duo 2 Dogs w/ Toppings	\$3.00	The Duo w/ Fries	\$6	5.95	
Chili Dog	\$2.50	Chili Dog w/ Fries	\$6	5.50	
Cheese Dog	\$2.50	Cheese Dog w/ Fries	\$6	5.50	
Choice of Toppings: Sauerkraut - Onions					
ISLAND LUNCH PLATTERS					
Chaff Calad	CO OF	Conserve Collegel	ć.		

Chef Salad	\$8.95	Caesar Salad	\$8.95
Ziti with Meatballs	\$9.95	Lasagna	\$9.95
Fresh Fish Filet	\$11.95	Shrimp Parmigiana w/ Ziti or	
		French Fries	\$10.95

#### **ISLAND DINNER MENU**

Dinners are served with Soup or Salad and a choice of Vegetable & Potato

#### **STEAK & CHOPS**

Skirt	Ş21.00
Prime Rib	\$22.00
Pork Tenderloin Marsala	\$16.95
Corned Beef Brisket w/Cabbage	
& Potatoes .	\$16.95

PASTA

Fettuccini Alfredo\$14.95Fettuccini w/Shrimp\$18.95Penne ala Vodka\$14.95

Linguini w/Meatballs or Sausage. \$15.95 Eggplant Parmigiana ...... \$12.95

Sausage ..... \$18.95

Penne ala Vodka w/ Meatballs or

#### POULTRY

Roasted Fresh Turkey	\$16.95
Chicken Marsala	\$16.95
Chicken Francese	\$16.95
Chicken Cutlet Parmigiana	
Served with Ziti	\$16.95

#### FISH

Linguini & Clam Sauce	\$14.95
Shrimp Scampi	\$16.95
Shrimp Parmigiana	\$16.95
Calamari Marinara	\$16.95
Broiled Fish Filet w/Butter &	
Garlic	\$16.95
Shrimp Fra Diavolo over	
Linguini or Ziti	\$16.95



## **Bronx Plastic Surgery**

## **Plastic & Reconstructive Surgery**

Robert D. Goldstein M.D., F.A.C.S. & Heather A. Erhard M.D., F.A.C.S.

We are committed to enhancing and restoring your natural beauty with the latest surgical advancements and plastic surgery techniques. We also provide the latest options and techniques in reconstructive surgery. Experience the youthful, life changing effects of cosmetic surgery!

### **BREAST PROCEDURES • BODY PROCEDURES • FACE PROCEDURES**

### BREAST AUGMENTATION

Including Implants, Facility Fee and Anesthesia.

\$6,500

## тимму тиск \$6,800

Including Facility Fee and Anesthesia.

SUMMER BOTOX SPECIAL \$12 PER UNIT



AMERICAN SOCIETY OF PLASTIC SURGEONS\*

## 2425 Eastchester Road Bronx NY 10469 www.BronxPlasticSurgery.com

drgoldstein@bronxplasticsurgery.com drerhard@bronxplasticsurgery.com

• • • BOARD CERTIFIED PLASTIC SURGEONS • • •

# SE HABLA<br/>ESPAÑOLCALL US NOW<br/>917.791.3062FINANCING<br/>AVAILABLE







we have grown to become one of the most comprehensive, full service facilities of our kind in the area.

Our admissions office will be more than happy to answer any questions and help you decide if Bay Park Center is right for you or your loved one. Please feel free to contact us at 718-239-6555 to have any questions answered or schedule a tour. You can also find us on our website at www.bayparkcenterfornursing.com

## Programs and Treatments offered at Bay Park:

### **Special Services**

- IV Fluids
- IV Antibiotics
- Diabetes Management
- Hospice/Palliative Care
- Respite Care

### **Respiratory Treatments**

- Oxygen Therapy
- Tracheostomy Care
- Bi-Pap/C-PAP
- Suctioning

### **Skin/Ulcer Treatments**

- Negative Pressure Therapy (Wound Vac)
- Pressure Reducing Devices
- Nutrition and Hydration Interventions
- Ulcer Care
- Surgical Wound Care

### **Special Programs**

- Alzheimer's/Dementia Program
- Restorative Nursing Program
- Medical Model Adult Day Care
- •Behavioral Health Unit

### **Rehabilitation Services**

- Intensive PT, OT & ST 6 days a week
- Short Wave Diathermy
- Therapeutic Ultrasound
- Electrical Stimulation
- Specialized Orthopedic & Neurological Interventions
- Cognitive Therapy
- Vestibular Rehabilitation