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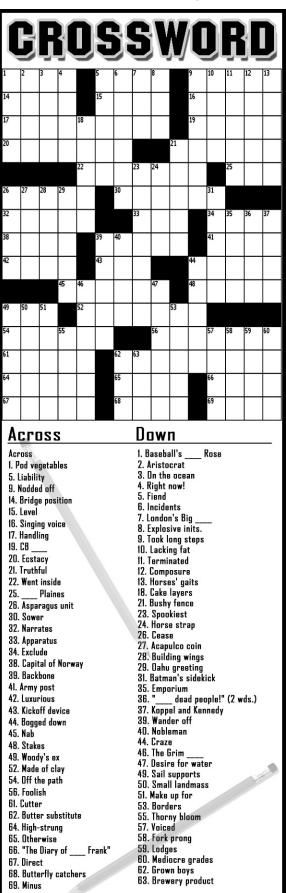


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Work is to be performed in Bronx County under Davis Bacon Act (prevailing wage) requirements. These obligations are described at the U.S. Department of Labor, Wage and Hour Division webpage http://www.dol.gov/whd/.

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If you would like to receive the Bid Package, please identify trade you would like to bid for and email to rwinkelman@mdgny.com

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If you would like to receive the Bid Package, please identify trade you would like to bid for and email to rwinkelman@mdgny.com



## INGREDIENTS

4 bell peppers
1/2 lb. ground turkey (optional)
1/3 cup chopped zucchini
1/4 cup chopped broccoli
1/4 cup chopped tomatoes
2 cups tomato sauce (sugar free)

DIRECTIONS

2 cloves garlic 1/2 diced onion 1/2 tsp garlic powder 1/2 tsp oregeno 1/2 tsp basil



Sautee garlic and onion in coconut oil on the stovetop over medium high heat. Add in ground turkey and veggies, then stir in sauce and other herbs. Cook until turkey is medium done, meanwhile carving out 4 orange bell peppers.

Carve jack-o-lantern faces into your bell peppers and save the tops for decoration (optional). Scoop the pepper filling into each carved out pepper. Spoon a tsp parmesan cheese on top of each pepper (optional), then top with its "lid." Bake at 425-430 degrees for 35 mins.

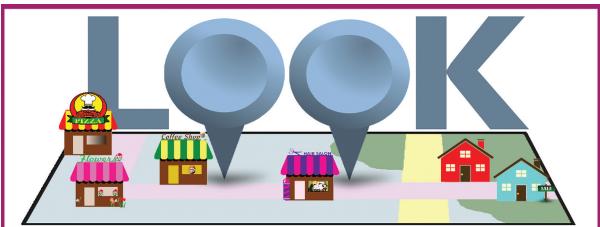
Let cool 5-10 mins, then enjoy!





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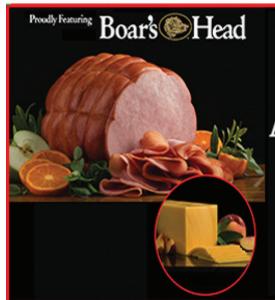




NOVENA PRAYER TO ST. JUDE Oh Holy St. Jude, Apostle and Martyr, Great in Virtue and Rich in Miracles, near kinsman of Jesus Christ, Faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse and humbly beg to whom God has given such great power to come to m assistance. Help me in my present urgent petition. In return, I promise to make your name known and cause you to be invoked Say 3 Our Fathers, 3 Hail Mary's, and 3 Glorias, Publication Must Be Promised. St. Jude pray for us all who invoke your aid. Amen. The Novena has never been known to fail. Novena must be said for 9 consecutive days. M.D.



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# "Neighborhood Updates"



Matthew Cruz District Manager Bronx Community Board #10 3165 East Tremont Avenue Bronx, NY 10461 (718) 892-1161 Bx10@cb.nyc.gov

#### ACTIVE SHOOTER TOWN HALL

Please join us for an Active Shooter Town Hall in our community which was sponsored by Bronx Community Board #10, Throggs Neck Community Action Partnership (TNCAP), Phipps Neighborhoods, and the NYPD 45th Precinct. It will take place on Monday, November 5 at I.S. 192 which is located at 650 Hollywood Avenue. According to NYPD Shield, active shooter situations are unpredictable, evolve quickly and vary from one attack to another. A situation can occur anywhere you have a gathering of people. There is no pattern or method to their selection of victims. In most cases, the attacks spill beyond the intended victims. Please come to be informed. This program will explore recommendations to mitigate risks from an attack, and to provide guidance to individuals so that they can prepare to respond to an active shooter situation. More commonplace occurrences happen every day in neighborhood streets throughout our community, our city, our state and our country. This event is for adults only. Hope to see you there!

#### VETERANS DAY PARADE

The United Veterans' Day Parade Committee will be holding its 34th annual Veterans Day Parade on Sunday, November 18 at noon at East Tremont Avenue and Lafayette Avenue. Our country and our way-of-life is the way it is because of brave women and men who lost their lives defending our freedom and for the brave women and men that are currently serving in our armed forces defending our freedom and protecting our interests.

#### **RECYCLE YOUR E-WASTE**

The Lower East Side Ecology Center is holding a free electronic waste disposal event on Saturday, November 17 from 10 A.M. to 4 P.M at Randall Avenue between Throggs Neck Expressway and Hollywood Avenue. You may bring working and non-working electronics such as computers, monitors, printers, scanners, cables, television sets, phones and audio/visual equipment for safe disposal. As many of you know, it is now illegal to discard electronics in our personal waste receptacles so please take advantage of this free event and kindly pass this message along to your neighbors. For more information, please contact the Lower East Side Ecology Center at (212) 477-4022.

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**CHURCH OF THE MASTER** First Annual Craft Fair on 11/10 10am-6pm and 11/11 12PM-6pm. Located at 2783 Lafayette Avenue, Bronx 10465. Interested vendors please call Denise at 917.731.3552.

PSS CITY ISLAND CENTER Upcoming Special Events: Thursday, October 25, Birthday Party with DJ, Cake & Ice Cream 12:30 PM; Wednesday, October 31, Halloween Party, Costume Contest and Pumpkin Bake Sale Contest starting at 11AM. Call now to sign up for A Christmas Carol at Westchester Broadway Theatre! Stop by picturesque City at Westchester Broadway Theatre! Stop by picturesque City Island and enjoy the exciting programs offered at our cen-ter which is located at 116 City Island Ave. Monday through Friday from 9am to 3pm. Experience our exercise classes from gentle yoga stretch, balance class, arthritis workshop and tai chi as well as our vigorous fit for life and cardio fit. We also offer acrylic painting, calligraphy, canas-ta, health presentations, nutritional information, and par-ties! Lunch is served from 12-1, suggested donation \$2.00. We go on shopping trips every day; i.e. Shop Rite, Dollar Tree, Target, Kmart as well as theatre excursions, boat trips, special luncheons and more. It's free to become a member but you must be 60 years or above. For more information contact Patty @ 718-885-0727 or email pat-tis@pssusa.org for our monthly calendar. **R.A.I.N. MIDDLETOWN SENIOR CENTER** Located at

**R.A.I.N. MIDDLETOWN SENIOR CENTER** Located at 3035 Middletown Rd. Bronx, NY 10461. We are open Monday through Friday 8am-4pm. Daily activities including computer lab overrige data where the shi sil and certific computer lab, exercise class, bingo, tai chi, oil and acrylic painting, walking club, daily trips within the local area and monthly trips to various locations, and much more. We provide evidence-based programs focusing on the prevention and management of many preventable chronic conditions among older adults. We serve lunch at 12pm daily. A vol-untary contribution is appreciated for lunch. Registration is

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Avenue Peinam, NY 10803, 914.738.2525 CALVARY LUTHERAN CHURCH FALL TAG SALE 2407 Eastchester Road, Bronx, NY 10469. Saturday, October 27 from 10AM to 2PM. Clothing, handbags, jewelry, accessories, household items, home-baked pastries, toys, books, 50/50 and more. Arrive early for best selection. Donations Accepted: Drop off 10/20-24 (except Sunday) 9am-1pm. For pick up, call 718.320.1045 BRONX JEWISH CENTER HOSTS COMMUNITY DINNER Please ioin us for our pext community. Shabbat dinner at

**BRONX JEWISH CENTER HOSTS COMMUNITY DINNER** Please join us for our next community Shabbat dinner at the Bronx Jewish Center, 1969 Haight Avenue, Bronx NY 10461 to be held on Friday, November 2nd, starting at 7:00 PM. The special theme for that evening will be a tra-ditional 4 Course Shabbat dinner. Yes, that's right 4 course! All of your favorite home style dishes will take center stage! We look forward to seeing you! Enjoy a delicious 4 course dinner with your fellow neighbors. Turn your Friday night Shabbat into an evening of spiritual awakening, Jewish songs and culinary delight. Please RSVP @718.812.1701 to let us know you are coming. Shabbat dinners are held the first Friday of every month. Free of charge and all are welcome to join! Website: www.BronxJewishCenter.org, Contact:office@bronxiewishcenter.org. Contact:office@bronxjewishcenter.org

BUS RIDE TO SEE "JESUS" AT SIGHT & SOUND THE-ATRE IN LANCASTER, PA. Come See "JESUS", Where The Bible Comes to life. This is an overnight trip on Wednesday, Nov. 14th-Thursday Nov. 15th. Bus Departs @8:00am at Ampere Avenue/Kennelworth Place or 8:15am in front of Morris Park Library. Coffee, Tea or Water and Buttered Rolls will be served as we leave the Bronx. We will then arrive at the Good and Plenty Restaurant for a family style lunch then attend the 3pm showing of Jesus which is approximately 2 hours and 45 minutes. We will then leave for the Country Inn & Suites Radisson Hotel, Lancaster, Pa. ALL TICKETS MUST BE PAID IN FULL BY SATURDAY OCT. 21ST SINCE THE SIGHT & SOUND THEATRE REQUIRES FULL PAY-MENT FOR SEATS 21 DAYS PRIOR TO ATTENDING. Only 30 seats available, so call for details and to reserve ASAP.

WIENT FOR SEATS 21 DAYS PRIOR TO ATTENDING. ONLY 30 seats available, so call for details and to reserve ASAP, Fran Arico: @718.828.5073. JEAN JUGAN RESIDENCE ANNUAL CHRISTMAS BAZAAR 2999 Schurz Avenue, Bronx NY 10465. Saturday, November 10 from 9am-4pm and Sunday November 11, 2018 from 12:00pm-2pm Paffler November 11, 2018 from 12:00pm-2pm. Raffles, home made baked goods, jewelry, variety of gifts, hand crafted items, 50/50, good food and much more! Raffles on sale now. Free admission. Plenty of parking.

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

THE ART OF SELF-REFLECTION: DE-STRESS, EXAMINE, **REFLECT** Join Theater Development Fund at Casita Maria FREFLECT Join Theater Development Fund at Casita Mana for a day of practicing ways to heal, and maintaining the beauty within. This FREE stress-relieving event includes Yoga, Meditation, Journal Writing, Coloring and more. Families welcome! Ages 7+ Enjoy live music by Brown Rice Family! Saturday, November 3rd, 2018,1PM-4PM. Casita Maria Center for Arts & Education, 928 Simpson Street, 6th fl. Bronx, NY 10459. This is a free event but registration is required to attend wave resistance or registration.

The Bronx, NY 10459. This is a free event but registration is required to attend. www.casitamaria.org/events WILLIAMSBRIDGE OVAL RECREATION CENTER Join NYC Parks for a Haunted House! Friday, October 26, 2018, 7:00pm–9:00pm. Come if you dare to get spooked by ghosts, zombies, and creatures! This house is recommended for ages 10 and up. Return to Williamsbridge Oval on Hallwagen for our Pumpkin Participation of the provide the set of the provided the set of the provided test of test on Halloween for our Pumpkin Party! Pumpkin Party is fun event geared toward youth and families. There will be arts event geared toward youth and families. There will be arts and crafts, carnival games, prizes, and candy! Event is for children ages 12 and younger. Williamsbridge Oval, 3225 Reservoir Oval East, NYC Parks: Bronx Recreation Contact Number 718-543-8672 **STEM DAY AT SUNY MARITIME** Saturday, October 27 9AM to 1PM, Grades 7 - 12. SUNY Maritime College hosts an engaging day of immersive Science, Technology, Engineering and Math events and activities. Students may choose from a variety of sessions. Reintroducing ovsters to

choose from a variety of sessions: Reintroducing oysters to the East River, operating the college's ship simulators, test-ing water quality, and completing a robot obstacle course. Students are also invited to take tours of the campus, locat-ed where the Long Island Sounds meets the East River, and tour the college Training Ship Empire State VI, a 565-foot training vessel. The event is free, but registration is required: www.sunymaritime.edu/stem-day **ST MARYS CHURCH CLOTHING DRIVE** Donate Today! Have your clothing and household items picked up from your doorstep. We collect the following: Men's Clothing, Women's Clothing, Children's Clothing, Shoes, Linens, Sheets, Towels, Purses, Belts, Ties, Wallets. We are avail-able from 8:00AM to 6:00PM, 718.529.6070 or 718.529.7825. SCHEDULE A FREE PICKUP: stmarysclothingdrive.com/stmarys/schedule choose from a variety of sessions: Reintroducing oysters to

stmarysclothingdrive.com/stmarys/schedule

AVE 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



We reserve the right to limit quantities to one can or package on sale items. Items offered for sale are not available in case lots. Alcoholic beverages may not be available in all locations. We are not responsible for typographical errors. Some Items Net Available in all Locations.

DIVA\_KF\_PG1SIG\_10-26-18 DIVA\_ERONTELA



Serving the Bronx since before most of you were born

# We salute Vincenzo Aprea, Owner/President of Aprea Air Inc, for being named BUSINESSMAN OF THE YEAR



Vincenzo is a native of Throggs Neck and at an early age had the business savvy and determination to begin his successful venture. Fast forward 21 years, Vinny now operates a fleet of trucks, employees and an impressive list of clients in the Bronx, Westchester and Tri-State area.

The best thing about Vinny is his heart of Gold. He would gladly take the shirt off his back for any of his customers and his employees.

**Congratulations to Vincenzo** 

From All His Friends at The Crosstown Diner





RSVP on our Event Brite! https://goo.gl/6cFruR

For more information, give us a call at 718.239.7401 Address: 1560 Purdy Street Bronx, NY 10462 Web: LindenTree567.com



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WWW.PORTIONCONTROLLER.COM



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