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# PASTA POMODORO

#### **INGREDIENTS**

1 (16 ounce) package angel hair pasta

1/4 cup olive oil

1/2 onion, chopped

White Onion, Large

4 cloves garlic, minced

2 cups roma (plum) tomatoes, diced

2 tablespoons balsamic vinegar

1 (10.75 ounce) can low-sodium chicken broth

crushed red pepper to taste

freshly ground black pepper to taste

2 tablespoons chopped fresh basil

1/4 cup grated Parmesan cheese

#### **DIRECTIONS**

- 1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 minutes or until al dente; drain.
- 2. Pour olive oil in a large deep skillet over high-heat. Saute onions and garlic until lightly browned. Reduce heat to medium-high and add tomatoes, vinegar and chicken broth; simmer for about 8 minutes.
- 3. Stir in red pepper, black pepper, basil and cooked pasta, tossing thoroughly with sauce. Simmer for about 5 more minutes and serve topped with grated cheese.





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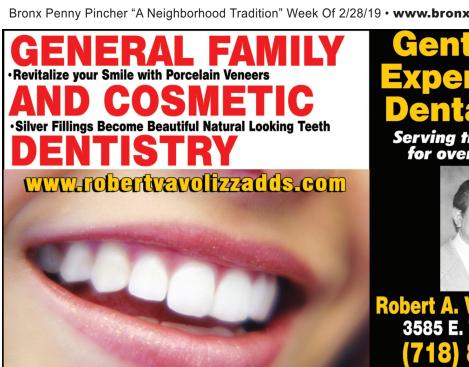


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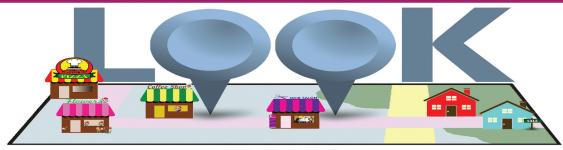
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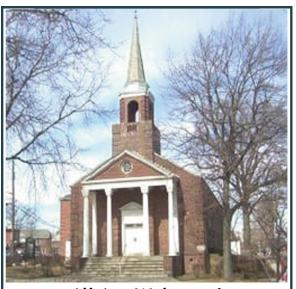
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Sunday, February 24th @ 10:30 AM The Winter Warm Up/ Shrove Sunday Celebration

Saturday, March 2nd St. Patrick's Dinner Doors open at 5:30 PM Cost: \$25.00 pp/children under 11 free

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#### Across

#### 1. Arrogant

- 5 Gorillas
- 9. Boise's state
- 14. Broadway award
- 15. Move upward
- 16. No way!
- 17. Do away with
- 19. Sleep noise
- 20. Moist
- 21. Radar's kin
- 22. Fork features
- 23. Parcel out
- 24. Crash into
- 25. Approached 28. Tied
- 30. Musical genre
- 33. Car part
- Hayes
- 34. Singer \_\_ 35, Self
- 36. Cooked with vapor
- 39. Coat arms
- 41 Joan of
- 42. Highly skilled
- 44. Cousin's mother
- Vegas, Nevada
- 46. Bring up
- 47. Map parts
- 49. Hr. part
- 50. See eye to eye 52. Colorado resort
- 55. Fodder towers
- 56. Python's kin
- 59. Peruvian animal
- 60. Temporary
- 62. Gypsy's card
- 63. Assistant
- 64. Mexican meal
- 65. Fat
- 66. Marsh grass
- 67. Stride

#### Down

- 1. Hearty soup
- Burrowing animal
   Single thing
- 4. Workout site
- 5. Governor Schwarzenegger
- 6. Baby grand, e.g.
- 7. Manors
- 8. Psychic
- 9. Case
- 10. Jeans fabric
- 11. Shakespeare's river
- 12. Present!
- 13. Mine products 18. Capri or Man
- 23. Precinct
- 24. Genuine
- 25. Twangy
- 26. Spare
- 27. Guinness and Baldwin
- 29. Expansive
- 30. Musical show
- 31. FBI employee
- 32. Mails
- 34. Suggestion
- 37. Soak in vinegar and oil
- 38. Biblical garden
- 40. Relaxation
- 43. "A Home Companion"
- 47. Pressed
- 48. Monster's loch 49. Office notes
- 51. Forest clearing
- 52. Female singer
- 53. Thick piece
- 54. Peel
- 55. Headliner
- 56. Tempo
- 58. On
- a boy!



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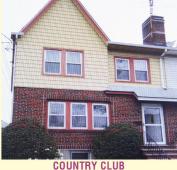
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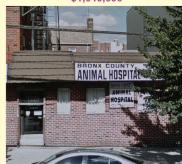
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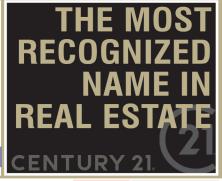












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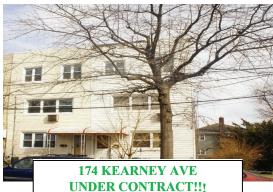
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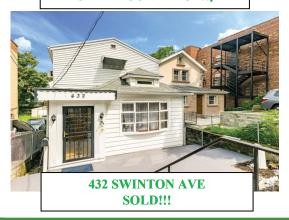
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#### "Neighborhood <u>Updates"</u>



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

**CONSTRUCTION TRADES JOB FAIR 2019** 

In partnership with the office of Bronx Borough President Ruben Diaz, Jr., the Bronx Overall Economic Development Corporation is holding a construction trades job fair on Wednesday, March 13 from 10 A.M. to 5 P.M. in the Rotunda of the Bronx County Building which is located at 851 Grand Concourse, Bronx, NY 10451. Prospective candidates will learn of open electrician, plumber, and carpenter positions and much more. Please come with your resume. Interested candidates must register by e-mailing labor.sm.apply.nycjobs@labor.ny.gov or call (718) 613-3980 with any questions. I will be posting this information in future columns. Good luck to all!is application will be available at my office but please call ahead.

NYC HUMAN RESOURCE ADMINISTRATION (HRA) REPRESENTATIVE AT CB #10

Every third Thursday of the month, a NYC HRA/ Department of Social Services representative is available to take your questions and help you with social service benefit applications at our office at 3165 East Tremont Avenue, Bronx, NY 10461 from 10 A.M. to 3 P.M. While walk-ins are accepted, please call us at (718) 892-1161 to reserve your meeting with the NYC HRA representative. The NYC HRA/ Department of Social Services is the largest social services agency in the country serving nearly 3 million New Yorkers. Through the NYC HRA, eligible New Yorkers receive help from the Supplemental Nutrition Assistance Program (SNAP) and through the Temporary Aid to Needy Families (TANF) or cash assistance program. In addition to these programs, eligible New Yorkers can apply for a "One Shot Deal" and other related programs that help during unforeseen circumstances. For immediate help, please contact (718) 557-1399.

#### NORTHEAST BRONX COMMUNITY FARMERS MARKET

Getting access to locally produced food is certainly a step toward living a healthier lifestyle. It is why I use this column to promote healthy initiatives and highlight the wonderful Northeast Bronx Community Farmers Market, founded by the Northeast Bronx Community Farmers Market Project. It runs from June 18 to October 29 every Tuesday from 4 P.M. to 7 P.M. outside of Preston High School on Schurz Avenue in Throggs Neck. However, they are having winter events on Tuesday, March 12 from 6:30 P.M. to 9 P.M. and on Saturday, March 30 from 10 A.M. to 2 P.M. at 3190 Westchester Avenue. If you are interested in becoming a local vendor, please contact the group via e-mail at bronxfarmersmarket@gmail.com. Let's all take advantage of supporting our local farmers while at the same time investing in ourselves.

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.

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#### COMMUNITY NEWS F.Y.I. ABOUT OUR NEIGHBORHOOD!

Do you have a Special Event that is of interest to the neighborhood? PRINT IT IN THE BRONX PENNY PINCHER

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Send Your Community Events to: Community News Editor

#### \*PENNYPINCHER

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All copy must be received by MONDAY, 2 WEEKS PRIOR to your event for that Thursday's Publication.

The Bronx Penny Pincher reserves the right to refuse any copy that is not in the best interest of the community.

#### <u>EVENTS MUST BE FREE OF CHARGI</u>

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#### SUBMISSION DEADLINE: **3002 MIDDLETOWN ROAD BRONX. NEW YORK 10461** ′18-828-11**0**4 40 YEARS YOUR AD WILL APPEAR EXACTLY AS WRITTEN. PRINT CLEARLY (ONE WORD PER BOX) INCLUDE PHONE NUMBER, INDICATE PUNCTUATION & SPECIAL INSTRUCTIONS. LIMIT 51 WORDS. NO REFUNDS OR CHANGES ONCE AN AD IS PLACED. Do not abbreviate. The BXPP Will Not Be Responsible for Errors. 2. 5. 6. 9 8 11 12 10. 14 15. 17. 18. 16 20. 21 23. 24 26. 27 25 29. 30. 28 32. 31. 33. 35. 34 38. 39. 37 41. 42 40. 44. 45. 43. 47. 48 46 50. 49 MERCHANDISE ADDITIONAL CHARGES **REAL ESTATE\* COMMERCIAL AD** Bold Type \$3 FOR SALE To Buy, Sell or Rent Help Wanted-Business Ads \$3 Furniture, etc. Limit 2 items Per Ad \$20 for 10 Words - 40¢ Each Additional Word Runs 1 Week Only Boxed Ad Limit: 1 House, Apartment, \$30.00 / 10 WORDS Business Garage or Lot Per Ad PARTIAL CAPS \$3 40¢ Each Additional word \$4 Charge To Add Extra Items Runs 1 Week Only \$40.00 / 10 WORDS \$5 ∃ALL CAPS OR BOAT 40¢ Each Additional word \$5 **FOR SALE** □ Centered \*REAL ESTATE AGENTS Please Call For Rate Info! 718-828-1104 GARAGE/YARD OR MOVING SALE Runs 1 Week Only. NO MULTIPLE DATES. Sp. One Car or Boat Per Ad \$25 for 10 WORDs. 40¢ Each Additional Word \$20 for 10 Words - 40¢ Each Additional Word Ad Online \$10 PLEASE INCLUDE PAYMENT OF CREDIT CARD INFORMATION WITH YOUR ORDER. ALL INFORMATION KEPT CONFIDENTIAL. COST OF AD \$ **EXTRA WORDS** Email X .40¢ Name ADD'L CHARGES **Billing Address** TOTAL Billing Zip Code Telephone **WEEK OF** Credit Card #

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**# OF WEEKS** 

# COMMUNITY NEWS

ABOUT OUR NEIGHBORHOOD CALENDER OF EVENTS!

Do you have an event that is of interest to your neighborhood? 25 Excluding Yard & Garage Sales. We will print your event *free* of charge — ALL NON- PROFIT ORGAINZATIONS WELCOME!—

SUNY NORTH BRONX OUTREACH CENTER Become more employable by learning electronic bookkeeping with QuickBooks. Begin your Accounting or bookkeeping career by becoming certified in QuickBooks, the premier business accounting software. Stop by and also inquire about our GED Preparation, Microsoft Certifications and computer based Pre-certifications: Home Health Aide, CNA, Security, Building Maintenance, Office Skills and Customer Service. All our services are free for those who qualify and they are offered during the day and evening. SUNY North Bronx Outreach Center is located at 2901 White Plains Road, Bronx NY 10467. For further information, please contact us at 718.547.1001.

NYPL: AFTERMATH A Photo Exhibit of Five Veterans at Gettysburg. Opening Reception on Saturday, February 23rd from 1:00pm-2:00pm. Morris Park Library, 985 Morris Park Avenue, Bronx NY 10462 718.931.0636. PSS CITY ISLAND CENTER Upcoming Special Events: Monday, March 4, Charades, Snacks & Cocoa, 1 PM; Friday, March 8, Signs and Symptoms of Depression Talk by VNS, 12:30 PM. Stop by picturesque City Island and enjoy the exciting programs offered at our center which is located at 116 City Island Ave. Monday through Friday from 9 am to 3 pm. 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, canasta, health presentations, singing group, and parties! 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 pattis@pssusa.

email pattis@pssusa.org for our monthly calendar. **NEW BEGINNINGS ANIMAL RESCUE SHELTER** MARK YOUR CALENDAR/SAVE THE DATE! Benefit Event for New Beginnings Animal Rescue Shelter at Vivienne's Cocktail Lounge at 3044 Westchester Avenue in Pelham Bay will be on Saturday, March 9th from 8:00PM to 12 Midnight. Entertainment by RES-URRECTION, a super-popular rock band. Free Admission! Come! Join in the fun and help benefit all God's 4-legged creatures. For more information, please call Vivienne at 917.468.5387 or Fran at 718.931.2438. If you would like to adopt, please email us at: newbeginningsanimalrescue@gmail.com. Thank you for your interest and support.

PELHAM ART CENTER 2019 SPRING GALA: GEO-METRIC March 23rd, 7:00-11:00PM. The Pelham Art Center celebrates with GEOMETRIC at the New York Athletic Club, 31 Shore Road, Pelham Manor, NY. This festive occasion includes fine dining, dancing, in celebration of the Pelham Art Center mission. Festive Cocktail Attire – Geometric Recommended. Support the Pelham Art Center's mission to provide art experiences through exhibitions, public programs, and education opportunities! 16,000 area residents have access to programming through the Art Center. Come party for a great cause to support this cornerstone of community. For tickets and information, call 914.738.2525 ext. 113 or visit www.pelhamartcenter.org.

JEANNE JUGAN RESIDENCE Please consider donating NEW gift items to Jeanne Jugan Residence located at 2999 Schurz Ave Bronx, New York 10465. These items can be sold annually in our gift shop and Christmas Bazaar. We have a special need for brand new toys. Other items include costume jewelry, gift sets, electronic items, specialty items, NEW tagged clothing, accessories and collectibles. We are unable to take VHS, used dish sets, loose glassware/ vases, books or used bedding of any kind. If you have a question concerning a donation contact Joanne at the Home at 347-329-1800. Drop off week days if possible. PLEASE make sure donations are securely packaged and labeled GIFT SHOP/JOANNE.

Thank you in advance for your continued efforts.

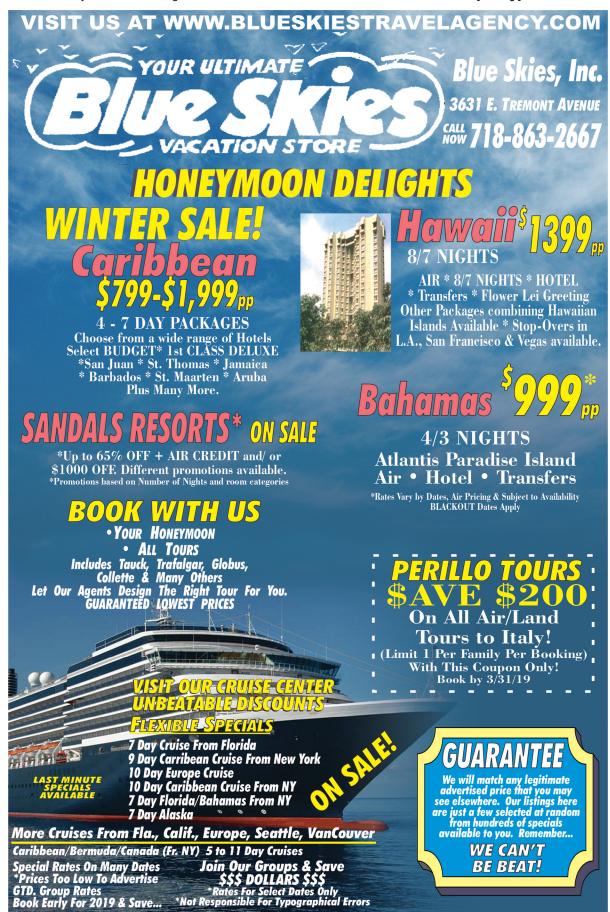
NORTHEAST BRONX SENIOR CENTER Located at 2968 Bruckner Blvd, in the basement of St. Benedict's Parish. Open Monday through Friday from 9am-4pm. Lunch is served daily at 12 noon. A voluntary contribution is appreciated. Daily social and cultural activities including bingo, dancing, glee club, exercise 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.

BJC CELEBRATES PURIM WITH THE COMMUNITY
The Bronx Jewish Center located at 1969 Haight
Avenue Bx NY 10461 is proud to celebrate the joyous
holiday of Purim on Thursday March 21st starting at
5:30pm with its Bronx community. We are having
Purim under the Big Top with a festive meal, circus
party, hamantashen (special cookies) and cotton
candy. There will be magic, a seen to be believed fire
juggler and an artist to draw your picture and face
painting for the kids. Children of all ages are urged to
attend. PLEASE RSVP to email: office @bronxjewishcenter.org or call us at 718-812-1701. Thank you.

center.org or call us at 718-812-1701. Thank you. PURIM PARTY Are you ready to party? The Jewish Community Council Of Pelham Parkway and The Bronx Jewish Community Council will be hosting a Purim Party to be held at the Young Israel Of Pelham Party at 900 Pelham Parkway South Bx NY 10461 on Thursday March 21,2019 starting at 3:00 pm. We will be having a delicious enhanced sit down meal, music and a magic show for the children. PLEASE RSVP to 718-792-4744. Please join us for this free event. Join us for the reading of the Megillah on Wednesday evening March 20th starting at 7:35pm. THE CRUGER AVENUE SYNAGOGUE will be having our annual Purim Celebration & festival starting with The Megillah reading Wednesday Night, March 20th @ 6:30pm followed by light refreshments @ the conmorning Services clusion. Thursday starting @9:45am followed by Our Annual Purim Party. Both events are free of charge to all Jews religious or not.

THE CRUGER AVENUE SYNAGOGUE is proud to announce our grand Passover Seders which will take place starting Friday Night April 20th starting with The Friday evening sabbath Services @7:30pm followed by The Seder @ 8:30pm Saturday & Sunday day Services @9:15am followed by a Lavish Kiddush lunch. Afternoon Services will begin @7:30pm both days followed by the 2nd Seder Saturday night night @8:40pm. Reservations are required By phone @718.653.4698 by April 10th. The cost for one Seder is \$20, \$35 for both payable in advance for non members.



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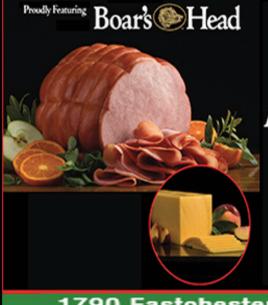
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Center For Nursing & Rehabilitation

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ay Park Center provides high quality, skilled nursing care in a nurturing environment.

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# 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