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PENNY PINCHER

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March 28-April 3, 2019

Volume 13
 THROGGS NECK/PELHAM BAY
 AND COUNTRY CLUB



NEW REAL ESTATE LISTINGS

-SALES
-RENTALS

INSIDE!



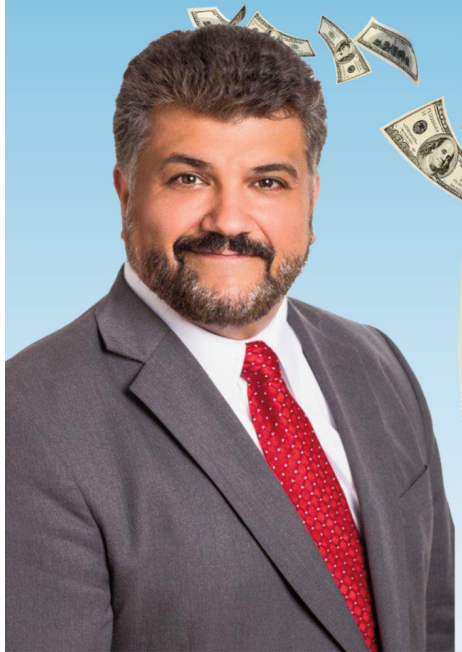
Bronx Tax Man

Bookkeeping
Accounting
Tax Services

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DON'T LET YOUR TAX REFUND GET AWAY

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\$30 off your tax preparation fee
when you mention this ad

Only one discount per tax return.
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John Cerini ENROLLED AGENT www.BronxTaxMan.com
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4.21.19

11AM-4PM

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with Easter Bunny!

\$25

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CAN EAT
BUFFET!**



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MIMOSA &
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FOR 2 HOURS!**

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KRASDALE
SUGAR
4 LB. BAG
1.99

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(EXCLUDING
DECAF & HAZELNUT)
FOLGERS
COFFEE
10.3-11.3 Oz. CNSTR.
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SPECIAL K FRUIT & YOGURT, VANILLA/ALMOND,
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KELLOGG'S
CORN
FLAKES
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PREPRICED \$5.99: 2 Ply, WHITE,
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TISSUE
8 ROLL PKG.
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DAISY
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LIME JUICE (17 Oz.); OR
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LEMON
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32 Oz. BTL.
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CHIPS AHOY!
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7-13 Oz. PKG.
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FRESH STACKS; BITS CHEESE;
REDUCED FAT, HINT OF SALT,
WHOLE WHEAT, OR
ORIGINAL
NABISCO
RITZ
CRACKERS
8.8-13.7 Oz. Boxes
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CORN
14.75-15 Oz. CAN
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FOR

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8 Oz. CNTR.
2.79

FRESH MEADOW, LEMON,
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BLEACH
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PREPRICED \$1.99: REGULAR, CLEAR,
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BAGS
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CAFE
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PILON
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LOTTERY DATE - APRIL 5TH, 2019

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FECHA DE LOTERÍA - 5 DE ABRIL DE 2019

For more information:

 718 410 8100  enrollment@flacsny.com

 www.flacsny.com



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BRONX, NY 10452

FLACS II
296 EAST 140TH ST
BRONX, NY 10454

FLACS III
370 GERARD AVE
BRONX, NY 10451

FLACS MS
316 EAST 165TH ST
BRONX, NY 10456

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ORIJEN • PRIMAL • ACANA • EVANGERS

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GROOMING
SERVICE

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OFFERS CANNOT BE COMBINED

\$100 FREE
SUPPLIES
WITH PUPPY
PURCHASE

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OFFERS CANNOT BE COMBINED

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ANY PUPPY
PURCHASE

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OFFERS CANNOT BE COMBINED

20% OFF
ANY STORE
PURCHASE

EXCLUDING PET FOOD

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OFFERS CANNOT BE COMBINED

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- 🐾 PAW & PAD TREATMENT
- 🐾 MULTIPLE GROOMERS ON STAFF

- 🐾 DOG & CAT GROOMING
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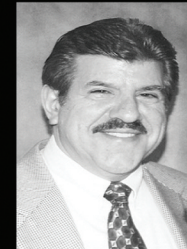
creating beautiful smiles everyday...

EXTENDED OFFICE HOURS:
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Tuesday & Thursday 11:00am-8:00pm
Saturday 9:00am-2:00pm
 Se habla Espanol; Si parla Italiano



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

FREE CONSULTATION

Join Us for an

Easter Feast.

Sunday, April 21st. 12 noon to 5pm



FREE Gifts!
FROM THE EASTER BUNNY
for all the kids!

<p>Carving Station</p> <ul style="list-style-type: none"> • Lechon, Whole Turkey, and Skirt Steak 	<p>Seafood Station</p> <ul style="list-style-type: none"> • Shrimp Cocktail • Clams Oreganata • Mussels Posillipo • Fried Calamari • Smoked Salmon • Roasted Red Snapper 	<p>Chafing Station</p> <ul style="list-style-type: none"> • Pepper Steak • Sausage and Peppers • Eggplant Rollatini • Maduros • Pollo Asado • Arroz Con Gandule • Chicken Cacciatore • Ropa Vieja
<p>Wok Station</p> <ul style="list-style-type: none"> • Array of Chinese Cuisine 	<p>Pasta Station</p> <ul style="list-style-type: none"> • Assorted Pasta Choices 	

Music by "Don't Stop the Music"
 - Deluxe Cocktail Hour 12pm -1pm
 - Premium Liquor
CONTINUOUS OPEN BAR!

\$58 Per Person
 Plus 10% service charge
 Sales Tax Included

Valet Parking Included
Kids Meals \$25
 Chicken Fingers, French Fries, Pizza Wedge

CALL TODAY FOR YOUR RESERVATION!

Continuous OPEN BAR!

Dinner

- Spring Salad with Balsamic Vinaigrette

Choice of:

- Filet Mignon
- Chicken Francese
- Shrimp Oreganata

Dessert • Fresh Fruit and Pastries • Coffee, Tea, Cappuccino, Espresso

Maestro's Caterers

1703 Bronxdale Avenue, Bronx 718-792-8844
www.maestroscaterers.com

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BIG**

G

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\$5.00 EACH**



FREE IMPORTED FROM ITALY
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WITH THE PURCHASE OF \$50 OR MORE

**SHELL STEAK or
RIB STEAK
\$9.99 lb.**

JUMBO Shish-kabobs
Pork or Chicken
\$1.99 each

GROUND BEEF
\$3.99 lb

Steak BURGERS
Buy One Package
Get One
FREE

Italian Style CHICKEN SAUSAGE
Buy One Package
Get One
FREE

THIS IS INSANE
6 lbs. Chicken (2)
2 lbs. Italian Sausage
1 lb. Chicken Cutlets
2 lbs. CC Pork Chops
2 lbs. Chuck Chop
**ALL THIS FOR
\$44.99**

HERE'S THE BEEF
2 lbs. London Broil
2 lbs. Chuck Filet
2 lbs. Beef Stew
2 lbs. Sandwich Steak
2 lbs. Chuck Chop
**ALL THIS FOR
\$57.99**

VARIETY PACK
1 lb. Veal Cutlets
2 lbs. Chicken Cutlets
2 lbs. Spare Ribs
2 lbs. CC Pork Chops
2 lbs. Beef Stew
2 lbs. Chuck Chop
**ALL THIS FOR
\$59.99**

**5 PEOPLE CAN
EAT FOR 5 DAYS**
5 Pcs. Shell Steak
1 1/2 lbs. Veal Cutlets
3 lbs. CC Pork Chops
6 lbs. Chicken (2)
3 lbs. Chuck Chop
**ALL THIS FOR
\$109.99**



COLD CUT COMBOS

OVEN ROAST TURKEY BREAST & PROVOLONE – 1/2 lb. each \$4.99

BEEF BOLOGNA & MEDIUM CHEDDAR – 1/2 lb. each \$4.99

CHICKEN BREAST & MEDIUM CHEDDAR – 1/2 lb. each \$4.99

HAM & PROVOLONE – 1/2 lb. each \$4.99

BLACK FOREST HAM & DOMESTIC SWISS – 1/2 lb. each \$4.99

HOMEMADE RARE ROAST BEEF & PROVOLONE – 1/2 lb. each \$6.99

HONEY SMOKED TURKEY BREAST & DOMESTIC SWISS – 1/2 lb. each \$4.99

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NuLeaf
CBD Oil**

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Sunday - 9am - 5pm

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Easter Family Tradition At

Eastwood Manor

SUNDAY, APRIL 21, 2019, 1PM - 6PM

One Hour Cocktail Reception - Four Hours Dining & Dancing
FEATURING: DON'T STOP THE MUSIC! ENTERTAINMENT

DELUXE COCKTAIL HOUR

- Carving Station • Seafood Station • Pasta Station
- Chafing Station • Antipasto Station
- Wok Station • Fresh Fruit & Cheese Displays

Kids Meal \$25

- Chicken Fingers
- French Fries
- Pizza Wedge

\$58

Per Person
Plus 10% Service
Includes Sales Tax

DINNER

- *Tuscany Salad*

Choice Of:

- *Prime Rib of Beef*
- *Chicken Rollatini*
- *Salmon Oreganata*

*Mixed Vegetables, Baked Stuffed Potato
Eastwood Dessert*

Served At Your Table

FREE GIFTS FOR THE CHILDREN
FROM THE EASTER BUNNY

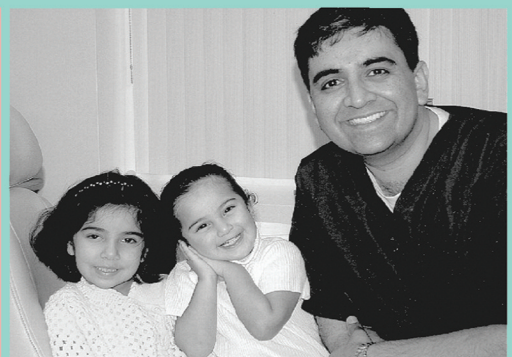
**5 HOUR
OPEN BAR!**

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Expires 3/31/2019

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Serving Breakfast and Lunch Buffet From 6am - 7pm Monday Through Saturday

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10% off

Valid with This Coupon
Minimum \$10 Purchase

Catering
15% off

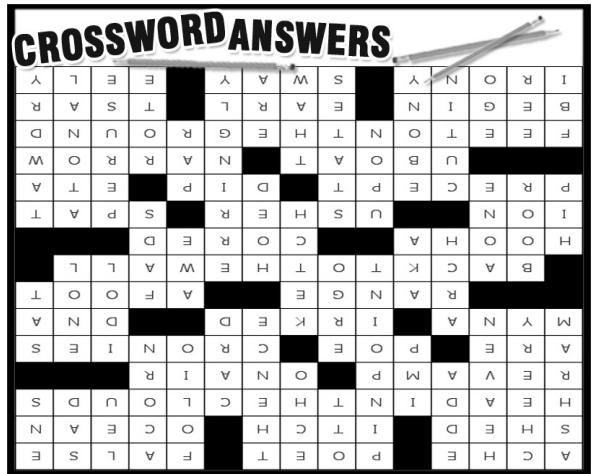
Valid with This Coupon
Minimum \$100 Order

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 Specializing in large tree removal.
UNBEATABLE PRICES
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\$1450 FOR RENT 2BEDROOM APARTMENT IN A PRIVATE HOUSE, THROGS NECK, YOU PAY UTILITIES, LARGE YARD WITH PARKING. NO PETS, NO SMOKING. MUST HAVE EXCELLENT CREDIT, CREDIT CHECK WILL BE REQUIRED. CALL (718)614-4852

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Associate Real Estate Broker
2018 Five Star
Real Estate Agent



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WE SERVICE THE BRONX & WESTCHESTER COUNTY AND ALSO ASSIST IN RELOCATION.

2019

FORTUNE'S 10 MOST ADMIRED COMPANIES IN THE WORLD

1. APPLE
2. AMAZON
- 3. BERKSHIRE HATHAWAY**
4. WALT DISNEY
5. STARBUCKS

6. MICROSOFT
7. ALPHABET
8. NETFLIX
9. JP MORGAN CHASE
10. FEDEX

SILVER BEACH GARDENS - CO-OP
ATTENTION ALL CONTRACTORS & CARPENTERS OWNER WELCOMES ALL OFFERS ON THIS "HANDYMAN SPECIAL" LAYOUT FEATURES: PORCH, LIVING ROOM, MASTER BEDROOM, KITCHEN, DINING AREA AND FULL BATH, FRONT AND BACK YARD WITH EXPANSION POSSIBILITIES. ENJOY THE MANY AMENITIES THIS COMMUNITY OFFERS AND ENJOY A STROLL DOWN THE TRAIL PLUS ONE BLOCK DOWN TO THE BEACH.
\$189,000 WITH SHARES INCLUDED.

**INVESTMENT PROPERTY
NEW YORK, NY**
PLEASE INQUIRE ABOUT 20 UNIT APT. BUILDING
LOCATED IN NYC \$7,500,000

SILVER BEACH GARDENS CO-OP
THIS 2 BEDROOM CO-OP UNIT NESTLED ON A LARGE OVERSIZED LOT IS A RARE FINDING. THIS IMMACULATE MOVE IN CONDITION UNIT BOASTS ALL THE AMENITIES A BUYER WANTS. LAYOUT FEATURES: ENTRANCE FOYER W/ CLOSET, LIVING ROOM, DINING AREA, UPDATED KITCHEN W/ BEAUTIFUL DECORATIVE CABINETS & LIGHTING W/ LOVELY BACK SPLASH & STAINLESS STEEL APPLIANCES, 2 BR'S, FULL BATH, PLUS MUD ROOM & BASEMENT FOR STORAGE & LAUNDRY. PLUS ROOM TO EXPAND & BUILD ADDITION. GREAT SIZE YARD FOR RELAXING & ENTERTAINING, 2 CAR GARAGE & DRIVEWAY. ENJOY THE MANY AMENITIES THIS COMMUNITY OFFERS IN THIS ENCHANTING WONDERLAND SUCH AS: ENJOY YOUR STROLLS DOWN THE TRAIL & VIEWS OF THE SPECTACULAR WATER & BRIDGES, SECURITY, BEAUTY PARLOR, DELI, INSURANCE COMPANY, COMMUNITY CENTER FOR MEETINGS AND SHAREHOLDERS CAN RENT, BEACH, PLAYGROUND - EASY ACCESS TO MANHATTAN EXPRESS BUS & CORPORATION ON PREMISE.
\$549,000 WITH SHARES INCLUDED

EDGEWATER PARK CO-OP
THIS "TLC" CO-OP UNIT HAS POTENTIAL FOR MANY LAYOUTS AND FLOOR PLANS. YOU CAN RENOVATE TO YOUR NEEDS AND DREAMS. LAYOUT FEATURES: KITCHEN, FORMAL DINING ROOM, LIVING ROOM, PORCH WITH DOOR TO YARD, 2 BEDROOM AND OFFICE/ DEN/ BEDROOM, FULL BATH AND YARD FOR ENTERTAINING - CLOSE TO PARKING LOT. ENJOY THE MANY AMENITIES THIS COMMUNITY OFFERS.
\$169,000 WITH SHARES INCLUDED.

EDGEWATER PARK CO-OP
THIS YOUNG CUSTOM BUILT (2011) CO-OP IS A MUST SEE WITH SPECTACULAR WATER VIEWS. LAYOUT FEATURES: KITCHEN W/ GRANITE COUNTERS AND STAINLESS STEEL APPLIANCES & BEAUTIFUL GLASS BACK SPLASH, DR, LARGE LIVING ROOM W/ WATER VIEWS & STONE FIREPLACE MAKING A COZY & WARM ATMOSPHERE THROUGHOUT THE HOME AND FULL BATHROOM WITH ELEGANT TILES & BAMBOO FLOORS. 2ND LEVEL: MBR W/ VIEWS OF WATER AND BALCONY SO COZY AND RELAXING, 2 ADDITIONAL BR'S, FULL BATH & LAUNDRY ROOM. PLUS FRONT & BACKYARD WITH TREX DECK, NICE SIZE CRAWL SPACE FOR STORAGE AND NEW FENCE. JUST TURN THE KEY.
\$429,900 WITH SHARES INCLUDED.

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MORRIS PARK AVE
FOR RENT COMMERCIAL SPACE
APPROX 500 SQ-FT
\$1,200



MORRIS PARK
FOR RENT
2 BEDROOMS 1 BATH WITH YARD
\$1,650



THROGGS NECK
FOR RENT 3 BEDROOMS 2 BATHS
TERRACE NEW KITCHEN LAUNDRY
HOOK-UP
\$2,400



MORRIS PARK
FOR RENT
2 CAR GARAGE AND DRIVEWAY
\$250



PELHAM BAY
RENOVATED 2 FAMILY HOME
3 BEDROOM / 1 BATH + 2 BEDROOM
1 BATH AND FDR BASEMENT
\$689,000



COUNTRY CLUB
GRAND 2 FAMILY ON 50 X 100 LOT
3 BED / 1 BATH / TERRACE + 3 BED /
1 BATH / PORCH ATTIC WITH BATH BSMT
WITH BATH 2 CAR GARAGE **\$899,000**



PELHAM BAY
RENOVATED CO-OP
2 BEDROOM, 1 BATH, KITCHEN
\$265,000



MORRIS PARK YOUNG 3 FAMILY BRICK
HOSPITAL VICINITY 3 BEDS/2 BATHS/-
TERRACE + 3 BEDS/2 BATHS/TERRACE +
2 BEDS/1 BATH WALK-IN PARTIAL BSMT
GARAGE FENCED-IN YARD **\$1,150,000**



PELHAM BAY LARGE
4 FAMILY HOME ON CORNER LOT 3-1
BEDS / 1 BATH + 1-3 BEDS / 1 BATH 2
CAR GARAGE SEP HEAT FENCED-IN YARD
\$1,049,000

FREE MARKET ANALYSIS!



BILL RIZOPOULOS - Broker/Notary
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Call me for a **FREE MARKET ANALYSIS**. No obligation!

THINKING OF SELLING YOUR HOME?

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ON ALL HOME SALES**

Why pay more?

For Sale in your neighborhood!



OPEN HOUSE

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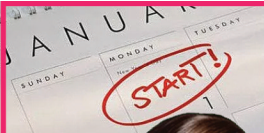


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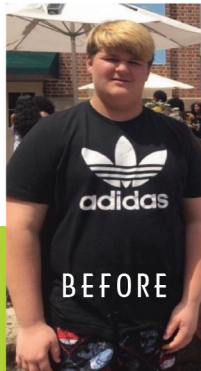
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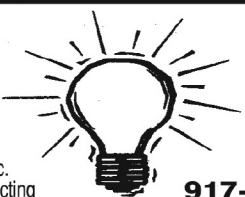
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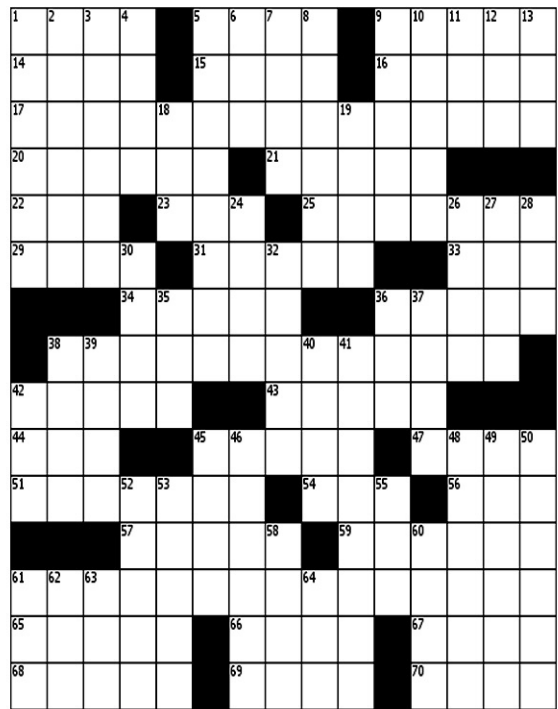
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16. Bermuda border
17. Position of the happy-go-lucky?
20. Make restorations
21. Kind of personality
22. Common verb
23. "Annabel Lee" author
25. Sidekicks
29. Talkative starling
31. Got under one's skin
33. Genetic material
34. Chain of mountains
36. In the offing
38. Position of the desperate?
42. Fracas
43. Prepared an apple for baking
44. It's tiny and charged
45. Wedding party member
47. Falling-out
51. Item in a doctrine
54. Dance maneuver
56. Greek letter
57. WWII predator
59. Limited in size or scope
61. Position of the sensible?
65. Lead off
66. Banjo player Scruggs
67. Russian monarch, once (Var.)
68. Sardonic style
69. Rock and roll
70. Wiggly and hard to grasp

Down

1. Hindu retreat
2. Bright and pleasant
3. Angels' bailiwick
4. Icelandic poetry collection
5. Zero in on
6. Slugger of 511 career homers, Mel
7. Yodeler's feedback, perhaps
8. From that place
9. An edition of Shakespeare's plays
10. Snack for a squirrel
11. Romanian money
12. Pretty pitiful
13. Printer's measures
18. Little rascal
19. Part of a hand
24. Therefore
26. Object of worship
27. Organic compound
28. Parked oneself
30. Sole's curve
32. Two-masted vessel
35. Wanted poster abbreviation
36. Disbelief
37. Short-lived crazes
38. Uncouth fellow
39. Top-notch
40. Worked in the garden, in a way
41. In a misguided way
42. Up on the latest trends
45. Fairy tale's second word
46. Says for the record
48. Read with great care
49. Off-key
50. Showy and cheap
52. Interrupt
53. Jet black
55. Golf score to shoot for
58. Put in the defroster
60. Learning method
61. Where Hoover ruled
62. Auction end
63. Id companion
64. Slice of history

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"SPRING INTO HEALTH FAIR" AT I.S. 192

Phipps Neighborhoods, in conjunction with Bronx Community Board #10 and the Throggs Neck Community Action Partnership, is holding its Spring Health Fair on Saturday, April 13th from 10 A.M. to 4:30 P.M. at I.S. 192 which is located at 650 Hollywood Avenue in Throggs Neck. The event is family friendly and is open to all ages. Activities will focus on topics such as awareness, education and lifestyle information. For more information, please contact Patrick at my office at (718) 892-1161. Please RSVP by contacting Mr. Edwin Scott at (718) 319-2440 or via e-mail at escott@phippсны.org.

CB #10 SHRED-IT EVENT ON SATURDAY, MARCH 30

On Saturday March 30, Bronx Community Board #10 is sponsoring a "Shred-it Event." It will be held at the Greek American Institute at 3573 Bruckner Blvd. from 10 A.M. to 2 P.M. At this event, you may shred up to 3 thirteen gallon bags of paper. It must only be paper. Please remove any and all binders or clips. Originally, this event included a free rain barrel offered by the New York City Department of Environmental Protection. However, we are no longer accepting requests for the rain barrel as we have submitted our list.

CURB CUT DEFACEMENT

I am well aware at just how precious our parking spaces are in front of our homes. Our office does its best to identify areas or change existing signage to accommodate a parking space or two. However, I would be remiss to not mention that any painting of a curb cut is illegal and is considered defacement. Many homeowners in our communities stripe or paint their driveway's curb cut yellow. Additionally, I am increasingly receiving complaints from members of our communities that property owners are expanding their curb cuts without proper permits. Property owners that do this take away valuable on-street parking from their fellow neighbors. If anyone experiences these issues, please contact 311. Simply put, curb cut construction requires permits and painting your curb cut is against the law. Those that have painted their curb cuts may receive violations from the City of New York's Department of Transportation.

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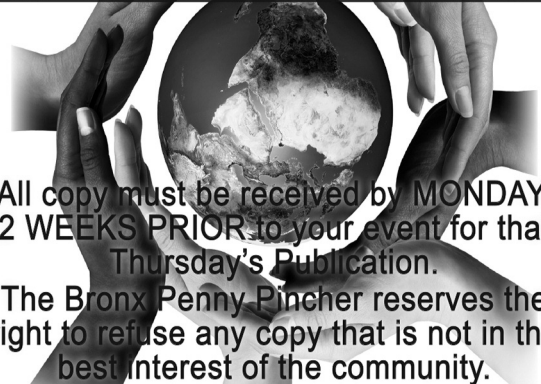
COMMUNITY NEWS F.Y.I. ABOUT OUR NEIGHBORHOOD!

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

Send Your Community Events to:
Community News Editor

THE BRONX PENNY PINCHER

3002 Middletown Road Bronx, NY 10461
Email: BxPP@aol.com Fax: 718.489.2895



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.

EVENTS MUST BE FREE OF CHARGE

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Large House With Room For Everyone. Convenient Location, Driveway and Garage. PLEASE BE PREPARED TO PRESENT PREAPPROVAL OR PROOF OF FUNDS FOR ENTRY. 1237 Mayflower Avenue \$575,000.00 Patricia Stam and Stephen Mancini Licensed RE Salespersons Call for More Details Mancini Realty, Inc. 914-276-1010 <https://www.mancinirealestate.com/details.php?mls=1&mlsid=4915076>

Two Sisters and a Mom are Back! GARAGE SALE. Saturday, March 30th - 2454 Mickle Ave (bet Mace & Waring) - 10:00AM-3:00PM. Great Deals! Men's Clothing \$1.00!

Studio For Rent Einstein Hospital Vicinity - All Utilities Included Recent Pay Stubs and References Will Be Required For More Info: 718-510-7552

Tutor Wanted: Geometry and possibly other subjects Please call 718-503-4696

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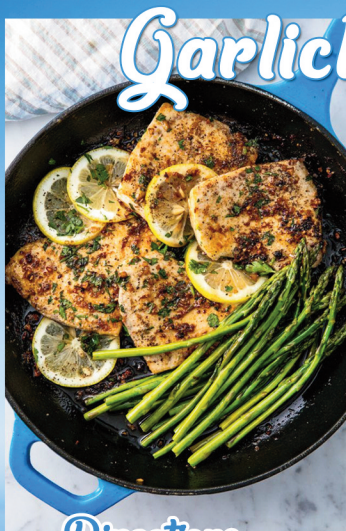
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Directions

1. In a large skillet over medium heat, melt 1 tablespoon each of butter and olive oil. Add mahi-mahi and season with salt and pepper. Cook until golden, 4 to 5 minutes per side. Transfer to a plate.
2. To skillet, add remaining 1 tablespoon oil. Add asparagus and cook until tender, 2 to 4 minutes. Season with salt and pepper and transfer to a plate.
3. To skillet, add remaining 2 tablespoons butter. Once melted, add garlic and red pepper flakes and cook until fragrant, 1 minute, then stir in lemon, zest, juice, and parsley. Remove from heat, then return mahi-mahi and asparagus to skillet and spoon over sauce.
4. Garnish with more parsley before serving.

Ingredients

- 3 tbsp. butter, divided
- 2 tbsp. extra-virgin olive oil, divided
- 4 (4-oz.) mahi-mahi fillets
- Kosher salt
- Freshly ground black pepper
- 1 lb. asparagus
- 3 cloves garlic, minced
- 1/4 tsp. crushed red pepper flakes
- 1 lemon, sliced
- Zest and juice of 1 lemon
- 1 tbsp. freshly chopped parsley, plus more for garnish





R.A.I.N. MIDDLETOWN SENIOR CENTER *FLEA MARKET ALERT* Join R.A.I.N. Middletown Senior Center on Thursday April 11th. They will be selling a variety of antiques, jewelry, collectibles plus more! Flea Market will be open from 9am-2pm at 3035 Middletown Road Bronx, NY 10461.

ATTENTION DOG OWNERS Poor Animals of St. Francis, Inc. is offering FREE Purina Pro Plan Chicken & Rice Formula dry DOG food to people on low income, and donated to us by PURINA. The bags are all sealed 18 lb bags. If you want the help with the dog food, call 718-822-0043 and leave message for Rose. We will return your call.

TNLL 67TH ANNUAL OPENING DAY CEREMONIES Saturday, April 6th, 2019 @ 12:00 NOON. Parade from Lafayette Ave. down Tremont Ave. to TNLL Field. Please go to our website for line of march; rosters & 2019 Game Schedules: WWW.THROGSNECKLITTLELEAGUE.COM

FOCAL POINT GALLERY ANNUAL STUDENT ART SHOW featuring Community Health Academy of the Heights, Saturday April 13th at 1:00PM. 321 City Island Avenue, Bronx, N.Y.10464, 718.885.1403.

JEWISH COMMUNITY COUNCIL OF PELHAM PARKWAY ANNUAL BREAKFAST We are proud to honor the following individuals who have contributed above and beyond to the community and always put their community and its residents first and foremost each and every day. To be held at Bronx House @ 990 Pelham Parkway South, Bronx NY 10461, Sunday March 31, 2019 at 9:30 am: NYS Senator Alessandra Biaggi, Assemblywoman Nathalia Fernandez, NYC Councilman Mark Gjonaj, Laura Guerriero, Publisher Bronx Times Reporter and Rabbi Yitzchak Gross. Please CALL 718.792.4744 for Ticket info and RSVP.

PSS CITY ISLAND CENTER New classes: Swing Dance, Mondays @ 1; Mixed Media Art (two times per week), Mondays at 10 and Thursdays at 1. Upcoming Special Events: Thursday, April 11 @ 12:30, Nutrition Presentation; Friday, April 12 @ 1:15, Advance Planning Presentation. 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.org for our monthly calendar.

THE BRAHMA KUMARIS in the Bronx invites you to join in a discussion, 'The Healing Power of Forgiveness,' Saturday, March 30, 2019, 4:30-6:30pm at 2705 Williamsbridge Road, Bronx, NY 10469. Together we will look at the true meaning of Forgiveness. We will see that when we forgive we become stronger and freer to create more peaceful and happier lives, as we are no longer prisoners of our past. The past becomes the past, enabling us to 'let go' and in the present embracing only that which serves us. The program is offered free as a community service. We hope you can join us. Also please invite a friend. RSVP and information, please contact Carmen bkbrown2.ny@gmail.com or 718.994.0765

BRONX HOUSE EARLY CHILDHOOD--PRE-K FOR ALL For Children born in 2015. Call now to book a tour. Call Natasha Khan 718-792-1800 ext. 264.

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.

SNAP (Supplemental Nutrition Assistance program) Friday, March 29, 2019, 10AM-4PM. Throgs Neck Library. Are you eligible to receive Food Stamp benefits? A Food Stamp Outreach Specialist will be available to assist you with eligibility prescreening and to answer your questions. No registration required. Sponsored by NYC's Human Resources Administration: Department of Social Services. Throgs Neck Library, 3025 Cross Bronx Expressway Extension, Bronx, NY, 10465 718.792.2612.

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, April 5th 1ST, starting at 7:00 PM. The special theme for that evening will be Shabbat in Philippines. Yes, that's right Philippines. All of your favorite Philippine 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, inspiration, 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! www.BronxJewishCenter.org, office@bronxjewishcenter.org

COMMUNITY PASSOVER SEDER AT YOUNG ISRAEL OF PELHAM PARKWAY: The Young Israel Of Pelham Parkway with the Jewish Community Council Of Pelham Parkway invite the Community to observe and celebrate at our Community Passover Seder. First Seder will be Friday, April 19 at 8:30pm. Second Seder will be Saturday, April 20 at 8:35pm. After evening services, Rabbi Michael Macks will lead the first Seder. Rabbi Yitzi Gross will lead the second Seder. PLEASE MAKE YOUR RESERVATIONS BY CALLING The Jewish Community Council of Pelham Parkway Monday - Friday • 9AM to 5PM, 718.792.4744 or by email to dedelstein@bjcconline.org. This is a free event but reservations must be made so we can properly prepare. Reservations must be made by Wednesday, April 10, 2019. The synagogue is located at 900 Pelham Parkway South, Bx NY 10461.

STRETCH, BREATH, MEDITATION Saturday, March 30, 2019 9:30AM-10:30AM. Learn the basics of Meditation through this program. The class will focus on stretching and breathing and show you how to do these same exercises at home to start your day. Free Event! Williamsbridge Oval Recreation Center, 3225 Reservoir Oval East Bronx. NYC Parks: Bronx Recreation, 718.543.8672, sarah.bishow@parks.nyc.gov

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- Vestibular Rehabilitation