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**May 30 - June 5, 2019**

**Volume 22**  
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Dr. Gramuglia is Board Certified by the ABFAS and is affiliated with Montefiore Medical Center.

### INTRODUCING:

**George Le, DPM**, a graduate of the prestigious Montefiore Foot and Ankle Surgery program. **Andrew Wong, DPM** was the Chief Resident at the Department of Veterans Affairs here in NYC. Their addition along with Dr. Gramuglia's 32 years of experience is a perfect combination.

**DR. VINCENT GRAMUGLIA  
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Sale items limited 1 per family unless otherwise noted. Items & prices effective in this store only.

**SALE STARTS FRIDAY, MAY 31 THRU JUNE 6**



# COMMUNITY NEWS

ABOUT OUR NEIGHBORHOOD CALENDER OF EVENTS!

Do you have an event that is of interest to your neighborhood?  
Excluding Yard & Garage Sales. We will print your event **free of charge**

— ALL NON- PROFIT ORGAIZNATIONS WELCOME! —

**CITY PARKS PUPPET MOBILE** In Partnership with New York City Parks is coming to Bufano Park. "Bessie's Big Shot" Marionette Show, Friday, June 7th, 2019, Bufano Park at 11:00am. That's a whole lot of park. HA! Swedish Cottage marionette shows are amazing and entertaining so do come see as it's a completely FREE sweet treat. Google it to preview it then set your calendar to come through. Survivor I Am will bring 2-10X10 tents providing shading from the Sun. Bring a chair, grab your tot and come check out "Bessie's Big Shot" Mom, Dad, Caretakers and little preschoolers welcome for some pre-weekend Friday fun before their sibling's day is done. As space under shade is limited, be mindful to come early. We can also band together as in the month of June, the heat is certainly on! | **SAVE THIS DATE TOO:** Survivor I Am Mid-Year Multi-Cultural Celebration, SATURDAY, JUNE 22nd, 2019 1:00pm to 6:00pm Karaoke, Face-Painting, raffles, awareness, a little Salsa perhaps, a little dance and arts and crafts. what of your heritage would you like to share leaving lasting impact? Come through to share. Please be proud to dare! Get in touch to support, donate supplies, participate or simply volunteer lending hand. It takes a village! Contact: [sonia@survivoriam.org](mailto:sonia@survivoriam.org) (347) 834-1917 Follow us on the Gram; [SURVIVORIAM](https://www.instagram.com/survivoriam)

**ANNUAL FAMILY CARNIVAL DAY FOR THE BRONX COMMUNITY** Bronx community families who are looking to have a fun filled family experience can come to the Family Carnival on Friday June 7, 2019, 4:00pm-8:00pm, hosted by Equality Charter School. Equality is hosting this event to promote positive family and youth experiences within the community. "Our School is dedicated to focusing on lifting the community each year with an Outdoor Carnival in the Spring, and a Movie night under the stars in the Fall," said Errol Olton Equality Director and community member. The event is open to the public. Attendees are encouraged to bring friends, loved ones, and family members of all ages. Event Highlights: Face painting, clowns, a live DJ, inflatable rides, food, dancing and a dunk tank! Ticket packages (includes rides & food) range between \$5.00 and \$10.00. Location: Equality Charter High School Yard, 2141 Seward Avenue, Bronx, NY 10473. [www.equality-charterschool.org/events](http://www.equality-charterschool.org/events)

**BRONX JEWISH CENTER** Please join us for our next community Shabbat dinner at the Bronx Jewish Center, 1969 Haight Avenue, to be held on Friday, June 7th starting at 7:00PM. The special theme for that evening will be Shabbat in Thailand. Yes, that's right Thailand. All of our favorite Thai 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. Community Shabbat dinners are held the first Friday of every month. On Sunday, June 9th at 11:00AM, there will be a reading of the Ten Commandments followed by a dairy Brunch celebrating the holiday of Shavout at the BJC. Please join us for these TWO beautiful events. RSVP @ 718.812.1701 to let us know you are coming .

**NY PUBLIC LIBRARY - PELHAM BAY BRANCH** Starting a Business with SBA: Find out what you need to know to start and run a small business. Free program from the Small Business Administration. June 4th, 11th, 18th and 25th from 1:00PM-3:00PM. Day one: Steps to starting your business, checklist for starting your business, personal assessment. Day two: SBA programs and services to help your business. Day three: Business plan writing. Day four: Financing your business. Space is limited, sign up sheet at front desk or call 718.792.6744. Pelham Bay Library, 3060 Middletown Road.

**PSS CITY ISLAND CENTER** Upcoming Special Events: Mondays @ 1:00 pm, Gardening Exchange-exchange ideas, information, cuttings, vegetables, etc. 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, mixed media art class, health presentations, singing group and parties! Lunch is served from 12-1 pm, suggested donation \$2.00. We go on shopping trips every day; i.e. Shop Rite, Dollar Tree, Target, Kmart as well as theatre excursions, special 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](mailto:pattis@pssusa.org) for our monthly calendar.

**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.

**THE BRAHMA KUMARIS** has launched a series of conversations on 'Return to the Source.' In the Bronx we will have the first workshop/conversation on 'God: The Ocean of Love.' You are invited to join us in warm and inspiring workshop & conversation, Sunday, June 2, 2019, 4:30 - 6:30pm, at 2705 Williamsbridge Road, Bronx, NY 10469. Together we will look at the need for God's love in our world today - to heal our world, comfort our hearts, and give hope to all. 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 [bkbbrnx2.ny@gmail.com](mailto:bkbbrnx2.ny@gmail.com) or 718-994-0765

**SPRING LAUNCH FEST 2019** Saturday, June 1, 2019, 12:00pm to 4:00pm. Free event for all ages. Join Rocking the Boat for Spring Launch Fest 2019, celebrating another semester of boatbuilding, environmental science, and sailing programs for youth in the South Bronx. Live music from abrazos orchestra, free rowing and birding on the bronx river, the launch of the program's newest student-built boats, Free food and barbecue. Hunts Point Riverside Park. More info: <https://rockingtheboat.org/slf>

**CITY ISLAND SPRING ARTS & CRAFTS FAIR** Saturday, June 1st and Sunday, June 2nd, 2019, 11:00am to 7:00pm. Free admission. Rain or shine. City Island's Spring Arts & Crafts Fair features paintings, photography, jewelry, stained glass, Native crafts, face painting, live music and more. [cityislandchamber.org/2019/01/register-for-the-2019-spring-arts-and-crafts-fair/](http://cityislandchamber.org/2019/01/register-for-the-2019-spring-arts-and-crafts-fair/)

**MARITIME COLLEGE COMMUNITY PROGRAMS SUMMER 2019** Saturday Swim Classes are now open! Registration deadline: Friday, May 31, 2019. Detailed course description and registration form can be found here <https://communityprograms.coursestorm.com>. WE CAN ONLY ACCEPT ONLINE REGISTRATIONS WITH CREDIT CARD PAYMENTS. Mail-in and Drop-offs are no longer accepted. If you have any questions or concerns, please don't hesitate to contact us via e-mail at [cprogrms@sunymaritime.edu](mailto:cprogrms@sunymaritime.edu).

HAVE AN EVENT OR COMMUNITY NEWS? SUBMIT YOUR NON PROFIT EVENTS, NEWS ETC. TO [BXPP@AOL.COM](mailto:BXPP@AOL.COM) AND DON'T FORGET TO VISIT OUR NEW COMMUNITY GROUP AT [WWW.FACEBOOK.COM/GROUPS/BXCOMMUNITYNEWS](https://www.facebook.com/groups/BXCOMMUNITYNEWS)



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Garage sale Saturday June 1st, lots of new / old  
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## SCHEDULE

**Course Dates/Times: Monday & Wednesday (& Possibly Tues.)**  
**ALL CLASSES START AT 6:15 PM AND END AT 9:15 PM**

**COURSE NAME: START DATE: END DATE:**

Anatomy,  
Physiology and  
Medical Terminology July 8, 2019 July 24, 2019

2019 International  
Classification of  
Diseases (ICD10 CM) July 29, 2019 Aug 21, 2019

2019 Current  
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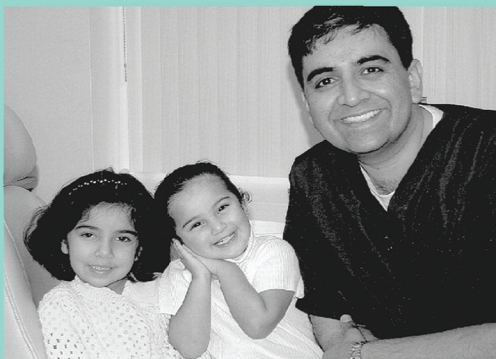
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10:00am	10:00am	10:00am	10:00am	10:00am	8:30am 10:00am	9:00am 10:30am
5:00pm	5:15pm	5:00pm	5:30pm	5:30pm		
6:30pm	6:45pm	6:30pm	7:00pm			
8:00pm	8:15pm	8:00pm	8:30pm			

**STOP IN OR SIGN UP ONLINE FOR A  
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\*Boxing gloves are required for our classes. If you don't have gloves, they are available for purchase at the gym.



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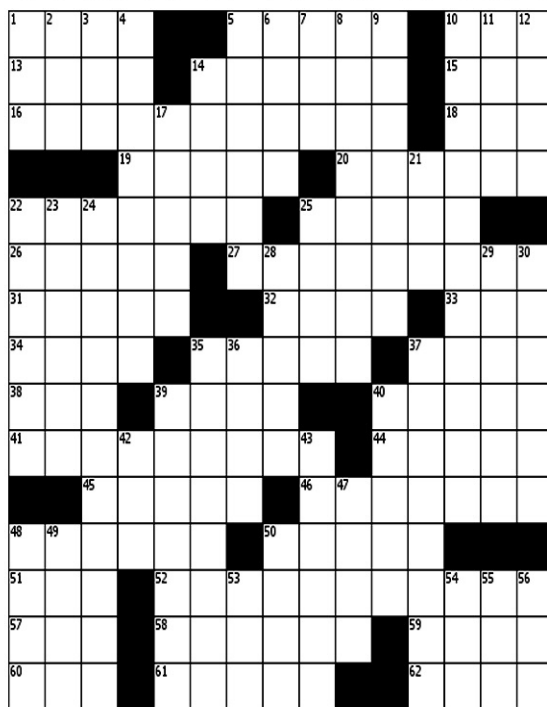
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# CROSSWORD



## Across

1. Sahara rarity
5. Christmas gifts for kids up North
10. Neighbor of Ga.
13. Opera with an Egyptian setting
14. Able-bodied ones
15. "\_\_\_ Me Call You Sweetheart"
16. Arsonist's alibi?
18. Once - lifetime connector
19. Pulitzer winner Pyle
20. Vegetable container
22. Away from the main place of business
25. Villains in a Hitchcock film
26. Man without a country
27. 26th or 32nd president
31. Takes a leisurely bath
32. Made a federal case?
33. Prepare to drag
34. The Beatles' "Let \_\_\_"
35. Some Baltic natives
37. Saint and Gabor
38. Cotillion VIP
39. Folk wisdom
40. Like mutton
41. Aristotle's "best provision for old age"
44. Be silent, in music
45. Babe and Baby
46. Jobholders
48. New Mexico range
50. Preminger and Kahn
51. Unlock, to Locke
52. Halloween decorations? (with "The")
57. Ireland's \_\_\_ Lingus
58. They're found in churches and supermarkets
59. Draft classification
60. Letter after thoughts
61. Animated dad
62. 1995 Dodge phenom Hideo

## Down

1. "A Yank in the \_\_\_" (1941)
2. Suffer somewhat
3. Author Tarbell
4. One who might "report to the lobby" as you do
5. More appealing, in a way
6. Add punch to the punch
7. It lays green eggs
8. Looks down on with disdain
9. Wore a belittling look
10. What the coin-tossing referee offers?
11. Comic Jay
12. Just \_\_\_ (not much)
14. Enraptured
17. Gray and Moran
21. Pt. of speech
22. Kind of kick
23. Paid, as a bill
24. Chemists' devices to get rid of love handles?
25. Ring engagement?
28. Path start
29. Not quite a ringer
30. They can be fine-tuned
35. Fictional ladies' man
36. Goddess with a golden apple
37. Site of Northwestern University
39. Oscar-nominated Queen
40. Others in the Sierra Madra
42. Something to chew on
43. Word with world or regions
47. ABA members
48. Ivory or Coast
49. Fossey's study
50. Eye with a sigh
53. Suffix with real, patriot or ideal
54. What one becomes in Madrid
55. Not masc.
56. Retailer Schwarz



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**Maria Paleatsos**

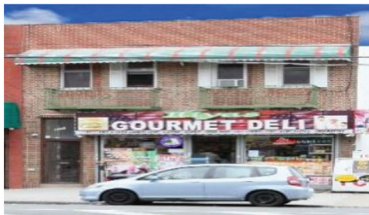
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**COUNTRY CLUB:** Updated 5 Rooms, 3 Bdr, EIK, Wood Floors, Porch. \$1,975 G&E Inc.

**THROGS NECK:** 6 Rooms, 3 Bdr, EIK, MBr, Carpeted, Wood Floors. \$2,000 Heat Included

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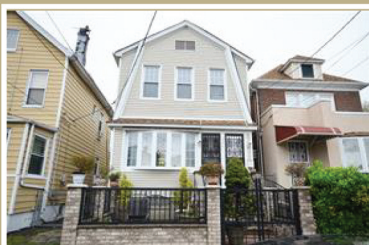
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COUNTRY CLUB:  
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BATHS, FIREPLACE FULL BASEMENT  
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FINISHED WALK-IN  
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MOVE RIGHT IN! 2 BEDROOM  
CO-OP WITH LOTS OF AMENITIES!  
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2. AMAZON
3. **BERKSHIRE HATHAWAY**
4. WALT DISNEY
5. STARBUCKS

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

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THIS CO-OP UNIT IS A MUST SEE NESTLED IN THE EDGEWATER PARK COMMUNITY, LAYOUT FEATURES: LARGE DECK FOR ENTERTAINING, ENTRANCE FOYER, LIVING ROOM WITH HIGH VAULTED CEILING AND DECORATIVE WINDOW, KITCHEN W/ PANTRY, FDR, BDR & FULL BATH W/ JACUZZI. PLUS BASEMENT W/ LAUNDRY & WORKSHOP AREA, TWO ADDITIONAL ROOMS, OFFICE - FAMILY ROOM/ DEN - ANDERSON WINDOWS, ATTIC FOR STORAGE - CONVENIENTLY LOCATED NEAR PARKING LOT - NO FLOOD INSURANCE REQUIRED. ENJOY THE MANY AMENITIES THIS COMMUNITY OFFERS: BEACH, DELI, PLAYGROUND TRACK, BASKETBALL COURT, VOLUNTEER FIRE HOUSE, SECURITY, COMMUNITY CENTER FOR SHAREHOLDERS TO RENT OUT, EXPRESS BUS ACCESS CORPORATION ON SITE. \$265,000 W/ SHARES INCLUDED

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WEEK OF \_\_\_\_\_  
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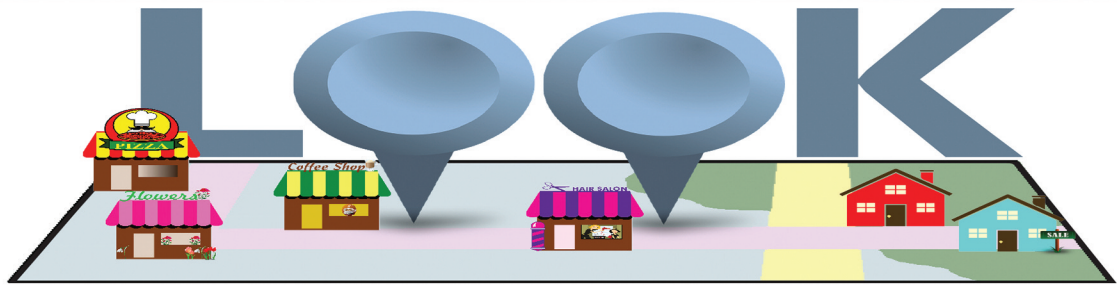
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## "Neighborhood Updates"



**Matthew Cruz**  
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[Bx10@cb.nyc.gov](mailto:Bx10@cb.nyc.gov)

### FULL BOARD ON JUNE 20, 2019

It is my hope that you and your families had a pleasant Memorial Day! As many of you know, the Board Members of Bronx Community Board #10 adjourn for the summer months. However, my District Office continues working unabated to address your complaints and/or concerns. Please join us for our last Full Board on Thursday, June 20 at Fort Schuyler House which is located at 3077 Cross Bronx Expressway in Throggs Neck. This meeting will also be a Public Hearing for one item. The owners of 630-636 City Island Avenue in City Island are renewing its NYC Board of Standards and Appeals variance. If you have any questions about either topic, please contact me at (718) 892-1161.

### CB #10 SHRED-IT EVENT ON SATURDAY, JUNE 8

On Saturday, June 8 Bronx Community Board #10 is sponsoring a "Shred-it Event." It will be held at the Bay Plaza Shopping Center rear parking lot from 10 A.M. to 2 P.M. It will occur rain or shine. 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. This event is free-of-charge and is sponsored by Bronx Community Board #10. Please feel free to invite as many people as you wish as the event is opened to all and you do not have to be a resident of Community Board #10.

### MONDAY NIGHT LAW BY THE NEW YORK CITY BAR ASSOCIATION

The New York City Bar is hosting Monday Night Law which is a free-of-charge consultation with a volunteer lawyer as part of a community service program. This free consultation will give you the opportunity to discuss questions with an attorney about legal issues and/or processes. You can make an appointment by calling (212) 626-7373. Once you schedule your appointment, you will be given two locations to choose from: 42 West 44th Street and 14 Vesey Street in Manhattan. Walk-ins are not permitted. Appointments typically are from 5:30 P.M. to 7:30 P.M. on Monday evenings. Thank you to the New York City Bar Association for this wonderful service!

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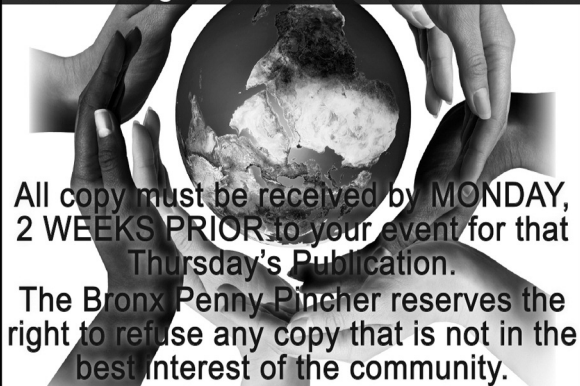
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All copy must be received by **MONDAY, 2 WEEKS PRIOR** to your event for that Thursday's Publication.

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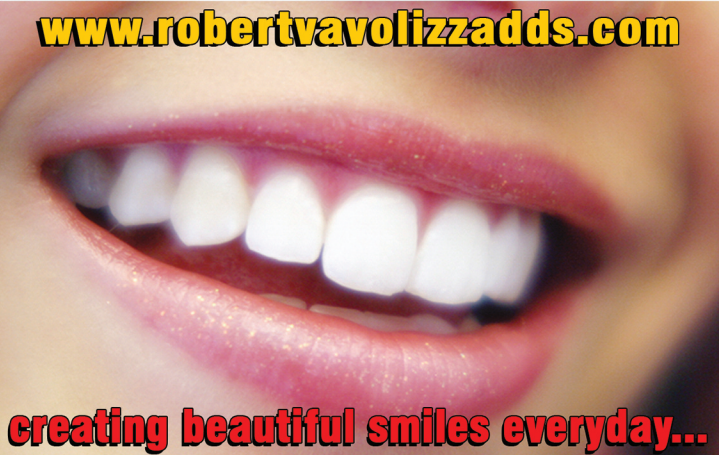


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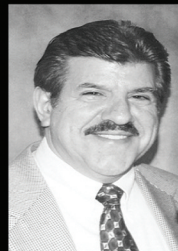
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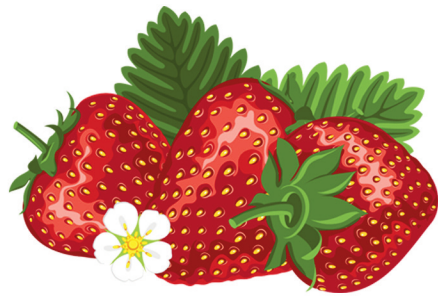


## Ingredients

1 pound fresh strawberries,  
finely chopped  
2 medium apples, peeled and  
finely chopped  
1 package (12oz) frozen un-  
sweetened raspberries,  
thawed and well drained  
2 medium kiwifruit, peeled  
and finely chopped  
3 tablespoons peach or apricot  
preserves  
2 tablespoons sugar  
1 tablespoon brown sugar

## Cinnamon Tortilla chips:

Oil for deep-fat frying  
10 flour tortillas (10 inches)  
1/2 cup sugar  
2 teaspoons ground cinnamon



## Directions

In a large bowl, combine the first seven ingredients; cover and chill for 20 minutes or until serving.

In an electric skillet or deep-fat fryer, heat oil to 375°. Cut each tortilla in half; cut each half into 10 strips. Fry strips, a few at a time, until light golden brown on both sides. Drain on paper towels. Combine sugar and cinnamon; sprinkle over strips and toss to coat. Serve with salsa.



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BXFEB19



# Bay Park

Center For Nursing & Rehabilitation



**801 Co-Op City Boulevard  
Bronx, NY 10475**

**PHONE: 718.239.6555**

**FAX: 718.239.6553**

**Bay Park Center** provides high quality, skilled nursing care in a nurturing environment. Our long standing records of excellence and ongoing initiatives to expand and improve our facilities and services have earned us an outstanding reputation in the community. Today, 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](http://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