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**June 13 - 19, 2019**

**Volume 24**  
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## CONTACT

For Questions, Sponsorships and Vendor Opportunities, please call (914) 218-3968 or e-mail: [EventsCJH@EventsRemember.com](mailto:EventsCJH@EventsRemember.com)



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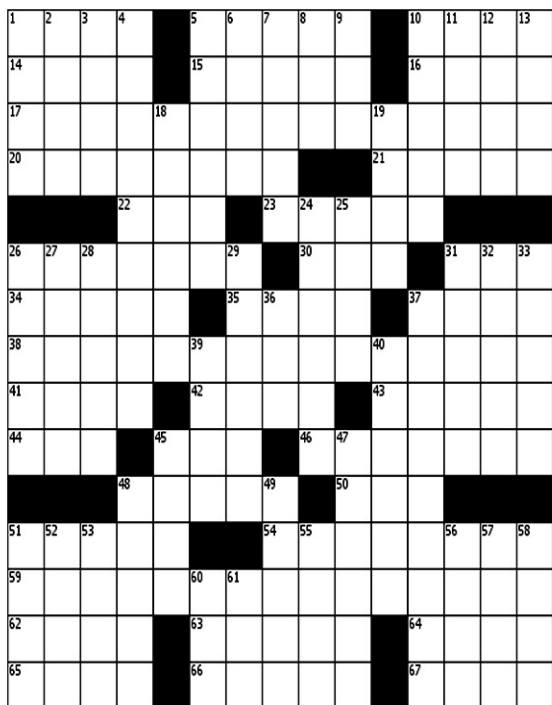
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# CROSSWORD



## Across

1. Kitten's response
5. Highway behemoths
10. It leads to the grandstand
14. Stawpot
15. Abolitionist Sojourner
16. Butter substitute
17. Neither liberal nor conservative
20. Most impudent
21. Major industrial center near Manchester
22. It may have a general assembly?
23. Floor support
26. Participant in a defensive sport
30. Massachusetts cape
31. Kind of patch
34. States
35. Put the shirt in the closet
37. Mideast's \_\_\_ League
38. Every object has one
41. Hippocratic pronouncement
42. "... \_\_\_ take arms against" ("Hamlet")
43. Some scholarly works
44. Teacher's deg.
45. Job or table ending
46. Foot soldier's shares
48. Phoebe, who played Princess Caraboo
50. June honoree
51. Worse than bad
54. Alligator pears
59. 1994 Malkovich film
62. Swiss river to the Rhine
63. Composure
64. More than a splint
65. Brought about
66. Rate of movement
67. Time periods

## Down

1. May honorees
2. Lamb's pen name
3. Ransom of automobiles?
4. Longfellow's middle name
5. Cowboy charges
6. Cupid, in Greece
7. Civilian clothes worn by a soldier
8. GTE competitor
9. Theater request
10. "Air Music" composer Ned
11. \_\_\_ vera
12. Lake impounded by Hoover Dam
13. Groups of whales
18. Facilitate communication
19. Distinctive flair
24. City on the Penobscot
25. Certain MIT grad.
26. Man with a ladder?
27. Iris layers
28. Al \_\_\_ (pasta order)
29. All-American Lancaster role
31. Superb
32. Devoured
33. Vast chasm
36. Back at sea?
37. Evasion
39. Plant anchor
40. Launch an assault
45. It's followed by "Who goes there?"
47. Worshipped
48. Preserved, in a way
49. Al Capp's Hawkins
51. Melville's doomed Captain
52. Tear's partner
53. What one needs to ride the tram
55. Urn
56. Letter starter
57. Northern Greece peak
58. Former JFK Mach busters
60. Mother of Jupiter
61. Smart dresser

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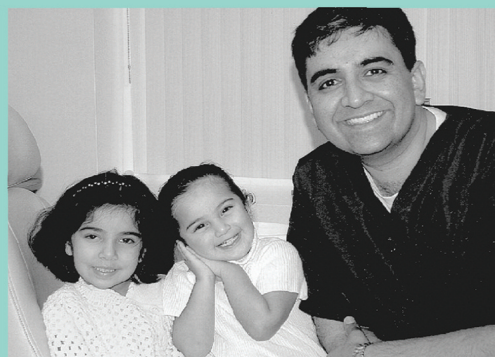
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**Payment Plans Available!**

## 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 Procedural Terminology (CPT) Aug 26, 2019 Sept 18, 2019

Registration is on a first-come-first-serve-basis

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## Mortgage Talk with Irene Amato

What's the expectation in the relationship between a client and their Real Estate Team.

When you're beginning to entertain thoughts of purchasing a home your first call should be a trusted licensed mortgage professional, and a local realtor. At this point you also should be carefully vetting real estate attorneys and home inspectors as well. You should research the companies along with the individual that you are choosing to work with. These relationships weigh heavily on trust so establishing that and feeling comfortable with your choice is KEY.

Once your relationship has been established and you have chosen the professional to work with you now have to trust your decision and have confidence in your team.

When searching for a home almost everyone you speak with will be a mortgage or real estate expert. Usually, they are genuinely trying to offer advice but that advice is based on their individual experience. Every experience in the real estate industry is unique and should be handled that way. Besides, you hired a team of professionals to work on your behalf for your personal situation so let them address your specific questions and concerns.

As a client, you should be receiving professional, prompt and courteous service. Your team should make this an experience rather than a transaction. You should never feel "foolish" for asking any questions and should always be comfortable relying on your team. While your team is delivering the ultimate experience, you as the client should remain loyal to them when venturing through the process. For more information on this topic feel free to reach out to A.S.A.P. Mortgage Corp.

**1-866-THINK-ASAP**

Good luck on your search!

**Follow mortgage tips next week for the value of a mortgage pre qualification letter.**

Article provided by Irene Amato,  
 CEO Asap Mortgage Corp. NMLS #4214



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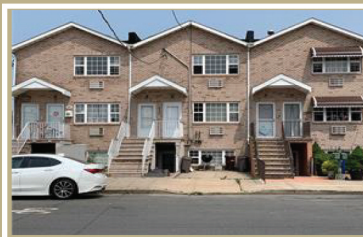


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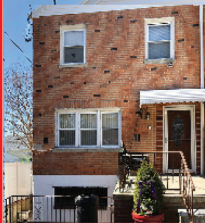
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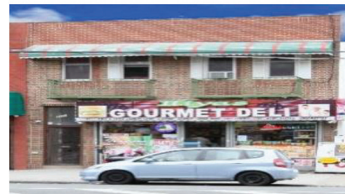
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Garage Sale: Saturday, 6/15/19 at 812 Quincy Ave from 9AM-3PM. Clothes, Toys, New Items 1268 Edison Ave, Yard Sale. Everything must go! Sat & Sun 9-6pm

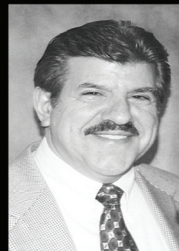
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Yard Sale Sat. June 15th tools, boating supplies, fire extinguishers, pots, dishes, glassware, appliances, paintings. 3258 Philip Ave, Bronx 9am

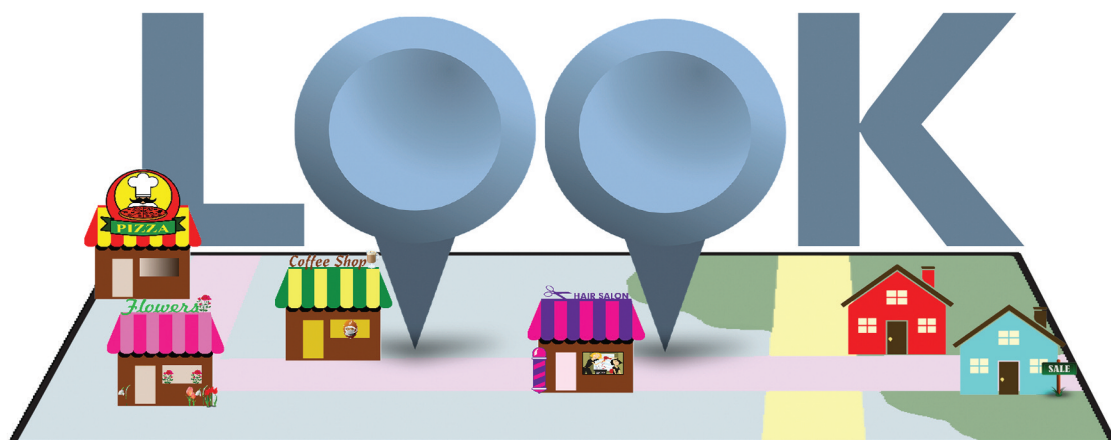
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**Key Food**

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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

### STATE SENATOR BIAGGI'S STAFF AT CB #10

This Tuesday, June 18 a representative from New York State Senator Biaggi's office will be present at Community Board #10's District Office. We are located at 3165 East Tremont Ave., Bronx, NY 10461. Please come with your state government concerns and/or questions. This is a wonderful opportunity to learn more of the services rendered at our respective offices.

### NYC DOT STREET WORK PERMITS

Readers, as your District Manager, I would be remiss if I did not use this column to make you aware of ways on how to retrieve publicly available information. My office fields many inquiries weekly with regard to road work occurring in our neighborhoods. As you know, any road work requires New York City Department of Transportation permits. All permits are publicly available on the "NYCStreets Permit Management System" which can be found at <http://nycstreets.net/public/permit/search>. On this website, you are able to search by address, intersection and/or community district. I understand that navigating this website can be difficult on the first attempt. However, my office staff is available to help you at your earliest convenience so that you are able to find out when road work is scheduled to conclude or if you would like to know which agency is working in your neighborhood. To be sure, some permits are not actively available on this website as there are instances where, for example, Con Edison is performing emergency work. In these instances, contact my office at (718) 892-1161 with any questions.

### "HELP ME QUIT"

The warmer weather is upon us, but some things do not change! All smoking is bad for you. We should all convince our loved ones to "kick the habit." According to the NYC Department of Health & Mental Hygiene, nearly 867,000 adults and 15,000 young people use tobacco products. The use of tobacco products can cause vascular disease, diabetes and heart and lung diseases in addition to many forms of cancer. With this in mind, the NYC DOHMH launched the "Help Me Quit" mobile application earlier this year. It is available for free download on your smart phone and/or tablet. The "Help Me Quit" application provides tips on how to stop cravings, a map of nearby support clinics and help track the progress on your journey toward quitting. Interested persons may call 3-1-1 to find a local quit smoking program or can visit [www.ny-smokefree.com](http://www.ny-smokefree.com). As always, you are welcomed to contact my office at (718) 892-1161 with questions.

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**All copy must be received by**  
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# CAMPFIRE REESE'S CONES



## INGREDIENTS

*6 waffle cones*

*mini marshmallows*

*Reese's miniature cups*

*Reese's pieces*

*peanut butter*



## DIRECTIONS

*Stuff cones with marshmallows, Reese's cups,  
Reese's pieces and peanut butter.*

*Wrap cones with foil and throw on the campfire  
until the candies are melted, about 5 minutes.*

*Remove from heat and let rest until cool enough to handle.*





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**JUMBO  
SCALLOPS**  
24 OZ. BAG  
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**SABRETT B.B.Q. PACK**  
30 pc. Sabrett Franks 10-1  
2 dozen Frank Rolls  
1 lb. Sabrett Onions  
1 lb. Sabrett Saurkraut  
1 btl. Sabrett Squeeze Mustard  
**ALL THIS FOR  
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**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**

**FAMILY PACK**  
1 lb Chicken Cutlets  
2 lbs Veal Cutlets  
3 lbs Spare Ribs  
2 lbs Franks  
3 lbs Chicken Legs  
2 lbs Italian Sausage  
**ALL THIS FOR  
\$65.95**

**COLD CUT FEAST**  
1 LB. HORMEL HAM  
1 LB. OVEN ROAST TURKEY  
1 LB. GENOA SALAMI  
1 LB. OF AMERICAN OR SWISS  
**ALL FOR  
\$19.99**



## COLD CUT COMBOS

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& 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**

**GENOA SALAMI & PROVOLONE  
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# 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 ORGAIZATIONS WELCOME!

**AMVETS LADIES BINGO** The Amvets Ladies Auxiliary bi-monthly Bingo night will be June 17th at thier post 1440 Shore Rd @ 7:30PM (doors open@ 7PM). As usual, our proceeds to towards the VA Hospital in the Bronx and other charities.

**SURVIVOR I AM WELL- AWARENESS EVENTS AT BUFANO PARK** Schedule follows: Bufano Park on Bradford Avenue btwn Waterbury and LaSalle. We invite all in partnering to be that village. Awareness through proactive prevention to empower the next is always our focus. Saturday, June 22nd, 2019 Mid-Year Multi-Cultural Celebration with Partnerships for Parks from 1 to 6pm \* LDM Charles Laloma live for Fun Family times playing a variety of multi-cultural music. What's your heritage fav? Let us know and we'll put it in rotation to play!!!! Special Guests include: Ondrea Lynn author of Best Selling Book; Born Enough facilitating a workshop and signing 50 book giveaways to 50 lucky/blessed families moving us through our childhood trauma to empower and protect the next. Also, James McSherry retired amazing veteran teacher from Lehman High School and community neighbor to address us with his own incredible gift of life experience. Great things are happening so plan accordingly. Iovana Bonfante will be facilitating fitness classes starting on Saturday, June 29th at Bufano Park Start time: 9:00am through September! Saturday, July 20: Continued Awareness\* Family Fun 1-6pm Chess, Face-Painting, Karaoke, Arts. Saturday, August 24: Bufano Park's 80th Birthday 1-6pm Celebrating 80 yrs through community awareness Saturday, September 21: Anti-Bullying Awareness 1- 6pm Back to School Blues Survival Tools and the planning to bring skating back again! Saturday, October 19: Annual Costume Celebration Family Fun for everyone in great awareness. Festivities are provided until 6:00pm at each event. To participate in volunteering or tabling contact Sonia (347) 834-1917 Follow Survivor I Am on Instagram & Facebook for more adversity awareness content. Visit our website [www.survivoriam.org](http://www.survivoriam.org) THE TIME IS NOW.

**PSS CITY ISLAND CENTER** Upcoming Special Events: New class starting in June - every Monday @ 1:00 Gardening Exchange-exchange ideas, information, cuttings, vegetables, etc. "Stuff-Let's Talk" Discussion Group with continental breakfast every Wednesday at 9:00. Two mini trips— Wednesday, June 19 @12:30 Mini Golf & June 26 @12:30 Orchard Beach. Singing Group Concert directed by Napat, Friday, June 28 @ 1:15. Closed, Thursday, July 4 for Independence Day. Fridays in July@ 1:15 The Wonderful, Crazy Brain. Stop by your center and enjoy the exciting programs offered at our center which is located at 116 City Island Ave. Monday through Friday from 9:00 to 3:00. 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, health presentations, blood pressure monitoring, singing group, and parties! Lunch is served from 12:00-1:00. We go on shopping trips every day; i.e. Shop Rite, Dollar Tree, Aldi, 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. Suggested donation for lunch \$2.00. For more information contact Patty @ 718-885-0727 or email [pat@pssusa.org](mailto:pat@pssusa.org) for our monthly calendar.

**AMERICA'S BOATING CLUB** The Annual Blessing of the Fleet with the cooperation of the City Island Sail & Power Squadron and the Leonard Hawkins American Legion Post will take place on Sunday, June 23, 2019 at 1:00PM at Fenton Marine Dock in City Island. Multi-denominational clergy will bless vessels from the Fenton Marine Dock located in City Island Harbor. Participation is by water only! Boats should assemble in City Island Harbor by the ferry dock on Hart Island at 1230. Communications on VHF #71 will begin at 1230. Event Chairman, Dennis Gormley may be contacted at: 718.652.3056 or 646.258.4250.

**TEMPLE HATIKVA SPECIAL FATHER'S DAY SERVICE.** Friday, June 14 We've just take the time to honor our mothers and the patriarchs of our people. Now it's time to give proper due to the fathers! It's a fitting time to honor our fathers and patriarchs, as we will have just celebrated Shavuot commemorating the receiving of the Torah from the ultimate father of mankind: Hashem! Now we can rejoice further in our heritage and the unbroken chain of study and tradition that has been passed down to us, from one father to the next, (of course made possible by the mothers whom we celebrated last month!) until here we are continuing to share these teachings and paving the way for our children as well. Let us gather and daven, hear the words of the Torah, and celebrate the fathers in our community. Temple Hatikva is a Reform / Conservative synagogue serving all those of the Jewish faith. We invite you to join us for our traditional, yet modern services, All religious services and Adult Education sessions are

FREE to attend. Services will be Friday, June 14, 2019 at Bronx House 990 Pelham Parkway South at 7:30 pm

**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 IN THE BRONX** invites you to join in a special occasion of 'World Meditation Hour', Sunday, June 16, 2019, 6:00pm - 7:30pm, at 2705 Williamsbridge Road, Bronx, NY 10469. Please join us and together let us offer our gift of peace and love to the world through our pure thoughts, feelings, and good wishes in silent meditation. Connecting with the Divine, the Benevolent Source, we fill our hearts and minds with peace and love, then we can offer this as our gift to the world. The world needs this NOW - our support of peace, love, and harmony for its healing. The program is offered free as a community service. We hope you can be there, also please invite a friend. RSVP and information, please contact Carmen [bkbrn2.ny@gmail.com](mailto:bkbrn2.ny@gmail.com) or 718-994-0765

**NY PUBLIC LIBRARY: MORRIS PARK BRANCH** MS Excel for Beginners on June 12 & June 26, 2:30PM. Learn the basics of working with spreadsheets using Microsoft Excel 2010. No Registration Required. Open to Adults 18+. | Author Talk - Richie Narvaez Saturday, June 29, 2019 @ 2:30 PM. Filled with a cast of colorful characters and told with sardonic wit, Hipster Death Rattle by Richie Narvaez is a fast-moving, intricately plotted debut novel that plays out against a backdrop of rapid gentrification, skyrocketing rents, and class tension in New York City. | My Own Kaiju, Presented by DJ Spazecraft, Wednesday, June 19, 3PM. In this workshop, we'll be learning how to make your very own paper plush toy making project! For ages 13-18 years old. | Movie Friday's @ 10AM, Fathers and Daughters (2015)-6/7/2019, The Children Act (2017)- 6/14/2019 | Yoga for Beginners on Saturday, June 8th @ 3PM. In this session you will learn simple but powerful yoga postures to balance and stabilize your system. RSVP: [InnerEngineering.com/YogaForSuccess](mailto:InnerEngineering.com/YogaForSuccess). No prior experience with yoga is necessary. Please bring a yoga mat & towel and arrive on an empty stomach condition. Morris Park Branch is located at 985 Morris Park Ave Bronx, NY 10462, 718.931.0636, [nypil.org](http://nypil.org)

**PELHAM PARKWAY NEIGHBORHOOD ASSOCIATION** and Councilman Gjonaj are Hosting a Graffiti Removal Day on Sat June 15 at 10:00 am. Meet at 721 Lydig Avenue. Come Join Us!

**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 Best 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)

**WARRIOR FOOTBALL REGISTRATION** Warrior Chief, Jay Demers invites all boys and girls ages 5 to 13 to come out and play Warrior Football. We will be accepting registrations online at [www.bronxwarriorsfootball.com](http://www.bronxwarriorsfootball.com) any time and we will hold in-person registrations at the football field every Tuesday and Thursday until June 13th from 6pm-7pm. We will add two Saturdays for registration, June 22nd and June 29th from 11am-1pm. All divisions are monitored by adult coaches and administrators who are volunteers. All coaches and administrators are certified by the National Youth Sports Coaches Association (NYSCA).

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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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  
GEORGE LE, DPM • ANDREW WONG, DPM**

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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
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- Diabetes Management
- Hospice/Palliative Care
- Respite Care

### **Respiratory Treatments**

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- 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