

**THE BRONX**

# PENNY PINCHER

BRONXPENNYPINCHER.COM

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June 20 - June 26, 2019

**Volume 25**  
THROGGS NECK/PELHAM BAY  
AND COUNTRY CLUB

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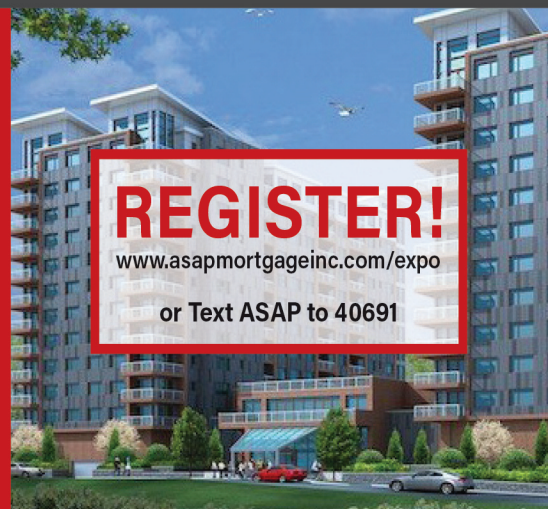


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**07.13.19** 9AM - 2PM

**Maestro's** 1703 Bronxdale Avenue, Bronx, NY 10462  
Saturday, July 13, 2019

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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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## Mortgage Talk with Irene Amato

Let's talk Real Estate Investing!

Investing in real estate is always on the mind of the entrepreneurial type. It's often pushed aside due to fear of the unknown.

Some of the top real estate investors of our time began with just one building, one home or one apartment. While investing in real estate does require the proper education and a full understanding of the landlord process, it historically proves to be a solid investment. A very large deterrent when entering the world of real estate investing is financing availability to first time investors. Similar to "what came first the chicken or the egg" in the past lenders we only utilize rental income if you had prior landlord experience. "How do you gain experience without being able to finance your first property" So you can see how that circle put a damper on those interested in entering the world of real estate investing.

Currently, there are many programs and products available for first time investors that require no prior landlord experience. In addition, some of these programs qualify based solely on the income produced from the property, without using income from the applicant. If you're interested in real estate investing it is important for you to understand the products available and have an experienced mortgage coach in your corner.

The purpose of this article is to awaken the voice in your soul that might've always wanted to take the path of real estate investment but never knew how.

If this article is speaking to you, give A.S.A.P. Mortgage a call today!

# 1-866-THINK-ASAP

You can also register to attend the ASAP Mortgage Home Expo On

## July 13th 9pm -2pm

Maestro's on 1703 Bronxdale Ave. Bronx, NY  
Register by texting **ASAP to 40691**

There will be specific sessions geared just towards home investing.

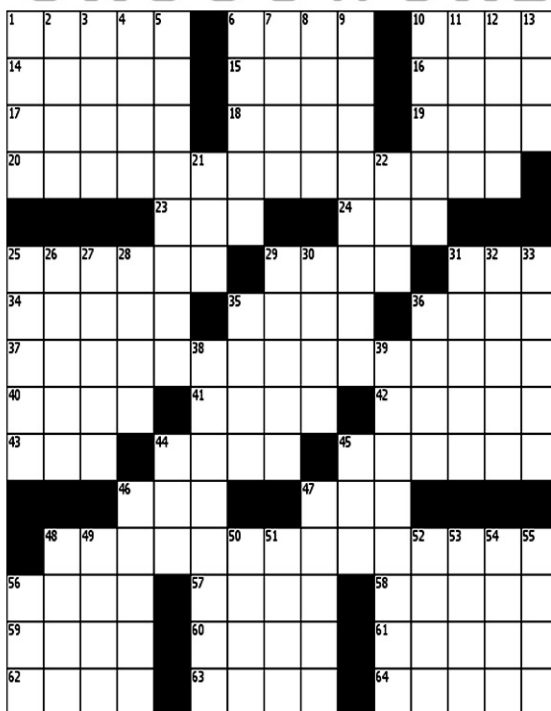
Follow next week for the value of a pre qualification letter.

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



Brought to you by **ASAP Mortgage Corp.** 2062 Main Street Cortlandt  
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# CROSSWORD



## Across

1. Chaplin persona
6. Emulates a harpy
10. Hoity-toity type
14. Lover's antithesis
15. English river
16. It springs eternal
17. Persian's descendant
18. He lived in Bedrock
19. Uniform
20. SIREN
23. Slip up
24. Gladys Knight backup singer
25. Like some beach attire
29. Coward of the stage
31. Santa's little helper
34. Land divided at the 38th parallel
35. Yemen's capital
36. Two-dimensional extent
37. SIREN
40. "\_\_\_ expert, but..."
41. Noted critic of capitalism
42. Features of narwhals
43. First name among legendary crooners
44. Latest thing
45. African fly
46. Anatomical pouch
47. Vamp's accessory
48. SIREN
56. "The Time Machine" people
57. Crafts' partner
58. Bridge declaration
59. Mukluk or Wellington, e.g.
60. "Little Man \_\_\_" (Jodie Foster movie)
61. Change to 000
62. Luxury car name
63. 1961 space chimp
64. Edward and Norman

## Down

1. "Now hear \_\_\_!"
2. Like an 1864 two cent piece
3. Slightly
4. It may be just desserts?
5. Sleeve attachment, perhaps
6. Lowest point
7. Tel \_\_\_
8. Auctioneer's call
9. Chinese restaurant vegetables
10. Curly's predecessor and successor
11. \_\_\_ Scotia
12. Come-one, come-all competition
13. A name on an ice cream container
21. "\_\_\_ a Little Tenderness" (Otis Redding hit)
22. Texas tea
25. Yarn unit
26. Mark of separation
27. Isn't for you?
28. Emperor in "Quo Vadis?"
29. Mother-of-pearl
30. Cameo stone
31. Dadaist Max
32. Security breaches
33. Type of start
35. Planner's problem
36. Feverish chill
38. Put on a starvation diet
39. Delivery notice?
44. "Go, team!"
45. Proverbial brick load
46. 1972 summer games gold medalist
47. They may be loaded
48. Hand lotion ingredient, perhaps
49. Io, to Jupiter
50. Fiber source
51. "Tell \_\_\_ the judge"
52. Dueling sword
53. Canaveral letters
54. Mouse manipulator
55. Grounded planes, briefly
56. Flow back



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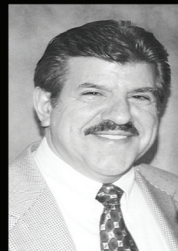


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# EASY CRAB CAKES



## Ingredients:

- 1 cup panko breadcrumbs
- 1 pound lump crab meat
- 1 large egg lightly beaten
- 1/4 cup mayonnaise
- 2 teaspoons lemon juice ideally fresh
- 1 teaspoon hot sauce such as Tobasco original
- 2 green onions finely chopped
- 1 tablespoon olive oil
- 1 tablespoon butter
- Remoulade Sauce for serving, optional

## Directions:

1. Set up your breading station: Line a platter or baking sheet with parchment paper and spread panko breadcrumbs onto a medium plate.
2. Place crab in a medium bowl. In a separate bowl, whisk together first 5 ingredients (egg through green onions). Gently fold egg mixture into crab meat until fully combined.
3. Scoop out 1/3 to 1/2-cup of the mixture and shape into a 1/2-inch thick crab cake. Gently coat the crab cake in panko breadcrumbs and place on prepared platter or baking sheet. Repeat with remaining mixture.
4. Heat olive oil and butter in a heavy skillet (ideally cast iron) over medium heat until sizzling. Add crab cakes and cook 4-5 minutes, gently press down on the tops with a spatula to flatten them slightly. Gently flip and cook 4-5 minutes more, until golden brown; if they crumble a little on the flip, gently press them back together with your spatula.
5. Serve hot with Remoulade Sauce.



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<b>Crosby Pet</b> 1626 Crosby Ave.	<b>Key Food</b> 3151 Westchester Ave.	<b>S&amp;W Supermarket</b> 4028 E. Tremont Ave.
<b>Crosstown Diner</b> 2880 Bruckner Blvd.	<b>Key Food</b> 2722 E. Tremont Ave.	<b>Silver Beach Office</b> 1 Plaza Place
<b>Barino's Market</b> 3244 Ampere Ave.	<b>Pruzzo's Supermarket</b> 2937 Westchester Ave.	<b>Sweeney's Deli</b> 3136 Miles Avenue
<b>Bronx Pizzeria</b> 3579 E. Tremont Ave.	<b>Monte Grab&amp;Go Market</b> 1790 Eastchester Rd.	<b>TJ Lizzy's Deli</b> 3009 Harding Ave.

**THE BRONX PENNY PINCHER**  
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Wakefield are of the Bronx, new 2 family, semi attached, brick / stucco home for sale. 1st and 2nd floor 3 bedrooms, 2 bathrooms, finished basement. Tenets pay utilities. Great investment, rent it and let it pay for its self. 917-568-6480

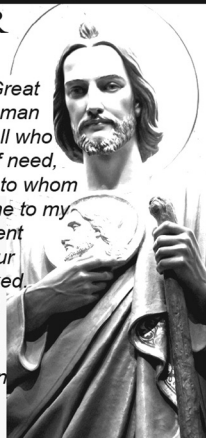
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**Garage Sale 1316 Edison Ave 6/22-6/23 many nice items 10-4**

## NOVENA PRAYER TO ST. JUDE

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





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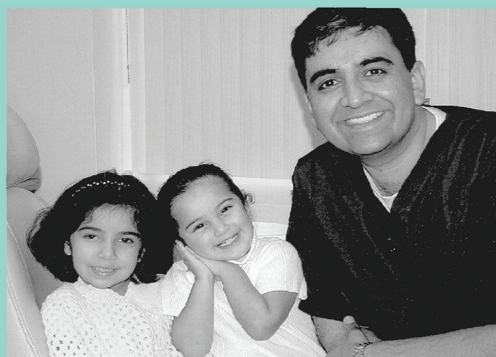
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FIREPLACE**

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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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#### EASTCHESTER, NY 10709

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THIS IS A GREAT PROPERTY TO DESIGN & CREATE YOUR OWN HOME & STYLE. ONCE YOU PUT YOUR PERSONAL TOUCHES THIS WILL BE YOUR DREAM HOME. LAYOUT FEATURES: ENTRANCE FOYER W/ CLOSET, EIK W/ PANTRY, LR, BR, BR/FDR & 1/2 BATH. 2ND LEVEL LOFT CAN BE USED AS OFFICE, 2 BR'S W/ FULL BATH. BASEMENT IS STORAGE W/ HEATING SYSTEM. ENJOY THE MANY AMENITIES THIS COMMUNITY OFFERS: SECURITY, DELI, PLAYGROUND TRACK, BASKETBALL COURT, VOLUNTEER FIRE HOUSE, BEACH & COMMUNITY CENTER FOR SHAREHOLDERS TO RENT OUT, EXPRESS BUS ACCESS, - CORPORATION ON SITE \$319,000 W/ SHARES INCLUDED.

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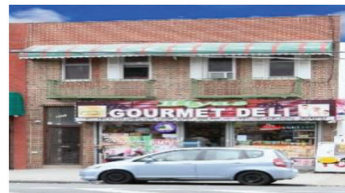
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**1 Family Detached - \$589K  
NOW \$550K!! - PELHAM BAY**

3 BR/2 BA Duplex w Open LR, DR, Eat-in-Kitchen w Door to Porch. Finished Basement w Sep. Entry + DEEP Yard. Walk to Train/Buses.

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- 2 BR in Pelham Bay - \$1850 + E
- 1 BR in Pelham Bay - \$1500 + G/E/H
- 1 BR in Pelham Bay - \$1575 mo + G/E

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PELHAM BAY: **2841 CODDINGTON AVE**  
OWN & EARN! 2 FAMILY, 3 BED  
OVER 2 BEDROOM PLUS FULL  
BASEMENT, MANY UPDATES  
**\$859K \*ASK FOR MADELENE**



**OPEN HOUSE**  
SAT JUNE 22ND 1-3 PM

THROGS NECK: **3181 WISSMAN**  
2 FAMILY WATERFRONT -200'  
RIPARIAN RIGHTS, 3 BEDROOM  
TRIPLEX + 1 BEDROOM DUPLEX,  
RENTAL A/C, 2 CAR GARAG  
**\$1.188M \*ASK FOR JOSH**

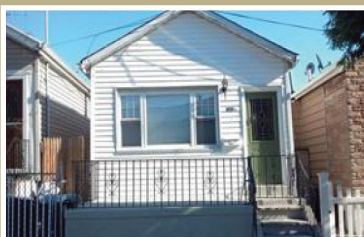


**OPEN HOUSE**  
SAT JUNE 22ND 11-1 PM

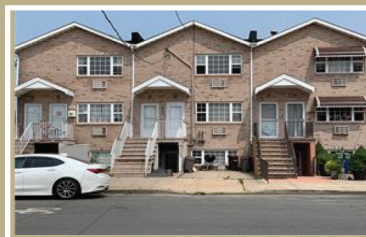
THROGS NECK: **757 LOGAN AVE**  
THE ENTERTAINER! LARGE 1 FAMILY  
SET ON 50X100, FDR & EIK, MODERN  
FINISHED BASEMENT, A RARE FIND!  
**\$669K \*ASK FOR MATTHEW**



COUNTRY CLUB:  
**3298 CAMPBELL DRIVE**  
LUXURIOUS LIFESTYLE! 3 BDRS, 1.5  
BATHS, FIREPLACE FULL BASEMENT  
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THROGS NECK:  
**3271A BARKLEY AVE**  
WHY PAY RENT?  
DETACHED 1 BEDROOM BUNGA-  
LOW, MAINTENANCE FREE, HURRY  
**\$259K \*ASK FOR GREG**



THROGS NECK:  
**692 BRUSH AVE**  
2 FAMILY HOME PLUS BASEMENT,  
BUILT IN 2004, 3 BEDROOM OVER 3  
BEDROOM -- EACH WITH MASTER  
BATHS, 2 SEPARATE BOILERS  
**\$829K \*ASK FOR DEBORAH**



THROGS NECK:  
**386 PENNYFIELD AVE**  
LIVE & EARN!  
3 FAMILY BRICK 3/3/1  
**\$964K**  
**\*ASK FOR DEBORAH**



SILVER BEACH:  
**24 POPLAR AVE**  
MOVE RIGHT IN! 2 BEDROOM  
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CENTURY 21



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Garage Sale! Saturday June 22nd 10am-3pm  
Clothes, toys, shoes, books, Halloween, house-  
hold, miscellaneous. 1658 Wallace Ave! No early  
birds

Multi family yard sale June 22. 2521 Mickel Ave.  
great stuff. Too much to list. 9am

\$2100, 3bed/2bath/livingroom, balcony, dewey  
/schley ave, No pets/gas/electric, credit check,  
6462557598

**For sale 2007 Audi A6 Quattro all wheel drive.  
Luxury features. Body condition above average.  
Mileage 220k, Asking \$1250. Call Greg 646-  
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pref 929-300-5304 Small pets ok**

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Rent/1Mo Security + Brokers Fee. Call Lou  
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NER OF VAN NEST/WALLACE AVE, BRONX  
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TOYS, ODDS & ENDS!**

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cluded. Gas, electric, heat, monthly rent \$2500  
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15 - 347-524-1177

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**THROGS NECK: 2 Rooms, Queen Size BDr, LR/  
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**PELHAM BAY: Renovated 6 Room, 3 Bdr, Large  
Living Rm, Skylight, Wood Floors. \$2,300 Own Utls.**

**COUNTRY CLUB: Beautiful Renovated 6 Room  
Duplex, 3 Large Bdr's, 1 1/2 Baths, Wood Floors, EIK,  
W/D, Driveway, Yard, Attic storage. \$2,700 Own Utls.**

**THROGS NECK: 6 Rooms, 3 Bdr, EIK Combo, MBR  
Carpeted, Painted, Wood Floors. \$2,000 Heat Inc.**

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

**MORE APARTMENTS AVAILABLE**

**Yard sale 2814 Philip Avenue Saturday 6/22 and  
Sunday 6/23 10:00am - 5:00pm toys, clothes,  
collectibles and miscellaneous**

Garage sale Friday + Saturday 21-22 from  
9:00am - 4:00pm 908 Brinsmade Ave near  
Lafayette Ave

Garage Sale: Saturday, 6/22/19 at 1463 Ohm Ave  
from 9AM-3PM.

Apartment for rent in Throggs Neck 3 bedroom, 6  
rooms plus balcony. Call Segundo 347-584-7903  
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**76 HERON LANE #383  
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**SUN  
6/23  
1-4 PM**

• Condo • 3 Bed • 2 Bath  
MILDRED VALENTIN 646-957-4648  
MARK COLLAZO 917-891-0751  
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**2863 HARRINGTON AVE  
PELHAM BAY**

**SUN  
6/23  
1-3PM**

• Multi Family • 4 Bed • 1 Bath  
JESICA LIMA 631-978-6738  
Licensed Real Estate Salesperson



**3327 GUNTHER AVE  
BAYCHESTER**

**SUN  
6/23  
1-3 PM**

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**YARD SALE- SATURDAY, JUNE 22, SEYMOUR AVE - BETWEEN ASTOR /PELHAM PKWY N. START TIME 9:30.** (Clothes, shoes, seasonal decorations, keyboard and more)

Two bedroom, 1 bath Section 8 apartment for rent. Good credit and proof of income required. Call Michael 347-303-7138

One Bedroom Apt P.H. utilities included, no smoking, no pets, \$1500 - 718-863-4193 Castle Hill

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**DIVORCE \* CHANGE OF NAME \* WILLS**

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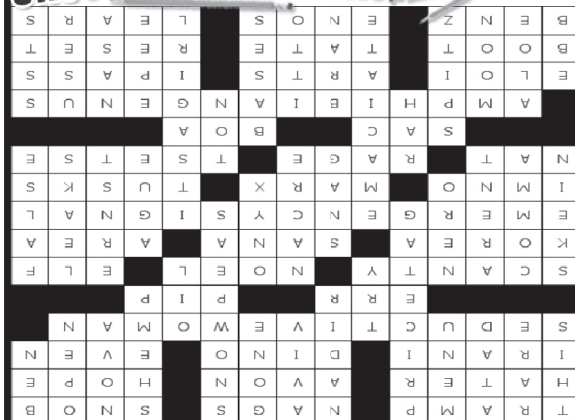
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Holy Spirit, you who make me see everything and show me the way to reach my ideal. You who give me the divine gift to forgive and to forget the wrong that is done to me and you who are in all instances of my life with me, I in this short dialogue want to thank you for everything and confirm once more that I never want to be separated from you no matter how great material desires may be. I want to be with you and my loved ones. Persons must say this prayer for 3 consecutive days without asking your wish. After third day your wish will be granted no matter how difficult it may be. Promise to publish this dialogue as soon as your favor has been granted.

- K.D.J.

### CROSSWORD ANSWERS





## "Neighborhood Updates"



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

### NYC DOT APPROVES TRAFFIC SIGNAL IN PELHAM BAY

It is my pleasure to report to the Pelham Bay and Waterbury LaSalle residents that the intersection of Crosby Avenue and Coddington Avenue was approved by the New York City Department of Transportation for a traffic signal. This was a long-standing request that Community Board #10 supported with the help of the Pelham Bay Taxpayers Association and Waterbury LaSalle Community Association. This will certainly halt traffic at this intersection, but it is the right price to pay in order to ensure no one gets hurt from the frequent vehicular incidents that occurred at this intersection. Simply put, this traffic signal was sorely needed. It will be installed by November 2019. If you have any questions about any intersections in your neighborhood and think it warrants traffic controls, please contact my office immediately at (718) 892-1161.

### CB #10 MUNICIPAL SERVICES COMMITTEE

As you know, Community Board #10 is made up of committees. Our committee that oversees public infrastructure is our Municipal Services Committees and it meets the second Wednesday of each month at 7:30 P.M. at my office. You should know that in nearly every CB #10 neighborhood construction is occurring or will occur in the very near future. It is crucial that you contact my office with any questions. We are seeing bridge and water main repair projects, the formation of Ferry Service in Throggs Neck, Metro North train stops in Co-op City and sewer and gas projects. Often, city and state agencies present the projects to our Municipal Services Committee. Please join us and bring a friend. Please be sure to check our website to view the Municipal Services agenda each month. When in doubt, give us a call.

### NYC AGENCY WEBSITES

Calling 311 and visiting its website and retrieving the corresponding "service request number" when you file a complaint is extremely helpful for myself and my staff to track and resolve complaints with municipal agencies. However, I must bring to your attention that there are several city agencies that have websites that are becoming more user-friendly and more interactive where you can lodge a complaint, request or service on the actual website. I encourage all to visit agency websites such as the NYC Department of Transportation, Department of Health and Mental Hygiene, Department of Housing Preservation and Development and Department of Social Services. As always, my staff is available to help you navigate the respective websites as each has resources that can help homeowners, tenants, seniors, disabled persons and young people.

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**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](mailto:BxPP@aol.com) Fax: 718.489.2895**

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**MONDAY, 2 WEEKS PRIOR to your**  
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## Councilman Mark Gjonaj



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Last Friday the City Council reached an agreement with the mayor on the city's fiscal budget. I am proud of the work of my staff and I to secure funding for critical and much needed programs for our district. As such, this budget includes funding for several initiatives that will help to strengthen our community.

While I am proud of what we are able to achieve in this spending plan, it was my hope that more could have been done to better fund the city's fiscal reserves as a buffer to any potential economic downturn and provide real reform to reduce the property tax burden faced by struggling renters, homeowners and small businesses. But I am determined to keep up the fight on these two fronts until we have a sensible solution that works for New York

Below are just a few budget highlights that I believe will go a long way to ensuring that the Bronx gets a fairer share of city funding and services:

### YOUTH/ADOLESCENT INVESTMENTS

- Expand the Comprehensive After School System of New York City (COMPASS)
- Restore School's Out New York City (SONYC)
- Expand Summer Youth Employment Program (SYEP)
- Expand Foster Care Programming
- Increase Social Workers in Schools: Funding for 285 school social workers which includes 85 social workers.
- Restore Funding for Breakfast in the Classroom
- Add Seven New Title IX Coordinators

### IMPROVEMENTS TO QUALITY OF LIFE

- Trash Pick-Up (\$8.6 Million): This allocation is for additional sanitation services including extra litter baskets. This more than doubles last year's commitment.
- Senior Meals (\$10 Million): This is for the cost increases for food service workers and meals in senior centers.
- Tree Stumps Removals (\$1 Million): This allocation will provide additional resources to remove tree stumps throughout the five boroughs.
- Translation Services at Poll Sites (\$640,000): This allocation will provide for interpretation services in languages not covered by the Board of Elections.
- Street Resurfacing: Funding to resurface 1,100 lane miles



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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 ORGAIZNATIONS WELCOME! —

**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.

**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 [pattis@pssusa.org](mailto:pattis@pssusa.org) for our monthly calendar.

**HEALTH & SOCIAL SERVICES COMMITTEE OF COMMUNITY BOARD 11** Invites you to our 4th Annual Health Fair. Nutrition and Fitness Information, Healthcare Facilities and Providers and Free Demos and Giveaways. Sunday, June 23, 2019, Noon-3:00pm. Bronx House 990 Pelham Parkway South For more information and/or to participate, please contact: CB11 Office at 718.892.6262.

**PELHAM PARKWAY NEIGHBORHOOD ASSOCIATION:** Thursday June 27th starting at 1:00pm, outside Key Food Supermarket, 751 Lydig Avenue, Bx NY 10462. The PPNA and Councilman Mark Gionaj and The MTA New York City Transit are partnering together to present a Mobile Metro Card Sales Van to the community. There will be representatives on hand to assist on Discounted Metro Cards for seniors and disabled available for purchase. Purchase or refill Metro cards and much more. Take advantage of this opportunity!

**NY PUBLIC LIBRARY: MORRIS PARK BRANCH MS Excel** for Beginners on 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. | Morris Park Branch is located at 985 Morris Park Ave Bronx, NY 10462, 718.931.0636, [nypul.org](http://nypul.org)

**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).

**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.

**FREE ROWING IN VAN CORTLANDT PARK** Village Community Boathouse is offering free rowing in traditional, handmade wooden rowboats Fridays this summer from 4:30pm to 7:00pm from 6/21/2019 to 8/30/2019. You will get 25 minutes to explore beautiful Van Cortlandt Park Lake. Boats are available on a first-come-first-served basis, no reservations. Rowing is a beautifully simple, healthy, and empowering sport, and the waters of the lake are an ideal place to pursue its pleasures. Community rowing is open to all, although some physical agility is required to get in and out of the boats. The focus of the program is recreation in a safe and respectful environment. Each adult must sign a waiver; children must be accompanied by a parent. Life jackets are provided—and must be worn! Volunteers are greatly appreciated! To help with set up, meet at the container in the parking lot south of the lake at 4:00pm. Cost is free. Village Community Boathouse is a nonprofit organization entirely run by volunteers. While no commitment is required from those who row with us, our facilities, boats and equipment require regular upkeep and repair. Please consider making a donation of money or time to make our programs possible. Location: South end of lake in Van Cortlandt Park, Bronx, Contact Email: [vcpark@vcb.nyc](mailto:vcpark@vcb.nyc), <http://www.villagecommunityboathouse.org>

**LEARN TO RIDE** Saturday, June 22, 2019 10:00am-1:00pm. Bring a bike and a helmet for this free, fun event for children ages five or older! Show your kids how to ride a two-wheeler. Mullaly Bike Park/Skate Park in Mullaly Park, 164 Jerome Ave, Contact: 718.430.4696.

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](http://WWW.FACEBOOK.COM/GROUPS/BXCOMMUNITYNEWS)



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Lettuce, Tomato

### Italian

**\$18<sup>99</sup>/foot**

Ham, Salami, Pepperoni,  
Sopressata, Provolone,  
Roasted Peppers, Mortadella,  
Lettuce & Tomato

### Chicken Italiano

**\$18<sup>99</sup>/foot**

Grilled Chicken Cutlet, Fresh  
Mozzarella, Roasted Peppers,  
Broccoli Rabe

### Roasted Combo

**\$18<sup>99</sup>/foot**

Roast Beef, Turkey, Pastrami,  
Swiss or American  
Lettuce & Tomato

### Turkey Ciao

**\$17<sup>99</sup>/foot**

Turkey, Sliced Chicken Breast,  
Swiss, Bacon, Lettuce &  
Tomato

### The Village

**\$18<sup>99</sup>/foot**

Eggplant, Roasted Peppers,  
Fresh Mozzarella,  
Broccoli Rabe,  
Lettuce & Tomato



*Please Order Two  
Days in Advance*

All Heros Include: Potato and Macaroni Salads,  
Cole Slaw, Pickles and Mustard and Mayo

## Finger Sandwiches

Served on a Soft Dinner Roll or Mini Club Rolls,  
Ham, Turkey, Roast Beef and Cheese.  
Includes: Potato and Macaroni Salads

**48 Sandwiches  
for \$74<sup>99</sup>**

**96 Sandwiches  
for \$149<sup>99</sup>**



## Cold Cut Platters \$8<sup>00</sup> P/P

**The Basic Platter • 10 person min.**

Ham, Roast Beef, Turkey, Salami and Any 3 Cheeses  
Includes: Potato and Macaroni Salads, Cole Slaw,  
Pickles, Rolls, or Sliced Bread, Mustard & Mayo

## Cold Antipasta Platters \$99<sup>99</sup>

MEDIUM: 10-12 PEOPLE

Dry Sausage, Sopressata, Pepperoni, Imported  
Provolone, Fresh Mozzarella, Roasted Peppers,  
Prosciutto. Served with Bread Sticks

## Salads Small Serves 10-12

Tossed Green Salad	small \$35	large \$55
Caesar Salad	small \$45	large \$65
with Grilled Chicken	small \$55	large \$80

## Appetizers Cold

Fresh Fruit Platter	small \$50	large \$70
Assorted Platter with Cheese	small \$55	large \$85
Vegetable Platter with Dip	small \$50	large \$75
Fresh Mozzarella and Tomato	small \$30	large \$50
Roasted Peppers in Garlic & Oil	2 LB. TRAY	\$14.99
Shrimp Cocktail Platter	small \$85 <sup>MP</sup>	large \$165 <sup>MP</sup>
Cookie Platter	small \$30	large \$50

*Please Order Two Days in Advance*



**Full Menu at [www.Montegrabandgomarket.com](http://www.Montegrabandgomarket.com)**



# 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