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# BREAST PROCEDURES • BODY PROCEDURES • FACE PROCEDURES









INGREDIENTS

FOR THE SALAD kosher salt 3 heads broccoli, cut into bite-size pieces 2 carrots, shredded 1/2 red onion, thinly sliced 1/2 c. dried cranberries 1/2 c. sliced almonds 6 slices bacon, cooked and crumbled

FOR THE DRESSING 1/2 c. mayonnaise 3 tbsp. apple cider vinegar kosher salt Freshly ground black pepper



#### DIRECTIONS

1. In a medium sauce pan, bring 4 cups of salted water to a boil. While waiting for the water to boil, prepare a large bowl with ice water.

2. Add broccoli florets to the boiling water and cook until tender, 1 to 2 minutes. Remove with a slotted spoon and place in the prepared bowl of ice water. When cool, drain florets in a colander.

3.In a large bowl, combine broccoli, carrots, red onion, cranberries, nuts and bacon.

4. In a medium bowl, whisk together mayonnaise and vinegar and season with salt and pepper.

5. Pour dressing over broccoli mixture and stir to combine.

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Giordano's "Big G" 1554 Paulding Ave.

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**Key Food** 2722 E. Tremont Ave.

Pruzzo's Supermarket 2937 Westchester Ave.

Monte Grab&Go Market TJ Lizzy's Deli 1790 Eastchester Rd.

Ruane's Deli 2 Centre Edgewater Pk. Dr. S&W Supermarket

4028 E. Tremont Ave. Silver Beach Office

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Sweeney's Deli 3136 Miles Avenue

3009 Harding Ave.



#### NOVENA PRAYER TO $\mathbf{S}$ 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. C.D.M.



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### **Councilman Mark Gjonaj**



250 Broadway, Suite 1847 New York, NY 10007 (212) 788-7375

Protecting and addressing quality of life issues in our neighborhoods has been my top priority since elected. Our District Office has worked on close to 2000 cases and attended countless community organizations meetings mostly on issues and problems such as noise, illegal parking, unmaintained parks, potholes, hazardous sidewalks and so many. Sadly these issues keep growing and deteriorating and they have not been attended on time by city agencies. We need to show City Hall that we have a voice and we should be heard. To this initiative push Т have started **#ShameNYC**, a platform for people to bring to light the inadequacies of New York City agencies. All one must do is take a picture when he or she witnesses an issue that harms his or her quality of life and then send it (with the street address attached) to mgjonaj@council.nyc.gov or call my office at (718) 931-1721.

Over the past two weeks we have received and addressed several issues from abandoned boats on Pelham Bay Park, garbage and debris Bruckner along Boulevard, a mattress thrown on Pelham Parkway and much more. As noise and illegal parked cars and tractor trailers remain the top two issues reported to us and 311, I want to acknowledge and thank the NYPD 45th and 49th Precinct for addressing these issues whether ticketing boaters blasting loud music, confiscating equipment, issuing summonses to tractor trailers illegally parked and towing cars..

Unfortunately the Department of Sanitation, Transportation, and Parks are still doing little to solve these problems. Garbage continues to crowd Pelham Parkway, Morris Park Avenue's street lines are chipped and faded, and the sprinklers and playground in Loreto Park are outdated.

If these departments lack the devotion and drive to fix our problems, it is because they feel an absence of pressure. As I have often said you can only get out of a community that in which you put into it. Join our #ShameNYC platform, send us your issues with photos to our office and follow us on Social Media for updates. We look forward to working together to make District 13 a safer, cleaner and better place to live, work and raise our families.



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All copy must be received by MONDAY, 2 WEEKS PRIOR to your event for that Thursday's Publication. The Bronx Penny Pincher reserves the right to refuse any copy that is not in the best interest of the community.

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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

HOME ENERGY ASSISTANCE PROGRAM COOL-ING ASSISTANCE (HEAP)

The Home Energy Assistance Program's Cooling Assistance benefit is now accepting applications from low-income households that qualify for a free air conditioner with its installation. Only one air conditioner or fan that does not exceed \$800 with installation will be given per applicant household. For those interested, you must print out an application at https://www1.nyc.gov-/site/hra/help/energy-assistance.page and mail it to the attention of HEAP at P.O. Box 1401, Church Street Station, New York, NY 10008. As always, my office is available for you if you need the application printed. Please be mindful that there are income requirements in order to apply. To list a few, a household size of one person cannot have a maximum gross monthly income more than \$2,391. If you have a household size of two people, the maximum gross monthly income is \$3,127. Also, you must already be receiving SNAP benefits and/or HEAP benefits.

#### 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 "NYC-Streets 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, you should always contact my office at (718) 892-1161 with any questions.

#### DEVELOPMENT IN OUR COMMUNITIES

Not a day goes by where I do not actively search the City of New York's Department of Buildings website on residential and commercial development trends in our communities. If you ever have a question about a construction project near you, please feel free to call me at your earliest convenience. As your District Manager, it is my role to ensure that developments fit into the context and character of our neighborhoods and to maximize parking spaces wherever possible at these new developments. We all must remain vigilant as the physical character of our communities and the adequate resources we receive from the City of New York is all of our priority as stakeholders.





\*FLEA MARKET ALERT\* Join R.A.I.N. Middletown Senior Center on Thursday July 18th. 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. THE WOODLAWN CEMETERY & CONSERVANCY On

THE WOODLAWN CEMETERY & CONSERVANCY On Tuesday, July 16th, the 16th anniversary of the passing of Celia Cruz, we are holding a brief press conference at 10 a.m. to announce our upcoming exhibit and concert tribute to the "Queen of Salsa." The Celia Cruz & Pedro Knight mausoleum will be open for viewing and photo opportunities after the conference. The Woodlawn Cemetery & Conservancy, 4199 Webster Ave., Bronx, NY 10470, web: https://www.thewoodlawncemetery.org/

**PSS CITY ISLAND CENTER** Upcoming Special Events: Friday, July 26 @12:30 Movie and a Lunch—Green Book—sign up at center. Tuesday, August 6 @12:30 Nutrition Presentation. 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, gardening exchange, 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 for our monthly calendar. **NYPL MORRIS PARK BRANCH** BOOK DISCUSSION

**NYPL MORRIS PARK BRANCH** BOOK DISCUSSION Tuesdays & Saturdays at 11 AM. An American Marriage by Tayari Jones, July 16th & 20th. Newlyweds Celestial and Roy are the embodiment of both the American Dream and the New South. He is a young executive, and she is an artist on the brink of an exciting career. But as they settle into the routine of their life together, they are ripped apart by circumstances neither could have imagined. In this deft exploration of love, loyalty, race, justice, and both Black masculinity and Black womanhood in 21st century America, Jones achieves that most-elusive of all literary goals: the Great American Novel. | Author Talk – Michael F. Blake, The Cowboy President: The American West and the Making of Theodore Roosevelt, Saturday, July 27, 2019 @ 2:30PM. Morris Park Branch, 985 Morris Park Avenue, 718-931-0636.

SURVIVOR T AM WELL--AWARENESS EVENTS AT BUFANO PARK SATURDAY, JULY 20TH CANCELLED YET RESCHEDULED FOR SATURDAY, JULY 27th, 2019 from 2pm to 6pm!!!! 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. How can we be better? Together is key. We were once children; remember! SHAPE UP NYC provided by New York City Parks Department. Iovana Bonfonte will be facilitating fitness classes starting on Saturday, July 20th at Bufano Park Start time: 9:00am through Saturday, September 28th, 2019 people!!!!! Every Saturday!!!!!! Let's get physical. MONTH-LY EVENTS INCLUDE: FREE Family Fun 1p to 6pm Chess, Face-Painting, Karaoke \*ALWAYS\* Arts. Saturday, August 24th, 2019 Yay! Bufano Park's 80th Birthday 1p to 6pm Celebrating 80 yrs through community awareness. Saturday, September 21st, 2019 Anti-Bullying Awareness 1p to 6pm Back to School Blues Survival Tools and the planning to bring skating back again! Saturday, October 19th, 2019 Annual Costume Celebration Family Fun for everyone in great awareness. Festivities are provided until 6:00pm at each event. Come advocate and tent at our event. Together we are the difference! To participate in volunteering or tabling contact Sonia (347) 834-1917 Follow Survivor I Am on Instagram. Like our Facebook page for more adversity awareness content. Visit our website www.survivoriam.org and click on photo galley to view past amazing gatherings! THE TIME IS NOW. Want to help? Contact us to find out how!!!

**CHAMBER MUSIC CONCERT AT THE PELHAM ART CENTER GALLERY** Sunday, August 11, 2019, 2:00-4:00pm, Open to the Public | \$10 Suggested Donation. The Pelham Art Center continues its Gallery Concert Series with a Sunday afternoon of chamber music performed by Andrew Pak, Annaliesa Place, and Diego Garcia. They will perform chamber and solo pieces by Brahms, Grieg, Piazzolla, and Chopin for the community in the Art Center Gallery. Pelham Art Center, 155 Fifth Avenue Pelham, NY 10803, 914.738.2525 x 113.

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.

**TEMPLE HATIKVA** As the temperature rises our desire to face the outside world descends. What could possibly make anyone want to venture out in this heat? Wait, 1 know! ICE CREAM! It is that time, again! The famous Temple Hatikva Ice Cream Social Shabbat! Come and gather with us as we share a double scoop of Torah with a double scoop of your favorite frozen treat. Temple Hatikva is a Reform / Conservative synagogue serving all those of the Jewish faith. We serve all those of the Jewish faith. We serve all those of the Jewish faith and invite you to join us for our traditional yet modern services and adult education. If you have no synagogue background, we promise that you will have a meaningful experience. And, if you have attended other services, we're sure that you'll love our way of doing things! Temple Hatikva's Service will be on Friday, July 19 starting at 7:30pm. We are located at 990 Pelham Parkway South, Bx NY 10461.

THE BRAHMA KUMARIS in the Bronx invites you to join in a warn discussion, 'Transforming Fear with Love,' Saturday, July 20, 2019, 4:30-6:30pm, at 2705 Williamsbridge Road, Bronx, NY 10469. We live our lives on the basis of love or fear. Love liberates us, whereas, fear traps us in limiting beliefs, attachments, and in the past. Together we will look at how we traded the experience of love for that of fear, and how to once again, with love transform the emotion of fear. 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 bkbronx2.ny@gmail.com or 718-994-0765 NYPL THROGGS NECK BRANCH Career & Resume Focus-Open Job Lab, 10am-12:30pm, Friday, July 19, Wednesday, July 24, Friday, July 26, Wednesday, July 31. First come, first served. Search for jobs or complete a job application during this 2.5 -hour open lab session. You can also create a resume or bring one for critique, then print up to 3 copies for free. Limited to the first 5 participants. 3025 Cross Bronx Expressway Extension, Bronx, NY, 10465, 718.792.2612.

HAVE AN EVENT OR COMMUNITY NEWS? SUBMIT YOUR NON PROFIT EVENTS, NEWS ETC. TO BXPP@AOL.COM AND DON'T FORGET TO VISIT OUR NEW COMMUNITY GROUP AT WWW.FACEBOOK.COM/GROUPS/BXCOMMUNITYNEWS

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# There is still time to get rid of painful and unsightly BUNIONS and HAMMERTOES!

- Complete Podiatric Exam
- Comfortable outpatient surgery
- Most patients back in sneakers in just 2 weeks
- Most insurances accepted

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**Dr. Vincent Gramuglia** can help you. He has been operating here in the BRONX for 30 years and is a widely published expert in foot surgery and has taught and lectured extensively on the subject. 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 1578 Williamsbridge Road #3A, Bronx NY APPOINTMENTS STILL AVAILABLE - CALL TODAY 718.828.3333



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

# 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