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

**SALE STARTS FRIDAY, JULY 26 THRU AUG 1**



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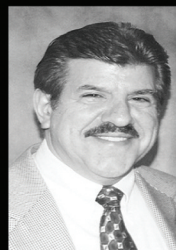


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## Nutella Crepes

### Ingredients

3 tablespoons butter (melted)

2 large eggs

1/2 cup water

3/4 cup milk

1 cup flour

2 tablespoons sugar

4 to 6 tablespoons of butter (for the griddle)

1/2 cup Nutella



### Steps to Make It

1. Gather the ingredients.
2. Mix together the melted butter, eggs, water, milk, flour, and sugar in a blender. Blend and pulse for about a minute. Make sure it is completely mixed. You can scrape down the sides of the blender if you need to.
3. Cover the blender and let the mixture settle for at least 10 minutes and up to a few hours in the fridge.
4. Heat a non-stick or cast iron pan on medium high and coat with butter. Make sure the heat is not too high, so the butter will not burn or get too brown.
5. Pour about a 1/8 cup of the batter onto the pan and swirl the pan to spread the batter. It should be a very thin layer of batter. Cook for about 30 seconds.
6. Then flip. Use some kind of flat wooden or silicone spatula to flip the crepes. They are very thin and delicate.
7. Let the crepe cook for another 10 seconds or so. The crepe should be a nice light yellow with a few brown spots and marks. Remove from heat and repeat until batter is finished.





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## 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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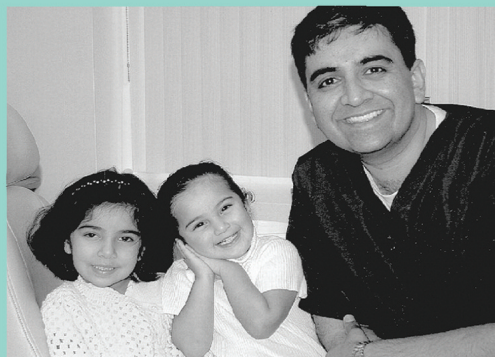
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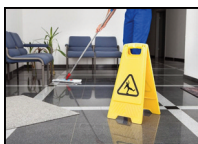
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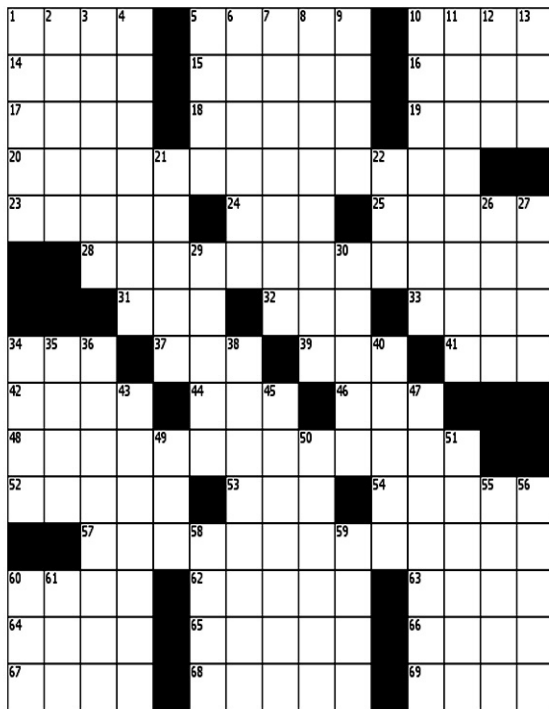
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## Across

1. 1969 World Series champs
5. Cold War weapons
10. Draft choices
14. Where to get off
15. Use capital letters in a chat room
16. It may be hard to believe
17. Org. for Annika Sorenstam
18. Clapton classic
19. Letters in a bank window
20. Naive
23. In reserve
24. Moppet
25. Sends packing
28. Game fish of the North Pacific
31. PX patron, perhaps
32. Word with quake or snake
33. "Et voila!"
34. Check the check
37. Fireplace shelf
39. Gene material
41. Eggy libation
42. Short snort
44. Flop preceder
46. Who and Howser
48. "Saturday Night Fever" attire
52. Liberate, so to speak
53. FDR Depression project
54. Nirvana
57. Words said in passing
60. Plotting
62. Nonchalant
63. Periphery
64. Sport with a wooden ball
65. Weevil snacks
66. "Gladiator" setting
67. Spotted
68. Artful dodges
69. Cereal sound

## Down

1. Peach \_\_\_\_
2. Team created in 1969
3. Baghdad's river
4. Use for support
5. Land in the water
6. Squeaky clean
7. Dates, to Madonna
8. Driver with a whip, perhaps
9. Top banana
10. Culpable
11. Don Juan
12. Bulldog of Connecticut
13. Wine word
21. "Guh-ross!"
22. 1988 Quaid/Ryan thriller
26. Foofaraw
27. Fly in the ointment
29. Weirdos
30. Vegas casino razed in 1997
34. Sinister slitherers
35. Lateen-rigged Arabian sailing vessel
36. Puddleby-on-the-Marsh physician
38. Pig-tailed blonde of "Sesame Street"
40. Resort west of Curaçao
43. Tropical hurricane
45. Unmasks
47. Phil of "You'll Never Get Rich"
49. A really big shoe?
50. Have a bout with a b'ar
51. Attached, as a feed bag
55. Frat letter
56. Precipitous
58. E.g., e.g.
59. Dame of the piano
60. Co. with brown trucks
61. Raven maven?

## Councilman Mark Gjonaj



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

From rallies in front of City Hall to bringing to light the abuses of the food delivery industry, I have unceasingly devoted myself to uplifting and promoting the needs of small businesses. Along the way, there have been many challenges: the rise of big box stores undercutting the market, outdated and complex regulations, and the slow pace of government. However, each blockage has not deterred me nor, more importantly, small business owners.

This is the reason I introduced Int. 1000 and Int. 1467. The first bill would define the term "micro-business" as a business with ten or fewer employees, which is vital when considering legislation for small businesses. The latter would require the Commissioner of Small Business Services to compile, in plain language, all of the rules and laws that apply to small businesses. This will decrease the number of summonses and allow businesses to better navigate the intricate and vast web of rules and regulations governing commerce in New York.

Although this administration has continuously sided against mom-and-pop shops in favor of large business, they continue to persist. Small business in the state of New York employ 4 million people. Therefore, even with the rise in e-commerce and constantly changing consumer tastes, small businesses still employ over half of the workforce.

Despite their incredible significance to our community's character and economy, the city continues consider legislation that is not "business friendly". Rules and laws that govern large corporations, such as McDonald's and Shop Rite, also apply to your local pizza shop and bodega. This damaging negligence allows these larger businesses to completely consume and decimate their smaller competition.

Thankfully, as of this week, these bills are on their way to becoming law. This incredible development will finally allow for the primary employers of New Yorkers to get their fair share of respect by the city. Micro-businesses will now be defined and not held in the same category as their Goliath competitors. A small business will finally be able to search and comprehend all the rules and laws to avoid violations and improve their businesses. Legislation supporting small business has been long overdue – this is a win for small businesses.



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<p><b>OPEN HOUSE</b></p>  <p><b>2666 MILES AVE. #P1. THROGGS NECK</b></p> <p><b>SAT 7/27 1-3 PM</b> • Condo • 2 Bed • 2 Bath EMANUEL SMITH 347-928-2274 <b>SAT 7/27 4-6 PM</b> CRISTINA MENDEZ 347-367-6505 <b>SUN 7/28 2-4 PM</b> MILDRED VALENTIN 646-957-4648 MARK COLLAZO 917-891-0751 Licensed Real Estate Salespersons</p>	<p><b>OPEN HOUSE</b></p>  <p><b>1404 THIERIOT AVE. PARKCHESTER</b></p> <p><b>SAT 7/27 11-12:30</b> • Multi Family • 4 Bed • 1 Bath Over • 3 Bed • 1 Bath DALE DUDLEY 917-577-8161 Licensed Real Estate Salesperson</p>	<p><b>OPEN HOUSE</b></p>  <p><b>3114 SANDS PLACE PELHAM BAY</b></p> <p><b>SUN 7/28 1-3PM</b> • Multi-Family • 1 Bed • 1 Bath Over • 3 Bed • 1 Bath ADRIAN ROMERO 917-724-4789 JASMINE FLORES 917-736-2575 Licensed Real Estate Salesperson</p>
<p><b>OPEN HOUSE</b></p>  <p><b>670 W. 261 STREET RIVERDALE</b></p> <p><b>SAT 7/27 12:30-3:30</b> • Single Family • 5 Bed • 3.5 Bath JOVANI GIRON 646-584-4467 Licensed Real Estate Salesperson</p>	<p><b>JUST LISTED</b></p>  <p><b>2940 HONE AVE. WILLIAMSBRIDGE</b></p> <p>• Multi Family • 3 Bed • 1 Bath Over • 2 Bed • 1 Bath KATHY DISPENZA 646-258-1379 Licensed Real Estate Salesperson</p>	<p><b>JUST LISTED</b></p>  <p><b>624 COMMONWEALTH AVE. BRONX</b></p> <p>• Multi-Family • 3 Bed • 1 Bath Over • 3 Bed • 1 Bath JOSE MONTANEZ 917-716-7299 Licensed Real Estate Salesperson</p>



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<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <p><b>MP POWER Realty Corp</b></p> <p>Maria Paleatsos 3009 Westchester Ave Bronx, NY10461 Office: 718-829-2050 Licensed Broker-Owner <a href="http://www.mppowerrealty.com">www.mppowerrealty.com</a> Fax: 718-829-2308</p> </div>  </div>	
<p><b><u>IN CONTRACT!!</u></b></p> <p>2285 Roberts Ave 3 FAM Asking: \$1.1M 2287 Roberts Ave 3 FAM Asking: \$1.1M 1 Sadore La 2BR Coop Asking: \$239K 382 E 159th St 1 FAM Asking: \$679K 2021 Mayflower Ave 1 FAM Asking: \$539K 1309 Gillespie Ave 1 FAM Asking \$520K 25 Biltmore Ave 1 FAM Asking: \$699K 2902 Waterbury Ave 1 FAM Asking \$550K 669 Pelham Rd 1 BR Coop Asking: \$181K</p>	 <p><b>2 Family Detached Brick PELHAM BAY Asking: \$759K</b></p> <p>Large Driveway, 1 Car Garage, 2 BR Apt over 1 BR Apt. Finished Basement. Walk to #6 Train, City &amp; Express Buses, Shopping, + Close to Major Highways <b>MARIA: 917-841-6885</b></p>
 <p><b>3 FAMILY BRICK MIXED-USE PELHAM BAY</b> (3) 2 BR Units and 1 Storefront + Renovated Full Basement. Each unit has it's own Boiler and HWH. All new plumbing &amp; HWF's. <b>MARIA: 917-841-6885</b></p>	<p><b>LISTINGS NEEDED!</b></p> <p><b><u>APTS FOR RENT</u></b></p> <p>3 BR in Country Club - \$2200 mo 3 BR in Pelham Bay - \$2300 + G/E/H 2 BR in Throggs Neck - \$2000 mo LARGE Studio W/I Pelham Bay - \$1500 mo</p> <p><b>NOTARY PUBLIC ON-SITE</b></p>





**Rosemarie Uvaro**  
Real Estate  
Sales Person

# BERKSHIRE HATHAWAY

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**Diane Uvaro-Capone**  
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**2019**

### FORTUNE'S 10 MOST ADMIRED COMPANIES IN THE WORLD

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

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

#### OPEN HOUSE

**SATURDAY- JULY 27TH 12 NOON - 3PM**  
**23 BRONXVILLE LANE**  
**BRONXVILLE P.O. / YONKERS 10708**

NESTLED IN A COZY CUL-DE-SAC COMMUNITY IN THIS GRAND, OPEN & BRIGHT CONTEMPORARY COLONIAL HOME BOAST TOO MANY AMENITIES TO LIST. LAYOUT FEATURES: ENTRANCE TILED FOYER W/ CLOSET, UPDATED EIK W/ STAINLESS STEEL APPLIANCE & LOVELY BACK SPLASH W/ DOOR TO PATIO TO ENJOY YOUR MORNING COFFEE OR DINNER IN THE EVENING, LR, FDR W/ PLENTY OF SUNLIGHT, FAMILY ROOM W/ SLIDING DOORS TO PATIO & POWDER ROOM. 2ND LEVEL: MBR W/ 2 DOUBLE CLOSETS & FULL BATH, 2 ADDITIONAL BR'S BATH & ATTIC. LOWER LEVEL: 3 BR'S & FULL BATH OR LAYOUT CAN BE 2 BDR'S & DEN W/ DOOR TO PATIO & BEAUTIFUL YARD FOR ENTERTAINING. LAUNDRY ROOM & UTILITY RM. CAC, CENTRAL VAC, SPRINKLER SYSTEM, ALARM SYSTEM & BRAND NEW ROOF. PLUS 2 CAR GARAGE & D/W FITS 5 CARS- ACCESS INTO HOUSE THRU GARAGE. ACCESSIBLE TO THE BRONXVILLE VILLAGE STORES, RESTAURANTS & WALKING DISTANCE TO METRO NORTH STATION. ALSO, ENJOY THE FARMERS MARKET ON SATURDAYS DURING THE SEASON. \$749,000

#### SILVER BEACH GARDEN, CO-OP

THIS CO-OP NESTLED IN SILVER BEACH GARDENS BOASTS OPEN & AIRY WITH UPDATED KITCHEN & BATH. LAYOUT FEATURES: ENTRANCE FOYER FOR SITTING AREA/ OFFICE, LIVING ROOM, DA, EIK, FULL BATH WITH SHOWER. 2ND LEVEL: FOYER AREA & STORAGE, MBR, PLUS FINISHED BASEMENT- FAMILY ROOM / DEN / BEDROOM, PLUS BATHROOM WITH SHOWER - UNIT HAS FRONT YARD. \$359,000 WITH SHARES INCLUDED.

#### EDGEWATER PARK - CO-OP

THIS CHARMING AND SPACIOUS CO-OP UNIT BOASTS A RANCH STYLE FLOOR-PLAN. LAYOUT FEATURES: FRONT YARD FOR SITTING OUTSIDE AND ENJOYING A CUP OF COFFEE IN THE MORNING, TILED ENTRANCE FOYER, FRESHLY PAINTED, DA (CURRENTLY USED AS OFFICE AREA,) BATHROOM, LIVING ROOM W/ PLENTY OF LIGHT, UPDATED EIK, 3 BEDROOMS, MBR W/ BATH, FAMILY ROOM & ROOM LEADING TO HOT TUB FOR RELAXING - PLUS LARGE YARD W/ POOL, SHED & DECK AREA WITH BBQ GREAT FOR ENTERTAINING. ALSO BASEMENT FOR ADDITIONAL STORAGE & WORKSHOP AREA. ENJOY MANY AMENITIES THIS COMMUNITY OFFERS: BEACH, PLAYGROUND, TRACK, BASEBALL COURT, VOLUNTEER FIRE HOUSE, ROOM FOR EVENTS, DELI CORPORATION ON PREMISES & EXPRESS BUS PICK UP & DROP OFF IN THE COMMUNITY. CLOSE TO PARKING LOT. MAKE THIS ENCHANTING CO-OP YOUR DREAM HOME. \$379,000 WITH SHARES INCLUDED

#### SILVER BEACH GARDENS, CO-OP

THIS NAUTICAL THEME HOME NESTLED IN THE SILVER BEACH COMMUNITY BOAST OPEN & AIRY LAYOUT. FLOOR PLAN FEATURES: FRONT YARD, LIVING ROOM W/ HIGH VAULTED CEILINGS & WOOD BURNING STOVE, DINING AREA, EIK W/ VIKING STOVE FOR ANYONE WHO "LOVES" TO COOK, ANDERSON WINDOWS & HARDWOOD FLOORS. 2ND LEVEL: 2 BR'S - MBR HAS VIEW OF THE BRIDGE, ALSO AREA WITH DRESSERS FOR ADDITIONAL STORAGE & FULL BATH W/ JACUZZI. PLUS BASEMENT W/ LAUNDRY, WINE ROOM, WORKSHOP, STORAGE & BATH W/ SHOWER- ACCESS FROM INSIDE HOME & OUTSIDE TO BASEMENT. ENJOY ALL THE AMENITIES THIS COMMUNITY OFFERS. \$425,000 W/ SHARES INCLUDED.

#### THROGGS NECK BRONX, NY 10465

THIS ONE FAMILY RANCH STYLE HOME IS A MUST SEE! ENJOY SITTING ON DECK & VIEWING THE WATER. LAYOUT FEATURES: PORCH W/ ENTRANCE CLOSET, LR, DA, KITCHEN W/ STOOLS FOR DINING, 2 BDRS, UPDATED BATH, PLUS PORCH IN REAR OF HOUSE WHICH LEADS TO YARD, ATTIC AND BASEMENT FOR STORAGE. \$429,000



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1 Family Brick Home. 6 Rooms, 3 Bds, Semi Finished Basement, Garage, New bath, New Heating System, Beautiful Landscape Yard, Functioning Fireplace. **Ask for Gilda \$495,000**



**Throgs Neck** -1 Family brick, 6 Rooms, 3 Br, Full Finished Basements, Garage, New Cherry Wood, Kitchen, Stainless Steel Appliances, Skylight, Deck, Oak Floors, Move in Condition. **\$559,000 Call Gilda**



**Throgs Neck** -1 Family Detached Frame, 6 Rm, 3 Bdrs, New Kitchen w/ Stainless Steel Appliances, New Baths, Ceramic Tile, Oak floors, Finished Basement with one Full bath, Driveway. **Reduced \$569,000**



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**CALL JOAN  
917-860-1951**

## EXCLUSIVE PELHAM BAY



**2 FAMILY DETACHED, 4 BRS, 1½ BATHS, OVER A 1 BR STUDIO PLENTY OF CLOSETS, DETACHED GARAGE MOVE-IN CONDITION**

**CALL JOAN  
917-860-1951**

## EXCLUSIVE THROGGS NECK EXPWY



**1 FAMILY HOUSE FOR SALE 3 BRS, RENOVATED BATH WITH JACUZZI, FINISHED BASEMENT W/ KITCHEN & BATH, MANY CLOSET AND STORAGE SPACE**

**CALL JOAN  
917-860-1951**

## EXCLUSIVE PELHAM BAY



**1 FAMILY HOUSE FOR SALE 3 BEDROOMS, SUN PORCH, STAINED GLASS WINDOWS DETACHED GARAGE AND DRIVEWAY**

**CALL JOAN  
917-860-1951**

## HOUSE FOR RENT



**IN COUNTRY CLUB 3 BEDROOMS, 3 BATHS FIREPLACE**

**CALL VICKIE  
646-739-1360**

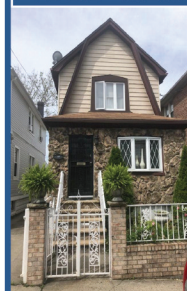
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**OPEN HOUSE**  
SAT JULY 27TH 12-2PM

**THROGS NECK: 757 LOGAN AVE**  
THE ENTERTAINER! LARGE 1 FAMILY SET ON 50X100, FDR & EIK, MODERN FINISHED BASEMENT, A RARE FIND!  
**\$679K \*ASK FOR JOSH**



**THROGS NECK:**  
**240 SWINTON AVE**

JUST BRING YOUR TOOTHBRUSH!  
METICULOUSLY MAINTAINED  
3 BRS, 1.5 BATHS, FULL BSMT,  
CENTRAL A/C, TURN KEY!  
**\$549K**



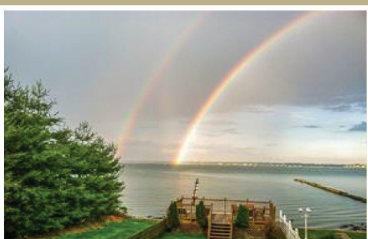
**PELHAM BAY:**  
**1539 HOLLYWOOD AVE**

OWN & EARN! 2 FAMILY, 3 BED  
OVER 2 BEDROOM PLUS FINISHED  
BASEMENT & GARAGE. STEPS TO  
TRAIN & SHOPS  
**\$925K**



**PELHAM BAY:**  
**1244 EDISON AVE**

JUST LISTED! 2 FAMILY SET ON  
25X200, OVER 3000 SQ FT. 3 BED  
OVER 2 BED PLUS FINISHED BASEMENT  
2 CAR GARAGE, HURRY!  
**\$859K \*ASK FOR MICHAEL**



**THROGS NECK:**  
**3181 WISSMAN**

2 FAMILY WATERFRONT -200'  
RIPARIAN RIGHTS, 3 BEDROOM  
TRIPLEX + 1 BEDROOM DUPLEX,  
RENTAL A/C, 2 CAR GARAG  
**\$1.138M**  
**\*ASK FOR JOSH**



**SILVER BEACH:**  
**15 OAK AVE**

ENJOY A CAREFREE LIFESTYLE-  
TURN KEY 2 BEDROOM DUPLEX  
STYLE COOP W/ 2 BATHS, MANY  
AMENITIES  
**\$465K**



**COUNTRY CLUB:**  
**3298 CAMPBELL DR**

LUXURIOUS LIFESTYLE! 3 BDRS, 1.5  
BATHS, FIREPLACE FULL BASEMENT  
**\$729K**  
**\*ASK FOR MICHAEL**



**THROGS NECK:**  
**1011 WILCOX AVE**

LIVE & EARN! 2 FAMILY, 3 BR  
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COMPLETELY FINISHED BASEMENT  
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THROGS NECK: Furnished 3 Rooms, 1 Bedroom,  
EIK, Painted, \$1,750 G & E Inc.

THROGS NECK: 6 Rooms, 3 Bedrooms, 2 Bath, Large  
living room, Dishwasher, Deck \$2,350 Own Utilities

THROGS NECK: 6 Rooms, 3 Bdr, EIK Combo, MBR  
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**THROGS NECK: 2 BEDROOM,  
2 BATH, BALCONY, WASHER &  
DRYER IN APT, PARKING TOO!  
\$2,300 \*ASK FOR MICHAEL**

**THROGS NECK: STUDIO, INCL. G&E  
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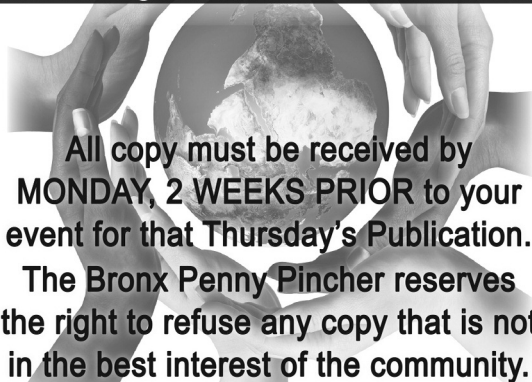
## **COMMUNITY NEWS** F.Y.I. ABOUT OUR NEIGHBORHOOD!

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

Send Your Community Events to:  
Community News Editor

**THE BRONX PENNY PINCHER**

3002 Middletown Road Bronx, NY 10461  
Email: [BxPP@aol.com](mailto:BxPP@aol.com) Fax: 718.489.2895



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

### **EVENTS MUST BE FREE OF CHARGE**

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The Bronx Penny Pincher will not be responsible for any four color discrepancies that may occur when electronic materials are printed. The Bronx Penny Pincher cannot be held accountable for any change that may occur in color quality or match.

## **"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)

### **SPEED CAMERAS**

As of July 11, speed cameras in our communities will operate from 6 A.M. to 10 P.M. Monday through Friday all throughout the year. This expansion is part of the City of New York's Vision Zero initiative to reduce vehicular, pedestrian and bicycling incidents. As you all know, our speed limit is 25 miles per hour, but in school zones, where the speed cameras exist, it is lowered to 20 miles per hour. Thankfully, due to the traffic we see most days in our neighborhoods, none of us will be affected as we hardly drive faster than 20 miles per hour on most days. But in the event that you do, please be mindful that you may receive a speeding infraction in the mail. Drive safely and slowly!

### **DOING OUR PART**

Many of you know, Bronx Community Board #10 is one of the cleanest community districts in the City of New York, according to the New York City Department of Sanitation (DSNY). This is because property owners, tenants and business owners all do their part. As community stakeholders, let us continue to remind our neighbors that raking fallen leaves, curbing our pets and sweeping in front of our homes and businesses are some of the components that make up our community's high rating. Additionally, if you know of a clogged catch basin, please call 311 and then give the complaint number to my office at (718) 892-1161 to ensure proper follow-up. The enjoyable warm weather we are receiving means that many of us are outside enjoying ourselves with friends and family. Please be sure to throw away any garbage in the nearest trash receptacle so that we maintain our high rating.

### **DISTRICT NEEDS**

Each year the City of New York requires each Community Board to submit a list of capital and expense requests in its respective district for review. For example, Bronx Community Board #10 can suggest to the city to renovate an existing park, create a new park or increase funding to the City Department of Transportation for road repair. If there is a particular city program that is successful and wish for it to have its funding increased, please let me know. An example of this is the Parks Department's tree and sidewalks program where high priority sidewalks damaged by a city tree are repaired. Please be advised that this process is now open and you should submit your requests as soon as possible. If you are a Bronx Community Board #10 resident that wishes to suggest an item to be placed on our Fiscal Year 20 District Needs Statement please contact me directly at (718) 892-1161 or via e-mail at [bx10@cb.nyc.gov](mailto:bx10@cb.nyc.gov). Requests are prioritized. If your request does not make it to our final list in October, my office will still have it on record for future District Needs Statements. To be clear, our list to the City of New York is merely a recommendation to the City for what we feel the community needs in terms of municipal services.



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Zeeshanconstruction@gmail.com Call Rashid

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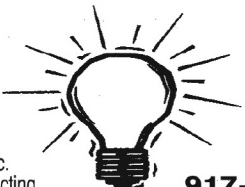


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CALL US (718) 828-3070

Christmas in July thru October. New, almost new and used; many Seasonal items, trims, & decor; Hobby items you can enjoy (ex. Trek Madone 4.5 Bicycle), appliances, furniture and housewares. Stop by and find something for everyone. Some weekends of each month starting July 27-28; Aug. 3-4 & 24-25; Sept 14-15 & 28-29; Oct. 5-6. Hours: 8:00am to 2:00pm - not earlier please. Visit us at: 3281 Spencer Drive, Bx, NY

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Office help needed local electrical contractor \$15/hr 7:30 - 12:30 Excel a plus. E-mail resume to office@wmselectric.net

Garage Sale 725 Hollywood Ave. between Philip/Randall - bikes, tools, house items, & more. Sat/Sun 7/27 & 7/28 10am to 4pm

**MOST CASH PAID FOR ANTIQUES, COLLECTIBLES, ARTWORK, COMICS, SPORTS CARDS, JEWELRY, GOLD, SILVER, WATCHES, COINS, CAMERAS, RECORDS, ETC. PLEASE CALL AARON 917-923-6580**

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Garage sale July 27 new flatware Disney items and toys pocketbooks costume jewelry household items Lenox -furniture sale August 3 at 1015 Throgmorton avenue 10:00 - 4:00

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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 ORGAINZATIONS WELCOME! —

**PSS CITY ISLAND 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](mailto:pattis@pssusa.org) for our monthly calendar.

**THE CENTER FOR COMMUNITY AND ETHNIC MEDIA** at the Craig Newmark Graduate School of Journalism at CUNY is pleased to announce the 2020 Census Reporting Fellowship. The purpose of this fellowship is to help participants understand the importance of the decennial census both for their particular communities and the larger polity, and to give them the research and data tools they need to access a wealth of data and report on census-related stories in their communities. This way, the participants will enhance their ability to build civic connections within their communities. The fellows will attend classes for seven consecutive Thursday evenings (5:00 - 8:00pm) beginning on September 5 at the Craig Newmark Graduate School of Journalism. Instructors will include researchers, data journalists, demographers and reporters currently following the developing news about the Census. Community and ethnic media reporters, editors and publishers from New York's metro region are eligible to apply. If you have any questions, please contact CCEM at [ccem@journalism.cuny.edu](mailto:ccem@journalism.cuny.edu)

**BRONX JEWISH CENTER** Hosts Community Dinner Please join us for our next community Shabbat dinner at the Bronx Jewish Center, 1969 Haight Avenue, Bx NY 10461 to be held on Friday, August 2nd, starting at 7:00 PM. The special theme for that evening will be Shabbat in Egypt... Yes, That's right Egypt. All of your favorite Egyptian style dishes will take center stage! We look forward to seeing you! Enjoy a delicious 4 course dinner with your fellow neighbors. Turn your Friday night Shabbat into an evening of spiritual awakening, inspiration, Jewish songs and culinary delight. Please RSVP @ 718-812-1701 to let us know you are coming. Shabbat dinners are held the first Friday of every month. Where: 1969 Haight Avenue Bx NY 10461 Cost: Free of charge and all are welcome to join! Website: [www.BronxJewishCenter.org](http://www.BronxJewishCenter.org) Contact: [office@bronxjewishcenter.org](mailto:office@bronxjewishcenter.org) Telephone: #718-812-1701

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

**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 I 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. MONTHLY 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](http://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.

**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](mailto:BXPP@AOL.COM) AND DON'T FORGET TO VISIT OUR NEW COMMUNITY GROUP AT [WWW.FACEBOOK.COM/GROUPS/RXCOMMUNITYNEWS](http://WWW.FACEBOOK.COM/GROUPS/RXCOMMUNITYNEWS)



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Plastic & Reconstructive Surgery

Robert D. Goldstein M.D., F.A.C.S.



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## Mamma Rosa's Delicious Subs

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### MICHAEL ANGELO

GRILLED CHICKEN, FRESH MOZZARELLA  
& SUN DRIED TOMATOS

### DA VINCI

FRIED EGGPLANT, FRESH MOZZARELLA  
& ROASTED PEPPERS

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CAPICOLA, SOPRESSATA, MORTADELLA,  
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PROSCIUTTO, FRESH MOZZARELLA,  
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ON FOCACCIA BREAD

### ITALIANO

PROSCIUTTINA, HAM CAPPY, ZAMPINO  
CAPICOLA, MORTADELLA & PROVOLONE

### ALL AMERICAN

HAM, TURKEY, ROAST BEEF, SALAMI,  
AMERICAN CHEESE & SWISS CHEESE

### VALENTINO

GRILLED CHICKEN, ARUGULA, MUENSTER  
CHEESE & SUN DRIED TOMATOES

### ACCENDINO

HOT CAPICOLA, HOT SOPRESSATA, HAM  
CAPPY, PROVOLONE & HOT PEPPERS

### BRONX BOMBER

CHICKEN CUTLET, FRIED EGGPLANT,  
FRESH MOZZARELLA & PEPPERS

### GIARDINO

ZUCCHINI, YELLOW SQUASH, PEPPERS,  
ONIONS, EGGPLANT & BROCCOLI

## Mamma Rosa's Delicious Subs (Con)

### NEW YORKER

CHICKEN CUTLET, PEPPER JACK CHEESE,  
BACON PANINI GRILL

### PORCHETTA

ROAST PORK, PROVOLONE AND SUN  
DRIED TOMATOES

### CUGINO - CUZ FRANKIE

GRILLED CHICKEN, BROCCOLI RABE,  
PROSCIUTTO AND PROVOLONE

**\$7.50 DA PHILLY \$9.50**

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**\$7.50 REUBEN \$9.50**

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## Daily Hot Foods

	<u>Roll / Wrap</u>	<u>Hero / Ciabatta</u>
Chicken Parm	\$6.50	\$8.50
Meatball Parm	\$6.50	\$8.50
Sausage & Pepper Parm	\$6.50	\$8.50
Eggplant Parm	\$6.50	\$8.50
Roast Pork	\$6.50	\$8.50
Veal Parm	\$7.50	\$9.50

## Hot Prepared Section

Chicken Fingers (4Pcs).....	\$6.50
Fried Chicken (4Pcs).....	\$6.00
Chicken Wings (8Pcs).....	\$6.00
French Fries (7in/9in).....	\$3.50 / \$6.00
Potato Croquette / Riceball.....	\$1.50 / \$2.50
Soups of the Day w/ crackers	\$2.00 / \$3.50
Mozzarella Sticks (7Pcs).....	\$4.00



# Bay Park

Center For Nursing & Rehabilitation



**801 Co-Op City Boulevard  
Bronx, NY 10475  
PHONE: 718.239.6555  
FAX: 718.239.6553**

**B**ay 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
- Respiratory 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