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George Le, DPM: A graduate of the prestigious Montefiore Foot and Ankle Surgery program.

Andrew Wong, DPM: Prior Chief Resident at the Department of Veterans Affairs here in NYC.

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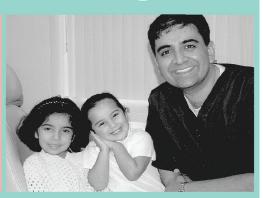
Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare. Other providers are available in our network. The provider network may change at any time. You will receive notice when necessary. In addition to accepting UnitedHealthcare Dual Complete® (HMO SNP), we contract with other Plans/Part D sponsors.

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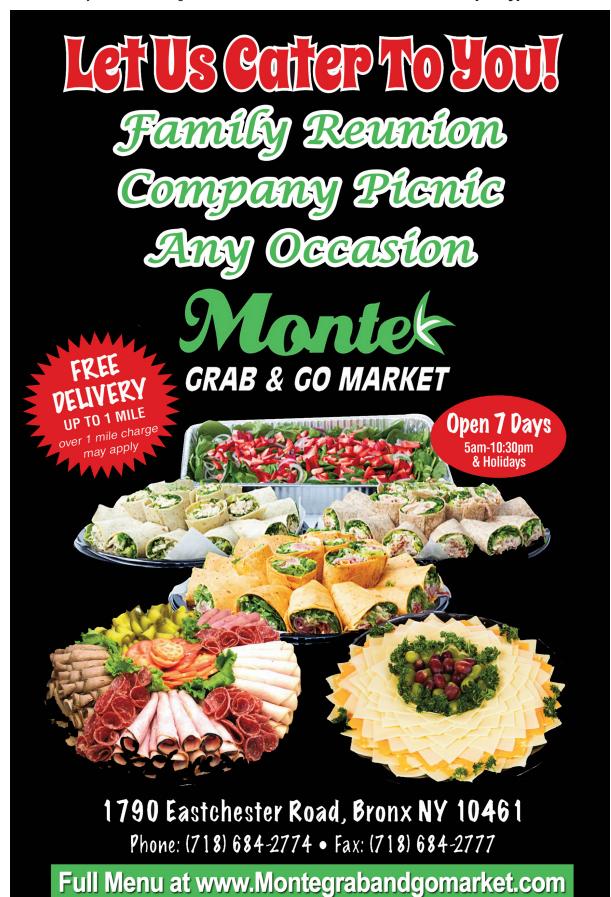
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KOREAN CHILLI, SESAME & HONEY CHICKEN

INGREDIENTS

12 chicken thighs, boneless and skinless

- 2 tbsp soy sauce
- 1 tbsp sesame oil

thumb-sized piece ginger, grated

4 spring onions, sliced

FOR THE GLAZE

4 tbsp Korean chilli paste (gochujang) or use a mixture of 3 tbsp ketchup and

- 1 tbsp sriracha chilli sauce
- 2 tbsp honey
- juice ½ lime
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 2 tbsp sesame seeds



METHOD

Toss the chicken in the soy sauce, sesame oil and ginger. Thread each thigh on two long metal skewers, so that each skewer pierces one side of the thigh. Keep threading the chicken, making sure it's packed onto the skewers tightly. Chill until you're ready to cook. Mix the ingredients for the glaze.

Heat the BBQ. If using a coal BBQ, wait for the coals to turn ashen before you start cooking. Cook the kebab for 5-8 mins on each side (depending on the heat). Once nicely charred but not fully cooked through, start painting on the glaze. The honey will catch if cooked for too long – the key to nice sticky chicken is applying the glaze in layers, turning the kebab often.

Once the glaze has been used up and the chicken is cooked through (it'll take about 20 mins in total), transfer to a plate and leave to cool for 5 mins before serving scattered with spring onions

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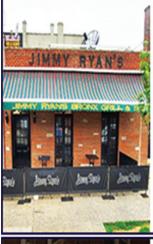


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HOU 3RD 12-2 THROGS NECK: 877 SCHLEY AVE

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SAT AUG 3RD 1-3PM
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



DPEN HOUSI SUN AUG 4TH 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



507 HOLLYWOOD AVE

SHOWS OFF LIKE A MODEL
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1.5 BATHS, PLUS 1 BR WALK-IN &
FINISHED BSMT. TOP OF THE
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*ASK FOR MICHAEL



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2019

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

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LAYOUT FEATURES: ENTRANCE FOYER FOR SITTING
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PLUS FINISHED BASEMENT- FAMILY ROOM / DEN /
BEDROOM, PLUS BATHROOM WITH SHOWER - UNIT
HAS FRONT YARD. \$359,000 WITH SHARES INCLUDED.

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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.REDUCED \$419,000.



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IN CONTRACT!!

2285 Roberts Ave 3 FAM Asking: \$1.1M
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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



2 Family Detached Brick PELHAM BAY

Large Driveway, 1 Car Garage, 2 BR Apt over 1 BR Apt. Finished Basement. Walk to #6 Train, City & Express Buses, Shopping, + Close to Major Highways MARIA: 917-841-6885



3 FAMILY BRICK MIXED-USE

(3) 2 BR Units and 1 Storefront + Renovated Full Basement. Each unit has it's own Boiler and HWH. All new plumbing & HWF's.

MARIA: 917-841-6885

LISTINGS NEEDED!

APTS FOR RENT

3 BR in Pelham Bay - \$2300 + G/E/H 2 BR in Throggs Neck - \$2000 mo LARGE Studio W/I Pelham Bay - \$1400 mo Studio in Bldg Pelham Bay - \$1100 mo

NOTARY PUBLIC ON-SITE

PRIME REALTY GROUP, INC

Notary Public On-Site. **ML**

1722 Crosby Avenue Bronx, New York 10461

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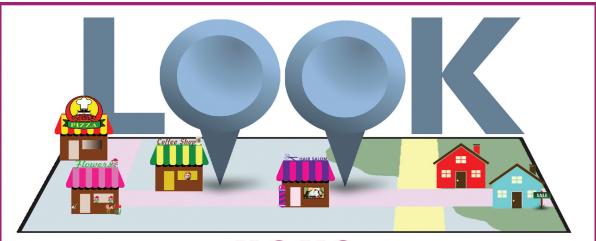
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Councilman Mark Gjonaj



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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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Across

1. Does wrong 5. Separated

5. Separated 10. Singer ____ Fitzgerald

14. Ruckus

15. Indian boat

16. Foremost

17. Unable to read

19. Predicament

20. Violin's kin

21. DDE's predecessor

22. Martial _ 23. Expire

26. Eternally, in verse

28. Transgression

31. Surrealism's Salvador

32. Most scarce

36. Citrus drinks

38. Baby sheep

40. Designer ____ Lauren

41. Most tidy

43. Sports VIP (hyph.)

45. Recorded

46. She, in Toulouse

48. Bruised

49. Appoint

51. Words of comprehension (2 wds.)

3. ____ York

54. Once called

55. Monte ___

57. Pierce 60. Amaze

62. Pay out

66. Electricity carrier

67. Criminal mastermind

70. A Baldwin

71. Composition

72. Peruvian capital 73. Summit

74. ___ Witherspoon of "Pleasantville"

75. Pack away

_	
	<u>Down</u>
	1. Actor Idle
	2. Provoke
	3. Bun
	4. Motionless
	5. Expert
	6. Golf norm
	7. Disneyland locale
	8. Decays
	9. Wobble
	10. Humiliate
	11. Wild animal's home
	12. Dryer residue
	13. Connecting words
	18. Frog's kin
	24. Friends
	25. Writing tablet 27. Certain nobleman
	28. December visitor
	29. Thoughts
	30. Lowest tides
	33. Rock star John
	34. Extra tire
	35. Tossed
	37. "Grapes of Wrath" author
	39. Lightweight wood
	42. Rim
	44. Malicious look
s.)	47. Driver's
	50. More adjacent
	52. Other
	52. Other 56. October birthstones
	J7. Exchange
	58. Flooring square
	59. Length times width
	61. Learned
	63. Prepare copy
	64. Movie fish

65. Deadlock

68. Freon, e.g.

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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

PUBLIC HEARING ON AUGUST 6

As you know, all Community Boards are required to publicize its public hearings. Bronx Community Board #10 will have a public hearing on Tuesday, August 6 at 7 P.M. at Providence Rest which is located at 3304 Waterbury Avenue, Bronx, NY 10465. The topic for this public hearing is a special permit application by Fordham University to operate a sail and rowing team facility at 3341 Country Club Road. 3341 Country Club Road was formerly the Westchester Country Club Land Association. Bronx Community Board #10 is required to submit its advisory opinion to the City of New York's Board of Standards and Appeals by Tuesday, August 13. Please be sure to call my office at (718) 892-1161 if you need any additional information. We hope to see the Country Club and Spencer Estate communities on August 6!

ILLEGAL DUMPING AND COMMERCIAL VEHICLES

Regrettably, there has been an increase in illegal dumping along our highways and around Pelham Bay Park. Please help our office and the Department of Sanitation (DSNY) by calling 311 so that the City sees we need more enforcement in our community. Why individuals would want to harm our quality-of-life by dumping their trash on our roads, parks and highways defies logic. The City and its fines will eventually catch up to them. Additionally, commercial vehicles and tractor trailers are illegal after 9 P.M. on all city streets. If you see any, please call 311 and then contact my office with the complaint number. CB #10 is well aware of this nuisance. My office will not let up.

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.



STERLING SILVER FRESH HAMBURGERS

STEAK BURGERS **BUY 1 PACK GET 1 PACK**

SABRETT FRANKS (14 0Z)



COWBOY STEAKS \$12.99 lb.

JUMBO PORK OR CHICKEN KABOBS

EACH

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

RIB STEAKS \$12.99 LB. SHELL STEAKS \$12.99 LB. PORTERHOUSE STEAKS \$12.99 LB. 2 lbs. Franks

PORK CHOPS (CENTER CUT) \$2.99 LB. 2 lbs. Sausage **B.B.Q. SPARE RIBS** \$3.49 LB.

CHICKENS 3 for \$15.00

BARBECUE FEAST

3 lbs. Spare Ribs

3 lbs. Chicken Breasts

3 lbs. 1/4 Legs

3 lbs. Chuck Chop **ALL THIS FOR**



CRAB LEGS



STUFFED **CLAMS**



ON ICE



USDA

CHOICE

TAILS Anv Size



COLD CUT FEAST 1 LB. HORMEL HAM

1 LB. OVEN ROAST TURKEY 1 LB. GENOA SALAMI 1 LB. OF AMERICAN OR SWISS **ALL FOR**





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ABOUT OUR NEIGHBORHOOD CALENDER

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 Upcoming Special Events: Friday, August 2 @ 12:30 pm, Mental Health Talk by VNS; Tuesday, August 6 @ 12:30 pm, Nutrition Presentation; Thursday, August 8 @ 1 pm, City Island and Movies. Stop by picturesque City Island and enjoy the exciting programs offered at our center which is located at 116 City Island Ave. Monday through Friday from 9 am to 3 pm. Experience our exercise classes from gentle yoga stretch, balance class, arthritis workshop and tai chi as well as our vigorous fit for life and cardio fit. We also offer acrylic painting, health presentations tations, blood pressure monitoring, gardening exchange, singing groupand parties! Lunch is served from 12-1 pm, suggested donation \$2.00. We go on shopping trips every day; i.e. Shop Rite, Dollar Tree, Target, Kmart as well as theatre excursions, special trips, special luncheons and more. It's free to become

trips, special luncheons and more. It's free to become a member but you must be 60 years or above. For more information contact Patty @ 718-885-0727 or email pattis@pssusa.org for our monthly calendar.

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 Eqypt 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 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. When: Friday August 2nd Where: 1969 Haight Avenue Bx NY 10461 Cost: Free of charge and all are welcome to join Website:www.BronxJewishCenter. org Contact: office@bronxjewishcenter.org Telephone: #718-812-1701

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 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 comparison of tance 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

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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, Center, 155 Fifth A 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.





Center For Nursing & Rehabilitation

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

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

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