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October 15 - 21, 2020
Volume 31

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- Academic Program | Oct. 15
- Student Life | Oct. 22
- Finance | Oct. 29

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For Rent walk in Tomlinson Ave. Morris Park 1 Bedroom, cook in kitchen, living room, full bathroom plus use of the yard. G&E included. \$1,500 month — 2 month security required — no pets DDeIPonte515@aol.com

Lovely room for rent in Throggs Neck private home \$950 utilities included, great tv package, furnished, efficiency style, a must see call 917-593-1983 working single person only. Non-smoker

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THROGGS NECK - BRONX 10465

1 FAMILY SEMI- ATTACHED BRICK HOME IS A MUST SEE! LAYOUT FEATURES: LARGE ENTRANCE FOYER, GROUND LEVEL: OFFICE/ DEN / PLAY ROOM/ BR, CLOSETS FOR STORAGE, AND BATHROOM, WITH BOILER ROOM AND LAUNDRY ROOM PLUS WORK BENCH & STORAGE CLOSETS. 2ND LEVEL: UPDATED EIK WITH DECORATIVE GLASS CABINETS & LOVELY DECK WITH AWNING FOR ENTERTAINING AND ACCESS DOWN TO YARD. LARGE FDR AND LIVING ROOM. 3RD LEVEL: 3 BEDROOM AND FULL BATHROOM - SKYLIGHT, 1 CAR GARAGE AND ACCESS INTO HOME PLUS D/W- NEW ROOF. ACCESSIBLE TO ALL \$529,000

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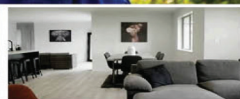
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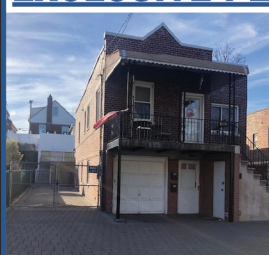


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HOUSE FOR SALE
3 BR DUPLEX LARGE
ROOMS WITH PLENTY
OF CLOSETS
LARGE GARAGE AND
DRIVEWAY

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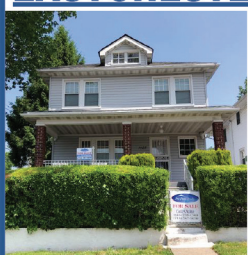
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1 BR, ONE CAR GARAGE,
3 CAR DRIVEWAY,
FRONT AND BACK
PORCH DOUBLE DECK
WITH AWING

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2 TBS PARSLEY
2 TBS OREGANO
2 TBS CHOPPED FRESH
BASIL
1 TBS BALSAMIC VINEGAR
1 TSP KOSHER SALT

1/2 TSP BLACK PEPPER
6 CLOVES GARLIC, MINCED
18 ASPARAGUS
12 CRIMINI MUSHROOMS
1 (1 LB) EGGPLANT
1 RED BELL PEPPER
1 YELLOW BELL PEPPER

DIRECTIONS

1. IN A LARGE RESEALABLE PLASTIC BAG, MIX THE OLIVE OIL, PARSLEY, OREGANO, BASIL, VINEGAR, KOSHER SALT, PEPPER, AND GARLIC. PLACE THE ONION, ASPARAGUS, MUSHROOMS, EGGPLANT, RED BELL PEPPER, AND YELLOW BELL PEPPER INTO THE BAG. SEAL, AND MARINATE 2 HOURS IN THE REFRIGERATOR, TURNING OCCASIONALLY
2. PREHEAT THE GRILL FOR HIGH HEAT.
3. LIGHTLY OIL THE GRILL GRATE. GRILL THE VEGETABLES 6 MINUTES ON EACH SIDE, UNTIL TENDER.

FEATURED LISTINGS

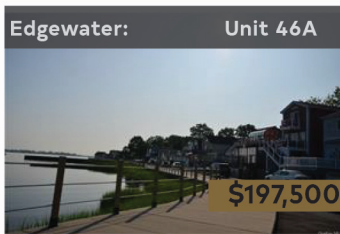
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FEATURES
This cozy ranch style home is set on LG property & has 2 Bdr w/ possible 3rd.

- AMENITIES**
- 2 Bedrooms
 - 2 Baths
 - Large property
 - Pool

*ASK FOR CLAUDIA TUBIOLO



FEATURES
Charming Waterfront Community 2 bedroom coop, recently updated with open concept

- AMENITIES**
- Pvt beach
 - Security
 - Deli
 - Parking
 - Close to express bus

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FEATURES
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- Corner Property

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- Turn Key
 - 2.5 Baths
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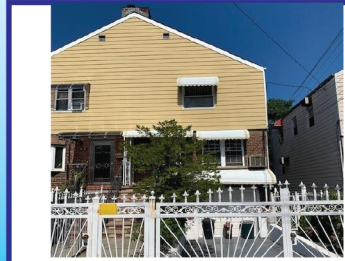
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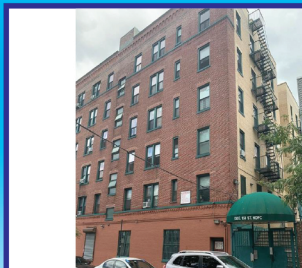
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"Neighborhood Updates"



Matthew Cruz
District Manager

Bronx Community Board #10
3165 East Tremont Avenue
Bronx, NY 10461
(718) 892-1161
Bx10@cb.nyc.gov

GET YOUR FLU SHOT!

Receiving your flu shot has never been more important as we await the upcoming fall and winter seasons. Local convenient stores such as Walgreens and CVS offer free flu vaccinations. We do not want to overwhelm our heroic healthcare workers by having them treat patients with the flu in addition to patients that contracted COVID-19. If you can, please consider taking someone you know with you when you go for the flu vaccination. If you need a face covering, please stop by our office to pick one up.

FOOD PROGRAMS

During this unprecedented time, our neighborhood public schools have been food distribution centers. If you need any assistance finding a school, please contact my office as soon as possible. In Community Board #10, P. S. 72 and P.S. 160 are serving grab-and-go meals for people of all ages. In Community Board #11, the Christopher Columbus High School Campus, P.S. 83, P.S. 89 and P.S. 97 are all giving away meals to those in need every day from 3PM to 5PM as schools reopen for in-person classes. If you are a senior citizen, you may be able to get meals delivered to you each week. Please dial 311, or when in doubt, call my office so we can assist.

NEW YORK STATE UNCLAIMED FUNDS

According to New York State Comptroller Thomas DiNapoli's office, the state of New York returned over \$100 million to its rightful owners. The New York State Abandoned Property Law requires certain entities to return abandoned monies or securities to the New York State Comptroller's Office of Unclaimed Funds. The process is simple! All you have to do is search your name on www.osc.state.ny.us/ouf/index.htm and you will find out if you have any unclaimed funds. As always, I and my staff are available to check for you, but I encourage you to stop by so that we can assist. My office is open Monday through Friday from 9 A.M. to 5 P.M. Good luck on your search!

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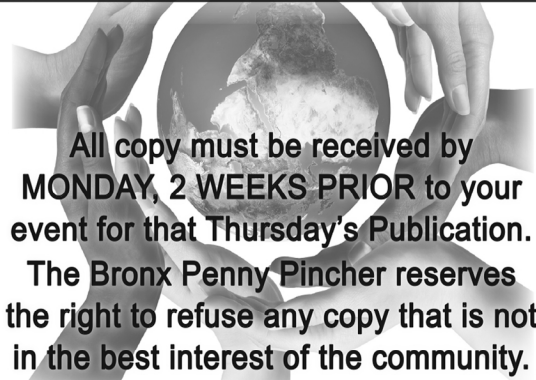
COMMUNITY NEWS F.Y.I. ABOUT OUR NEIGHBORHOOD!

Do you have a Special Event that is of interest to the neighborhood?
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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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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 ORGANIZATIONS WELCOME!

NYC COUNCILMAN MARK GJONAJ: Dear Friends, I hope you and your families are doing well as we continue to fight a pandemic and face many challenges as we open up our City. With a spike in COVID-19 cases in zip codes 10462 and 10465, I am glad that our office is partnering with Essen Health Care to provide COVID-19 Antibody Testing through these affected areas in District 13. It is free, only takes 10 minutes, helps detect antibodies and helps stop the spread of COVID-19 so we don't go backwards. As many are battling food insecurity in our District, we are glad to partner with community organizations and only this week we gave over 3,000 food boxes to seniors and families in need from Pelham Parkway to Throggs Neck, City Island, East Tremont, Morris Park and more. To answer concerns and questions of residents and community organizations in the District, and in partnership with Bronx Community Board 10, we hosted a Community Town Hall regarding the DOT proposed Road Diet on Harding Avenue from Emerson to Pennyfield Avenue with DOT Bronx Commissioner Nivardo Lopez. We look forward to more engagement and discussion from both the community and DOT on this issue. Our office continues to help so many in our District and beyond with legislation, funding, constituent affairs, informative townhalls, food, hand sanitizer, bookbag and mask giveaways, park clean ups, graffiti removals and much more. Please remember that we have been with you along this pandemic and we will continue to be here for you. Please contact my office at 718-931-1721 or email at MGjonaj@council.nyc.gov with any issues or concerns. Sincerely, NYC Councilman Mark Gjonaj District 13, Bronx

DISTRICT 13, BRONX COVID-19 ANTIBODY TESTING: With a recent **SPIKE** in **COVID-19 cases** in the **10462 & 10465 ZIP codes**, Councilman Mark Gjonaj, in partnership with Essen Health Care, will be hosting **FREE COVID-19 antibody testing** throughout District 13 to #StopThe SpreadNY. **FREE! NO APPOINTMENTS NEEDED. PHOTO ID REQUIRED. Friday, October 16, 9 AM- 2PM** Big Deal Supermarket - 1018 Morris Park Ave, Bronx NY 10462. **Saturday, October 17, 8 AM- 2 PM AAOHA-** 2141 Holland Ave Bronx NY 10462. **Monday, October 19, 11 AM- 5 PM.** Corner of Astor Ave Boston RD, Bronx NY 10467. **Tuesday, October 20, 8 AM- 12 PM** Fine Fair Supermarket- 3680 E. Tremont Ave. Bronx NY 10465. **Tuesday, October 20, 1 APM- 5 PM** NYCHA Randall- Balcom Houses- 550 Balcom Ave. Bronx NY 10465.

BRONX HOUSE EARLY CHILDHOOD--PRE-K FOR ALL For Children born in 2016. Bronx House has available seats for the 2020-2021 School Year! We are offering various instructional models/schedules to meet family preferences. For more information call Dawnn Pemberton at **718-792-1800 ext. 264**. Thank you, Penny Pincher's Staff as always for your commitment to helping us to get the word out to the community.

VOCATIONAL TRAININGS: Advanced Technology Training and Information Network Lab **ATTAIN** is a statewide network of 36 technology labs funded by the New York State Legislature. **ATTAIN** provides access to technology and training in collaboration with SUNY Educational Opportunity Centers and community based organizations throughout the State. If you are currently exploring the job market, take the opportunity to enhance your skills by obtaining vocational training in our Advanced Technology Training and Information Network Lab. Computer- Based Trainings are offered in the following disciplines: Microsoft Certification Microsoft Technology Associate (Certification) • Pre-Certified Nursing Assistance • Pre-Home Health Aid • Pre-Building Maintenance • Pre-Customer Service • Pre-Security Training • Pre- Office Skills • Pre- Child Care • English as a Second Language • QuickBooks • Citizenship Workshops *Eligibility requirements vary by training. College Connections Initiative (CCI) The College Connections Initiative (CCI) program provides students and community members a dynamic learning experience to increase their college awareness and readiness. Students interested in exploring post-secondary higher education options will be supported by College Advisors from the start of college exploration through college acceptance and enrollment. Some of the services offered through the program will include assistance with college applications, college essays, financial aid, and college advisement. These free services will be delivered through individual, group and workshops sessions. Are you ready to start your new future at SUNY North Bronx? If the answer is yes, we're here waiting for you! Admissions Office **Hours Monday—Friday 9:00am—3:00pm Monday—Thursday 4:00pm—6:00pm** Directions by Public Transportation 2 or 5 train to Allerton Avenue or Burke Ave-nue , walk toward Arnov Avenue (Bx19) (Bx12)Transfer to the (Bx39), get off on corner of Arnov Avenue. SUNY-North Bronx Career Counseling and Outreach Center 2901 White Plains Road Bronx, New York 10467 Phone 718-547-1001 Fax 718-547-1973 Visit us at: www.nbx.sunyec.org

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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TERIYAKI, HONEY BBQ
DRY RUB: LEMON PEPPER, CHIPOTLE, CAJUN, BUFFALO

CHICKEN SLIDERS

Three grilled or fried chicken cutlet with cheese 9

BEEF SLIDERS

Three signature blend of short rib and brisket beef patties with cheese and pickles 9

MAC & CHEESE BITES (MILD SPICE)

Fried Macaroni with creamy pepper Jack cheese 10

BROCCOLI CHEESE BITES

Fried till golden brown perfection 10

FRIED PICKLES

Lightly battered fried juicy pickles with ranch dressing 9

MOZZARELLA STICKS

Served with homemade marinara sauce 10

SOFT PRETZELS

Oven warmed giant German pretzel served with cheese sauce and ale mustard 8

NACHOS SUPREME

Tortilla chips heaped with cheese, jalapeno, tomatoes, beans, and ground beef 13

FISH NUGGETS

Chunks of cod fish with a side of dipping sauce 8

COD FISH TACOS

Three soft flour tortillas stuffed with fried beer battered cod fish 14

STEAK TACOS

Tender steak dressed with lettuce, tomato, sour cream, pico de gallo, guacamole 12

CHICKEN TACOS

Grilled chicken dressed with lettuce, tomato, sour cream, pico de gallo, and guacamole 11

WRAPS

WHITE/WHOLE WHEAT/SPINACH

GRILLED CHICKEN

Chicken breast, mozzarella cheese, fresh basil, balsamic vinaigrette 12

BUFFALO CHICKEN

Grilled sliced chicken breast tossed in buffalo sauce, lettuce, tomato, blue cheese dressing 12

CAESAR CHICKEN

Chicken cutlet, lettuce, grated parmigiana, crumbled seasoned croutons, Cesar dressing 12

CHEESE STEAK

Sirloin steak, American cheese, peppers and onions 12

SANDWICHES

CHEESE STEAK

Sliced steak, American cheese, peppers and onions 13

GRILLED CHICKEN

Mozzarella cheese with sautéed roasted bell peppers and onions 12

FRESH ROASTED TURKEY CLUB

With your choice of garnish 13

ROAST PORK (CUBAN)

Savory roasted pork, dill pickles, mustard, provolone cheese, sliced ham all pressed and grilled together for a perfect fusion of taste bud satisfaction 12

ROAST BEEF AU JUS

Homemade roast beef thinly sliced with caramelized onions and provolone cheese served with a side of au jus 12

ENTREES

FRIED CHICKEN

House breaded select deep fried chicken with fries 14

FRIED SHRIMP

Lightly house breaded shrimp with fries 20

FRIED SEAFOOD COMBO

Calamari, shrimp, clams, cod 24

18 OZ RIB EYE STEAK

Dry rubbed and grilled and then topped with herbed garlic butter - served with potatoes and vegetables 35

14 OZ NEW YORK STRIP STEAK

Delicious grilled steak served with potatoes and vegetables 25

ROAST TURKEY

Slow roasted turkey served with garlic mashed potato and savory turkey gravy and vegetables 16

CENTER CUT PORK CHOPS

Garlic butter Baked Pork Chops paired with roasted potatoes and vegetables 23

ROAST BEEF

Fresh and tender roast beef served with mashed potatoes and vegetables 16

ROAST LOIN OF PORK

Slow roasted and served with mashed potatoes and vegetables 17

SALADS

*ADD CHICKEN 4 SHRIMP OR STEAK 6

HOUSE SALAD

Mixed greens, tomato, onions, carrot, bell peppers, chick peas, croutons 8

CLASSIC CAESAR SALAD

Romaine lettuce with grated parmigiana cheese, Caesar dressing 10

GREEK SALAD

Romaine lettuce, tomatoes, feta cheese, red onions, Greek olives 11

CHOPPED CHICKEN COBB

Chicken, bacon, egg, avocado, crumbled blue cheese, tomatoes, romaine lettuce, choice of Ranch or Blue cheese dressing 13

GRILLED CHICKEN SALAD

Grilled chicken, romaine lettuce, tomatoes, onions 13

Build Your Own BURGER 13

HALF POUND ANGUS BEEF
THE WAY YOU WANT IT!!

Choose Your Toppings: *Sautéed Onions, *Sautéed Mushrooms,
American, Swiss, Cheddar, Mozzarella, Pepper Jack,
Monterey Jack, *Bacon, Lettuce, Tomato (*Add 2.00)

TURKEY BURGER

Ground Turkey served any way you want it
with the toppings listed above 13

IMPOSSIBLE BURGER

Meat-Free but taste like beef. American cheese, caramelized
onions, dill pickles all loaded on a brioche bun 14

SIDES

ONION RINGS 6 | HOUSE FRIES 6 | STEAK FRIES 6

SWEET POTATO FRIES 7 | WAFFLE FRIES 6

MASHED POTATOES 5 | BROCCOLI 5 | SPINACH 5

CORN 5 | GRILLED ASPARAGUS 6 | COLE SLAW 5

DESSERTS

CHOCOLATE LAVA CAKE 5

APPLE TART 7

TARTUFO 5

VANILLA ICE CREAM 5

CHOCOLATE ICE CREAM 5

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Restore Volume & Shape to Lips
Improve Smokers Lines
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Programs and Treatments offered at Bay Park:

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- Respite Care

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- Suctioning

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- Pressure Reducing Devices
- Nutrition and Hydration Interventions
- Ulcer Care
- Surgical Wound Care

Special Programs

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- Restorative Nursing Program
- Medical Model Adult Day Care
- Behavioral Health Unit

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