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August 10 - 16, 2023
Volume 32
 THROGGS NECK/PELHAM BAY
 AND COUNTRY CLUB



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Kafcos Realty



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 • **Arroz con Gandules 6.95**
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 • **Pink Beans 3.95**
 • **side of Avocado 3.95**
 add a slice of Flan to complete your meal..... 6.95





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<p>• CAPRI SUN DRINKS STRAWBERRY OR ORIGINAL • COUNTRY TIME READY TO DRINK LEMONADE 10 Pk., 6 Oz. Pouches 2 \$7 FOR</p>	<p>SPECIAL K CHOCOLATE DELIGHT (18.5 OZ.), FRUIT & YOGURT (19.1 OZ.), VANILLA ALMONDS (18.8 OZ.), BUTTER BEANS (16.9 OZ.), OR ORIGINAL (18 OZ.) KELLOGG'S CORN FLAKES 18 Oz. Boxes 5 49</p>	<p>ASSORTED VARIETIES VICTORIA PASTA SAUCE 24 Oz. Pkgs. 5 99</p>	<p>CLUB CRISP RANCH OR SEA SALT (7.1 OZ.) OR ASSORTED VARIETIES: CLUB OR KEEBLER TOWN HOUSE CRACKERS 9-13.8 Oz. Pkgs. 3 99</p>	<p>ANTIBACTERIAL ORANGE, CHLOROX BLEACH OR ORIGINAL PALMOLIVE ULTRA DISH LIQUID 9.7 Oz. Btl. 1 79</p>
<p>CORN, CANOLA OR KRASDALE VEGETABLE OIL 96 Oz. Btl. 8 99</p>	<p>EXTRA LONG GRAIN OR GOLD PARBOILED CAROLINA RICE 10 LB. BAG 8 99</p>	<p>MINUTE MAID DRINKS 59 Oz. Cntr. 1 99</p>		
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<p>MATCH LIGHT CHARCOAL (32 LB.) OR KINGSFORD CHARCOAL BRIQUETS 16.5 Oz. Btl. 12 99</p>	<p>ASSORTED VARIETIES CLOROX BLEACH 48-63 Oz. Btl. 3 99</p>	<p>ASSORTED VARIETIES TAMPICO BEVERAGE 1 GAL. BTL. 2 49</p>		

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SALE STARTS FRIDAY, AUG 11 THRU AUG 17

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LARGE EGGS
DOZEN.....

2⁹⁹

PLUS CALCIUM
OR ORIGINAL
COUNTRY
CROCK
SPREAD
45 Oz. Tubs

4⁹⁹



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FABRIC
SOFTENER
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8⁹⁹



EXCLUDING DECAF)
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• CAFE
BUSTELO
• CAFE PILON
6 Oz. BOTTLES

2 \$7
FOR



LEMON OR ORANGE
AJAX
DISH
LIQUID
52 Oz. BTL.

4⁴⁹



ASSORTED VARIETIES
TATE'S
COOKIES
7 Oz. BAG

4⁹⁹



COCOA OR FRUITY
POST
PEBBLES
CEREAL
15 Oz. BOXES

5⁹⁹



HOT COCOA OR
ASSORTED VARIETIES
DUNKIN'
COFFEE
K-CUPS
10 Pk. 3.3-5.1 Oz. Box

7⁹⁹



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YOPLAIT
YOGURT
4-6 Oz. CUPS

5 \$4
FOR



REGULAR OR SUGAR FREE
KOOL-AID
ASSORTED
GELATINS
12 Pk. 3.5 Oz. CUPS

3⁴⁹



*PLUS DEPOSIT IN CT:
HOMESTYLE W/PULP,
W/CALCIUM & VITAMIN D
OR ORIGINAL
KRASDALE
PREMIUM
ORANGE
JUICE
52 Oz. BTL.

2⁹⁹



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- 1.** Ease into school-year routines. Many children thrive on routines. Prep for the transition to a school-day schedule as early as possible by slowly moving your children's bedtimes up a little each evening. You should also establish school-year breakfast, lunch and dinner routines to help children adjust to regular mealtimes.
- 2.** Take a trial run and figure out what hiccups need addressing. Ask your children's school if you can take an after-hours tour to increase familiarity and practice your routine. According to KinderCare's Parent Confidence Report, 61% of parents believe being a parent means constantly thinking about child care gaps, so now is the time to make before- and after-school care arrangements and discuss them with your children. Help ease their nerves by making sure they practice the little things like opening and closing lunchboxes, water bottles and backpacks, and finding their drop off and pick up locations then adjust as needed to make sure they feel confident in each of the tasks.
- 3.** Start back-to-school conversations at home. Children sometimes experience big feelings, and they may not know how to explain what they're experiencing. Whether it's excitement, jitters or anxiety around the unknown, having open conversations at home about school can give children a comfortable space to share what they feel and help quell their nerves. This is also a good time to gently remind your children about kindness and acceptance of others. During the school year, monitor your children's behavior to better understand how they may be feeling.
- 4.** Build strong home and school partnerships. One of the best things you can do for your children is give them the resources they need for success then support them along the way. One way to do this is by building partnerships with your children's teachers to create a strong foundation for the entire school year. Whether it's joining the local parent group at school, downloading a classroom app, following your children's school social media pages or sending an informal "getting to know you" email to your children's teachers, consistent and effective communication is often beneficial when you face challenges or have questions down the road.
- 5.** Set school-year goals. These don't have to be formal; they can be impactful and fun, too. This may help your children understand what they're working toward. Maybe they want to try a new sport or learn a musical instrument. Maybe they would like to increase their math competencies by a letter grade or demonstrate more patience while learning new things. Make a mental note to continuously revisit these goals throughout the year to celebrate progress and growth. Watch for ways you can help them accomplish these objectives with support from counselors, coaches and instructors as well as at home.

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Programs and Treatments offered at Bay Park:

Special Services

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- Oxygen Therapy
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- Bi-Pap/C-PAP
- Suctioning

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- Ulcer Care
- Surgical Wound Care

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- 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

The Importance of Mental Wellness for a Healthy Heart and Brain



(Family Features) Research shows anxiety, stress and depression can have a negative impact on physical health and may even increase the risk for heart disease and stroke.

In fact, the American Heart Association, the world's leading nonprofit organization focused on heart and brain health, identified a strong interconnection between the mind, heart and body in its scientific statement, "Psychological Health, Well-Being and the Mind-Heart-Body Connection."

"Research has clearly demonstrated negative psychological factors, personality traits and mental health disorders can negatively impact cardiovascular health," said volunteer chair of the statement writing committee Glenn N. Levine, M.D., FAHA, master clinician and professor of medicine at Baylor College of Medicine and chief of the cardiology section at the Michael E. DeBakey VA Medical Center. "The body's biological reaction to stress, anxiety and other types of poor mental health can manifest physically through an irregular heart rate or rhythm, increased blood pressure and inflammation throughout the body. Negative psychological health is also associated with health behaviors that are linked to an increased risk for heart disease and stroke, such as smoking, lower levels of physical activity, unhealthy diet, being overweight and not taking medications as prescribed."

Studies have found some people, including people of color, may face a greater risk of poor health outcomes due to chronic stress, depression and anxiety linked to psychosocial stressors, particularly those related to social and economic inequality, discrimination, systemic racism and other societal factors. A study published in the "Journal of the American Heart Association" found U.S. adults who reported feeling highly discriminated against at work had an increased risk of developing high blood pressure compared to those who reported low discrimination at work.

"Mental health includes our emotional, psychological and social well-being," Levine said. "It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices. Practicing mindfulness in all forms allows one to be more aware of and have more control over emotional responses to the experiences of daily life."

Consider these tips from Levine to improve your mind-heart-body connection:

Practice meditation regularly. Even simple actions such as communing with nature or sitting quietly and focusing on your breath can have a positive impact.

Get plenty of good, restful sleep. Set a regular bedtime, turn off or dim electronics as bedtime approaches and form a wakeup routine.

Make connections and stay in touch. Reach out and connect regularly with family and friends, or engage in activities to meet new people.

- Practice mindful movement. There are many types of gentle mindful practices like yoga and Tai chi that can be done about anywhere with no special equipment to help ease your soul and muscles.
- Spend time with your furry friend. Companion animals are often beloved members of the family and research shows pets may help reduce physiological reactions to stress as well as support improved physical activity.
- Work it out. Regular physical activity – a recommended 150 minutes of moderate activity, 75 minutes of vigorous activity or a mix of both weekly – can help relieve tension, anxiety and depression, and give you an immediate exercise "high."

"Wellness is more than simply the absence of disease," Levine said. "It is an active process directed toward a healthier, happier and more fulfilling life. When we strive to reduce negative aspects of psychological health, we are promoting an overall positive and healthy state of being."



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Aging Gracefully at Home



3 stylish safety and mobility products

(Family Features) While aging is inevitable, it doesn't mean you can't do so with grace and style. For many seniors hoping to look and feel their best, there are plenty of options, from the clothing they wear to products they use every day. Choosing more 'stylish' safety accessories is one way to go.

To improve quality of life and inspire confidence, Medline, a leading provider of consumer medical products, teamed up with Martha Stewart to introduce the Martha Stewart Home Comfort Care Collection. The line of design-inspired safety and mobility products combines sophisticated design and dependability to help those who use them look and feel their best.

"We are excited to enter into this unique partnership," said Dawn Freitag, Medline senior marketing manager. "Martha Stewart's signature style has always set the standard for better, more enjoyable living and this line of mobility and bath safety products is no exception. We believe these fashionable, modern designs along with our top-rated quality and value pricing will help seniors live their happiest, healthiest lives with exceptional safety, security and style."

Consider these supportive care products to maximize style and safety, and find the full collection by visiting athome.medline.com.

Around the Home

The right mobility aid can help you navigate your home. One option, the Adjustable Rolling Walker, combines a chic, sporty checked pattern with renowned functional features to help you easily stand and walk safely and independently. Its smooth-rolling, all-terrain wheels make it easy to get around in or outside of your home while push-down, locking brakes are ready for a rest stop at any time. Plus, it easily folds for travel and storage, and features under-seat storage and adjustable easy-grip handles for a custom fit and fashionable function.

For the Bathroom

The most essential purpose of bathroom safety aids is to prevent falls on wet, slippery surfaces. Beyond securely-attached bath mats and grab bars, the Martha Stewart Euro-Style Shower Chair allows you to sit while showering for extra peace of mind. With built-in handgrips and a backrest for comfort, the rust-resistant chair also features adjustable, push-button height settings to improve stability and built-in Microban protection to resist mold and mildew.

In the Bedroom

There are numerous products designed to maximize rest, relaxation and safety in and around your bed. To help you get in and out of bed, an Adjustable Bed Assist Bar slides around the side of the mattress – without floor legs that may pose a tripping hazard – to offer support. With a stylish faux woodgrain bag design and neutral color, the bar seamlessly blends in with bedding and linens to provide both function and flair.



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BACK ON THE MARKET - EDGEWATER PARK, CO-OP
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Case No:16-2019-DR-000552-FM: FM-E Debbie Pearson, Petitioner, TO: Respondent Lester W. Pearson, Jr. 3029 Bruner Avenue Bronx, NY 10469 YOU ARE NOTIFIED an action for dissolution of marriage has been filed against you. You're required to serve a copy of defenses, to it on Debbie Pearson, 14033 Fish Eagle Drive East, Jacksonville, FL 32226

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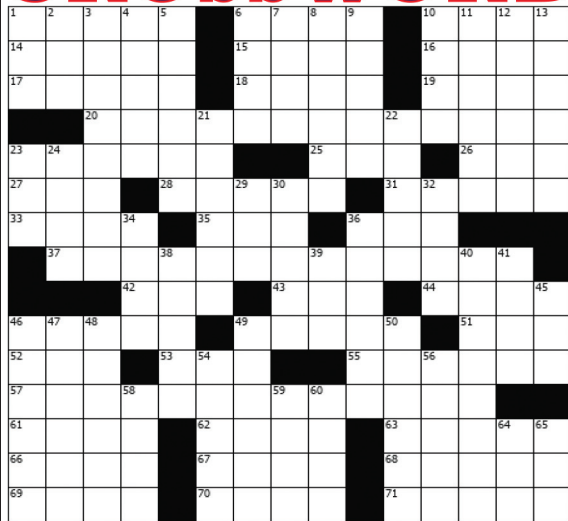
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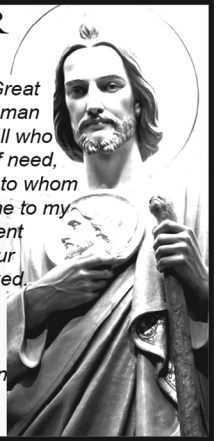
1. Desert traveler
6. Bride's throwaway
10. Big do
14. "William Tell," e.g.
15. Willing partner?
16. Load to bear
17. Robe fabric
18. Lamb cut
19. Seniors' group
20. Rock Hudson/Gina Lollobrigida '60s flick
23. Like some arrangements
25. Shaft with a blade
26. Island chain
27. Gambler's marker
28. Like some situations
31. "___ you the clever one?"
33. Spelling on TV
35. A pro might shoot it
36. Good name for a cook?
37. Reggie Jackson's '70s nickname
42. Taxing letters
43. Neither follower
44. Give forth
46. Tough to please
49. Pounded the Underwood
51. Haunted house sound
52. Best seller's number
53. Make zigzags, maybe
55. Expose to fresh air
57. Sandy Dennis/Anthony Newley '60s flick
61. Not a short story
62. Many miles away
63. Off killer
66. Intense angers
67. Kind of phone
68. Model Cheryl
69. Minstrel's instrument
70. Koala hangout
71. Furnish with a fund

DOWN

1. Barracks bed
2. Mock, in a way
3. "Never on Sunday" actress Melina
4. Overthrow, perhaps
5. Neither clergyman nor professional
6. Chums
7. One of the reeds
8. Get into with ease
9. Gossipy sort
10. Brew topper
11. Make possible
12. Soup holder
13. Verve
21. Secretly weds
22. Inspiration for Yeats
23. Tailor's concern
24. Weaver's contraption
29. Civil ___
30. O. Henry specialty
32. Cartoonist Goldberg
34. Goddess in "Aida"
36. Mill site
38. Lovers' rendezvous
39. Whistle blower
40. Boarded a ship
41. Civil disorder
45. Stubbed item
46. Paleontologist's find
47. Easily tripped up
48. Where Have All the Flowers Gone? singer
49. Double offer, informally
50. Future Kerry/Bush event
54. Do a legislator's job
56. Epoxy, for one
58. Slack off, with up
59. Crooner Jerry
60. Contemporary of Agatha
64. Id companion
65. Savannah-to-Baton Rouge dir.

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. M.L.



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Clever Storage Ideas for Small Spaces

(Family Features) No matter how cramped and cluttered your living space may be, you can almost always find a spot or two for extra storage. It's often just a matter of getting creative and utilizing a few clever solutions.

Consider these simple ideas to create some extra space in oft-used rooms:

Kitchen

Metal rods with hanging hooks can create storage space on your blank walls. Use them to hang coffee cups, cooking utensils, dish towels or pots and pans.

Magnetic strips mounted on the wall or the inside of a cabinet door can be a simple way to hang knives and free up counter space normally taken up by a knife block.

If your countertop is cluttered with small spice containers and oil bottles, elevate them with a decorative cake stand. Place small jars below and top with pretty decanters and additional spices.

If you're using prime cabinet space for items you only use once a year, such as holiday cake pans or a big serving bowl you pull out for parties, consider storing them in the attic or a closet instead.

Bathroom

Instead of hanging just one towel bar on the back of the bathroom door, hang multiple to maximize your drying space.

Most modern cabinetry has adjustable shelving. If you haven't customized the heights of your shelving to accommodate different sized bottles and containers, give it a try.

A three-tiered fruit basket might seem perfect for the kitchen, but it's also a handy way to store bathroom essentials right beside the sink.

Flour and sugar canisters can also be repurposed in the bathroom to keep makeup, toiletries, cleaning supplies and soaps contained. Make sure to buy bins that stack easily.

Bedroom

Nix those nightstands and hang small shelves on either side of the bed. This cuts down on the clutter you can keep and makes cleaning underneath a breeze.

Rolling bins that fit under the bed are perfect for storing linens, out-of-season clothing and children's toys. They're also the perfect way to slide building block projects out of sight without destroying your child's latest masterpiece.

Closets with a single hanging rod are one of the biggest space-wasters in the bedroom. Double their storage capacity by hanging a second rod or shelf below shorter jackets and shirts.

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"Neighborhood Updates"



Matthew Cruz
District Manager

Bronx Community Board #10
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Bx10@cb.nyc.gov

UPDATE ON E-SCOOTERS

You have noticed that e-scooters are parked on our sidewalks and on certain streets along our business corridors. If an e-scooter is not at the curb of the sidewalk, you must call 311 to have it retrieved and properly placed. No e-scooter should be placed against any building or gate. You can call our office at (718) 892-1161 and we will contact the e-scooter companies to retrieve it and place it properly on the sidewalk curb or in the corrals of a business corridor. Lastly, the City Department of Transportation is working with e-scooter companies to develop sidewalk detection technology that will disable the e-scooter when a user rides on the sidewalk.

WORKFORCE 1

We are pleased to announce that we will have the Bronx Workforce 1 Career Center at our office each Wednesday between the hours of 11 A.M. and 2 P.M. Please call ahead to schedule your appointment. This program helps connect residents to employers. Kindly give us a call to learn more about it and in the meantime be sure to update your resumes! Our district office is located at 3165 East Tremont Avenue, and we are open Monday through Friday from 8 A.M. to 4 P.M.

SCAM CALLS AND TEXT MESSAGES

I often hear of gut-wrenching stories of "scam" phone calls that deceive people into giving out their personal banking information. You may have noticed that you are receiving scam text messages that tell you your package is delayed or will not be arriving. Do not answer any of these messages. You should report any e-mail or text message as spam. There is no governmental or banking institution that will request you give money over the phone.

PLEASE TAKE NOTE: Once your ad has been placed, there will be **NO REFUNDS**. **PLEASE:** Read your ad the first day it appears. If any error was made by The Bronx Penny Pincher on a **TELEPHONE NUMBER OR ADDRESS** the publisher will be happy to correct it **FREE OF CHARGE**. The Publisher is not responsible for typographical errors. However, the Publisher must be notified within **48 hours** of **THAT** publication or the publisher will not assume responsibility. Please include your phone number and/or address in ad copy or the Publisher will not be responsible if either of the above is left out. **PLEASE WRITE LEGIBLY**. We will not be responsible for illegible handwriting.

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

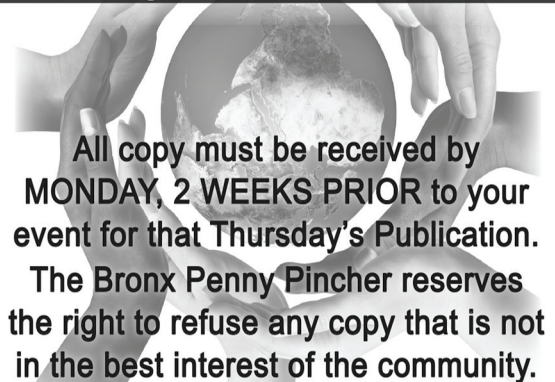
Send Your Community Events to:
Community News Editor

THE BRONX PENNY PINCHER

3002 Middletown Road Bronx, NY 10461

Email: BxPP@aol.com

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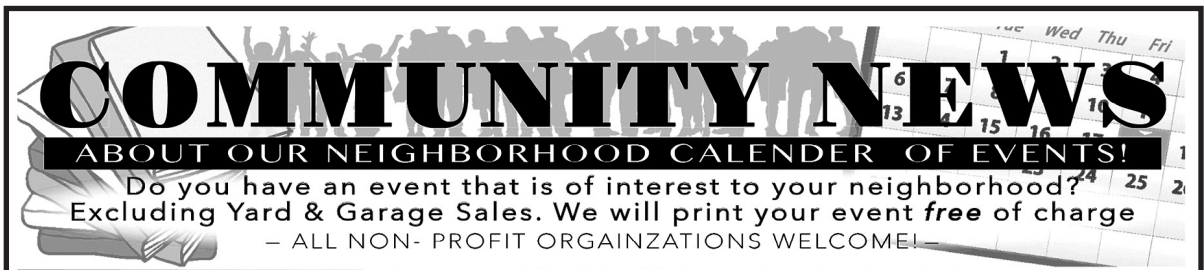
All copy must be received by **MONDAY, 2 WEEKS PRIOR** to your event for that Thursday's Publication. The Bronx Penny Pincher reserves the right to refuse any copy that is not in the best interest of the community.

EVENTS MUST BE FREE OF CHARGE

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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**
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BRADY BOARD OF DIRECTORS: Thank you to all who joined us for our July 29th event! Brady Court Community Center is excited to be having another Flea Market on **Saturday, August 19th from 10:00 AM to 5:00 PM.** Come join us. It is an opportunity to learn more about our Center, to celebrate Community and support local chefs, bakers, artists, authors and entrepreneurs. We will have delicious food, beverages and baked goods. There will be jewelry, toys, dolls, funko pop, comics, art work, candles, sports memorabilia, global items, household goods, pet accessories, handcrafted & vintage items, collectibles, furniture, a Tarot Card Reader and much more. The first 3 customers at the Brady Court Co-op table receive a \$5.00 gift certificate. It will be a great opportunity to support local small businesses, do some affordable shopping, have fun and find bargains and treasures! We look forward to welcoming you, sharing information and building community. Stop by, you'll be glad you did! We are located at 768 Brady Avenue (corner of Holland Avenue and Antin Pl) For more information, email bradycoopboard@gmail.com or call 718 828 3443.

THE LITTLE SISTERS OF THE POOR: *New Donations needed.* Our Home is in need of NEW gifts of jewelry, perfumes, toys, games, tagged clothing, electronic items, household items (Only New) for our giftshop and Annual Christmas Bazaar. Drop off Items must be wrapped securely labeled Giftshop/Joanne. If you have questions regarding a donation contact Joanne at 347-329-1800. Your donations will help support the Little Sisters of the Poor and their mission to the elderly poor of our community. Thanking you for your past and present generosity.

THE PELHAM PARKWAY NEIGHBORHOOD ASSOCIATION is hosting a Community Back To School Supply Event. This will be held on **SUNDAY August 20th** at 2134 Barnes Avenue. Bx NY 10462. The event starts at 12 noon. Entry will be on the Barnes side. There will be book bags ,note books pens, pencils ,markers ,paper and more !.Everything a student needs for a successful school year. A child **MUST** be accompanied by a parent or guardian.



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Barino's Market 3244 Ampere Ave.	Pruzzo's Supermarket 2937 Westchester Ave.	Sweeney's Deli 3136 Miles Avenue
Giordano's "Big G" 1554 Paulding Ave.	Monte Grab&Go 1790 Eastchester Rd.	TJ Lizzy's Deli 3009 Harding Ave.

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