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Sept. 28 - Oct 4, 2023

Volume 39

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<p>EXCLUDING PLUS VARIETIES BARILLA PASTA 12-16 Oz. BOX 2.83 FOR 3</p>	<p>(EXCLUDING ORGANIC VARIETIES) RAGU PASTA SAUCE 15.5-24 Oz. JARS 2.85 FOR 2</p>	<p>*PLUS DEPOSIT IN CT: TROP50, ESSENTIALS HEALTHY KIDS, GRAPEFRUIT, BLENDS, OR TROPICANA PURE PREMIUM ORANGE JUICE *PLUS DEPOSIT IN CT: ZERO SUGAR OR •PREMIUM DRINKS 52 Oz. BTL. 2.87 FOR 3</p>	
<p>BEEF RAVIOLI, MINI BEEF RAVIOLI, BEEFARONI OR CHEF BOYARDEE SPAGHETTI & MEATBALLS 14.5-15 Oz. CAN 4.85 FOR 5</p>	<p>IN WATER OR OIL BUMBLE BEE SOLID WHITE TUNA 5 Oz. CANS 3.85 FOR 5</p>	<p>SSIPS DRINKS 59 Oz. CNTRS. 1.49</p>	<p>1% MILK CHOCOLATE, TAPIOCA, OR RICE KOZY SHACK PUDDING 6 Pk. 4 Oz. CUPS 4.99</p>
<p>ASSORTED VARIETIES ARIZONA TEAS & DRINKS 128 Oz. BTL. 2.87 FOR 2</p>	<p>*PLUS DEPOSIT IN CT: MIGHTY, 100% JUICE BLENDS, FOR TOTS, PLUS LIGHT, 100% NATURAL, OR CLEAR MOTT'S APPLE JUICE 64 Oz. BTLs. 2.86 FOR 2</p>	<p>WHOLE MILK OR PART SKIM KRASDALE MOZZARELLA 16 Oz. PKG. 3.99</p>	<p>WHOLE MILK OR PART SKIM KRASDALE RICOTTA 32 Oz. CNTR. 4.99</p>

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

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\$2.00 WASH**

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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
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- Specialized Orthopedic & Neurological Interventions
- Cognitive Therapy
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Justin Stuckey
Associate Real Estate Broker
646.752.1608



Marisa Vecchiarello
Lic. Real Estate Salesperson
917.607.6737

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Throggs Neck single family home with 3 Bedrooms & spectacular views of LI Sound
Vincent Buccieri, Lic. Assoc. RE Broker
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Beautifully maintained single family 3 BR, 2.5 Baths and ready-to-go finished basement.
Marisa Vecchiarello Lic. RE Salesperson
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Detached High Ranch over large walkout basement. Listed for just \$599,000!
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BIG Fall Open House

Saturday, September 30th & Sunday, October 1st



548 ELLSWORTH AVENUE
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 Throgs Neck Newly Renovated 1 Fam. Bk Det.

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124 NEPTUNE LANE UNIT 15124
SUNDAY FROM 1PM - 3PM
 Shorehaven- Large 1 Bedroom condo with parking

Call Mark 917-891-0751
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- 1490 Met Avenue 1 bdrm
- 2047 Watson Ave 3 bdrm
- 1920 McGraw Ave 1 bdrm
- 1555 Odell Street 1 bdrm
- 1540 Unionport Rd 1 bdrm
- 2001 McGraw Ave 1 bdrm
- 1575 Unionport Rd 1 bdrm

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- FOR SALE**
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1 BDRM
 - 1505 ARCHER RD 7G
1 BDRM
 - 1686 MET AVE 4H
2 BDRMS
 - 1925 MCGRAW AVE 12D
1 BDRM
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**3717 E. TREMONT AVE
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**1600 PARKVIEW AVE 4B
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**2330 WATERBURY AVE
 2 FAM FOR SALE
 \$900,000**



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 NEEDS WORK
 Legal 2 Fam
 For Sale
 \$550.000**



**1028 NEILL AVENUE
 Mixed Use Property
 3 APARTMENTS PLUS
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 \$1,400,000**



**2212 LYON AVENUE
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TILAPIA FILET \$6.99/lb

BABY LOBSTER TAILS 1oz. Avg. \$2.99/each
2oz. Avg. \$4.99/each



MEAT

RIB STEAKS \$19.99/lb

WHOLE FILET MIGNON (5-6lb. Avg.)
Custom Cut into Steaks or Roast \$19.99/lb

CENTER CUT PORK CHOPS \$4.99/lb

HORMEL BLACK LABEL BACON



\$9⁹⁹ 1st lb.
2nd lb. **FREE!**

JUMBO SHRIMP ON ICE

(Raw 16-20ct.)

\$9⁹⁹ 1st lb.
Get 2nd lb. for **\$5!**



SALMON



\$14⁹⁹ lb

JUMBO SNOW CRAB LEGS

\$19⁹⁹ lb

COLD CUT FEAST

1 LB. HORMEL HAM
1 LB. OVEN ROAST TURKEY
1 LB. GENOA SALAMI
1 LB. OF AMERICAN OR SWISS

ALL FOR \$24.99



HORMEL DELI HAM \$5.99/lb.

GENOA SALAMI \$6.99/lb.

BELGIOIOSO PROVOLONE \$6.99/lb.

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★ ★ ★ ★ ★ MEAT PLANS — PERFECT FOR A BARBECUE! ★ ★ ★ ★ ★

THIS IS INSANE!

6 lbs Chicken (2)
2 lbs Italian Sausage
1 lb Chicken Cutlets
2 lbs CC Pork Chops
2 lbs Chuck Chop

ALL THIS FOR \$49⁹⁹

3

FAMILY PACK

1 lb Chicken Cutlets
3 lbs Spare Ribs
2 pkg Sabrett Franks
3 lbs Chicken Legs
2 lbs Italian Sausage

ALL THIS FOR \$49⁹⁹

4

5 PEOPLE CAN EAT FOR 5 DAYS

3 lbs Shell Steak
3 lbs Beef Stew
3 lbs CC Pork Chops
6 lbs Chicken (2)
3 lbs Chuck Chop

ALL THIS FOR \$109⁹⁹

6

CADILLAC PLAN

2 lbs Each:

Chuck Filet • Prime London Broil
Chicken Cutlets • Beef Stew
Shell Steak • Club Steak
Chicken Legs • Chicken Breasts
Chuck Chop • Sausage
CC Pork Chops

ALL THIS FOR \$159⁹⁹

10

BBQ FEAST

3 lbs Spare Ribs
3 lbs Chicken Breasts
2 pkg Sabrett Franks
3 lbs Chicken Legs
2 lbs Sausage
3 lbs Chuck Chop

ALL THIS FOR \$69⁹⁹

7

ALL MARINATED!

5 Chicken Kebobs
5 Pork Kebobs
3 lbs Boneless Thighs
3 lbs Jumbo Party Wings
3 lbs Spare Ribs
3 lbs Sirloin Beef

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12

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give us a call

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Pick up take out orders
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Kind Albanian caretaker seeing Albanian person to care for. Only speaks Albanian. Call Shkurta 347-399-1039

Yard Sale "Everything" Saturday, Sept. 30th 9-4:30. 1951 Hobart Avenue

***Yard Sale* Sunday, October 1st. 9am to 1pm. 1372 Hollywood Ave**

Pelham Bay 3 1/2 BR, 1 Bath, 1st floor, renovated, heat + hot water included, option for Laundry \$200 extra / Throggs Neck 2 BR / 2 BA waterview, 1st floor \$2,400 / Allerton Ave 2 BR renovated Apt \$1,850 / Throggs Neck 3 BR working / section 8 / Castle Hill 1 BR 1st floor working / section 8. Call Broker 914-918-5077

Huge Garage Sale Saturday September 30th 9-5, 1241 Pawnee Place

Huge Yard Sale Sat - Sun, 9/30 + 10/1. 1432 Crosby Ave. 10-4:30pm. Lots of good stuff 1 BR - Small APT. - Throggs Neck new kitch & bth \$1725 / MTH. Utilities Extra. No Pets. No Smoking. avail now. Call 914-671-4795

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Garage Sale on Sat Sept 30 from 9am to 4pm at 3233 Schley Ave Bx 10465. Many household items, clothing, something for everyone.

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Yard Sale! Saturday 9/30, 9am to 3pm, 1658 Wallace Ave. Clothes, shoes, toys, household, many other various items!

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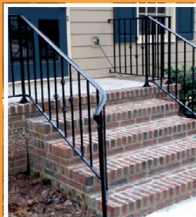
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COMMUNITY NEWS

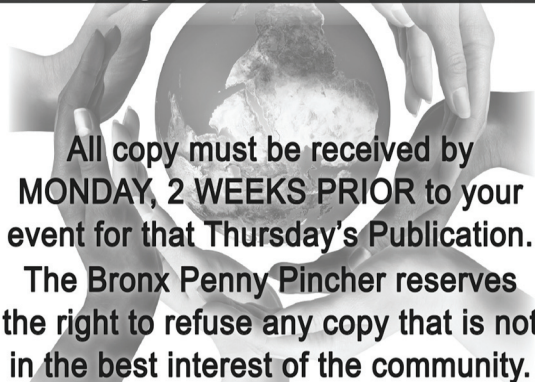
F.Y.I. ABOUT OUR NEIGHBORHOOD!

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 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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"Neighborhood Updates"



Matthew Cruz

District Manager

Bronx Community Board #10

3165 East Tremont Avenue

Bronx, NY 10461

(718) 892-1161

Bx10@cb.nyc.gov

SOLVENTS, AUTOMOTIVE, FLAMMABLE AND ELECTRONICS (SAFE) DISPOSAL EVENT

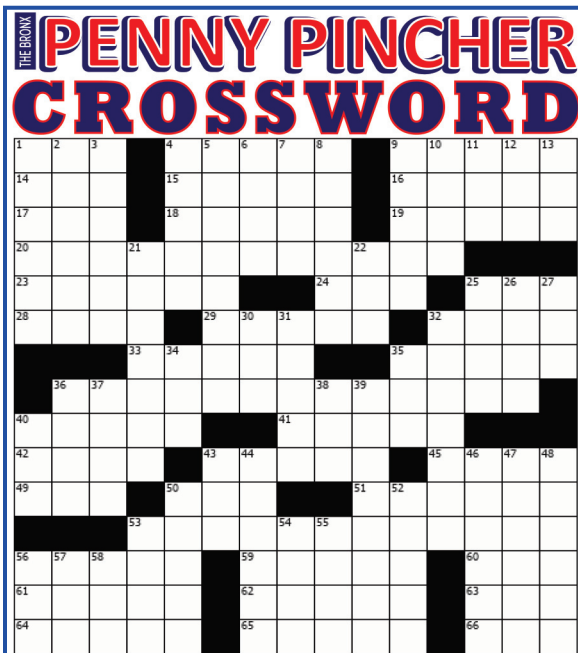
There will be a **SAFE Disposal Event** on Saturday, September 30 from 10 A.M. to 4 P.M. at the Orchard Beach Parking Lot. At this annual event, you can dispose automotive products and electronics such as televisions, old cellular phones, and computers. You can also safely dispose medical products such as old medication and/or used medical devices. Household products such as paint, batteries, light bulbs, and pesticides are also accepted. Absolutely no appliances such as microwaves, air conditioners and vehicular tires are accepted.

WORKFORCE 1

We are pleased to announce that we will have the Bronx Workforce 1 Career Center on Wednesday, October 11 between the hours of 10 A.M. and 1 P.M. at our office. Please call ahead to schedule your appointment. This program helps connect residents, especially veterans, 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.

CON EDISON'S ENERGY AFFORDABILITY PROGRAM

You may automatically qualify for a discount on your monthly energy bill if you receive assistance from programs such as the Home Energy Assistance Program (HEAP), Supplemental Nutrition Assistance Program (SNAP), Supplemental Security Income (SSI), Temporary Aid to Needy Families (TANF) or Safety Net Assistance (SNA). However, you must personally enroll if you are on Medicaid, Federal Public Housing Assistance or receive a Veterans Disability or Survivor's Pension. You also must enroll if you are a Lifeline Telephone Service Program subscriber (Lifeline). To apply, you may visit <https://www.coned.com/en/>. You also have the option of having a paper application mailed to you or you can pick one up at our office.



ACROSS

DOWN

1. Karim of the Khans, e.g.
4. Where to make waves?
9. Barber chair attachment
14. Grier of "Jackie Brown"
15. Freshman cadet
16. Ho opener
17. It's right under your nose
18. Vegetable spreads
19. Calliope kin
20. Small rural community
23. Variety of sheep
24. Spanish article
25. Setting for many jokes
28. Sired
29. Berth position, perhaps
32. Former Venetian chief magistrate
33. Boredom
35. Showed amazement or pleasure
36. It cuts both ways
40. Make oneself heard
41. More demure
42. Bold and sassy
43. At right angles to the length of a ship
45. "Coming of Age in Samoa" author
49. Japanese capital
50. Vinegar partner
51. TV type
53. Shot from beyond the arc
56. Beethoven wrote one
59. Maid preceder
60. PC key
61. Melchior, for one
62. Bathub part
63. Status of an unresolved contest, perhaps
64. Preference
65. Some beans
66. Teacup handle

1. Self-assurance
2. Certain dive
3. Unit named for a French physicist
4. Part of a place setting
5. Complete, as an athlete
6. Van Cleef and Grant, for two
7. Woodwind instrument
8. Hershey competitor
9. TV Guide listings
10. Cousin of a gull
11. Unprestigious publication
12. Fertility clinic needs
13. Sword vanquisher, figuratively
21. Go underground
22. It's needed for a stroke
25. Atomic physicist Niels
26. Elderly
27. Type of meat or pepper
30. Certain diminutive dog
31. Jigsaw part
32. Hotel employee, perhaps
34. It's not gross
35. IOU component
36. Pilgrim's pronoun
37. Threadbare
38. 1950 film noir thriller
39. Formal meetings
40. Bug someone, e.g.
43. Broadcast
44. Uses a certain kitchen appliance
46. Grand property
47. Famous aviator Earhart
48. Fast freshwater fish
50. Chicago airport
52. They may be put on homes
53. Race pace, perhaps
54. Continental currency
55. Evangelist's suggestion
56. Mel of the 500 home run club
57. Whistle part, perhaps
58. Printing measures



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| Crosstown Diner
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1 Plaza Place |
| Barino's Market
3244 Ampere Ave. | Pruzzo's Supermarket
2937 Westchester Ave. | Sweeney's Deli
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1790 Eastchester Rd. | TJ Lizzy's Deli
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V	G	V		S	V	G	O	N		S	L	B	O	B

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!

THE THROGGS NECK BID'S 2ND ANNUAL GALA: Held on **October 19, 6pm**, at the Villa Barone catering hall. Great food, wonderful entertainment and music, and more will be featured. Funds raised will go to Tunnels to Towers, our local children's dance school Performer's edge, and more. Watch this space for more details, and information on journal and ticket sales.

ANNUAL CHRISTMAS BAZAAR: Jeanne Jugan Residence - **November 4, 2023** Our Home is preparing for our Annual Christmas Bazaar on Nov. 4th and is in need of NEW gift items of jewelry, perfumes, toys, games, tagged clothing, electronic items, household items (Only New) for our giftshop and Bazaar. Drop off Items must be wrapped securely labeled Giftshop / Joanne with return address & phone number for reply. 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 & PRESENT GENEROSITY.

BRADY COURT COMMUNITY CENTER Thank you to all who joined us for our September 16th event! Brady Court Community Center is excited to be having another Flea Market on **Saturday, October 28th from 10:00 AM to 4:00 PM**. It will be our last Flea Market of 2023. 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, plants, sports memorabilia, global items, household goods, pet accessories, handcrafted & vintage items, collectibles, furniture and much more. The first 2 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, Bronx, NY 10462 (corner of Holland Avenue and Antin Pl) For more information, email bradycoop-board@gmail.com or call 718 828 3443.

PELHAM PARKWAY NEIGHBORHOOD ASSOCIATION: Is back with their monthly community event on **TUESDAY Oct.10th,2023 starting at 7:00 pm** at our location 2134 Barnes Ave. (Corner of Barnes and Lydig Ave Bx, NY 10462. Scheduled to appear from the NYC Department for the Aging ,Mr. Josue Melendez, Government Affairs Officer for The Bronx. Please join us for this very important and informative session. We look forward to seeing you!



INGREDIENTS

- ¼ POUND BACON
- 4 SKINLESS, BONELESS CHICKEN BREAST HALVES - CUT INTO STRIPS
- 1 TEASPOON CAJUN SEASONING
- 1 TABLESPOON LIGHT OLIVE OIL
- 1 HEAD ROMAINE LETTUCE- RINSED, DRIED AND CHOPPED
- ½ CUP CAESAR SALAD DRESSING
- ⅓ CUP GRATED PARMESAN CHEESE

DIRECTIONS

PLACE BACON IN A LARGE, DEEP SKILLET. COOK OVER MEDIUM-HIGH HEAT UNTIL EVENLY BROWN; CRUMBLE AND SET ASIDE.

IN A PREHEATED SKILLET, ADD CHICKEN, SEASONING MIX, AND OIL. COOK UNTIL CHICKEN IS GOLDEN BROWN AND COOKED THROUGH. REMOVE FROM HEAT AND SET ASIDE.

IN A SALAD BOWL, COMBINE ROMAINE, ENOUGH SALAD DRESSING TO COAT, PARMESAN CHEESE, AND CRUMBLED BACON; TOSS AND PLACE ON INDIVIDUAL SALAD PLATES. TOP WITH CHICKEN AND SERVE.

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