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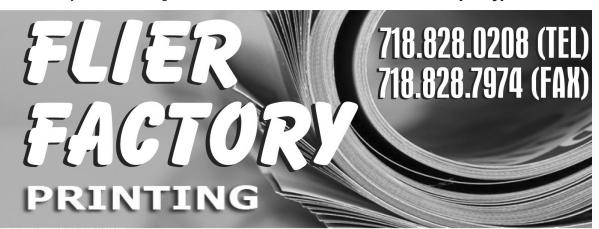
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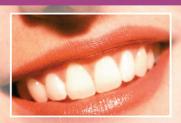
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# Back-to-School: Gear Up for School Lunches

Will you add "pack school lunches" to your to-do list when school starts? Time to get organized! Give yourself a break, and take time now to prepare for the school lunch routine. With nine months of lunch duty ahead, planning school lunch menus will make it easy to pack the sacks each day!

### **Get Informed**

Time was, school lunch meant a peanut-butter-and -jelly sandwich and a banana... for everyone. Today, lunch menus as needed. If containers of once-loved increased awareness of issues like nut allergies and childhood nutrition means that many schools issue guidelines for home-packed lunches. Before stocking the lunch cupboard for the school year, review school lunch policies. Be in the know before you go shopping!

### **Find Your Center**

Tap the "activity center" concept, and set up a onestop center for lunch preparation. In a cupboard or accessible drawer, store what you need to prepare and package lunches. Sandwich bags and fruit cups. Utensils and plastic wrap. Boxed fruit juice and condiments. If you need it for lunches, give it a home in your lunch center!

Creating a lunch center keeps you glued to one place, with tools and supplies close at hand!

## **Brainstorm Lunch Ideas**

Check in with your children, and brainstorm a list of 10 to 15 kid-approved lunchideas before school starts. Working together, be sure lunches include fruits, vegetables, and healthy snacks so they are nutritionally complete.

After the consult, make a quick list of lunch menus on the free printable School Lunch Planner, and post it near the kitchen lunch center, to guide you on sleepy mornings. Make space Near the lunch center to post the school lunch menu. Circle the days your child will buy lunch and buy you some extra time!

## Weekly Check-In

Keep tabs on children's changing tastes, modifying pasta salad are returning home unopened, it's time to find a new side dish!

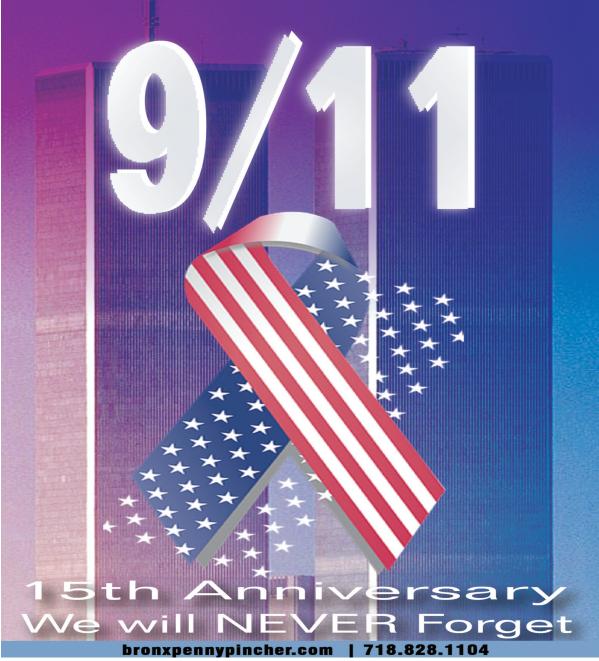
### **Pre-Pack Where Possible**

Where possible, pre-assemble school lunches to save time each day. Morning minutes are worth ten at any other time of the day!

## **Outsource Lunch Preparation**

Finally, place children in charge of preparing their own lunches. While you'll want to monitor for nutritional completeness and keep the lunch center stocked, giving the responsibility to the child teaches them to plan ahead, and promotes good organization skills.Add "make lunch" to the family's before-bed routine, and show children how to assemble their lunch for the next day. In the morning, add sandwiches or cold items ... for a lesson in organized living!





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Garage Sale Saturday 9/10 & Sunday 9/11. 9am-5pm 2407 & 2411 Kingsland. CDs, 45 Records, Jewelry, Houseware, Clothes and much more.

Estate sale. Sunday September 11 from 12:00-5:00. 1639 Bayshore Avenue. Moving. Selling furniture, clothing, accessories, Halloween and Christmas decorations. For more Info, please contact Janet at 914-318-1033.

Saturday 9/10, Sunday 9/11 Winter Sale. 1268 Edison Avenue 10am-5pm. Susie is back. One bedroom Throgs Neck. \$1,200 walk-in. Utilities included. Security and credit check required.

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This Co-op is a fabulous unit to see-nestled in the quaint Edgewater Park community & it is totally renovated and waiting for you to move right in. If you enjoy cooking and entertaining you will love this spacious elegant Kitchen with beautiful back splash and details. Layout: Nice size entrance fover w/closet, step up to LR w/wood floors, Large EIK with Island and stools tile floor & decorative windows - plenty of cabinets and stainless steel appliances, with large FDR, new updated large bathroom w/Jacuzzi. 2nd level: 1/2 bath, MBR w/view & additional 2nd bedroom. Basement finished with Family room and office/Den, with laundry room and storage. This unit has a nice size yard also for entertaining. Enjoy the many amenities this complex has to offer on site: Beach, Deli, Playground, Track and pickup and drop off for express bus. Just turn the key and move right in. \$272,500 w/shares

This is a spectacular waterfront property nestled in Edgewater Park. Move in condition, layout features: Foyer area, large updated EIK, LR with views and deck, 2 BRS with waterviews, full bath and plenty of storage. Enjoy the many amenities this community has to offer on premises: Beach, playground, track, deli, security and Express Bus to NYC pick up & drop off right in the community. \$179,900 w/shares included.

## EDGEWATER PARK CO-OP

This young and airy Co-op unit. Layout:
kitchen, DA, LR, bathroom and laundry room.
2nd level: MBR with view of water and
2 additional BRS and full bath with skylight.
Enjoy deck with pool for entertaining, plus
crawl space and many amenities the community
offers. \$265,000 w/shares included \$500
Bonus to selling agent and 1 month paid
maintenance to buyer at closing.

This Co-op unit features kitchen, DA, LR, BR and full bath updated with Jacuzzi, plus basement for storage, attic and deck off kitchen. Why rent-Enjoy the many amenities this community offers on premises: gate community, security, beach, playground, deli, community center & accessible to Manhattan Express Bus. REDUCED \$159,999 w/shares.

## EDGEWATER PARK CO-OP

This unit nestled in Edgewater Park, layout: ElK, LR, 2 BRS, bath and deck is a tear down. Why rent when you can make this unit your home with your design ideas. Owner is welcoming all offers \$45,000 w/shares included.

### EDGEWATER PARK CO-OP

This move in condition-totally renovated unit. Layout features: Kitchen with granite counters, LR with hi-hat, DA, fabulous bathroom with large shower & beautiful tile & marble details with storage for linens. Plus yard and roll out awnings. Great for entertaining. Ranch style - Just turn the key. \$125,000 w/shares included.

## PLEASE CALL ABOUT OUR OVERSIZED 3BR - 3BATH - MINT CONDITION COOP WITH HOT TUB AND DECK. MANY EXTRAS. \$369,000 W/SHARES INCLUDED

EXPERIENCED CAREGIVER NEEDED TO START WORK IMMEDIATELY FOR MOTHER-IN-LAW SUFFERING DEMENTIA. I am offering 4-5 hours per day on a Saturday, Monday, Wednesday and Friday, at a rate of \$20 per hour. ALL APPLICANTS SHOULD EMAIL DIRECTLY AT rep.tonyabarter@gmail.com

WANTED OLD PAINTINGS, PRINTS, ANTIQUES. ANY CONDITION. ANDREW 718-892-4335. HIGHEST PRICES PAID.

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**PELHAM BAY:** Walk in modern 5 rooms 3 BR, 2 full baths, wood floors, yard, coin op W/D. \$1,950 own utilities.

**LOCUST POINT:** Walk in 3 rooms 1 BR, painted. \$1,250 G&E included.

PELHAM BAY: Sunny large 6 rooms, 3 BR, new bath, small pet ok. \$2,000 heat included.

THROGGS NECK: Top floor, renovated 6 rooms,

THROGGS NECK: Top floor, renovated 6 rooms, 3 1/2 bedrooms, wood floors. \$1,800 heat included. PELHAM PARKWAY NORTH: 3 Rooms, 1 BR, EIK.

wood floors, near transportation \$1,100 G&E incl.

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King size platform bedroom set, cherry wood lacquer modernline. 6 piece dresser, mirror, 2 night stands, 1 chest of drawers. Great condition. \$1,100 negotiable. Must see - call Johnny at 347-603-7587 or 718-213-5433.

For sale black leather couches. Excellent condition. Call 914-320-6151.

2 bedroom walk in apartment in private house. \$1,500 a month. One month rent, two month security. No smoking, pets, washer/dryer. Not approved for vouchers. Move in now! Tenant pays electricity & hot water. Street parking. Proof of income a must. Call or text 646-729-5593 or 347-538-6226.

YARD SALE. SATURDAY 9/10 9-5PM. 1633 BAYSHORE AVENUE. COUNTRY CLUB AREA. CLOTHES, HOUSEWEAR, TOYS, JEWELRY, CHRISTMAS ITEMS.

MARIO MAZZELLA CONTRACTING: RESIDENTIAL & COMMERCIAL WORK, WATERPROOFING, BRICK, CONCRETE, PORCHES, STEPS, STUCCO, PAVERS, KITCHENS, BATHROOM CERAMIC TILES, FINISHED BASEMENT EXTENSIONS. FREE ESTIMATES. FULLY INSURED. PASQUALE MAZZELLA, MARIO MAZZELLA 718-597-4893; 917-440-4139.



THROGS NECK: THROGS NECK:

1008 THROGS NECK EXPWY
BETTER THEN NEW! RENOVATED
TO PERFECTION WITH LOTS OF
ATTENTION TO DETAIL &
QUALITY! 3 NICE SIZE BRS, 2.5
MODERN BATHS, SPACIOUS LR &
DIN, KIT HAS HARDWOOD
CARNIETS STAIN! ESS STEF! DIN, KIT HAS HARDWOOD
CABINETS, STAINLESS STEEL
APP, GRANITE, SLIDERS TO
VACATION STYLE YARD WITH
LARGE DECK & POOL,
COMPLETELY FINISHED BSMT,
CENTRAL A/C, HARDWOOD
FLOORS THROUGHOUT, MANY
EXYDDA & AMUST SEE! EXTRAS. A MUST SÉE!



PELHAM BAY: 1834 EDISON AVE. IDEAL INVESTMENT! BEAUTIFULLY RENOVATED 2 FAMILY, 2 BR + 1 BR PLUS COMPLETELY FINISHED WALKIN, BOTH UNITS ARE WALKIN, BOTH UNITS ARE LARGE WITH MODERN BATHS & KITCHEN WIGRANITE & STAINLESS STEEL APP, BOTH HAVE DECKS, TOP UNIT HAS CENTRAL AIC, PRIVATE MAINTENANCE FREE YARD WITH LOUNGE AREA & FIRE PIT, PRIME LOCATION. STROLL TO ALL! \$579,000

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CONTRA

**3603-3605 BRONXWOOD AVE** 

HHIIII



SILVER BEACH: **4 FERN PLACE** COZY 1 BEDROOM RECENTLY UPDATED, ORIGINALLY A 2 BR UNOT CONVERTED TO LARGE 1 BEDROOM WITH LOTS OF CLOSETS, NICE SIZE LR W/FIREPLACE, FULL **BASEMENT & PRIVATE** YARD! \$249,500



THROGGS NECK:
VACATION AT HOME!
600 CLARENCE AVE.
WATERFRONT CONDO,
3 BRS, 2.5 BATHS,
MASTER SUITE, GARAGE
PARKING FOR 2 CARS,
GYM, BOAT SLIP,
CENTRAL A/C,
HARDWOOD FLOORS
THROUGHOUT, ENJOY
STUNNING ENDLESS
WATER VIEWS FROM
EVERY ROOM. \$585,000 EVERY ROOM. \$585,000



THROGS NECK: 3235 RANDALL AVE PRIME LOCATION! FAMILY LARGE ROOMS, 3 NICE SIZE BRS 2.5 BATHS, LARGE LR, KIT/DIN, COMPLETELY FINISHED WALKIN IS PERFECT IN LAW SUITE, HARDWOOD FLOORS THROUGHOUT, PRIVATE YARD, HURRY! \$499,000



COUNTRY CLUB:
3190 FAIRMOUNT AVE.
WHEN ONLY BRICK WILL
DO! 1 FAMILY, 3 NICE
SIZE BEDROOMS, 2.5
UPDATED BATHS,
SPACIOUS LR, KIT/DIN
WITH BALCONY FOR
BBQ, HARDWOOD
FLOORS, LARGE WALKIN IS PERFECT IN LAW
SUITE METICUL OUS SUITE, METICULOUSLY MAINTAINED! \$519,000



N HOUSE **3PM** 

THROGS NECK:
248 DAVIS AVE.
LUXURIOUSLY RENOVATED!
DETACHED 1 FAMILY SET
ON BEAUTIFULLY
LANDSCAPED 50X100
PROPERTY, 3 BRS, 2 FULL
MODERN BATHS, JACUZZI,
LARGE OPEN
KIT/IDIN W/2 SKYLIGHTS,
SLIDERS TO RELAXING PVT
DECK W/AWNING, 2+CAR
GARAGE, MOVE RIGHT IN! GARAGE, MOVE RIGHT IN! \$545,000



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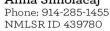
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3009 Westchester Ave Bronx, NY10461 www.mppowerrealty.com

Office: 718-829-2050 Fax: 718-829-2308







## **FAMILY DETACHED BRICK** Pelham Bay MUST SEE!!!

3 BR Duplex w LR, Formal DR, Beautiful New Kitchen w S/S Appl +Granite, HWF's over 1 BR Walk-In. Gorgeous Paved Yard. NEW Gas Boiler, HWH, Windows and Roof.







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## Y DET'D w GARAGE

Pelham Bay \$485K 3 BR Duplex w Lg LR, FDR, EIK, Sunroom, 1 Full

+ (2) 1/2 Baths, Gas Heat, Fin'd Basement w Lg Open Room w 4 Windows + W/D Hook-Ups. Private Driveway. MOTIVATED SELLERS!

Sellers to give \$20K Credit at Closing! GAIL: 917-318-7621



### 1 FAMILY DETACHED RAISED RANCH

### **Briarcliff Manor - \$569K**

Beautifully Landscaped 120 x 167 Lot! 3 BR, 3 BA, Renovated EIK, Family Rm w Fireplace + Finished Basement. 2-Car Garage w Long Driveway.

CATHY: 917-681-2719



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\*Restriction applies

## John Lajara & Rup Singh

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TWO-FAMILY BRICK SEMI-ATTACHED HOME 3 BRS OVER 1 BR WITH A PATIO AND DECK, NEW BATHS **GARAGE AND** 

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CALL JOAN TODAY!

## JSIVE



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1 FAMILY SEMI-ATTACHED HOME IN THE STLE HILL SECTION **3 BR DUPLEX** WITH A DECK AND YARD

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75 X 100 LOT. 3 LARGE BRS. BIG YARD. FINISHED BASEMENT. GARAGE AND DRIVEWAY. POTENTIAL DEVELOPMENT SITE **CALL JOAN FOR MORE DETAILS** 917-860-1951

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PELHAM PARKWAY/
ALLERTON
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HOUSE WITH ADJACENT
BUILDABLE LOT (R4A ZONING) 3 BR DUPLEX, 1.5 BATHS, SUN PORCH AND DRIVEWAY.



**PELHAM PARKWAY LLERTON AVENUE** 1 FAMILY DETACHED HOUSE **ON A 50 X 100 LOT** 3 BRS, 2 BATHS, GARAGE. **CALL VICKIE TODAY!** 646-739-1360



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CITY! 14 acres - \$79,900 exclusive access to
beautiful mountain lake, wooded privacy, priced
WAY BELOW MARKET! Terms avail!

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Salesperson wanted for Bronx's oldest, respected and largest advertising publication. Advertising sales position open at the Bronx Penny Pincher. FT/PT available. Must be outgoing. Car necessary, bi-lingual helpful. Salary and commission, benefits. Fax resume to 718-828-7974.



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\*REAL ESTATE AGENTS Please Call For Rate Info! 718-828-1104

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EXTRA WORDS	
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TOTAL	
WEEK OF	
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## "Fighting For A Better Community"



# JAMES VACCA NYC Councilman 13th District

3040 E. Tremont Ave. The Bronx, NY 10461 City of 718-931-1721 New York

james.vacca@council.nyc.gov Message From James Vacca NYC Councilman 13th District

### SUMMER CONCERT IN BRONX PARK EAST

Every year I partner with the Bronx Arts Ensemble to sponsor a summer concert series in parks throughout my district. The next and final performance of the concert series will be held on Friday, September 16th at 6:00 PM in Bronx Park East. The stage will be set up near the Lydig Avenue entrance. Willie Rodriguez and his band will be performing a number of classic jazz and contemporary hits. In the event of rain, the concert will be held at Bronx House. If you have any questions or need to verify the location due to rain please call the Bronx Arts Ensemble at 718-601-7399 or my office at 718-931-1721.

### FIRST-TIME HOME BUYER ORIENTATION

Neighborhood Housing Services (NHS) of the North Bronx will be holding an orientation session for first-time home buyers on Tuesday, September 13th from 6:00 P.M. to 8:00 P.M. at the Morris Park Citi Bank building located at 1800 Williamsbridge Road. At the session, you will receive financial education and counseling, along with information about potential grants for down payments and closing costs. NHS will also be able to provide referrals to lenders, real estate agents, inspectors, attorneys, and insurance agents. For more information and to register, please call NHS at 718-881-1180.

### 9/11 MEMORIAL 5K RUN/WALK IN HONOR OF LT. THOMAS CLESSE

On Saturday, September 10th, the 49th Precinct will hold their annual 5K in honor of LT. Thomas Cleese and other officers killed in the line of duty. The meet up location is at 2121 Eastchester Road in front of the 49th Precinct. Registration begins at 9 A.M. The race will start promptly at 10 A.M. The entrance fee is \$20, which benefits the widows and children of fallen officers. Even if you can't run or walk the race, I encourage you to donate to the cause and attend the event. For more information, please call the Community Affairs Unit of the 49th precinct at 718-918-2025.

### MOVIE NIGHT IN WESTCHESTER SQUARE

Continuing with our successful partnership, the Westchester Square Business Improvement District (WSBID) and I will be holding a number of free movie nights in Westchester Square along Lane Ave. between Tremont and Westchester Aves. On Saturday, September 10th, starting at 7:30 P.M., they will be showing the animated hit, "Zootopia." Before the movie, starting at 6:00 P.M., there will be music, face painting, a bounce house, along with arts & crafts. For more information, call the Westchester Square BID at 718-597-4629 or go to wsbid.org.

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ABOUT OUR NEIGHBORHOOD CALENDAR OF EVENTS!

ALL NON-PROFIT ORGANIZATIONS WELCOME! (Must provide non-profit certificate.)

DO YOU HAVE A SPECIAL EVENT THAT IS OF INTEREST TO THE NEIGHBORHOOD?! Excluding Yard & Garage Sales. We will print your event free of charge.

NORTHEAST BRONX SENIOR CENTER. Located at 2968 Bruckner Blvd, lower part of St. Benedicts Church open Monday through Friday, 9 A.M.- 4 P.M. A hot lunch is served daily at 12 noon. A voluntary contribution is appreciated. Daily social and cultural activities including Billboards, Bingo, Book Club, Dancing, Glee Club, Exercise and more. A variety of trips to Atlantic City, Aqueduct Racetrack, Empire Casino, Sands Casino, Bay Plaza and more. Blood pressure screening is available once a week. A case worker is available to help Seniors access entitlements and benefits. No registration fee is required. Seniors must be 60 years old or older.

OUR LADY OF THE ASSUMPTION PARENTING CENTER - We invite all families in the community to participate in our weekly Monday Morning program. Together we will educate and offer support to one another as we strive to raise our children in an ever changing world. We meet downstairs in the church hall at 9:30 - 11:00. For more information contact Denise Matranga at olaparentingcenter@yahoo.com.

Opening day will be Monday, Sept 26.

JEANNE JUGAN HOME FOR THE AGED located at 2999 Schurz Ave Bronx, N.Y. is always in need of brand new or near new items that can be sold in our gift shop and Annual Christmas Bazaar. We have a special need for NEW toys. Other items include jewelry, gift sets ,electronic items, specialty items, new tagged clothing, accessories, collectibles. No VHS please. If you have any questions regarding a donation please contact Joanne at the Home 347-329 1800. Please make sure your packages are securely wrapped. If possible please drop off donations during the weekdays. God Bless you for your continued generosity.

BRONX TAILS CAT ADOPTION. Every Saturday from 12-4pm. Petsmart in Yonkers, 2458 Central Park Road 914-771-5756. Adorable kittens & cats avail-

able for adoption, application required.

HOLY FAMILY CHURCH is hosting a flea market after all masses on Sunday, September 11, 2016 from 8:00am - 4:00pm. We will have avariety of times for sale, for the home, toys, etc. Everyone is Welcome! Please come and support this parish activity. Thank you! **NEIGHBORHOOD HOUSING SERVICES** of the North Bronx 1451 East Gun Hill Road Bronx, NY 10469 718-881-1180 nhsnyc.org. First-time home buyer orientation. City Bank (Morris Park Branch) - 1800 Williamsbridge Road, Bronx, NY 10461 - September 13, 2016, 6:00pm-8:00pm. Learn about what it takes to be a first time home buyer: Grants for down payment & closing costs, Competitive Loan Products, Education & Counseling, Referrals to Lenders, Inspectors, Attorneys, Real Estate & Insurance Agents, \*certain requirements apply. For more information and to register, please call (718) 881-1180.

JEWLRY MAKING WITH CATHY BEAUCHAMP

September 6, 2016, 2:30-3:30pm. Come to a beginners jewlry making class; the first Tuesday of every month. You will learn to make some beautiful rings and more. Please register in person or by phone. Morris Park Branch 985 Morris Park Avenue, Bronx, NY 10462 | 718-931-0636 | www.nypl.org

**TEMPLE HATIKVA** will be having a Community wide event on Friday Night, Sept. 9th at 7:30pm. Temple Hatikva is a reform/Conservative Synagogue serving the entire community. We welcome all those who worship and join with us. Our goal is to provide the entire Community with meaningful, traditional, and modern services. Bronx House 990 Pelham Parkway South, Bronx, NY 10461

THE CRAFT OF WAR WRITING. New Season September 10th - November 12. 2 - hour workshop / 10 sessions. Morris Park Library. 985 Morris Park Ave. Bronx, NY Saturdays 12:00-2:00pm. Light Snacks

provided. Prior writing experience not required.

ST PAUL'S CHURCH 718-829-8849 - Rummage and Flea Market at St. Paul's Church, 20419 Willed Avenue, Bronx, NY 10462 between Castle Hill & Olmstead - Saturday September 17, 2016 from 10.am. to 4p.m. Great Buys. \*New & Almost new CITY ISLAND ARTS & CRAFTS FAIR - Saturday &

Sunday, September 10 & 11. Live music, gifts, food, face painting, candle makers, folk art, wood working, antiques, photography, jewlery and more. Clam Chowder Contest on Sunday, September 11. Contest on Sponsored by City Island Chamber of Commerce.

THE STEP-UP PROGRAM FOR 3 YEAR OLDS at Bronx House designed to prepare young children to step into Pre-kindergarten for the following year. It is a 10-week program with fun, age-appropriate routines and activities. Hours: 9am-12pm (Sept 19th -Dec 4th, 2016). Days: Choose from 2 days or 4 days a week. Registration is currently ongoing. Call for prices and to schedule a tour. Call Serene Stevens 718-792-1800 ext 249, 990 Pelham Parkway South, Bronx 10461.

MY GROWN-UP AND ME CLASSES at Bronx House Parents and their little ones, ages 18 months to 36 months learn, laugh, sing and play in a one-hour hands-on class. BRAND NEW FALLTHEME CURRICU-LUM. Fall Trimester (Sept 23rd-Dec 9th, 2016). Registration is currently ongoing. For prices and additional details contact Serene Stevens at 718-792-1800 ext 249. 990 Pelham Parkway South, Bronx NY 10461

NEW YORK FREE ENGLISH CONVERSATION GROUPS. Practice English with Friends! Host: Morris Park Library. Dates: September 19, 26; October 3, 17, 24, 31; November 7, 14, 21, 28. Times: Monday's 4:45-6:45pm. Location: 985 Morris Park Avenue. To Sign Up call 718-931-0636.

ADULT GAMING. Chess, Checkers, etc. Beginners & Experts Welcome! Are you a gaming champion? Show off your best moves against other fans! Whether you're a gaming master or just starting out, come join us for some board time. All NYPL Programs are free of charge. Tuesdays & Thursdays from 11-12pm at the Wakefield Library, 4100 Lowerre Place Bronx, New York 10466, First Floor. 718-652-4663.

MS WORD FOR BEGINNERS. September 14th.11am-12pm. Learn the basics features of Microsoft Word 2010, a word processing program you can use to create documents. Topics include entering and editing text, saving files, and formatting. Wakefield Library, 4100 Lowerre Place Bronx, New York 10466, 718-652-4663. ww.nypl.org/computers.

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