



# CAPITAL SHIELD AGENCY HOME INSURANCE 3600 E. Tremont Ave. Bronx NY 10465 Tel: (718) 829-3200

The largest single investment of your life. Make sure you protect it properly. At Capital Shield Agency we offer you the right coverage at the right price.



We are here year round to service your policy. You will not be transferred to outsourced agency in another country. We take pride in covering you in the right way. While price is always important, it is vital to that you look at your coverages as they are more important. If you are paying a very low premium for low coverage, you are not doing yourself any favors. The day of the accident or claim, you will be sorry that your main concern was price and not quality.

John Cerini WE'VE MOVED! NEW LOCATION, SAME GREAT SERVICE!

CapitalShieldAgency.com

3600 E. TREMONT AVE.,

# RESTAURANT Presents It's First Annual Mother's Day Brunch Buffet Celebration

All guests will be greeted by our elegantly displayed champagne cart consisting of all of your favorite champagne cocktails with assorted berries.

On the menu

### The Sweets & Spreads Display

- Assortment of mini bagels
- Freshly baked danishes, croissants, & muffins
  - Mini Parfaits

Hot Breakfast Selections

- Homestyle Potatoes
- Crispy Lean Bacon
- Breakfast Sausage
  - Pancakes



Freshly made Belgian waffles with your choice of toppings

### Omelet Station

Only with the freshest ingredients, our staff will create your omelet to your exact specifications

Featuring Entertainment by DJ Serg and Company

\$39.95 per person Plus tax & 20% administrative fees

\$22.95 for children 12 and under

11 АМ—2 РМ

*For more information, contact us at events*@fjpine.com ♥ (718) 792-5956

Our Signature Tuscan Antipasto Display

- An Array of Cured Meats
  - Roasted Peppers
    - Olivio Mista
- Imported Grana Padano
- Fresh Mozzarella Caprese
  - Assortment of Salads
- Freshly Baked Focaccia

### Entree

- Farfalle ala Vodka
- Orecchiette Broccoli Rabe & Sausage
  - Eggplant Rollatini
- Filet of Sole & Shrimp Scampi Style

Dessert Display

- Traditional Italian pastries & cookies
- Specialty cakes & pies
- Assortment of sliced seasonal fruit
- Chocolate Fountain

Included Beverages

• Bonjo 100% Arabica bean regular & decaffeinated coffee • Selection of Novus Handcrafted herbal teas

> • Bottomless Champagne & Champagne Cocktails

Unlimited Bottles of

Cabernet Sauvígnon & Chardonnay wines on table







**THROGS NECK LITTLE LEAGUE** 

# THURSDAY & FRIDAY 5-0012M-10-0012M HOURS 14000PM - 10-0012M

# **150 THROGS NECK BLVD. BRONX**

BASEBALL GAMES ALL WEEKEND KIDDIE GAMES OF CHANCE MECHANICAL RIDES ZEPPOLES • SAUSAGES & PEPPERS HAMBURGERS • HOTDOGS FREE ADMISSION AND PARKING



THURSDAY & FRIDAY \$20 RIDE PASS 5:00PM - 9:00PM

\$25 RIDE PASS 1:00pm - 6:00PM

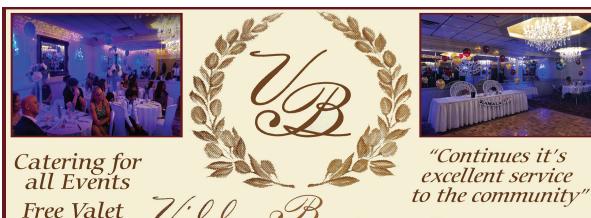




Bronx Tree Experts, LTD Tree Trimming & Removal Micolosi wood floor specialist: sanding, 718-450-9292 IAROLD S. ENTES, ESQ **"YOUR NEIGHBORHOOD ATTORNEY" 1960 WILLIAMSBRIDGE ROAD REAL ESTATE CLOSING BANKRUPTCY (CHAPTER 7 & 13)** STOP FORECLOSURE, **EVICTION & GARNISHMENTS DIVORCE \* CHANGE OF NAME \* WILLS** LANDLORD/TENANT CALL US (718) 828-3070 Lawn Cutting / Hedge Trimming / Yard Clear Outs 718-313-1340 Best Prices Computer repair upgrade and troubleshooting. Call James 646-281-4475 or 718-324-4332 Store/Office for rent, Pelham Bay, on Middletown Crosby Ave. ition, \$1,500, Road, Off арх, 600 sq.ft. condition, Fee, Owner Good No 646-761-2094 MOVING SALE! FURNITURE, HOUSEHOLD ITEMS, TOOLS & MUCH MORE! JUNE 2ND 10AM-3PM RAIN DATE JUNE 3RD 2337 TIEMANN AVE, BRONX 2008 Mustang GT convertible 5-speed red, Garage kept. 43,000 miles interior. black 718-597-9328, 917-370-7834 Moving - pub table/chair, bookcase/computer desk w/2 shelves, best offer 917-597-9325 TREE CUTTING, PRUNING. Specializing in large tree removal. UNBEATABLE PRICES. Lawn Cutting, Yard Maintenance Insured. Free Estimates. 347-939-1757 Average doesn't sell. **CENTURY 21** Kafcos Realty RELENTLESS MOVES, 718.518.9101 C21Kafcos.com

installations, repairs, bleaching, pickling, staining, reliable, insured. 19 years of experience. For estimates call 718-843-2400; 347-728-3890 Tag sale May 19th 10am-4pm church of the master Lafayatte and Swinton Ave Hardwood Floors refinished, sand, buff stain, oilbase, waterbase, Install repairs, Free Estimate, personal touch wood floors inc. 22 years in Business. Donald Baker Cell 914-837-0677 Beautiful one bedroom apartment for rent in Morris Park area \$1300 per month call 347-525-6985 for information For Rent One Bedroom Apartment second floor in Quiet private house. Professional adults only, no pets. \$1350.00 including G & E Credit and References checked. 917-864-1084 Garage Sale Sat. May 19th 10am - 4pm 252 Emerson Ave. Rain date Sunday May 20th Outdoor parking, Cars + Vans call Vincent 347-259-4652 Full time/ part time experienced server needed for diner in the Bronx. Must speak English. Please contact Gina 917-501-3730 Garage Sale 2953 Waterbury Ave. Sat. 5/12 Decor items homegoods 8am-3pm Best offer! Dinette set, dining room set, Broyhill bedrom set, hospital bed call 347-225-3316 or 917-756-7755 Honda Accord 2003 118k runs, looks good, clean title \$2500 646-667-9767 Garage sale Saturday May 12, 9-2, 3078 Coddington Avenue, BX NY between Bruckner / Hollywood. Clothing, furniture, baby items, rugs, vanity, etc.. Moving, everything must go For rent Pelham Bay 3 bedroom apt in private house, close to all, newly renovated, available June 1st, credit + income check requested. Rent \$2000. Please call agent Brian 646-238-5383 2006 Honda Shadow Aero motorcycle excellent condition 5,572 miles, detachable windshield passenger backrest, saddlebags, color black \$3,100 dollars, negotiable 347-852-1193 1-BR-small apt. Throggs Neck- Avail 06/01 \$1200/Month, utilities extra. No pets. No smok-ing. No brokers - Call 914-671-4795 Xlarge studio, Throggs Neck area, new hardwood floor throughout. Private patiom, all utilities in-cluded, no smoking/pets, must have excellent credit. 2 month security and \$30 credit check fee required. \$1,400. Call 718-614-4852 Holy Spirit, you who make me see everything and show me the way to reach my ideal. You who give me the divine gift to forgive and to forget the wrong that is done to me and you who are in all instances of my life with me, I in this short dialogue want to thank you for everything and confirm once more that I never want to be separated from you no matter how great material desires may be. I want to be with you and my loved ones. Persons must say this prayer for 3 consecutive days without asking your wish. After third day your wish will be granted no matter how difficult it may be. Promise to publish this dialogue as soon as your favor has been granted. - N.L.V.





**Mother's Day Menu** 

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Parking

### <u>Appetizer</u>

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Caesar Salad Stuffed Clams Mozzarella & Tomato

### Pasta

Choice of : Lobster Bisque Soup or Penne with Fresh Filetto Sauce

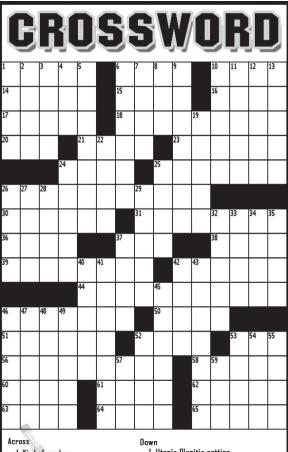
### **Entrée**

Tilapia Picante (Lemon Sauce) Broiled Salmon Roast Pork Loin Veal Scaloppini Francese Chiken Rollatini Barone with Mushrooms Shrimp Scampi Broiled 8oz Lobster Tail Veal or Chicken Parmigiana Broiled Posilippo Style Seafood Combination Platter (Lobster tail, Shrimp, Clams, Filet of sole & Scallops) \*Combo Rib Steak & Shrimp Scampi

\$38.95 Per Person Ask about our kids menu for \$15.95 \*All Dinners Served with Potato & Vegetables Regular Coffee, Tea or Espresso & Homemade Dessert\*

3289 Westchester Ave.<br/>Bronx, NY 10461718-828-0560KIDS ARE FREE (UP TO 2 KIDS PER TABLE 10 YRS OR<br/>UNDER WITH COUPON)\*PAY TAXES ONLY

	<b>Z CLASSIF</b>	IED FORM			
	SUBMISSION DEADLIN	IE: WEDNESDAY AT 11 AM			
FINCHEI	SUBMIT YOUR C	LASSIFIED ONLINE			
BRONXPENNYPINCHER.CO 3797 E. TREMONT AVEN	VISIT: BRONXPE	NNYPINCHER.COM			
<b>BRONX, NEW YORK 104</b>	65 or FAX: /18	<b>B.828.7974</b>			
718-828-1104 YOUR AD WILL APPEAR EXAN	4U YEARS #1	ARLY (ONE WORD PER BOX)			
INCLUDE PHONE NUMBER LIMIT 51 WORDS. NO REFUN	R, INDICATE PUNCTUATION & S	PECIAL INSTRUCTIONS. PLACED. Do not abbreviate.			
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🗆 REAL ESTATE* 🗆 COMM	ERCIAL AD MERCHAN	ADDITIONAL CHARGES			
To Buy, Sell or Rent Help Wante Limit: 1 House, Apartment, Runs 1	d-Business Ads <b>Furniture, etc.</b> Limit 2 iten				
Runs 1 Week Only 40¢ Each A	10 WORDS dditional word \$20 for 10 Words - 40¢ Each A \$4 Charge To Add Extra	PARTIAL CAPS \$3			
\$40.00 / 10 WORDS 40¢ Each Additional word *DEAL FSTATE ACENTS	SIFILU AU CAR OR Or moving sale FOR SA	BOAT ALL CAPS \$5			
Please Call For Rate Info! Runs 1 Week Only	NO MULTIPLE DATES. Se Each Additional Word \$20 for 10 Words - 40¢ Each Additional Word \$20 for 10 Words - 40¢ Each Additional Words - 40¢ Eac				
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1. Kind of marker 6. Hairy Himalayan 10. Follows a cookbook directive 14. San Antonio shrine 15. Present-day Persia 16. Important thing to a golfer 17. Cavorts 18. Monopoly moneymaker 20. "Didn't I tell you?" 21. Military melody 23. Tamed, as a bronco 24. Brief ending? 25 Like the last in a dash 26. Underdog supporter 30. Surrounded by 31. Well-read 36. Warm and friendly 37. Butter lump 38. "\_\_\_ La Douce" 39 Football field 42. Some are honorary 44. Center ice, in hockey 46. Ham it up 50 Partner in neace 51. Zodiac twins 52. Ship's staff 53. Once around the track

56. When radio ad rates are highest

58. Taranto's locale

61. Greek god of love

65. This might give you a flat

60, This, in Spain

62. Tear down

63. Tree house

64. Tin can flaw

1. Utopia Planitia setting 2. Succulent houseplant 3. Ready for action 4. Mischievous sort 5. Gere and Roberts, e.o. "Wow! I won!" 6 7. Chapters of history 8. Old mariner 9. Rorschach pattern 10. Radiant 11. Admiral Sir Francis 12. Follows another cookbook directive 13. Disbursed, as dollars 19. Examine 22. CEO's aide 24. Gave up 25. Irritated state 26. Summoned the butler 27. Middle Eastern chieftain 28, Veni, Vidi, 29. Handwriting feature 32. Posh or snazzy 33. Guthrie of song 34. Some fed. agents 35 Soothe 37 Sulk 40. Pointless and silly 41 Said word for word 42. Fish story 43. Animosity 45. Least available 46. Humorous Nash 47. Chapter's companion 48. Sends out 49 Metal fastener 52 "Let's nol" 53. Fuji's flow 54. British brews 55. Nabors' role 57. Outrage 59. Palmer's peo

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# CENTURY 21. Kafcos Realty C21Kafcos.com 718.518.9101 SERVING THE BRONX & WESTCHESTER FOR 30 + YEARS!!! CALL GREG KAFCOS 718.518.9101 FOR FREE MARKET EVALUATION

### OPEN HOUSE SATURDAY. MAY 12<sup>TH</sup> 1:00 PM - 3:00 PM COME JOIN US!

LOCUST POINT: 3225 GIEGERICH PLACE

HUGE BRICK 1 FAMILY SET ON LARGE PROPERTY WITH OVER 4000 SQ FT OF LIVING SPACE, 4 LARGE BRS, 3 FULL BATHS.



STEAM SHOWER! LARGE LR & DINING ROOM, CHERRY WOOD KITCHEN LEADS TO CHERRY WOOD SCREENED IN PORCH & POOL, FINISHED WALKIN, CENTRAL A/C AND GARAGE COMPLETE THIS SPECTACULAR HOME! **\$839,000** 



#### COUNTRY CLUB: 3163 FAIRMOUNT AVE 1 FAMILY RANCH, 2 BEDROOMS, LR, KIT/DIN PLUS SPACIOUS WALKIN IS AN IDEAL IN LAW SUITE, TOTALLY RENOVATED WITHIN PAST 10 YEARS, GARAGE. \$485,000 \*ASK FOR MICHAEL MUSANO\*



THROGS NECK: 2701 WATERBURY AVE BRICK 3 FAMILY! 3 BEDROOM OVER 2 BEDROOM OVER 2 BEDROOM, 2 CAR DRIVEWAY, BEAUTIFULLY RENOVATED AND VERY LOW MAINTENANCE PROPERTY, FULLY RENTED. NO LEASES! \$899,000 \*ASK FOR TERESA\*

# ACCEPTED OFFER



711 LOGAN AVENUE DETACHED 1 FAMILY, 2.5 BRS, SPACIOUS MAIN FLOOR. LARGE LIVINGROOM W/ FIREPLACE, FORMAL DINING & EAT IN KIT, FULL BSMT, HARDWOOD FLOORS THROUGHOUT! ASKING **\$439,000** 



PELHAM BAY: 1434 MERRY AVENUE LIVE & EARN! BRICK 2 FAMILY, 2 BDR OVER 1 BEDROOM PLUS COMPLETELY FINISHED BASEMENT, HUGE YARD, SOME UPDATES, ASKING \$599,000 \*ASK FOR EUGENE\*



THROGS NECK: 2637 HARDING AVE NO EXPENSE SPARED IN THIS 3 BDRS 2 BATH HOME, NEW WINDOWS, HARDWOOD FLOORS, CUSTOM KITCHEN W/ QUARTZ COUNTERTOPS, STAINLESS STEEL APPLIANCES, NEW ROOF, NEW BATHS, NO DETAIL HAS BEEN OVERLOOKED WHEN THIS GUT RENOVATION, TOOK PLACE LESS THAN 2 YEARS AGO. DON'T MISS THE OPPORTUNITY TO BE APART OF THE BRONX BOOM \$615,000



SILVER BEACH: 6 POPLAR 2 BEDROOM 1 BATH UNIT, OPEN CONCEPT HOME FRESHLY PAINTED AND IS MOVE IN READY. **\$325,000** \* ASK FOR MICHAEL\*



PELHAM BAY: 2870 WATERBURY AVE A SUPER CHOICE! 1 FAMILY, 3 BRS, 1.5 BATHS, GARAGE, HARDWOOD FLOORS THROUGHOUT, MANY UPDATES \$469,000



Equal Housing Lender

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Financing available through Anna Simolacaj 914.285.1455 NMLSR ID: 439780









Westchester Properties

**Diane Uvaro-Capone** Associate Real Estate Broker 2017 Five Star O Real Estate Agent

484 White Plains Road | Eastchester, NY, 10709



Voice mail: 718-518-0444 Email: DianeCapone@bhhswestchester.com



### **THROGGS NECK, BX NY 10465**

THIS FABULOUS 1 FAMILY HOME IS A MUST SEE, JUST TURN THE KEY AND MAKE THIS YOUR DREAM HOME. LAYOUT FEATURES: TOTALLY RENOVATED KITCHEN W/ QUARTZ COUNTER & STAINLESS STEEL APPLIANCES, FDR AND LIVING ROOM WITH ENCHANTING VIEWS OF THE WATER & BEAUTIFUL 1/2 BATH. 2ND LEVEL: MBR TWO ADDITIONAL BEDROOMS WITH VIEW OF WATER AND TOTALLY RENOVATED FULL BATH WITH DOUBLE VANITY SINK. FINISHED BASEMENT WITH FAMILY ROOM, FULL BATH & DOOR TO YARD FOR ENTERTAINING, PLUS FRONT YARD ENJOY SITTING OUTSIDE SIPPING COFFEE AND VIEWING THE SPECTACULAR LONG ISLAND SOUND. NEW SIDING, WINDOWS, CONCRETE PLUS DRIVEWAY \$559,000

### SILVER BEACH GARDEN WATERFRONT CO-OP

LAYOUT FEATURES: KITCHEN WITH PLENTY OF CABINETS, LIVING ROOM PLUS FIREPLACE, DINING ROOM, FAMILY ROOM & FULL BATH WITH JACUZZI. OPEN & AIRY FLOW THROUGHOUT W/ MANY EXTRAS SUCH AS CAC & HARDWOOD FLOORS. 2ND LEVEL: MBR LARGE BEAUTIFUL **VIEWS OF WATER AND 2 ADDITIONAL BEDROOMS** W/ VIEW, FULL BATH AND JACUZZI AND LAUNDRY. ENJOY THE STUNNING AND AMAZING VIEWS OF THE MANHATTAN, WHITESTONE & THROGGS NECK BRIDGES. LOOK OUT YOUR WINDOW WHILE SIPPING COFFEE & HAVING BREAKFAST WITH VIEWS. THERE IS STILL MORE. ENJOY ALSO ON YOUR SPECTACULAR 3 TIER DECK FOR ENTERTAINING AND THE SUNSETS IN THE EVENING. \$675,000 WITH SHARES INCLUDED.

### **THROGGS NECK, BX NY 10465**

THIS 1 FAMILY - MINT CONDITION TURN THE KEY HOUSE IS A MUST SEE: LAYOUT ENTRANCE FOYER, LR, EIK, 2 BDRS & FULL BATH PLUS HUGE BSMT SEPARATE ENTRANCE WITH COUNTRY KITCHEN AND BATHROOM, FAMILY ROOM AND DOOR TO FABULOUS YARD FOR ENTERTAINING W/ MANY LAYOUT POSSIBILITIES FOR 3RD BEDROOM, ACCESSIBLE TO ALL. OWNER WELCOME ALL OFFERS. \$509,000

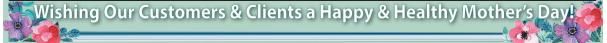
NEW ROCHELLE, NY 10805 THIS AIRY AND SPACIOUS CO-OP UNIT IS A MUST SEE. LAYOUT FEATURES: ENTRANCE FOYER WITH CLOSET, EIK, LARGE LIVING & DINING ROOM WITH BRAND NEW LAMINATE WOOD FLOORS, 2 BEDROOMS & FULL BATH. BRAND NEW CARPETS IN BDRS, PLENTY OF CLOSET SPACE -7 CLOSETS, OUTDOOR PARKING SPACE, LAUNDRY ROOM, BEAUTIFUL UPDATED LOBBY. ACCESSIBLE TO PARK, BEACHES, SHOPS, RESTAURANTS, AND TRANSPORTATION. METRO NORTH 30 MINS. TO NYC. THIS UNIT IS BANK OWNED. \$169,900

### SILVER BEACH GARDENS CO-OP

THIS MUST SEE CO-OP NESTLED IN THE SILVER BEACH COMMUNITY FEATURES: KITCHEN WITH STOOLS AND GRANITE COUNTERS, LR, DR, 1 BR, PLAYROOM/ DEN, OFFICE AND FULL BATH. 2ND LEVEL: LARGE MBR SUITE & FULL BATH WITH PLENTY OF CLOSETS & DOOR TO BALCONY, ATTIC, BASEMENT W/ STORAGE & WORKSHOP. ENJOY ALL THE AMENITIES THIS COMMUNITY OFFERS. \$359,000 WITH SHARES INCLUDED.

#### **ELMSFORD, NY**

THIS LOVELY SPLIT LEVEL 1 FAMILY HOME ON A CUL DE SAC SET ON A LARGE PIECE OF PROPERTY IS A MUST SEE. ENTRANCE CLOSET, FOYER, EIK WITH DOORS TO DECK, LR, FDR, 2ND LEVEL: 3 BEDROOMS & FULL RENOVATED BATHROOM, LOWER LEVEL: FAMILY ROOM WITH FIREPLACE, PLUS BASEMENT. FABULOUS YARD AND LONG DRIVEWAY. FITS 6 CARS \$169,000







THROGGS NECK LUXURY 2 BED 2 1/2 BATH CONDO **GATED COMMUNITY BEACH AND** MARINA GARAGE \$495,000



PELHAM BAY LARGE YOUNG 4 FAMILY CORNER LOT 2 CAR GARAGE FULL WALKOUT BSMT 3-ONE BED AND 1-THREE BED SEP HEAT \$1,150,000



**THROGGS NECK 2 FAMILY ON OVERSIZED CORNER** LOT 3 BED DUPLEX + 1 BED WALK-IN 2 CAR GARAGE \$668,000



PELHAM BAY FOR RENT **SPACIOUS 2 BEDROOM 1 BATH WITH PORCH PARKING EXTRA \$1995** 



THROGGS NECK FOR RENT NEW CONSTRUCTION 3 BDRS 2 **BATHS TERRACE GARAGE CENTRAL AIR LAUNDRY HOOK UP \$2,900** 



THROGGS NECK FOR RENT New Construction 3 BDRS 2 Baths Finished BSMT Private Driveway Backyard Central Air Laundry Hook UP \$3,300

# 



**BENNY DIASPARRA** 718-300-0982 R Habitat MLS

WWW.EXITREA



3928 East Tremont Avenue **Throgs Neck** 347-202-4965

**OPEN HOUSE:** SAT 5/12 12-3 PM **111 HOLLYWOOD AVE.** 

> THROGS NECK SINGLE FAMILY. 3 BED 2 BATH

**CONTACT:** AYLEEN AYBAR 816-812-6240





JUST LISTED **58 D EDGEWATER PARK,** THROGS NECK CO-OP, 2 BED 2 BATH \$289,000



JUST LISTED **376 HUNTINGTON AVENUE** THROGS NECK MULTI FAMILY \$719,000



JUST LISTED 2745 MILES AVE, THROGS NECK **MULTI FAMILY** \$699,000



JUST LISTED 3719 E. TREMONT AVE, THROGS NECK SINGLE FAMILY, 3 BED 2 BATH \$509,900

# **Exit Realty Search Blood Drive**

# **Exit Realty Search**

**3928 East Tremont Avenue Throgs Neck** Friday, May 11, 2018 11:00 AM to 5:00PM

Give blood.

Every 2 seconds someone in the U.S. needs blood American Red Cross



Open to the Public... Invite your friends and family.

Schedule to donate at www.RedCrossBlood.org and enter sponsor keyword: EXIT New donors NEEDED... walk ins welcome! Your donation can save up to THREE lives!

1-800-RED CROSS | 1-800-733-2767 | RedCrossBlood.org | Download the Blood Donor App



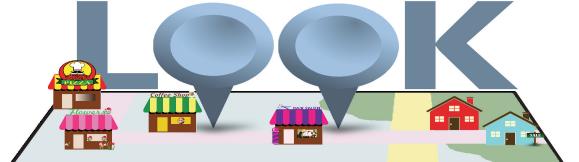












# We are all over **YOUR** neighborhood! Pick up a Penny Pincher at these Amazing Locations!

### Chase Bank 3528 E. Tremont Ave.

**Crosby Pet** 1626 Crosby Ave.

**Crosstown Diner** 2880 Bruckner Blvd.

### Barino's Market 3244 Ampere Ave.

**Bronx** Pizzeria 3579 E. Tremont Ave. Giordano's "Big G" 1554 Paulding Ave.

**Key Food** 3151 Westchester Ave.

Key Food 2722 E. Tremont Ave.

Pruzzo's Supermarket 2937 Westchester Ave.

Monte Grab&Go Market TJ Lizzy's Deli 1790 Eastchester Rd.

Ruane's Deli 2 Centre Edgewater Pk. Dr.

S&W Supermarket 4028 E. Tremont Ave.

Silver Beach Office 1 Plaza Place

Sweeney's Deli 3136 Miles Avenue

3009 Harding Ave.





SkinnyMs.

# Skinny BELL PEPPER NACHO BOATS



# **INGREDIENTS**

pound lean ground turkey
teaspoons chili powder
teaspoon cumin
teaspoon black pepper
teaspoon sea salt
d cup NO SALT salsa
cup grated cheddar
cheese, reduced-fat
bell peppers

# DIRECTIONS

Remove seeds, core, and membrane from bell peppers then slice each one into 6 verticle pieces where they dip down. Set sliced bell peppers aside.

Cook ground turkey over medium-high heat, breaking up as it cooks. Cook until the turkey loses it's pink color and is cooked through. Drain off any fat. Preheat oven to 375

degrees.

Combine cooked turkey with spices and salsa. Evenly distribute mixture into the bell pepper boats, top with cheese. Bake on a parchment lined baking sheet for 10 minutes or until cheese is melted and peppers are hot. Optional ingredients: sliced Jalepeno peppers, diced avocado, fat-free Greek yogurt or sour cream, or sliced green onions. NOTE: If you prefer much softer bell peppers, add a few tablespoons water to the

bottom of a large casserole dish, add filled nachos, cover tightly with foil and bake 15 minutes.

# ARE YOU READY FOR SUMMER? NO NEED TO HIDE YOUR FEET!

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### "Neighborhood Updates"



"SHRED FEST" EVENTS IN THE BRONX The New York City Department of Consumer Affairs is holding two "Shred Fest" events on Saturday, May 19 at Franz Sigel Park on the Grand Concourse between East 156th and 157th Streets and on Sunday, May 20th in Co-op City at Co-op City Blvd. and Rombouts Avenue which is directly adjacent to the Municipal Credit Union. Each event begins promptly at 10 A.M. and finishes at 4 P.M. "Shred Fest" events help all in shredding personal documents such as bank statements, pay stubs, credit card applications and any other documentation that contain any of your personal information. These events are free and I encourage all to take advantage of these two opportunities. For more information, please contact 311.

#### "HELP ME QUIT"

According to the NYC Department of Health & Mental Hygiene, nearly 867,000 adults and 15,000 young people use tobacco products. The use of tobacco products can cause vascular disease, diabetes and heart and lung diseases in addition to many forms of cancer. With this in mind, the NYC DOHMH launched the "Help Me Quit" mobile application earlier this year. It is available for free download on your smart phone and/or tablet. The "Help Me Quit" application provides tips on how to stop cravings, a map of nearby support clinics and help track the progress on your journey toward quitting. Interested persons may call 3-1-1 to find a local quit smoking program or can visit www.nysmokefree.com. As always, you are welcomed to contact my office at (718) 892-1161 with questions.

#### NOTIFY NYC

While Community Boards certainly do its part in disseminating information from the City, it is up to us as residents to register ourselves and our loved ones for instant notifications from our City during an emergency. Notify NYC, administered by NYC Emergency Management, is the City of New York's official source for information about City services and resources during emergencies. Notify NYC alerts you to public transit delays, vehicular collisions on highways and impending weather-related events that may affect school closures, City services or daily travel. If you wish to register, please call 3-1-1. If you wish to register online, please visit www.nyc.gov/notifynyc. You can also download the free "Notify NYC" mobile application on your smart phone and/or tablet. 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 TELE-PHONE 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.

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**MORRIS PARK LIBRARY MAY EVENTS:** Family Story Time, Toddler Story Time, Be Creative With Legos, Bouncing Babies Storytime, Toddler Play Time, Book Discussion for Kids: Island of the Blue Dolphins | Know Your Rights Forum on May 10, 2018. Do you know your rights as a NYC resident? Come and join us for an evening about immigrants' rights, how to avoid immigration fraud, and what services are available to the community! Teens and Adults welcome! 5:00PM – 6:00PM. Morris Park Library, 985 Morris Park Ave. Inquiries: flee@Issny.org or call: 646.242.1476 **NORTHEAST BRONX SENIOR CENTER** Located at

**NORTHEAST BRONX SENIOR CENTER** Located at 2968 Bruckner Blvd., in the basement of St. Benedict's Parish. Open Monday through Friday from 9am-4pm. Lunch is served daily at 12 noon. A voluntary contribution is appreciated. Daily social and cultural activities including bingo, dancing, glee club, exercise class, trips and much more. We have blood pressure screening once a week. A case worker is available to help seniors access entitlements and benefits. Registration is required with no fee. Seniors must be at least 60 years old.

**THE BRAHMA KUMARIS IN THE BRONX** invites you to join in a Conversation, 'Peace & Protection,' Saturday, May 12, 2018, 4:00 - 6:00pm, at 2705 Williamsbridge Road, Bronx, NY 10467. This event is one in a series of reflections on 'Peace,' being offered around the country, in commemoration of the Brahma Kumaris 40+years of service in the USA. Please join us in exploring how Peace guarantees our Protection. The program is offered free as a community service. We hope you can be there, also please invite a friend. RSVP and information, please contact Carmen bkbronx2.ny@gmail.com or 718-994-0765 **BRONX HOUSE SENIOR CENTER:** Join us for a

**BRONX HOUSE SENIOR CENTER:** Join us for a concert by the Bronx Arts Ensemble Jazz Trio on Thursday, May 31 at 11:00 am. Listen to jazz and oldies and goodies. Then, join us for lunch at 12 pm. Admission is free and open to all persons 60 years of age and better. Call Lisa at 718.792.1800, ext. 228 to reserve a spot. We are located at 990 Pelham Parkway South, Bronx, 10461. **FRIENDS OF PELHAM BAY PARK** Join The Friends of Pelham Bay Park for a Trail Maintenance Volunteer Project on Saturday, May 12th, 10am – 2pm. We are recruiting and encouraging all communities to help pro-

**FRIENDS OF PÉLHAM BAY PARK** Join The Friends of Pelham Bay Park for a Trail Maintenance Volunteer Project on Saturday, May 12th, 10am – 2pm. We are recruiting and encouraging all communities to help protect and maintain our natural resources and greenspaces. This improves public health and wellbeing now and for future generations. We need your help! Come out to the park with us! For further information, contact the Trail Committee chairperson Nilka Martell at nilkamartell@yahoo.com / 347.992.2860. More Volunteer Opportunities available! Contact us for more details!

**AMVETS BINGO NIGHTS:** Join us for Bingo Nights on May 21st at our post on 1440 Shore Drive (off Lafayette Avenue) sponsored by the Ladies Auxiliary #38. Games begin at 7:30pm and all proceeds go to support the Veterans Hospital on Kingsbridge Road and other charities.

**THE PELHAM BAY RED HAT DIVAS** bus ride to Resorts Atlantic City, N.J. is on Tuesday, May 15th 8:15AM, Ampere Ave. & Kennelworth 8:30AM, 985 Morris Park Ave. (in front of Morris Park Library). Coffee, tea and buttered rolls served. Tickets: \$35.00. Call Fran Arico at 718.828.5073. **BYE BYE BIRDIE AT OUR LADY OF THE ASSUMPTION SCHOOL:** The OLA Drama Club will be performing 'Bye Bye Birdie', their 4th Annual School Play on May 18 and May 19, 2018. The play will be at Our Lady of the Assumption School at 1617 Parkview Avenue in Pelham Bay. Local businesses are invited to advertise in our Playbill to help support the Drama Club. Full Page Ads are \$20, Half Page Ads are \$10, and a Business Card Ad is \$15 Please contact the Drama Club at OLADramaClub@gmail.com for more information. Tickets are \$10 each and can bought at the school or the night of the play.

or the night of the play. **CIRCLE OF CARE:** Free Bronx support group for family caregivers for someone age 60 or older. Thursdays May 3, 10, 17, 24, 31 and June 7 from 9:30AM-11:00AM at PEP for Seniors, located at 1525 Unionport Road #ME, Bronx, NY 10462. Hosted by PSS Circle of Care, a nonprofit program funded by the government, which provides free support for family caregivers in New York City. Free sixweek support group for family caregivers to share tips, ideas, and challenges while offering each other encouragement. Refreshments and snacks will be served. Caregivers are welcome to meet one-on-one with a professional Care Consultant after the group sessions for free information and assistance, counseling, and other resources. For more information or to register, contact Tiana Black, 917.734.1244 tblack@pssusa.org

**MOUNT ST. MICHAEL H.S. BINGO** 4300 Murdock Ave, Bronx N.Y. Fridays 7pm and Sundays 6pm. FREE PARKING in parking lot. \$10.00, \$20.00 packages or computers at a reasonable price and very easy to play holding 54 playing cards. Lines sold on 3 games and derby horse scratch-off tickets that pay \$500.00, \$100.00, \$25.00 and many \$1.00 tickets to get a free ticket. Free gift for first time players, round trip van service will be provided for 5 or more players at one destination, \$2000.00 given away every night. For information call Frank @ 718.881.0485.

**BRONX JEWISH CENTER:** Please join the Bronx Jewish Center located at 1969 Haight Avenue, Bronx NY 10461 on Sunday May 20, 2018 starting at 4:00pm to celebrate the holiday of Shavout, which is the anniversary of the giving of the Torah. There will be a Dairy Buffet AND Ice Cream Party. Bring your family and friends to this special event and hear the 10 Commandments. ALL are welcome to party with us. Please RSVP to 718.812.1701 or email office @bronxjewishcenter.org. Look us up on FACEBOOK!

YOUNG ISRAEL OF PELHAM PARKWAY JEWISH CENTER The entire community is welcome to attend The Young Israel Of Pelham Parkway Holiday of Shavout services which will be on Sunday, May 20, 2018 starting at 9:00am. Come celebrate the Anniversary of the giving of the Torah with your friends and family. The Synagogue is located at 900 Pelham Parkway South, corner of Muliner Avenue. Following Services, there will be a special Kiddush commemorating this special event! Please Join Us.

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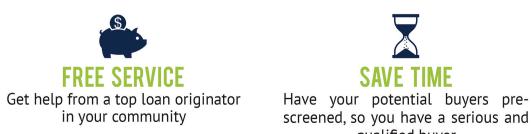
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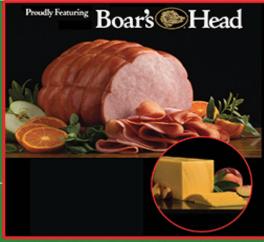


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# Programs and Treatments offered at Bay Park:

# **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