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Throggs Neck Merchant Association Newsletter

May 2015

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TNMA Schedule of Events

- May 27, 2014 - TNMA General Meeting
- May 30, 2015 - Throggs Neck Street Fair
- July 23, 2015 - TNMA 3rd Annual Golf Outing
- Jun 24, 2015 - TNMA General Meeting
- Oct 29, 2015 - TNMA Annual Dinner Dance



THROGGS NECK STREET FAIR

SAVE THE DATE

MAY 30, 2015 11am - 4pm



It's finally here! Hopefully the warmer weather will melt away the memories of snow plows, shoveling and frostbite. It's been a harsh, snow filled winter this year, but the warm days of summer are right around the corner, and the Throggs Neck Street Fair will be the opening act of a hopefully beautiful summer.

The streets will be lined with a plethora of activities, events, and all sorts of wonderful sights to behold. The abundant offerings of the Throggs Neck community, including some of the region's best restaurants, amusements, products, and services, will be highlighted along East Tremont Avenue.

The Throggs Neck Merchant Association is producing a unique event; which has grown in success over the last six years. In addition to a generous array of family activities and an extraordinary assortment of services from local merchants and vendors, there will be top-shelf musical entertainment as well!

The 2015 Street Fair will be hosting a free concert featuring Top 40 Dance Music from Tony T Entertainment (See separate article on Tony T Entertainment on Page 2 of the Newsletter). This year's Street Fair is sure to have something for everyone.

East Tremont Avenue, from LaSalle Ave to Randall Ave, will be lined with opportunities to sample mouth-watering selections from some of the most sought-after eateries in the area. While strolling from one delicious site to another, shopping enthusiasts can indulge in the numerous offerings of the area's prime retailers.

You can be productive while having a great time, for there will be numerous opportunities to make the afternoon as useful as it will be pleasurable. Among them, The NYPD will provide child and cell phone ID protection. Exercise those muscles that slept all winter on a rock-climbing wall, also provided by the NYPD.

Be sure to bring the kids, as there will be face painting, the Bronx Children's Museum Van, free ice cream and hot dogs, Bounce Castles, Carnival Games, and plenty of costumed characters to keep the youngsters as happy as can be.

Don't worry about getting to all the abundant attractions. Free bus rides will transport you along the avenue.

You can find out more about this East Tremont Avenue spectacular, May 30, from 11am to 4pm, by logging on to www.throggsneckmerchants.com.

To download a map of activities scan the QR Code or go to <http://qrs.ly/1e4q0ol>



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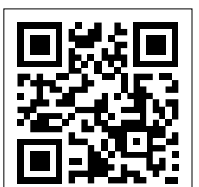
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Tony T. Entertainment Returns to Perform at the 2015 TNMA Annual Street Fair

By: Rosemarie Traina-Moreno

I am delighted to be part of the Throggs Neck Merchant Association (TNMA) Street Fair for the third consecutive year. It is always a pleasure finding local talent and introducing lively entertainment to this vibrant community event each Spring. This year's Street Fair will be held on Saturday, May 30, 2015. My fellow TNMA Members and I have been eagerly anticipating this annual event, which has become a popular mainstay for our community residents and local businesses. Over the last five years, the TNMA Street Fair has grown in popularity and continues to attract visitors and vendors from all five boroughs.

It is a real treat to be able to welcome back to our local stage, former Bronx resident, Tony Traina and his phenomenal musicians and vocalists that make up Tony T. Entertainment.

This year's live musical performance will include contemporary favorites as well as Top 40 Dance Music from the Past to the Present. The Free Concert, donated by Tony T. Entertainment will be held at 3590 East Tremont Avenue in the Rite Aid parking lot directly off the corner of Lafayette Avenue in the heart of Throggs Neck. This venue is an ideal spot to gather with family and friends while listening to your favorite tunes. We dare you not to dance to these Top 40 Dance hits! For over 25 years, Tony T.'s Band has had the good fortune to tour a variety of National stages with world renowned recording artists and musicians. Tony T.'s Broadway credits include: Jersey Boys, Rock of Ages and other major productions in New York City. Additionally, he has also appeared on National TV shows including: SNL, Late Night with David Letterman, Dancing with the Stars, American Idol, and America's Got Talent to name a few. Tony T. also regularly performs with both the Buddy Rich and Gene Krupa Orchestras.

I recently had the distinct pleasure to attend one of Tony T.'s Sold Out performances of The L Train at the incomparable Metropolitan Room in New York City. Band Leader and Drummer, Tony Traina featured two of his Headliners; Cabaret Duo, Louis Vanaria and Lucy Caracappa-Gordon, under the Musical Direction of Christian Martirano, Keyboardist. It was amazing show that was well received by all who attended. Needless to say, my colleagues and I are thrilled to have Tony T. Entertainment return to our local Throggs Neck stage again this year! For more information on Tony T. Entertainment or to book an engagement, check out their website at: www.TonyTEntertainment.com.
(Disclosure: Rosemarie Traina-Moreno is a Fundraising Strategist and the Managing Director of R.T. Moreno & Company).



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Tennis in Throggs Neck? By: Hussein Nouri

Who would have thought that you could find a great place to enjoy a game of tennis right here in The Bronx.

Nestled in the Throggs Neck section of The Bronx, you'll find the New York Tennis Club. You'll feel like you're in the suburbs as you enjoy the shaded lawns, flowerbeds and deck areas, and a clubhouse surrounding the six Har-Tru tennis courts. The clubhouse comprises a cozy lounge, indoor eating facilities, lockers, showers, tennis supply shop, racquet-stringing

services and a TV/Game Room. With plenty of on site parking, you'll be able to enjoy your play as soon as you get to the club.

Unlike most clubs, the New York Tennis Club does NOT charge any additional court fees, so members can have the flexibility to play at will — and as often as they choose. Members generally arrive at their convenience and find others ready for play, or they may also arrange games in advance so you know exactly what time your singles or doubles game will start. Play is unlimited all day long! Our friendly game-arranger coordinates a round-robin scramble every Tuesday and Thursday morning for all players at all levels, and weekend games and tournaments, too.

The club is located on 3081 Harding Avenue in the Bronx. For more information, you can call the club at (718) 239-7919.

Don't Patronize Street Food Vendors

By: Stephen B. Kaufman, President - TNMA

We are now witnessing an explosion of vendors along East Tremont Avenue selling foodstuffs from food carts. We urge you not to patronize them. Our neighborhood will become cluttered by these vehicles, blocking our sidewalks and selling unhealthy foods.

Their newly taken parking areas will eventually become littered with garbage. All the while our merchants strive valiantly to sell healthy foods in properly maintained premises. Remember, our merchants are regulated; actually over regulated! They have to put up with the onslaught of inspectors whose primary goal is to extort moneys from them for the city. Our merchants have to pay rent and taxes, while their customers are harassed by traffic enforcement.

The well being of our community depends upon a good on-going relationship between the neighborhood customers shopping in local stores and dining in our neighborhood restaurants. Many owners live in the community and employ local residents.

The success of the local shop owners and restaurants is undermined by street vendors that have no vested interest in assuring the survival of Throggs Neck. Make your voice heard loud and clear by boycotting these street vendors for they contribute nothing to our neighborhood nor are concerned for its well-being.

What is causing that sniffle? Is it a cold or allergies? What's the difference?



Its allergy season again and we at Doctors Express in the Bronx are gearing up for a particularly challenging season of dust, molds, pollen, dander and everything under the sun.

This winter brought lots of snow accumulation and it stayed on the ground and didn't melt completely until well into April. This has kept the ground very moist and increases the potential for more spores, molds, and pollen in the air. Even people who normally don't suffer with allergies have been coming in with complaints of allergy symptoms.

What is causing that sniffle? Is it a cold or allergies? What's the difference?

Usually an allergy LIKE a cold causes a runny nose with a clear, thin, watery discharge with sneezing and congestion. But UNLIKE a cold, allergies cause wheezing, itchy nose, throat, ears, and eyes with commonly sneezing spells. A colds nasal discharge starts out watery but will become thick and yellow or green. Colds are more often associated with low grade fever, weakness, fatigue and muscle aches. Sneezing spells and itchy eyes are uncommon with colds.

With allergies the symptoms begin immediately after the exposure and if the allergy is seasonal then the symptoms usually begin the same time each year. With colds the symptoms develop fully within one to three days and can last for five to seven days. Allergies can last as long as you are exposed to the allergen or even longer.

Allergies are usually treated with antihistamines, nasal steroids, and decongestants which can be bought over the counter or prescribed by your physician. The same medications can be used to treat cold symptoms also with the addition of Ibuprofen for body aches and fever.

So how do you help prevent or keep the allergy symptoms under control?

- Do your best to avoid the allergens you react to.
- Common allergens are pollen, dust, mites, mold, pet dander and cockroaches.
- Get tested to see what you may be allergic to.
- Check the pollen count. If allergic stay indoors on days it is elevated.
- Start using the air conditioning early on in the season
- If working in yard or taking spring walks make sure remove clothes indoors,
- Put them in a plastic bag separate from laundry and wash regularly
- Shower often

If after all of these preventive measures you still are suffering with allergies come to [Doctors Express in the Bronx](#). There is always a Board Certified Physician on staff to help you with allergy problems and all your medical needs. We are located at 843 Hutchinson River Parkway, Bronx, NY 10465. We are opened Monday through Friday 8 AM to 10 PM and Weekends 8 AM to 8PM. You can call us at 718-925-4400 or visit our website at [DoctorsExpressBronx.com](#).



Join TNMA This Summer for the 3rd Annual Golf Outing

If you love to golf, join us on July 23, 2015 for a spectacular day of golfing. Enjoy the day golfing amongst your fellow business people, and, if you don't own a business this is a great chance to rub elbows with business leaders in your community and around the Bronx.

Anyone can play, you don't have to own a business or be a politician. A round of golf includes lunch, 18 holes of golf, the use of a golf cart (shared with one other player), a Gift Bag, and Dinner. Prizes will be raffled off during the dinner portion of the event.

Prices: Golf Game (with everything mentioned above) - \$185 / Dinner Only - \$75 / Foursomes - \$700

Sponsorship opportunities are available for businesses (even if they don't play that day). For more information on sponsoring the Golf Game, download this PDF File: <http://www.throggsneckmerchants.com/media/events/2015-TNMA-Golf-Sponsors.pdf>

For tickets or additional information regarding this Golf Outing, contact:
Gerri Colon @ 646-334-0127 or Angela Molinini @ 646 337-5069

Got Hair? Now You Can Get Rid Of It!



Got Hair? LLC is your one stop for all of your Medical Aesthetic needs. From Electrolysis and Laser Hair removal to Botox/Fillers and Sclerotherapy, we can take care of it all for you. We are all beautiful, but we don't always feel that way. Let your inner beauty shine through with innovative beauty technology to make you as beautiful as you are, ALWAYS....Inside and Out! Come visit and meet, Sharon Camilleri and Albert Graziosa MD, two Bronx Natives that are helping women and men feel beautiful every day!

Those pesky unwanted hairs never seem to stop growing. And with the cost of razors and products for smooth skin, over time you will spend a fortune for nice smooth, hairless skin. At Got Hair? LLC, we use the latest technology to remove hair safely while still protecting the skin.

Depending on what you are looking for, a free consultation will tell you if Laser Hair Removal or Electrolysis is best for you. Got Hair? also specializes in Botox, Fillers, Bioidentical Hormone Replacement and HGC Weight Loss. Call to make an appointment for a free consultation and start living life to the fullest being as beautiful as you are!

Results may vary depending on hair type and may require multiple treatments to obtain optimum results.

To read the rest of this article or to watch a brief video, go to: <http://qrs.ly/bz41uh7>



Show Me The Money!

By: Hussein Nouri

Do you know there may be money out there with your name on it? If you've ever held a bank account, an insurance policy, securities account or even something as simple as a utility account, you may have money waiting for you. Banks, insurance companies, corporations and the courts are among the many organizations required by law to report dormant accounts to the State Comptroller. These organizations must attempt to notify you, but despite these efforts, many funds remain unclaimed and are turned over to the Office of the State Comptroller.

With \$13 Billion dollars currently unclaimed, approximately \$1 million of Unclaimed Funds are paid out to claimants per day in New York State. Although 52% of claimers are under \$100, the largest claim paid out to an individual was in 2008 from a stock claim worth over \$4 million. Currently, the largest unclaimed amount is worth over \$1.7 million for one individual on one account. **T h i s** could be yours!

To find out if you can make a claim, visit the Office of the State Comptrollers website for unclaimed funds, <http://www.osc.state.ny.us/ouf>. The website will provide more information, allow you to search for any unclaimed funds in your name and provide you with instructions on how to make a claim.

If you do not have access to a computer or need assistance, you can contact the Office of the State Comptrollers Unclaimed Funds department by calling 800-221-9311.

If you receive unclaimed funds, please let us know about your success with a quick email to info@throggsneckmerchants.com. **GOOD LUCK!**



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Small Business / Big Changes

By: Patrick Caruso



You asked for it--you got it (but it's not Toyota). Small Business is the "it" word among the major players in NYC Government-Mayor Bill DeBlasio, Council Speaker Melissa Mark Viverito, Small Business Services (SBS) Commissioner Maria Torres-Springer, among others--all who have made favorable statements concerning the many revisions the City is initiating in its dealing with small businesses. This is due thanks to the efforts of merchants, merchants' associations, community boards and local elected officials, who, over the years have been very vocal in asking for reforms in the manner the City deals with small businesses.

At the March 25th TN Merchant's meeting, our guest speaker was Steve Shallo, from the SBS Business Acceleration Unit (a fairly new agency), who gave an very in depth, informative power point seminar on the upcoming changes/revisions/improvements that would go into effect in the upcoming days, weeks, and months. FREE Services would encompass all aspects of the small business process: New-opening and expanding a business; Operational-coordinate inspections, provide violation support, oversee business improvements; Recovery-assistance in natural and man-made disasters. The Business Owner would have one agent throughout his dealings for more personal contact, consistency of service and effectiveness of results. A new Small Business Advocate position to be a liaison and champion for the business owners, and important regulatory reforms to lessen the issuance of fines are stand-out benefits.

A new agency-Small Business First (SBF), is being launched, which addresses a majority of the complaints expressed by small businesses. SBF will involve reducing the burden of regulations and cut government red tape, with a committed goal of reducing the time of city/small business dealings by half. This will all be done with the support from more than 15 City Agencies, SBS, and the Mayor's Office—all under one roof, virtually making it "One Stop Shopping".

The TN Merchant's Board feels that since these changes are so important, and will have a great influence in improving our small business atmosphere, we will have Mr. Shallo return to reprise his presentation at a future merchant meeting.

Business Profile - Angela Molinini - Fig Leaf Wellness



Angela Molinini is a Holistic Health Counselor, Coach, Practitioner, and Homeopath specializing in alternative health and wellness. She received her training at the Institute for Integrative Nutrition in partnership with the Teachers College at Columbia University and at The New York School of Homeopathy in NYC. Angela is also a member of the American Association of Drugless Practitioners, Healthcorps and the International Health Coach Association, as well as, local organizations and charities. She consults with individuals, groups, organizations, and corporations and leads workshops on holistic health and wellness, functional nutrition, therapeutic cooking, health advocacy, diabetes and obesity.

Angela founded Fig Leaf Wellness to affect positive change in as many people as possible in a natural health-centric way. Her main focus is helping others recognize their strengths and living well despite any difficulties. Having come from a family with a history of diabetes, Angela understands the struggles of living healthfully and utilizes her knowledge in holistic nutrition, wellness coaching and fun activities to guide clients in affecting positive changes in their lives.

Angela's personal warmth and sense of empathy, rather than a clinical, top-down style of counseling, allows her to connect with her clients as a peer. Angela gently suggests methods that have worked for her and others, while making it clear that dietary and lifestyle changes require a great deal of patience. By relating both her own health issues and her wellness expertise to her clients, she utilizes her exceptional emotional intelligence, particularly with regards to motivation and empathy.

Angela's holistic approach focuses on life experiences and the connection between mind, body, emotions and well-being. It is specific to each person's needs incorporating integrated therapies, lifestyle changes and preventative measures. It is all natural, ecological and organic focusing on balance, relaxation and transformation. She emphasizes wellness through education and advocacy for natural living and creates individualized diets and action plans based on each individual. Angela has witnessed improvement in her clients with digestive problems, food intolerances/allergies, depression, anxiety, foggy thinking, blood sugar issues, weight loss/gain, hormonal imbalances, sleep disorders, stress and energy levels, just to name a few.