

Bronx Plastic Surgery

Plastic & Reconstructive Surgery BOARD CERTIFIED PLASTIC SURGEON Robert D. Goldstein M.D., F.A.C.S.



Experience the life changing effects of enhancing and restoring your natural beauty with the latest surgical advancements and techniques.

BREAST PROCEDURES:

- LIFT REDUCTION
 - AUGMENTATION

BODY PROCEDURES:

- LIPO LIPO 360
- TUMMY TUCKS
- MOMMY MAKEOVERS

FACE PROCEDURES: • FACELIFT • EYELID SURGERY • CHEEK DIMPLE CREATION

We are proud to announce that at the end of October Bronx Plastic Surgery along with Dermatology and Surgery Associates are moving to our new location in Throggs Neck Shopping Center

> drgoldstein@bronxplasticsurgery.com Se Habla Español | Financing Available



NEW LOCATION

Throggs Neck Shopping Center 815 Hutchinson River Parkway Bronx NY 10465

Phone: 718 213-4782 www.bronxplasticsurgery.com

OFFICES FOR REN

 FULLY RENOVATED, MODERN DESIGN BUILDING OFFERING OFFICES OF VARIOUS SIZES WE PROVIDE HIGH QUALITY OFFICES WITH MANY SERVICES AND AMENITIES OUR LOCATIONS ARE TAILORED TO ACCOMMODATE **SMALL BUSINESSES & FREELANCERS.**

CALL TODAY FOR INFORMATION ON LATEST PROMOTIONS. OUR







SINARTI 718-665-4000 **INFO@SINARTI.COM** 749 E 135TH ST. BRONX, NY 10454

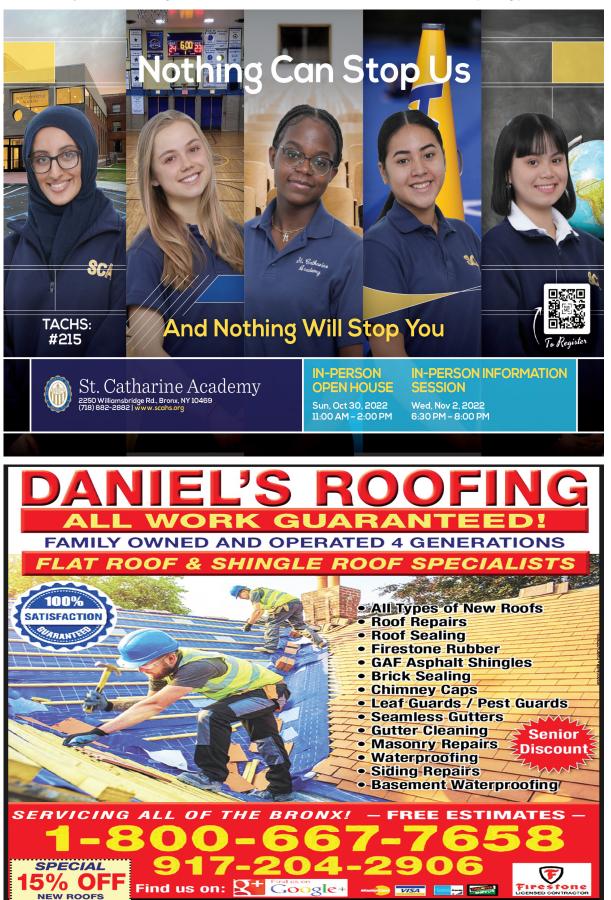






BLUE SPACE 718-847-7400 INFO@HHOLDINGGROUP.COM 3030 MIDDLETOWN RD BRONX, NY 10461





HIC Lic. #2085750 HIC Lic. #2085996





WWW.DNAPLUMBING.NYC NYC LMP#1343 NYC FSC#443

3004 MIDDLETOWN RD, BRONX NY 1





One Cardinal Spellman Place, Bronx, NY, 10466 718-881-8000 x 206 | Fax: 718-515-6615 admissions@cardinalspellman.org

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Fresh Raspberry Sauce

Ingredients

1 ¹/₂ pounds fresh raspberries 1/4 cup white sugar 1 tbs water, or as needed (Optional) 2 tsp lemon juice, or more to taste

Directions

 Combine raspberries, sugar, water, and lemon juice in a saucepan over medium heat; cook and stir until break raspberries down, sugar dissolves, & sauce is heated through, 3 to 7 minutes.

2. Press sauce through a fine-mesh strainer to remove seeds. Cool to room temperature; cover with plastic wrap and refrigerate until chilled, at least 45 minutes.



WILL FIGHT FOR ALL, A MOTHER FIGHTS FOR HER CHILD!

SAMANTHA **ZHERKA**

LETS TAKE BACK NEW YORK TOGETHER! Independent/ Republican/ Conservative

STABILITY

- Education- Parents Bill of Rights -
- No more School Board Bullying against Parents.
- Ensure Truth in Education Parental Rights must be Paramount
- No More CRT
- Provide Safety for Children in Schools -No Sex Education for Children under Grade 9
- NO Socialism in our Schools
- No Falsehoods Taught to Our Children
- **Bringing back Trade Schools**

VOTE: November 08, 2022

SAFETY

- Ensure Victims' Rights
- Repeal Bail Reform
- Hold Prosecutors Responsible
- More Funding for the Police
- Provide More Resources for the Police
- **Expand Laws against Drug Dealers of** Fentanyl and other deadly drugs
- Holding Pedophiles, Human Traffickers & Sexual Predators to the fullest extent of the law

Prosperity

- Provide TAX Reform for All
- Protect Small Business and organize toward bringing back Business to NYS
- Protecting REAL PROPERTY Rights for all Property Owners
- Protecting Seniors and expanding on elder abuse laws

FOR NYS SENATE 34TH DISTRICT

Early Voting Starts October 29,2022



Paid for by Samantha Zherka Candidate for NYS Senate

www.samanthazherka.com



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Garage Sale Oct. 15th 2879 Lafayette Ave. Bronx. Sales all week. 10am to 3pm. Tools, Kitchen items, clothes and many one dollar items

Garage Sale 2407 Kingsland Ave. Sat. 10/15 9am-3pm. CD's, DVDs, watches, baseball cards, and assorted Mdse

Licensed Electrician house wiring, generators installed, Electric, heat, security + landscape lighting installed. Call 718-829-8844

3 Bedroom Apt for rent. Pelham Bay top-floor \$2,500. Please call 646-294-1211 Garage Sale Saturday October

15, from 10am 4pm. 1268 Edison Avenue, housewares, clothes, many new items!!

Pelham Bay apartment for rent 2 bedrooms two blocks from #6 train call 646-322-9550 Huge Yard Sale Saturday 10/29/2022 9AM-4PM 3102 Miles Ave. C/O Prentiss. Hundreds of new items added for this week. Household, appliances, seasonal, holiday, gifts, clothing, etc. Enter rear of house

Need Help with your child's Homework? Call Joselyn 646-228-5715

HOME IMPROVEMENT **KITCHENS, BATHROOMS, FINISHED BASEMENTS. ALL HOME IMPROVE-MENTS. 35 YEARS EXPERIENCE. NYC** LIC#2193971DCA FRANK. 917-407-5433

MOST CASH PAID FOR ANTIQUES. COLLECTIBLES, ARTWORK. COMICS SPORTS CARDS, JEWELRY, GOLD, SILVER, WATCHES, COINS, CAMERAS, RÉCORDS, ETC. PLEASE CALL AARON 917-923-6580

STEAM CLEAN AND SANATIZE. YOUR HOME OR BUSINESS BEFORE WINTER. ALL JOBS GUARANTEED. FREE ESTIMATES. CALL JIMMY 718-892-5827

HIS CONCRETE CONTRACTORS, INC. Sidewalks, Violations Removed, Driveways, Retaining Walls, Brick and Block Work, Stucco, Patios, Basements, Slabs, Steps, Porches, Cobblestone, Bluestone, Demolition, Extensions, Backyards, Curbs, Decks, Unilock, Pavers, Excavation, Garage, Tiles ALL YOUR MASONRY NEEDS AT REASONABLE PRICES 718-828-2587

Garage Sale Saturday, October 15, 9am-3pm. 812 Quincy Ave, Bronx

Garage Sale - Saturday October 15th 10:00am-5:00pm. 1340 Macdonough Place

Sale two mobile steel baker scaffolds, lockable wheels, one plywood platform each, access ladders, 6' L x 3' W x 6' H, good condition, \$300, one folding 6 foot wood ladder, excellent condition \$40 one steel appliance hand truck, bulk item capacity, w/straps, good condition, \$100, purchases separately or bulk discount. (Three items) \$400 contact 917-582-6037

Working mom needs support! Going to school with a full time stressful job. Looking for bilingual person to help around the house and take care of one child. Needs to be reliable, flexible and have a functional car and valid license. Text only. 646-265-8221





Register for Class 1-860-416-4467

FOR NYS SENATE 34TH DISTRICT

Paid for by Samantha Zherka Candidate for NYS Senate

www.samanthazherka.com

Manhattan Roofing

Our company is a family-owned and operated company not affiliated with any other company. We stand by all our work and strive to give you the job your hard-earned money has paid for.

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All Types of Roofs

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- Repair on Flat Roofs
- Brick Pointing & Repair
- Rubber Roof Installation
- Leak Detection & Repair
- Thorocoat Waterproof Coating
- Silicone Roofing Systems Installation
- Installation & Repair of Shingle Roofs
- Repair & Roof Coating of all Types
- Skylight & Hatch Replacement



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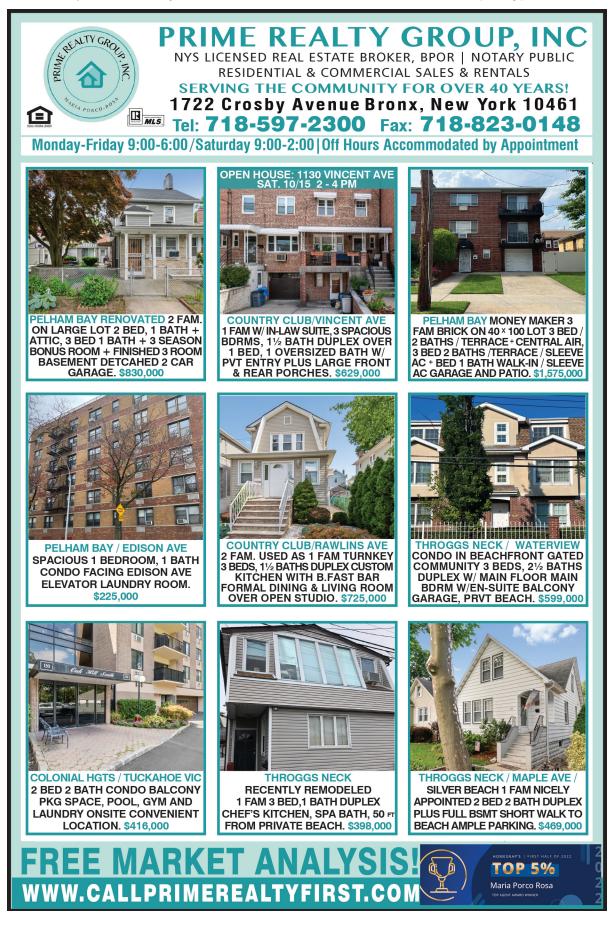
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AMENITIES THIS COMMUNITY HAS TO OFFER. \$469,000 WITH SHARE INCLUDED.

EDGEWATER PARK CO-OP

THIS RANCH STYLE UNIT IS A MUST SEE! LAYOUT FEATURES: ENTRANCE FOYER, KITCHEN, DINING AREA, LIVING ROOM WITH SLIDING DOORS OUT TO THE YARD FOR ENTERTAINING AND RELAXING, UPGRADED BATHROOM HAS HEATER/ NIGHT LIGHT, MBR, PLUS 2 ADDITIONAL BEDROOMS. ATTIC AND LOFT FOR ADD'L STORAGE. NEW FENCE, GUTTERS, NEW STEPS OUTSIDE NEW FLOORS, DOORS, FRESHLY PAINTED, ROOF DONE IN 2018 AND NO FLOOD INSURANCE REQUIRED. CALL FOR YOUR PRIVATE SHOWING AND WELCOME HOME. ENJOY THE MANY AMENITIES THIS COMMUNITY HAS TO OFFER ON PREMISE. \$369,000 WITH SHARES INCLUDED.

> PLEASE INQUIRE ABOUT TLC 1 BEDROOM CO-OP \$159,9999 WITH SHARES INCLUDED





we have grown to become one of the most comprehensive, full service facilities of our kind in the area.

Our admissions office will be more than happy to answer any questions and help you decide if Bay Park Center is right for you or your loved one. Please feel free to contact us at 718-239-6555 to have any questions answered or schedule a tour. You can also find us on our website at www.bayparkcenterfornursing.com

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



SHREDDING EVENT

It is back by popular demand! Phipps Neighborhoods is holding a paper shredding event on Saturday, Saturday, October 15 from 10 A.M. to 2 P.M. at 650 Hollywood Avenue which is the campus of Intermediate School 192 in Throggs Neck. Please take advantage of this community resource. It is open to all members of our community.

BRONX SAFE DISPOSAL EVENT

The City of New York is hosting a "Safe Disposal Event" on Saturday, October 22nd from 10 A.M. to 4 P.M. at the Orchard Beach parking lot. You must register online. Please visit on.nyc.gov/SAFE-BX. You may dispose of automotive products, unwanted/expired medicines or cosmetics, household products as paint, pesticides, and such electronics. Take advantage of this terrific resource!

NYC HUMAN RESOURCES ADMINISTRATION AT CB 10!

Every Thursday from 10 A.M. to 3 P.M., our office has a City of New York Human Resources Administration (HRA) liaison that will assist you with applying and/ or recertifying for Supplemental Nutrition Assistance Program benefits (SNAP). To meet with the HRA official, it is by appointment only and you must call us at (718) 892-1161 to schedule. SNAP benefits help put food on the table for needy families. If you are a family of four, your annual gross income cannot exceed \$34, 452 to meet eligibility. For the appointment, you should bring identification and any income documentation from the previous tax year.

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.



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.

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3010 MIDDLETOWN ROAD, BRONX NY 10461 (BETWEEN CROSBY AND HOLLYWOOD AVE.)

FREE DRY

\$1.50 WASH

A SUBJECT THAT IS OFTEN TOO DIFFICULT TO TALK ABOUT MAKES FOR GOOD READING.

ANSWERS TO YOUR PREPLANNING QUESTIONS

Families in our community have turned to Woodlawn Cemetery with their cremation and burial needs for over 150 years – and continue to count on us today.

We've been receiving many calls asking about our services – including viewing available property online and scheduling "virtual meetings" – and we have answers. Our family service associates are here for you, ready to address your questions in both English and Spanish. We're also available to help you put your cemetery preferences in writing. This free service alleviates stress and provides peace of mind for you and your family.

Making these important decisions now is one of the most thoughtful gifts you can give to the people you love most.

FREE LIVING WILL KIT

When families ask us how they can prepare during these unprecedented times, our first response is to talk about our free Living Will Kit. This contains all the information you need to help you understand and complete a Living Will, along with details about other health care advance directives.



Our family service associates are available to answer your questions by phone or virtually.

Hablamos Español



Call or email to learn how to receive your Free Living Will Kit or to schedule a virtual meeting. (718) 920-0500 • INFO@WOODLAWN.ORG | WWW.WOODLAWN.ORG