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November 3 - 9, 2022
Volume 44
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- AECI Core Values of Perseverance, Achievement, Integrity and Respect develop our students into young professionals.

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- The athletics department has 12 varsity teams and 1 junior varsity team
- We compete in the Charter School Athletic Association & the City Schools Sports Association
- Our student-athletes maintain their athletic eligibility by staying academically eligible throughout the entire season of play
- Our teams welcome grades 9-12 to compete
- Participates in school wide pep-rallies, athlete of the month, and sports banquets.

LOCATION:

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838 Brook Avenue, Bronx NY 10451



OPEN HOUSE:

Jan. 14th, 10am-1pm
(bad weather date Jan. 21st)

Feb. 11th, 10am-1pm
(bad weather date Feb. 18th)

March 18th, 10am-1pm
(bad weather date Mar. 25th)

Lottery Date April 4th

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2019-2020	95%
2020-2021	98%
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Saint Joseph's Medical Practice, PC is pleased to announce this update about our multi-specialty medical practice at **1620 Crosby Avenue:**



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- Asthma
- Elevated cholesterol
- Cold-Flu
- Diabetes
- Thyroid conditions
- High Blood Pressure

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Call today to schedule your appointment.

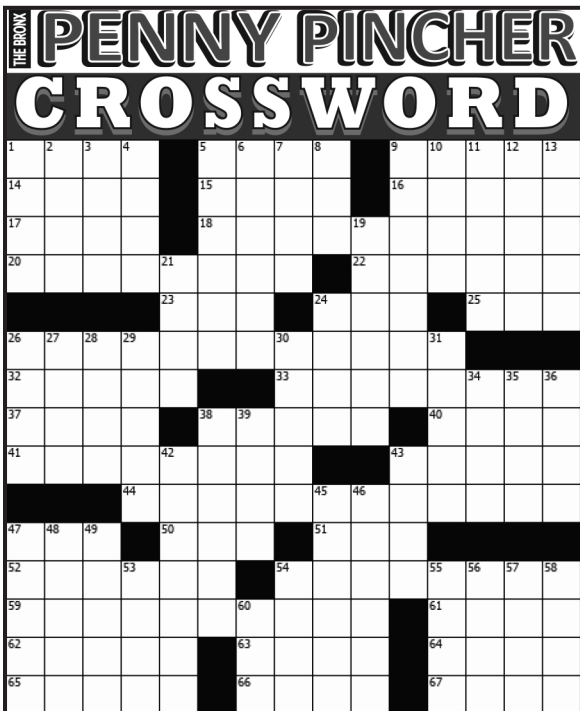
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1620 Crosby Ave | Bronx, NY



**Saint Joseph's
Medical Practice**

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ACROSS DOWN

- | | |
|----------------------------------|-----------------------------------|
| 1. Schooner feature | 1. Word with paper or pepper |
| 5. Catch sight of | 2. Tibet's place |
| 9. '90s treaty acronym | 3. Serb, e.g. |
| 14. Wight or Skye | 4. Garr of "Young Frankenstein" |
| 15. Nagy of Hungary | 5. Late inning |
| 16. Swiss mathematician Leonard | 6. Shows satisfaction, in a way |
| 17. Ananias, e.g. | 7. Recite an orison |
| 18. Charity's windfall? | 8. Craving |
| 20. Copiously | 9. Disregard |
| 22. Fills with joy | 10. Angelic atmosphere |
| 23. SUV | 11. Sharps' counterparts |
| 24. Fr. holy woman | 12. Palindromist's dogma |
| 25. Hog's pen | 13. Pretentious, as a display |
| 26. Laundry worker's quest? | 19. Aquarium fishes |
| 32. The Law of Moses | 21. It may precede or follow "as" |
| 33. Appreciative | 24. Rani's wrap |
| 37. Blue pencil | 26. It's on the watch |
| 38. Emcee Philbin | 27. Kind of list |
| 40. "___ 18" (Uris novel) | 28. Desiccated |
| 41. It's slower than allegretto | 29. Evaluated |
| 43. Opera stars | 30. Goad |
| 44. Museum guide who's doing OK? | 31. Relating to blood |
| 47. Holiday forerunner | 34. Time to go home, for many |
| 50. ___ Cayes, Haiti | 35. ___ Bator |
| 51. Madness | 36. Word before hurrah or laugh |
| 52. Cottonwood or aspen | 38. Indy 500 competitors |
| 54. Attachments for skin divers | 39. Somme summers |
| 59. They're counted at night? | 42. Backslide |
| 61. Columnist's squib | 43. Mover and shaker |
| 62. Curved moldings | 45. Musical liability |
| 63. Many a Mideasterner | 46. Visit |
| 64. Levelheaded | 47. Name with salts or Downs |
| 65. Billiards shot | 48. Europe's longest river |
| 66. Cautious | 49. Fencers' foils |
| 67. Hash house sid | 53. Dregs |
| | 54. Word sung twice after "Que" |
| | 55. "___ of the Spider Woman" |
| | 56. Substitute for the unnamed |
| | 57. Entertainer Horne |
| | 58. Kind of duck |
| | 60. Hee follower |

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SATURDAY, NOVEMBER 19TH 2022

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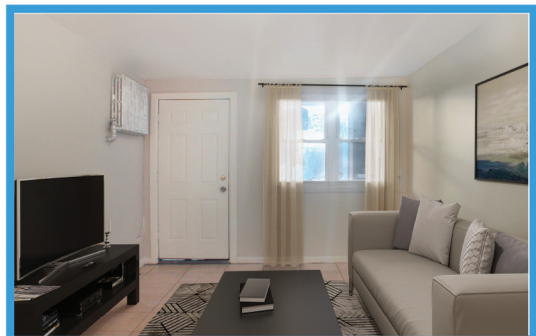
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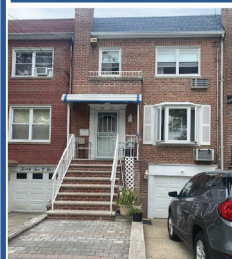
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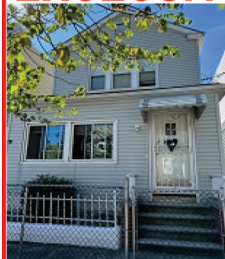
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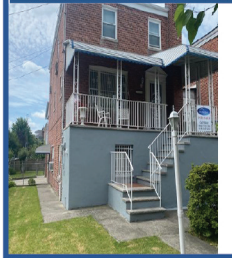
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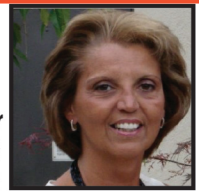




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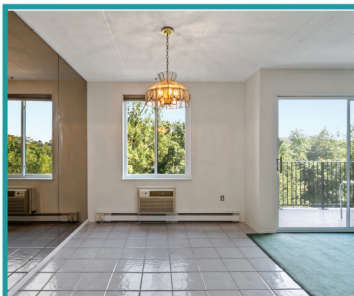
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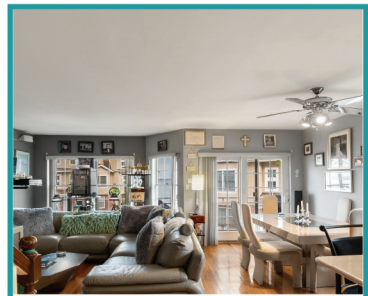
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COMMUNITY NEWS

ABOUT OUR NEIGHBORHOOD CALENDER OF EVENTS!

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- ALL NON- PROFIT ORGAIZATIONS WELCOME!

PELHAM PARKWAY NEIGHBORHOOD ASSOCIATION: Pelham Parkway Neighborhood Association is back with their monthly community meeting on Tuesday **November 15, 2022 at 7pm** at our new location 2134 Barnes Avenue on the corner of Barnes and Lydig Avenue. Scheduled to appear are ALL the local elected officials from our community. Please join us for this very important and informative session. Get ready to learn all about the happenings in our community. This is your opportunity to bring your community issues, questions and concerns and problems to this meeting. Involvement from the community is essential to having a safe, clean neighborhood. Its time to get involved in your community and stay involved. Your problems get addressed and action is taken. **Show up and speak up!**

THE BRONX JEWISH CENTER @ PELHAM PARKWAY: Please join us for our next community Shabbat dinner on Friday November 4th starting at 7:00 pm at the Bronx Jewish Center @ Pelham Parkway located at 900 Pelham Parkway South, Bx NY 10462. The B.J.C. @ P P will be welcoming back the entire Bronx and Westchester community. Re-connect with your friends and neighbors and meet new ones! All of your traditional style dishes will take center stage!

We look forward to seeing you! Enjoy a delicious 4 course dinner with your fellow neighbors. Turn your Friday night Shabbat into an evening of spiritual awakening, inspiration, Jewish songs and culinary delight. Come join us!! All are welcome. Social distancing will be strictly enforced. PLEASE RSVP to reserve your seat at Bronx JewishCenter.org 718-812-1701 or email: rabbi@bronxjewishcenter.org.

BRADY COURT COMMUNITY CENTER: Flea Market on **Saturday, November 19th from 10:00 AM to 5:00 PM.** Come join us. It is an opportunity to learn more about our Center, to celebrate Community and support local chefs, bakers, artists and entrepreneurs. We will have delicious food, beverages and homemade baked goods. There will be jewelry, toys, art work, sports memorabilia, household goods, pet accessories, handcrafted & vintage items and much more. It will be a great opportunity to support local small businesses, 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 (corner of Holland Avenue and Antin Pl) For more information, email bradycoopboard@gmail.com or call 718 828 3443.

BANANA CRUMB MUFFINS



INGREDIENTS

MUFFINS:

- 1 ½ cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- 3 bananas, mashed
- ¾ cup white sugar
- ½ cup butter, melted
- 1 egg, lightly beaten

CRUMB TOPPING:

- ½ cup packed brown sugar
- 2 tablespoons all-purpose flour
- ¼ teaspoon ground cinnamon
- 1 tablespoon butter

DIRECTIONS

- Preheat the oven to 375 degrees F (190 degrees C). Lightly grease or line 10 muffin cups with paper liners.
- Prepare muffins: Mix flour, baking soda, baking powder, and salt together in a large bowl.
- Beat bananas, white sugar, melted butter, and egg together in a separate bowl; stir the banana mixture into the flour mixture just until combined. Spoon batter into prepared muffin cups, filling each about ¾ full.
- Prepare crumb topping: Mix brown sugar, flour, and cinnamon together in a small bowl. Use a fork to mix in 1 tablespoon butter until mixture is crumbly; sprinkle topping over muffins.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, 18 to 20 minutes.

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- 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

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- Restorative Nursing Program
- Medical Model Adult Day Care
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- PORK SPARE RIBS** (Light).....\$4.99/lb
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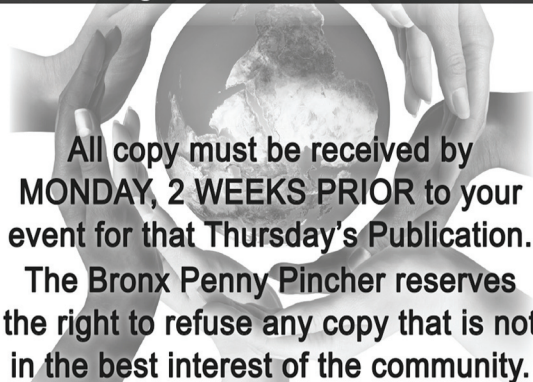
COMMUNITY NEWS F.Y.I. ABOUT OUR NEIGHBORHOOD!

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

LOW-INCOME HOUSEHOLD WATER ASSISTANCE PROGRAM (LIHWAP)

The Low-Income Household Water Assistance Program (LIHWAP) opened on October 1. This new program helps households who have past due bills for water and/or sewer services. If you are a family of four, you cannot make more than \$5,485 monthly. A family of two cannot make more than \$3,730 to be eligible. Find application at: otda.ny.gov/programs/water-assistance/ or you can visit our office so that we can print one for you. The application must be completed by the person who has the primary responsibility of payment for your water and/or sewer bill. Eligible applicants may receive up to a maximum of \$2,500 for your water bill, and \$5,000 if your water and sewer are combined.

HEAP APPLICATION

The New York State Home Energy Assistance Program Benefit (HEAP) application is open! As you know, HEAP assists low-income people with their heating costs. Eligibility and benefits are based on income, household size, primary heating source and whether a household member is under six years of age or over 60. You may be eligible even if you own your home or pay for heat as part of your rent. To be sure, there are income guidelines. For example, a household size of four may not exceed a gross monthly income of \$4,598. A household size of one may not exceed a monthly gross income of \$2,729. If you think you are eligible, please schedule a time for you to pick-up an application or we can mail it to you.

ELECTION DAY

Election Day 2022 is Tuesday, November 8. Early voting commences on October 29. If you need assistance finding either your early voting or election day poll sites, do not hesitate to contact our office at (718) 892-1161. Be mindful that City of New York residents have four ballot proposals that will be on the back of your ballot. Take nothing for granted. Go out and vote and encourage your neighbors to do the same!

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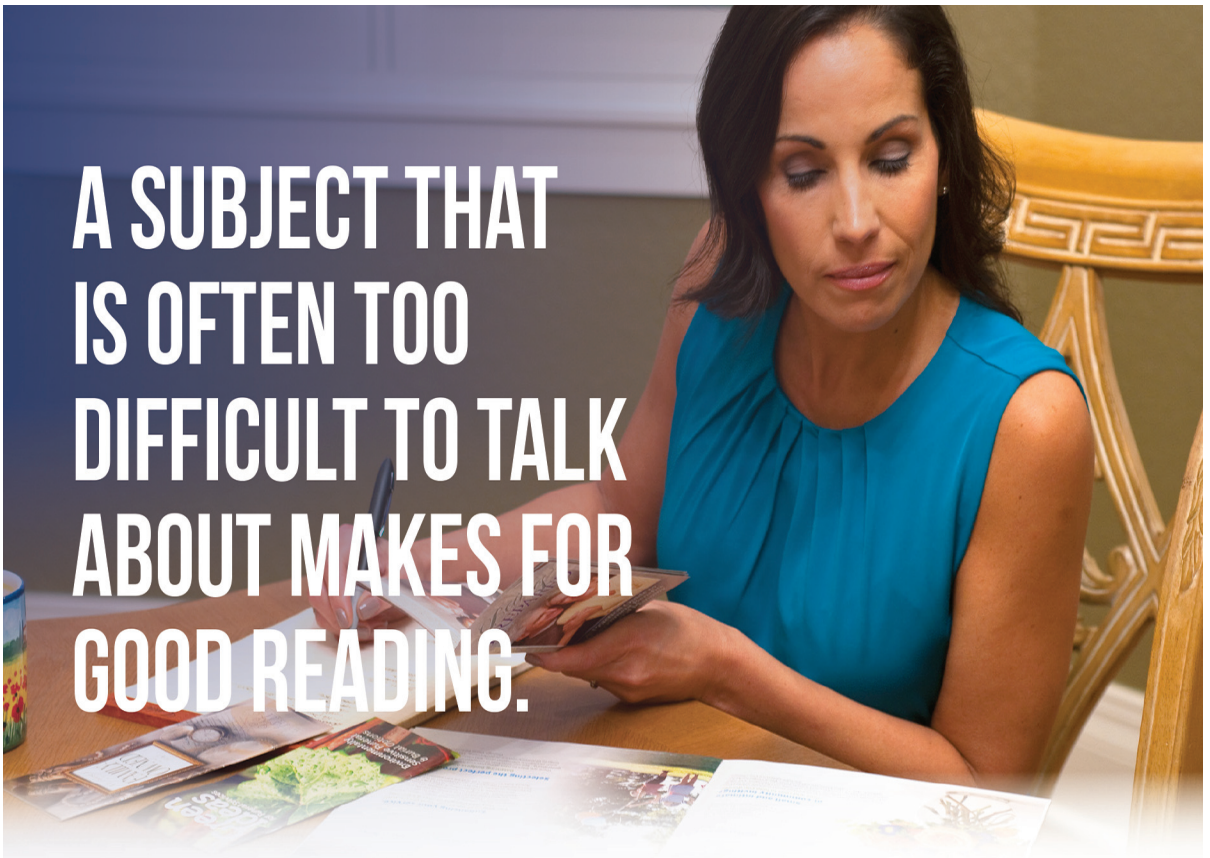
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A SUBJECT THAT IS OFTEN TOO DIFFICULT TO TALK ABOUT MAKES FOR GOOD READING.



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.

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