



Bronx Plastic Surgery

Plastic & Reconstructive Surgery

BOARD CERTIFIED PLASTIC SURGEONRobert 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





OPEN 24HR - 7 DAYS A WEEK - PARKING AVAILABLE

718-684-1998









PICK UP & DELIVERY \$1.50 / LB

DROP OFF \$1.25 / LB



OUR WEEKLY SPECIALS!

TUESDAY **\$2.00 WASH** WEDNESDAY FREE DRY

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



MARKET

FRESH

LOCAL DELIVERY

'TIL 5:00PM

CURBSIDE DELIVERY

CALL OR FAX YOUR

ORDER FOR PICK

CREDIT CARDS ACCEPTED

WE ACCEPT EBJ, FOOD STAMPS & WIC

PHONE 718-863-5650 FAX 718-518-0633



VISIT OUR WEBSITE AT PRUZZOS.COM

Not responsible for typographical errors. Some illustrations in this ad are for display purposes only and do not necessarily represent items on sale.

Sale items limited 1 per family unless otherwise noted. Items & prices effective in this store only.

SALE STARTS FRIDAY, FEB 24 THRU MAR 2



Tuesday, February 7, 2023;5:00pm - 6:00pm Tuesday, February 14, 2022; 5:00pm- 6:00pm Wednesday, February 15, 2023; 3:00pm- 4:00pm Tuesday, February21, 2023; 5:00pm- 6:00pm Tuesday, February28, 2023; 5:00pm- 6:00pm

Accepting Applications Now for 9th & 10th Grade

What we offer:

- Individualized College Prep
- College credit courses
- · AP Courses w/ Stanford University
- Advanced Science & Math Courses
- Mandarin and Spanish language courses
- Taekwondo classes
- Band/ Music production
- Robotics & Coding
- E-Sports and STEM curriculum
- Safe & Secure Campus near public transportation



The lottery will be held on Wednesday, April 5, 2023.

Apply at www.ilchs.org

3030 Riverdale Avenue, Bronx NY 10463







All Handy LLC. Handyman Anthony owner. 561-512-4969. No job too small. General repair Office help wanted, starting pay \$17 Per hour. M-F, 8:00-5:00pm. Fax resume to 718-829-9416 or call. Email: dpuccio@freshandtasty.com

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PLUMBING. ELECTRIC, TILES,
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KITCHENS, LIGHTING, CARPENTRY,
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All quality contractors. We renovate kitchens and bathrooms. Sand and install wood floors Tiling. Lightening. Walls Sheetrock and any other household deeds you need done. No job is to small providing quality service for 30 years call for a free estimate 914-671-9556 ask for Anthony

Micolosi Wood, floor specialists: Sanding, installations, repairs, bleaching, pickling, staining, reliable, insured. 19 Years experience. For estimates call 718-843-2400; 718-227-2074, 347-728-3890

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DEBRIS. WE TAKE IT ALL.
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CALL: 914-318-8838

COMPUTER REPAIR UPGRADE AND TROUBLESHOOTING. CALL JAMES 646-281-4475 or 718-324-4332

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





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CUSTOM DOMAIN NAME SETUP
SEARCH ENGINE OPTIMIZATION
CROSS BROWSER TESTING



Service / Maintance

•WE PROVIDE ROCK SOLID HOSTING, WHICH MEANS YOUR SITEIS BACKED UP, SECURED, AND PROTECTED. •A DOMAIN NAME, IF YOU DON'T ALREADY HAVE ONE.



Social Media
Integration

FULL SOCIAL MEDIA INTEGRATION,
MEANING EVERY ASPECT OF YOUR
SITE CAN BE INDIVIDUALLY
SHARED ON SOCIAL MEDIA, AND
AS THE SOCIAL NETWORKS
IMPROVE, SO DOES YOUR SITE.





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Mon. - Sat.: 7 a.m. - 7 p.m.; Sun.: 9 a.m. - 5 p.m. Hours:

JUMBO COOKED KING CRAB LEGS (12-14ct.) IUMBO SHRIMP (Cooked 16-20ct.)..\$12.99lb



Now \$39.99_{lb}

JUMBO SHRIMP **ON ICE** (Raw 16-20ct.) \$9.99_{lb}

> FILET MIGNON STEAKS OR ROAST..\$19,9916 FRENCH RACK OF LAMB (12-14oz.) \$29.99lb

CHOICE

PRIME RIB ROAST \$15.9916

McCadam Muenster Cheese\$6.99lb.

BABY LOBSTER TAILS loz. Avg.\$2.99each

COOKED SHRIMP Large (31-40ct.)..\$11.99lb

.4166.98....

Genoa Salami

Hormel Deli Ham\$5.991b.

BelGioioso Provolone\$6.991b, Land O'Lakes American Cheese...\$5.99lb.

20z. Avg.\$4.99each

JUMBO NATURAI SEA SCALLOPS (10-20ct. Chemical free)

\$29.99_{lb}

45 Years of Serving the Highest Quality Foods!

THIS IS INSANE!

HERE'S THE BEEF

VARIETY PACK

MEAT

Marinated Meat And Seafood Available!

We Accept WSA MANGER DATESTON DISCOVER E.B.T Card Not responsible for typographical errors. Prices subject to change without notice

BEST OF EVERYTHING 1 Top Rnd London Broil (1") 3 Ibs Beef Stew 2 Ibs Chicken Cutlets PLANS - STOCK UP AND SAVE!

4 lbs Round Roast Beef 3 lbs CC Pork Chops

2 lbs London Broil

6 lbs Chicken (2) 4 lbs Spare Ribs

PARTY PACK

ALL THIS FOR \$55%

\$105% **ALL THIS FOR**

œ

2 lbs CC Pork Chops 2 lbs Chuck Chop 1 lb Chicken Cutlets 6 lbs Chicken (2) 2 lbs Italian Sausage

2 lbs London Broil 2 lbs Chuck Filet 2 lbs Beef Stew 2 lbs Sandwich Steak 2 lbs Chuck Chop

2 lbs Chicken Cutlets 2 lbs Spare Ribs 2 lbs CC Pork Chops 2 lbs Beef Stew 2 lbs Chuck Chop

ALL THIS FOR \$**49**%

ALL THIS FOR

ALL THIS FOR \$5999

66**69**\$

7

ALL THIS FOR

3 lbs CC Pork Chops 2 lbs Sirloin Chopmeat

84**6**66

2 pkg Śabrett Franks 3 lbs Chicken Legs 2 lbs Italian Sausage 1 lb Chicken Cutlets **FAMILY PACK** 3 lbs Spare Ribs



ENROLLING FOR 2023-2024 SCHOOL YEAR

NYC CHARTER HIGH SCHOOL FOR ARCHITECTURE ENGINEERING AND CONSTRUCTION INDUSTRIES

MISSION:

To provide a rigorous college readiness program and career preparatory learning environment that provides students with a foundation of the necessary skills to pursue college or a career in the architecture, engineering, and the construction industries.

INSTRUCTIONAL MODEL:

- 98% Graduation Rate
- Rigorous college course sequence that allows students to earn college credits while attending AECI.
- Architectural Drawing, Drafting, Revit, and AutoCad classes prepare students for certification exams in the architecture field.
- Robust internships and partnerships provide our students with scholarships in the architecture field.
- Six counselors on staff to support whole student development.
- AECI Core Values of Perseverance, Achievement, Integrity and Respect develop our students into young professionals.

HEALTH AND SAFETY

- Use of UV Lighting to disinfect classrooms daily
- HEPA Air Filtration units utilized in all AECI classrooms PPE Equipment (hand sanitizer, masks, disinfectant wipes) provided daily
- Digital temperature scanning performed daily
- Tri-Fold screens utilized at every student desk
- Every student provided with a Chromebook and Wifi connectivity device to support our hybrid learning model

LOCATION

Community School District 7, South Bronx 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 11th, 10am-1pm (bad weather date Mar. 25th)

VISIT OUR WEBSITE TO ENROLL NOW! - WWW.AECICHARTERHS.ORG - 646-400-5566

LEARN ABOUT AECI. IN PERSON SCHOOL TOURS AVAILABLE BY APPT. Contact Ms. Harrigan at 646-400-5566 x. 3054 admissions@aecicharterhs.org

GRADUATION	RATE
2017-2018	95%
2018-2019	95%
2019-2020	98%
2021-2022	96%

ABOUT OUR NEIGHBORHOOD CALENDER OF EVENTS! Do you have an event that is of interest to your neighborhood? 25 Excluding Yard & Garage Sales. We will print your event free of charge - ALL NON-PROFIT ORGAINZATIONS WELCOME!

ST. FRANCES DE CHANTAL CHURCH: NEW FOR LENT. a Catholic scripture study for women called "LIVING IN THE FATHER'S LOVE" is coming to St. Frances de Chantal for Lent. The study is based on the teachings of St. Thérèse of Lisieux, the patron saint of Walking with Purpose everyday faith and challenges are linked to the solutions given to us through the teachings of Christ and the Catholic Church. This Lent combine your personal bible study with small group discussion. Six Mondays, starting February 27 ending April 3 from 7pm to 8pm. Come to the church meeting room for an introduction on Monday, February 27 at pm. Enjoy a cup of coffee and connect with women that are Walking with Purpose. Register at walkingwithpurpose.com/ or call Monique at the rectory for more info: 718-792-5500 ext. 200

THE BRONX JEWISH CENTER @ Pelham Parkway will be hosting an event open to the public. Which will be will be our community Shabbat dinner on Friday March 3rd starting at 7:00 pm at the Bronx Jewish Center @ Pelham Parkway located at 900 Pelham Parkway South,Bx NY 10462. Please RSVP @718-812-1701 to let us know you are coming ,or by email at rabbi @bronxjewishcenter.org Shabbat dinners are held

the first Friday of every month. We look foward to welcoming you! The Second free EVENT open to the community is our annual Purim Party on TUESDAY March 7th starting at 5:00 pm sharp. There will be a live show. Which includes entertainment, music, and a comedian. Also a delicious catered meal. We promise you will have FUN!!! BRADY COURT COMMUNITY CENTER is excited to be having our first Flea Market of 2023 on Saturday, March 18th 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, furniture and much more. It will be a great opportunity to support local small businesses, do some affordable shopping, have fun and find bar-gains 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 PI) For more information, email bradycoopboard@gmail.com or call 718 828 3443.

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Revere Professional Bldg., 2861 Bruckner Blvd. 718-829-0455

For Rent...Renovated 3BR Duplex, 1.5 bath, ready to move in!! Water and heat included. Throggs Neck vicinity. Across from Marina.. \$2,800 / Month. Call 914-961-4356

Need Assistance helping your child with homework or test prep? Call Joseline 646-228-5715

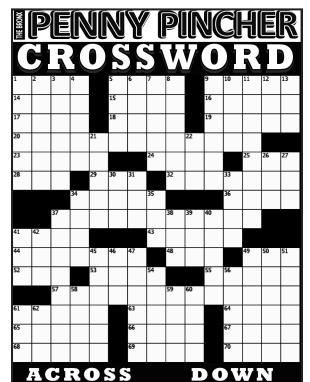
Bronx Nursing Home looking for full time receptionist all shifts. 6:30am - 2:30pm, 2:30 pm to 10:30pm and 10:30pm - 6:30am. Must be fully vaccinated. If interested please send resume and or cover letter to email: lucy@pelhamparkwaynursing.com no phone call please

Pelham Bay apartment 4 rent, 2 bedrooms, convenient to everything. Call 646-322-9550 No Realtors

Amazing two bedroom apartment for rent in Pelham Bay, \$2,100. No Pets, No Agents 914-907-8463

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

COLLEGE STUDENTS AND IT SPECIALIST. I HAVE A++ COMPUTER CERTIFICATION STUDY GUIDES AND TEXT BOOKS AVAILABLE FOR \$24.99 A MONTH. GREAT FOR STUDENTS LOOKING TO SAVE MONEY. CALL ME AT THIS NUMBER. 917-808-9628 One Bedroom apartment for rent in Pelham Bay \$1,450 utilities included. No pets, no smoking Pel Bay Realty, Bill 917-841-5462. Reduced Fee



- 1. Nile snakes
- 5. Citrus drinks
- 9. Vaughan of jazz
- **14.** On __ (without a
- contract)
- 15. Verbal
- 16. Fill with joy
- 17. Winslet of "Titanic"
- 18. Cape Canaveral org.
- 19. Spud
- 20. Workplace perk
- 23. Weasel relative
- 24. Ocular annoyance
- 25. Grant foe
- 28. "Norma ___"
- 29. Ripen
- 32. Trickling
- 34. Sacred song 36. Remove, as a knot
- 37. Yummy
- 41. Pizzeria appliance
- 43. Facial features
- 44. River between Lake Erie 38. Home of the Cubs and
- and Lake Ontario
- 48. Rural hotel
- 49. Scoreboard postings:
- Abbr. 52. Clumsy one
- 53. Roman robe
- 55. Marsh bird
- 57. Small British dog
- 61. Knife part
- 63. Close to
- 64. Overture follower
- 65. Philbin of TV
- 66. The O'Hara homestead 58. "Garfield" dog
- 67. Not shallow
- 68. Black-ink entry 69. Retired planes: Abbr.
- 70. "Jane __" (Brontë novel) 62. "__ Misérables"

- 1. Request
- 2. Athens' ancient rival
- 3. Small and trim
- 4. Play segment
- 5. Top-notch
- 6. Dull-colored
- 7. Makes less difficult
- 8. Leans
- 9. Fixed charge
- 10. Jai _
- 11. Clattering
- 12. Had dinner
- 13. That woman
- 21. Hang on to 22. Hurricane center
- 26. Conclusion
- 27. Freudian subject
- 30. Auto fuel
- 31. Shade tree
- 33. Bits of wordplay
- 34. Engine sound
- 35. Scottish surname starter
- 37. Rakers' sacks

- Bears: Abbr.
- 39. Relatives
- 40. Word before city or circle
- 41. Yoko _
- 42. By way of
- 45. Not moving
- 46. Lightning attractor
- 47. Actors' representatives
- 49. Expensive
- 50. Move unsteadily
- 51. Skunk feature
- 54. Regions
- 56. A+ or B-

- 59. Sharp-tasting 60. Historical times
- 61. Bikini part

International Leadership Charter Middle School

Enroll your scholar in a rigorous academic program with engaging activities.

Open House Dates:

Monday, February 6, 2023; 5:00pm - 6:00pm

Monday, February 13, 2023; 5:00pm - 6:00pm

Monday, February 20, 2023; 5:00pm - 6:00pm

Monday, February 27, 2023; 5:00pm - 6:00pm

Location: Mosholu Library Public library

Address: 285 E 205th St, The Bronx, NY 10467











- S.T.E.A.M. Instruction & Robotics (Science, Technology, Engineering, Art, Math)
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- ESL Services & Support





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www.ilchs.org/ (718) 562 - 2300 Ext. 404









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AECI 2 CHARTER HIGH SCHOOL



The culture of AECI2 school is driven by our commitment to the school's Core Values:

PERSEVERANCE ACHIEVEMENT INTERGRITY RESPECT

AECI 2 is a Computer Engineering & Innovation themed high school located in The Bronx school district 9. Through collaboration with industry partners, post-secondary institutions, apprenticeships and themed project-based learning, our students gain exposure to "real world" careers and college-preparatory learning experiences in the computer sciences.

For the 2023-2024 school year, AECI 2 provides students with a rigorous program including Computer Science, Programming, Microsoft Office, 3D Printing and Web Page Design.

Lottery applications due Saturday, March 25th Lottery date - Friday, March 31st

JOIN US FOR A TOUR OF THE AECI 2 CAMPUS

Wed. 02/01,	5pm - 7pm					
Sat. 02/04,	10am - 1pm					
Wed. 3/01,	5pm - 7pm					
Sat. 03/04,	10am - 1pm					
Wed. 03/08,	5pm - 7pm					
Sat. 03/11,	10am - 1pm					
Wed. 3/15,	5pm - 7pm					
Sat. 3/18,	10am - 1pm					
Wed. 3/22,	5pm - 7pm					
Sat. 3/25,	10am - 1pm					

AECI 2 Highlights:

- Computer Engineering & Innovation course work
- Intensive college preparation with yearly college visits
- College counseling at every grade level
- Social & emotional focus to support student daily needs
- Robust sports program (basketball, soccer, volleyball etc)
- Vibrant afterschool programming and student centered clubs
- Every student is provided a Chromebook and wifi for learning









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MORRIS PARK 1 FAMILY DETACHED BRICK TUDOR 6 ROOMS 3 BEDROOMS, FORMAL DINING ROOM, DETACHED GARAGE, FINISHED BSMT CALL GILDA 917- 704- 7796

APARTMENTS - CALL GILDA 917- 704- 7796

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PELHAM BAY: 5 ROOMS, 2 BDRS-\$2,000 • 3 ROOMS 1 BDR-\$1750, INCLUDES ALL UTILITIES.
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WISHING OUR CLIENTS & CUSTOMERS & HAPPY PRESIDENTS WEEKEND!



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2436 Eastchester Rd. - 718.547.5650 - **BROKFR / NOTARY**

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2 FAMILY BRICK HOUSE TWO 3 BR APTS + 2 BR WALK-IN APT CORNER PROPERTY JOAN 917-860-1951

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1 FAMILY DETACHED
2 BR DUPLEX W/ FIREPLACE IN LR
+ A LOWER LEVEL WHICH HAS
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SEMI-ATTACHED
HOUSE
2 BEDROOMS
OVER 2
BEDROOMS +
STUDIO
JOAN

917-860-1952



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2 FAMILY
DETACHED HOUSE
TWO 3 BR APTS
FINISHED
BASEMENT
GARAGE AND
DRIVEWAY

JOAN 917-860-1952

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2 FAMILY DETACHED HOUSE FOR SALE 3 BR DUPLEX OVER 1 BR HARDWOOD FLOORS 2 WALL ACS GARAGE

CALL VICKIE 646-739-1360

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COUNTRY CLUB: Modern, 4^{1/2} Rms, 2 BRs, 1^{1/2} Bath DR/ Kitchen Combo \$2,200 Heat Inc.

COUNTRY CLUB: Cozy 2 Rms, EIK/ LR Combo, Ceramic Floor, Kit, Carpeted, Full Size BR, Full Bath \$1,600 G & E Inc.

MORE APARTMENTS AVAILABLE

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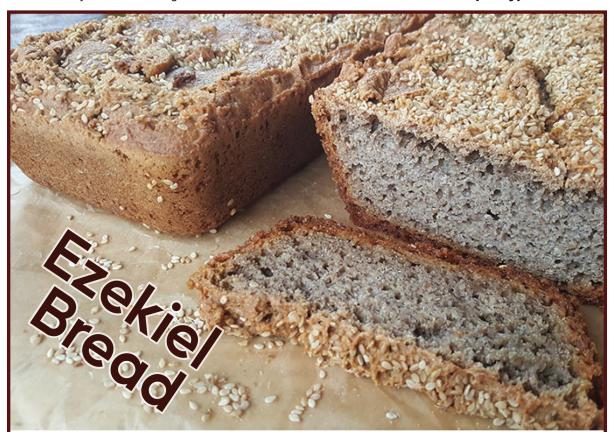
S&W Supermarket 4028 E. Tremont Ave.

Silver Beach Office

1 Plaza Place

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3009 Harding Ave.



Ingredients

4 cups warm water (110 ° F)

1 cup honey

½ cup olive oil

2 (.25 oz) packages active dry yeast

2 ½ cups wheat berries

11/2 cups spelt flour

½ cup barley

½ cup millet

1/4 cup dry green lentils

2 tablespoons dry great Northern beans

2 tablespoons dry kidney beans

2 tablespoons dried pinto beans

2 tablespoons salt, or to taste

Directions

Mix water, honey, olive oil, and yeast in a large bowl. Let sit for 3 to 5 minutes.

Meanwhile, stir together wheat berries, spelt flour, barley, millet, lentils, great northern beans, kidney beans, and pinto beans together until well mixed. Grind in a flour mill.

Add fresh milled flour mixture and salt to yeast mixture; stir until well mixed, about 10 mis. The dough will be loose.

Pour dough into two greased 9x5-inch loaf pans.

Let rise in a warm place until dough has reached the top of the pan, an 1 hr.

Preheat the oven to 350° F

Bake in the preheated oven until loaves are golden brown, 45- 50 mins.

"Neighborhood Updates"





Matthew Cruz District Manager

Bronx Community Board #10 3165 East Tremont Avenue Bronx, NY 10461 (718) 892-1161 Bx10@cb.nyc.gov

WATER BILL AMNESTY PROGRAM

The City of New York Department of Environmental Protection is offering a one-time amnesty program to delinquent customers. If you are in the arrears, you may be eligible for amnesty on all interest rate and late fee charges if you pay at least a portion of the principal amount. Kindly visit the NYCDEP website for more information on eligibility requirements: www.nyc.gov/site/dep/pay-my-bills/amne sty-program.page. As always, our office is also available to help you.

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, should bring you identification and any income documentation from the previous tax year.

CLEANLINESS

Our service roads need all the help they can. Our business corridors need litter removal. If you see any conditions that need immediate help, please report it to 311 and contact our office thereafter. If you have neighbors with trees, please remind them to clean their tree pits and remove any litter. We must do our part to continue our community's success. We already know that city agencies like the Department of Transportation do little to no maintaining of its own properties. If you want an area serviced, do not hesitate to contact us at (718) 892-1161.

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COMMUNITY NEWS F.Y.I. ABOUT OUR NEIGHBORHOOD!

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FREE OF CHARGE
Send Your Community Events to:

Community News Editor

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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