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Rubbish Removal Available NYS DOT 35314 • US DOT 1073953 CALL NOW 914.318.8838





Free Shoulder Pain Workshop

Learn 3 most common causes of shoulder pain

November 7 2023 at 6pm

931A Morris Park Avenue, Bronx, NY 10462

516-774-2199

Email to Register: nroselli@nrotHandRehab.com





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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

in the area.

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

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Special Programs

- Alzheimer's/Dementia Program
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- •Behavioral Health Unit

Rehabilitation Services

- Intensive PT, OT & ST 6 days a week
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This does not guarantee a loan, not all applicants will qualify, information is subject to change with no prior notice. All loans are subject to credit approval. While multilingual mortgage loan officers are available, loan disclosures and documents will be in English. You should seek translation assistance from a trusted third party if needed.



ENROLLING FOR 2024-2025 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
- Every student is provided with a free Chromebook to support college readiness
- 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.

DUAL CREDIT COLLEGE PROGRAM

- Rigorous dual credit partnership with Syracuse University
- Students can earn up to 18 college credits at AECI
- All dual-credit classes provided free of charge

ROBUST SPORTS PROGRAM

- Soccer, Volleyball, Flag Football, Basketball, Cheerleading, Baseball, Softball, Track
- All student-athletes must be academically eligible







OPEN HOUSE:

Jan. 13th, 10am-1pm (bad weather date Jan. 20th)

Feb. 17th, 10am-1pm (bad weather date Feb. 24th)

March 9th, 10am-1pm (bad weather date March 16th)

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

838 Brook Avenue, Bronx NY 10451 IN PERSON SCHOOL TOURS AVAILABLE BY APPT. Contact Ms. Harrigan at 646-400-5566 x. 9001 admissions@aecicharterhs.org

GRADUATION	RATE
2018-2019	95%
2019-2020	98%
2021-2022	96%
2022-2023	96%

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10



<u>\$1,400,000</u> 11

\$110,000





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Justin Stuckey Associate Real Estate Broker 646.752.1608

Marisa Vecchiarello Lic. Real Estate Salesperson 917.607.6737





Throggs Neck single family home with 3 bedrooms & spectacular views of LI Sound Vincent Buccieri, Lic. Assoc. RE Broker 917.440.2122



1205 Ellsworth Ave Bronx, NY 10465 Beautifully maintained single family 3 BR, 2.5 Baths and ready-to-go finished basement. Marisa Vecchiarello Lic. RE Salesperson 917.607.6737 UNDER CONTRACT



Fully renovated brick ranch in Throggs Neck with full walkout finished basement. Justin Stuckey, Lic. Assoc. RE Broker 646.752.1608



1370 Siegfried Place Detached High Ranch over large walkout basement. Listed for just \$599,000! Marisa Vecciarello, Lic. RE Salesperson 917.607.6737





David Valcich Mortgage Loan Originator - NMLS# 56480 (914) 391-1281 dvalcich@ambmortgage.com (718) 229-3399 - WWW.AMBMORTGAGE.COM

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- Comfortable treatment rooms with cable tv

Our Bronx dialysis center is located at the Methodist Home for Nursing and Rehabilitation in Riverdale

4499 Manhattan College Parkway Bronx, NY 10471

For more information, please call 1-888 764-6746 Methodist Home, 718-732-7100



<u>CON EDISON'S ENERGY</u> AFFORDABILITY PROGRAM

You may automatically qualify for a discount on your monthly energy bill if you receive assistance from programs such as the Home Assistance Program Energy (HEAP), Supplemental Nutrition Assistance Program (SNAP), Supplemental Security Income (SSI), Temporary Aid to Needy Families (TANF) or Safety Net Assistance (SNA). However, you must personally enroll if you are on Medicaid, Federal Public Housing Assistance or receive a Veterans Disability or Survivor's Pension. You also must enroll if you are a Lifeline Telephone Service Program subscriber (Lifeline). To apply, you may visit https://www.coned.com/en/. You also have the option of having a paper application mailed to you or you can pick one up at our office.

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.

HEAT SEASON

While temperatures have been cooperative as of late, as a property owner, you must provide heat for your tenant from now through the spring. Between 6 A.M. and 10 P.M., heat must be at least 68 degrees if the temperature falls below 55 degrees. Between 10 P.M. and 6 A.M., heat must register at least 62 degrees Fahrenheit. 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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TOWNHALL MEETING TONIGHT: There will be a Townhall meeting to discuss the illegal smokeshop issue, cosponsored by Senator Nathalia Fernandez and the Throggs Neck BID. It will take place TONIGHT, *October 23 at 6pm* at P.S. 72, 2951 Dewey Avenue, Bronx 10465. BRADY COURT COMMUNITY CENTER: Thank you to all who joined us for our September 16th event! Brady Court Community Center is excited to be having another Flea Market on Saturday, October 28th from 10:00 AM to 4:00 PM. It will be our last Flea Market of 2023. Come join us. It is an opportunity to learn more about our Center, to celebrate Community and support local chefs, bakers, artists, authors and entrepreneurs. We will have delicious food, beverages and baked goods. There will be jewelry, toys, dolls, funko pop, comics, art work, candles, plants, sports memorabilia, global items, household goods, pet acces-

sories, handcrafted & vintage items, collectibles, furniture and much more. The first 2 customers at the Brady Court Co-op table receive a \$5.00 gift certificate. It will be a great opportunity to support local small businesses, do some affordable shopping, 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, Bronx, NY 10462 (corner of Holland Avenue and Antin PI) For more information, email bradycoopboard@gmail.com or call 718 828 3443. **LITTLE SISTERS OF THE POOR:** SAVE THE DATE Cordially invite you to their Annual Christmas Bazaar **Saturday November 4th from 9 AM-4 PM** Raffles, Jewelry, Variety of gift items, Craft items, Homemade baked goods, Good food, and much more. Free Admission, Free Parking. 2999 Schurz Ave Bronx N.Y. 10465



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.

Giordano's "Big G" 1554 Paulding Ave. Honey Thai Pavilion 3036 Westchester Ave.

Key Food 3151 Westchester Ave.

Key Food 2722 E. Tremont Ave.

Pruzzo's Supermarket 2937 Westchester Ave.

Monte Grab&Go 1790 Eastchester Rd. Ruane's Deli 2 Centre Edgewater Pk. Dr.

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Easy Vegan Sheet Pan Roasted Cauliflower, Tomatoes, & Garbanzo Beans

Ingredients

1 tablespoon olive oil 2 cloves garlic, minced ½ teaspoon salt ¼ teaspoon ground black pepper 4 cups sliced cauliflower 2 cups cherry tomatoes 1 (15 oz) can garbanzo beans, drained 1 lime, cut into wedges 1 tablespoon chopped fresh cilantro

Directions

Preheat the oven to 450 degrees F (230 degrees C). Line a baking sheet with aluminum foil and grease with cooking spray.

Combine olive oil, garlic, salt, and pepper in a bowl. Add cauliflower, tomatoes, and garbanzo beans; toss until well coated. Spread in a single layer on the prepared baking sheet. Add lime wedges.

Roast in the preheated oven until vegetables are caramelized, about 25 minutes. Remove lime wedges and top with fresh cilantro.





