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November 23 - 29, 2023

Volume 47
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FAX: 718.239.6553

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- Suctioning

Skin/Ulcer Treatments

- Negative Pressure Therapy (Wound Vac)
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- 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

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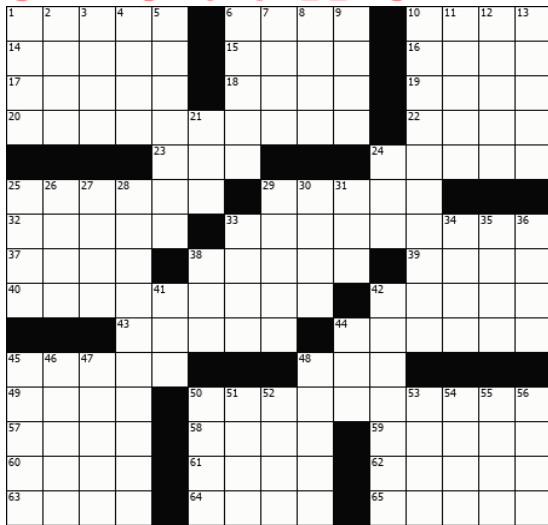
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THE BRONX PENNY PINCHER CROSSWORD



ACROSS

1. Thick slices
6. Fly high
10. Guardian's charge
14. Physicist Nikola
15. Gait
16. Jai ___
17. Do the trick
18. Accusation from Caesar
19. Leaf's rib
20. Dip dipper
22. European volcano
23. They were elected
24. Fluster
25. Ready to roll
29. Hen
32. Pet pleas
33. Risk taker
37. Limerick locale
38. People
39. Invited
40. Medicine-chest items
42. Data storage units
43. Like a tablet
44. Attacks
45. Critical remark
48. Except for
49. Venice money, once
50. See sites online
57. Software buyer
58. October birthstone
59. Wear away
60. Housing fee
61. Ricci of fashion
62. Fish habitat
63. Mice, to owls
64. Agitated state
65. Hound's trail

DOWN

1. Play the lead
2. Strauss of jeans
3. PDQ
4. Object on radar
5. Ventures (forth)
6. Glasses, slangily
7. Pledge
8. Play starter
9. Take another tour of duty
10. Directive to a tot
11. Prince Valiant's wife
12. Pours or sprinkles
13. Alice's cat
21. Med. specialty
24. Do arithmetic
25. Famous last word
26. R2-D2's owner
27. Petty or Loughlin
28. Where a fabulous time was had
29. Made hay bundles
30. Annoys
31. ___ Moines
33. Mete (out)
34. Large tanks
35. Sudden thought
36. For fear that
38. Bygone auto ornament
41. 7 Down for Hamlet
42. Annoys
44. Reaction location?
45. Drink noisily
46. More sensible
47. Peace goddess
48. Black piano key
50. Some business partners
51. Go ___ smoke
52. Sari wearer
53. 10th-century explorer
54. Made a tapestry
55. Blissful spot
56. Friend of Ernie



Launch your career by earning your Commercial Driver's License with **Red Hook on the Road's Commercial Driver Training Program**

Red Hook on the Road graduates are placed in school bus, Coach bus, Access-A-Ride, or trucking jobs offering living wages and benefits.

ELIGIBILITY REQUIREMENTS

- NYC Resident, age 21+ and legally eligible to work in the US
- Unemployed
- Valid NYS Driver's License with two years of driving history
- A clean driving record:
- No more than one suspension that has been cleared for at least two years
- Two convictions with no more than four points
- No DUIs/DWIs
- Able to attend training full-time
- Able to pass a drug test

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The following requirements are needed to participate:

- Meet all requirements for Red Hook on the Road listed above
- Completed interest form and driving record pulled, and attend orientation before class

The class will take place at the **Castle Hill YMCA**.

HOW DO I APPLY?

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Scan here to fill out an Interest Form



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Simple Macaroni and Cheese

INGREDIENTS

- 1 (8 ounce) box elbow macaroni
- ¼ cup butter
- ¼ cup all-purpose flour
- ½ teaspoon salt
- ground black pepper to taste
- 2 cups milk
- 2 cups shredded Cheddar cheese



DIRECTIONS

Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes.

At the same time, melt butter in a saucepan over medium heat.

Add flour, salt, and pepper and stir until smooth, about 5 minutes.

Pour in milk slowly, while stirring continuously. Continue to cook and stir until mixture is smooth and bubbling, about 5 minutes, making sure the milk doesn't burn.

Add Cheddar cheese and stir until melted, 2 to 4 minutes.

Drain macaroni and fold into cheese sauce until coated.

Serve hot and enjoy!

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- All student-athletes must be academically eligible



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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)

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2019-2020	98%
2021-2022	96%
2022-2023	96%

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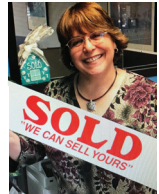
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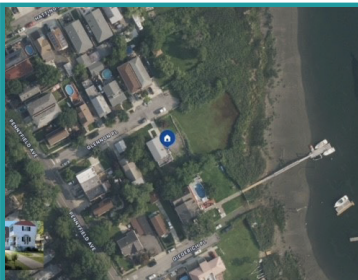
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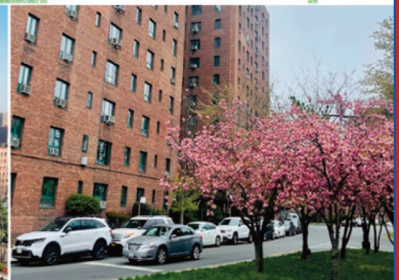


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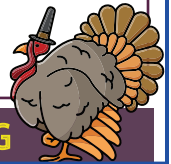
THROGGS NECK - BRONX, NY

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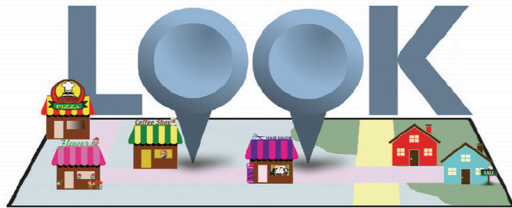


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COMMUNITY NEWS

ABOUT OUR NEIGHBORHOOD CALENDER OF EVENTS!

Do you have an event that is of interest to your neighborhood?
 Excluding Yard & Garage Sales. We will print your event **free** of charge
 - ALL NON- PROFIT ORGAINZATIONS WELCOME!

BRADY COURT COMMUNITY CENTER: Ton Saturday, December 9th from 10:AM to 4:00 PM. Come join us! It is an opportunity to learn more about our Center and to celebrate community and support local chefs, bakers, baristas, artists, craftsmans and entrepreneurs. It will be a great opportunity to support local small businesses, do some affordable shopping and enjoy delicious food, beverages and baked goods! The first 3 customers at the Co-op Table receive a gift certificate to KeyFood. There will be pictures with Santa and a free Grab Bag Giveaway to Children! We look forward to welcoming you, sharing information and building community. We are located at 768 Brady Avenue (corner of Holland Avenue and Antin Pl) for more information call 718 828 3443 or email brady-coopboard@gmail.com.

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8	6	1	4	5	9	2	7	3
4	3	5	7	1	2	6	9	8
5	1	6	2	7	8	4	3	9
3	8	2	9	6	4	7	1	5
9	7	4	5	3	1	8	2	6

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"Neighborhood Updates"



Matthew Cruz
District Manager

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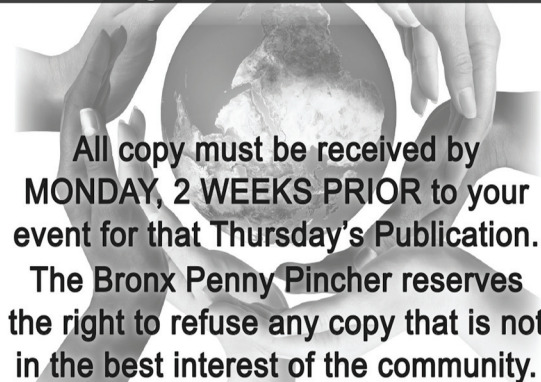
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Best Green Bean Casserole

INGREDIENTS

- 2 (14.5 ounce) cans green beans, drained
- 1 (10.5 ounce) can condensed cream of mushroom soup
- 1 cup shredded Cheddar cheese, divided
- 1 (6 ounce) can French-fried onions

DIRECTIONS

Preheat the oven to 350 degrees F (175 degrees C).

Mix green beans and condensed soup together in a large microwave-safe bowl until well combined. Microwave on high until warm, 3 to 5 minutes.

Stir 1/2 cup Cheddar cheese into the green bean mixture.

Microwave on high for 2 to 3 minutes.

Transfer mixture to a casserole dish and spread evenly over the bottom. Sprinkle French-fried onions over top, then sprinkle with remaining Cheddar.

Bake in the preheated oven until cheese is melted and the onions are just turning brown, about 10 minutes.



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