

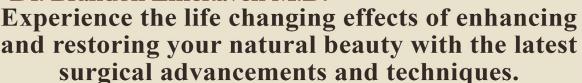


Bronx Plastic Surgery

Plastic & Reconstructive Surgery

BOARD CERTIFIED PLASTIC SURGEON Robert D. Goldstein M.D., F.A.C.S. BOARD ELIGIBLE PLASTIC SURGEON

Dr. Brandon Elnekaveh M.D.



"New Year Special Pricing"

Procedures that are booked and paid by April 30th for 2024

(will get the following special pricing:)

- Liposuction \$2000 per area
- Breast augmentation \$6000
- Lipo 360 \$6000
- Abdominoplasty \$6500

BREAST PROCEDURES:

• LIFT • REDUCTION • AUGMENTATION

BODY PROCEDURES:

- LIPO LIPO 360
- TUMMY TUCKS
- MOMMY MAKEOVERS

FACE PROCEDURES:

- FACELIFT EYELID SURGERY
- CHEEK DIMPLE CREATION

NOW OFFERING: Vaginal Rejuvenation Procedure



Throggs Neck Shopping Center 815 Hutchinson River Parkway Bronx, NY 10465

Phone: 718 - 405 - 7500

www.dermatologyandsurgeryassociates.com drgoldstein@bronxplasticsurgery.com Se Habla Español | Financing Available





LOCAL DELIVERY

'TIL 5:00PM

CURBSIDE DELIVERY

CALL OR FAX YOUR

ORDER FOR PICK

CREDIT CARDS ACCEPTED

WE ACCEPT EST, FOOD STAMPS & WIC

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



SUPERIOR CRYSTAL SALT 26 Oz. CNSTR.





KRASDALE SUGAR 4 LB. BAG



BLE GOLD AIR PRINCE FLORE FLOR

GOLD MEDAL ALL PURPOSE FLOUR 5 LB. BAGS



PROGRESSO TRADITIONAL SOUPS 18.5-19 Oz. Cans



OR FRENCH STYLE GREEN BEANS,
SLICED CARROTS OR BEETS,
MEDIUM SWEET PEAS LOW SALT,
SWEET PEAS, CREAM STYLE OR
WHOLE KERNEL
GREEN GIANT
CORN
14.5-15.25 Oz. CAN

14.5-15.25 Oz. CAN



CAROLINA

EXTRA LONG GRAIN OR GOLD PARBOILED CAROLINA RICE 10 LB. BAG

899

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 JAN 12 THRU JAN 18



MARKET

LOCAL DELIVERY 'TIL 5:00PM **CURBSIDE DELIVERY** FAX FOR OR ORDER CREDIT CARDS ACCEPTED

FAX 718-518-0 **PHONE**





REGULAR OR MINI: PANCAKES (14.1-14.8 Oz.); OR **LGGO** WAFFLES 10.75-12.3 Oz. Boxes



TIDE SIMPLY DETERGENT 31 Oz. Btl. Oxi/Odor Linen or Oxi Breeze • LIQUID PODS 13 CT. PKG.



GRAPEFRUIT, TROPICAL LIME, LEMON, OR ANTIBACTERIAL ORANGE AJAX DISH IQUID



POLAND SPRING WATER







GENERAL MILLS:
DULCE DE LECHE TOAST CRUNCH (12 OZ.),
CINNAMON TOAST CRUNCH ROLLS (10.7 OZ.),
FRENCH TOAST CRUNCH (11.1 OZ.),
GOLDEN GRAHAMS (11.7 OZ.), OR TRIX CEREAL 10.7 Oz. Boxe

TO FLMES STRAMBERY MANSHAVE (II.6 OZ.).

ED FLMES FRINCH TONST (III.6 OZ.).

ED FLMES COCCOUNT (IZ.2 OZ.). FLOSTED KNOWES (II.0.6 OZ.).

A KANSIN (IZ.6 OZ.). KER KNOWES KNOWOW (II.1 OZ.).

(LOOS MASSHAULOW (IS.3 OZ.). KER KNOWES (II.0.7).

FLMES (IS.6 OZ.). OOM POS (IR.8 OZ.). APME JACUS (IR.9 OZ.).

LOOS (IR.9 OZ.). OOM KELLOGG'S **FROSTED** FLAKES



QUICK OR OLD FASHIONED QUAKER **JRITS**



IN WATER OR OIL BUMBLE BEE CHUNK WHITE



EXTRA LIGHT, REGULAR, OR FILIPPO BERIO EXTRA VIRGIN OLIVE OIL



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DAY JA



2 - 8 STRONG MEN WITH TRUCKS MOVERS

Free Estimates • Low Rates • Licensed and Insured

20% OFF for SENIOR CITIZENS!



Residential / Commercial Rubbish Removal Available NYS DOT 35314 • US DOT 1073953

CALL NOW 914.318.8838

MOVEANDHAUL.COM

We've got your number

\$193

a month for healthy food, OTC products and utility bills



Get UnitedHealthcare Dual Complete®

If you have Medicare and Medicaid, a UnitedHealthcare Dual Complete® plan can help take care of more of the things that matter. You can use your UnitedHealthcare UCard® to buy healthy foods and over-the-counter (OTC) products and to pay your utility bills — all at no extra cost to you.

There's more for you. Call today. 1-844-821-1598, TTY 711 uhccp.com/NYdual



Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare. Benefits, features and/or devices vary by plan/area. Limitations, exclusions and/or network restrictions may apply. Food/OTC/Utilities benefits have expiration timeframes. Call your plan or review your Evidence of Coverage (EOC) for more information. © 2024 United HealthCare Services, Inc. All Rights Reserved.

SPRJ82120_BN_H3387-014-002





Rogosin is the largest not-for-profit dialysis provider in NYC with locations in the Bronx, Manhattan, Queens, and Brooklyn

CALL 888-ROGOSIN (888-764-6746)

Rogosin dialysis centers offer:

- Quality care with an average 4 out of 5 stars for quality patient care rating
- A physician and/or nurse practitioner to see patients at treatment
- Support for patients in all areas including nutrition and social work
- 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



ADMISSION OPEN FOR CLASS OF 2028

AND TRANSFER STUDENTS!

INVITING 8TH GRADERS WHO MISSED THE TACHS EXAM TO TAKE OUR

ADMISSIONS EXAM!

- Online Exam!
- · Saturday, January 20th
- 9 AM
- \$71 Registration Fee
 Scan Here to Register











WHERE BOYS AND GIRLS WITH DREAMS BECOME MEN AND WOMEN OF VISION

WHAT WE OFFER:

- 20+ AP and College Level Courses
- 50+ Clubs and Activities
- 30 Sports Teams (including Swim!)
- 100% Graduation and College Acceptance
- \$54 million awarded in scholarships to the Class of 2023
- Chromebook Laptop provided for each student
- Our 13-acre campus is home to a 1001 Seat Auditorium,
 Two Theaters, Two Art Studios, a Fitness Center, a Newly
 Renovated Gymnasium, 9 Science Lecture Rooms + Labs,
 and Two All-Weather Athletic Track and Fields

FINANCIAL AID AVAILABLE!

MORE INFORMATION

- 718-881-8000 x 206
- man.org
- 1 Cardinal Spellman Place Bronx, NY 10466
- admissions@cardinalspellman.org

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TODAY REALTY CORP.

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www.todayrealtycorp.com

3548 E Tremont Ave Bronx, 10465 - (718) 892-3600



Justin Stuckey Associate Real Estate Broker 646.752.1608

Marisa Vecchiarello Lic. Real Estate Salesperson 917.607.6737





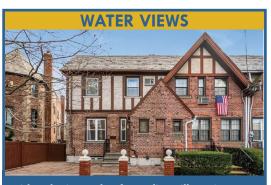
Throggs Neck single family w/2 bedrooms 2 baths. Sold for \$699,000 by Justin Stuckey, Lic. Assoc. RE Broker 646.752.1608



Updated Single family with 3 BRs & 2 Baths and finished attic. Spectacular views of LI Sound. Listed with Vincent Buccieri, Lic. Assoc. RE Broker 917.440.2122



Detached 2 family home plus finished basement and 2 car garage on tree-lined Robertson Pl. Listed with Marisa Vecchiarello Lic. RE Salesperson 917.607.6737



Brick Tudor in sought after Indian Village. 3 BRs, 1.5 Baths. Finished basement & Fireplace. Listed with Vincent Buccieri, Lic. Assoc. RE Broker 917.440.2122



SCAN HERE TO VIEW ALL OF THE LISTINGS IN YOUR AREA!

FIRST TIME HOME BUYER SPECIALIST - FREE MORTGAGE PRE-APPROVAL



Local Office: 3770 East Tremont Avenue, Bronx, NY 10465 NMLS #894875

David Valcich

Mortgage Loan Originator - NMLS# 56480

(914) 391-1281

dvalcich@ambmortgage.com

(718) 229-3399 - WWW.AMBMORTGAGE.COM



FEDERAL FAIR HOUSING REGULATIONS FOLLOWED IN ALL PROGRAMS. This Offer is made by Associated Mortgage Bankers, Inc. 2395 Ocean Avenue Suite 5 Ronkonkoma, NY 11779. All approvals are subject to underwriting guidelines. Associated Mortgage Bankers Inc. is a licensed mortgage banker licensed by the NYS Dept. of Financial Services, license #B500812, NMLS #24794.







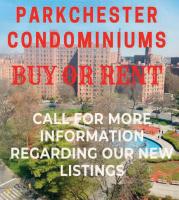
Rosana Chirico
Lic. Real Estate Broker
Cell: 347-739-3111
Rosana@RCHouseSales.com

2205 Lyon Avenue, Bronx, NY 10462 Office: 718-828-5200 I Fax: 929-371-3324





3014 BAISLEY AVENUE MUTLI-FAM FOR SALE HUGE CORNER LOT \$1,450,000



3949 ROMBOUTS AVENUE MULTI-FAM FOR SALE W/DRIVEWAY \$875,000



3717 E. TREMONT AVE COMMERCIAL SPACE \$3,800 PER MONTH



1370 VIRGINIA AVE 4C 1-BDRM CONDO \$225,000



2107 WALLACE AVE 4D Studio Cooperative \$110,000



272 Buttrick Avenue, 1st Fl
1315 Kearney Avenue, 1st Fl
241 Poplar Avenue, 1st Fl
1540 Unionport Road, 12th Fl
1620 Marraw Avenue, 7th Fl
1630 Particlester Road, 5th Fl
1635 Odel Street, 1st Fl
1936 East Tremont Ave, 6th Fl
1501 Metropolitar Ave, 3rd Fl

st Fl
1-bdrm Utilities Not Included
1-bdrm Utilities Not Included
3-bdrms Heat & Cooking Gas Included
1-bdrm Heat & Cooking Gas Included

OPEN MONDAY - FRIDAY 9AM - 5PM SATURDAY 10AM - 4PM

CONTOREALTY LICENSED REAL ESTATE BROKER RESIDENTIAL | COMMERCIAL | SALES | RENTALS CALL NOW FOR A FREE MARKET ANALYSIS (917) 299-3301



PELHAM BAY - \$1850 Large 3 rooms 1 bedroom New kitchen, new bath , coin-op washer & dryer on premises



MORRIS PARK - \$1,750 Sm 3 rooms 1 bedroom, close to 2 & 5 train, move in condition



THROGS NECK 3 1/2 rooms, 1 1/2 bath, new kitchen, new full bath. CALL FOR DETAILS!

CALL ABOUT OUR COMMERCIAL SPACE LISTINGS FOR RENT IN MORRIS PARK!
MANY OTHER APARTMENTS FOR RENT!

W W W . C L A R A R E A L T Y . C O M

APARTMENTS BY DEBBIE PRESTIGE REALTYNETWORK 718-518-1420

COUNTRY CLUB: Waterview, New Construction, 3BR Duplex 2 1/2 Bath, Spacious, LR/DR Kit Combo. Ceramic Floor. W/d, Cental A/c Wood Floors In Brs. Master Br Has Walkin Closet, Full Bath + Terrace With Waterview. Lots More. \$3700 Own Util.

More. \$3700 Own Util.

PELBAY: Renovated 2 rooms 1 BR. LR,
DR, Kit. Combo, Tile Floors. \$1,600
G&E Included

COUNTRY CLUB: 3 Rooms, 1 Br, Small EIK, Shower, \$1,500 G&E Included MORE APARTMENTS AVAILABLE





BERKSHIRE **HATHAWAY**

NEW YORK PROPERTIES

HOMESERVICES

718-518-0444 | deesrealestate@aol.com



Rosemarie Uvaro Real Estate Sales Person

2019 Leading Edge Society







Chairman's Gold Circle 2022



Presidential Circle Award



Diane Uvaro-Capone/CBR

2020 / 2021 Presidential Circle Award







EDGEWATER PARK CO-OP

THIS RANCH STYLE UNIT NEEDS TLC AND YOUR OWN PERSONAL TOUCHES TO CALL HOME. LAYOUT FEATURES: FRONT YARD, KITCHEN, LIVING ROOM, DINING ROOM, POWDER ROOM · LINEN CLOSET, PRIMARY BEDROOM, BR, OFFICE / NURSERY, PLUS WASHER / DRYER SET UP, BATHROOM AND BACK DOOR TO YARD · ALSO POTENTIAL TO EXPAND, ENJOY THE MANY AMENITIES THIS COMMUNITY OFFERS: BEAUTIFUL PRIVATE BEACH, SECURITY & CAMERAS, PLAYGROUND, TRACK, BASKETBALL COURT, VOLUNTEER FIRE HOUSE, DELI, CORPORATION ON PREMISES & FYPRESS RUS PICK UP AND DROP OFF IN COMMUNITY AND LOCAL RUSSES. CALL & EXPRESS BUS PICK UP AND DROP OFF IN COMMUNITY AND LOCAL BUSES, CALL FOR PRIVATE SHOWING. \$215,000 W/SHARES INCLD.



EDGEWATER PARK, CO-OP

THIS IS A MUST SEE- WON'T LAST- JUST TURN THE KEY AND MOVE RIGHT IN TOTALLY RENOVATED, OPEN AIR CONCEPT. FLOOR PLAN: FRONT YARD, ENTRANCE FOYER. BRAND NEW KITCHEN CAN FIT TABLE AND CHAIRS W/ QUARTZ COUNTERS, DINING ROOM, LIVING ROOM WITH WATER VIEW AND POWDER ROOM. 2ND LEVEL: MBR WITH BRAND NEW BATHROOM, 2 ADDITIONAL BEDROOMS AND WITH 4TH ROOM DEN/ OFFICE/ BEDROOM SPECTACULAR WATER VIEWS. PLUS BASEMENT FOR STORAGE WITH ACCESS TO YARD. 2-ZONE HEATING AND YARD FOR ENTERTAINING. ENJOY THE AMENITIES THIS COMMUNITY HAS TO OFFER ON PREMISE. \$495,000 WITH SHARES INCLUDED.



EDGEWATER PARK, CO-OP

THIS DETACHED MOVE IN CONDITION CORNER OASIS IS NESTLED IN THE EDGEWATER PARK COMMUNITY AND RIGHT ACROSS FROM PARKING LOT AND ACCESSIBLE TO NYC EXPRESS BUS AND LOCAL BUSES. LAYOUT FEATURES: FRONT YARD AND SIDE YARD FOR ENTERTAINING & BBQ COOKING PLUS LOVELY VEGETABLE GARDEN. ENTRANCE FOYER, LIVING ROOM, EIK WITH STAINLESS

GARDEN. ENTRANCE FOYER, LIVING ROOM, EIK WITH STAINLESS STEEL APPLIANCES & BACK SPLASH, PLUS FITS TWO CHAIRS FOR DINING, DINING ROOM WITH BUILT IN CABINET FOR PLENTY OF STORAGE, 2 BEDROOMS (JACK & JILL STYLE) & FULL BATHROOM. 2ND FLOOR: MBR WITH CATHEDRAL CEILINGS & SKYLIGHT (CAN PUT 2ND BATHROOM) PLUS WALK IN CLOSET & 2 ADDITIONAL ACCESS DOOR TO YARD. NEW HOT WATER TANK, 2- ZONE HEATING, NEW ROOF, ELECTRIC, | ANDERSON WINDOWS, SUN SETTER AWNING WITH SCREENS AND LIGHTS & OUTSIDE STORAGE CLOSET, PLEASE CALL FOR YOUR PRIVATE SHOWING. \$459,000 W/ SHARES INCLUDED..



EDGEWATER PARK CO-OP

THIS COOP UNIT HAS AN OPEN CONCEPT - LAYOUT FEATURES: ENTRANCE, LIVING ROOM - NEW FLOORS, DINING AREA, EIK - BUILT IN TABLE WITH TWO CHAIRS, BATHROOM AND MBR WITH WATER VIEW 2ND BEDROOM WITH CEDAR CLOSET AND DOOR OUT TO YARD - OFFICE AREA, UTILITY ROOM RECESSED LIGHTING, LINEN CLOSET AND PANTRY AREA FOR ADDITIONAL STORAGE. LOWER LEVEL: WITH TOILET. CAN **EXPAND AND PUT 2ND FLOOR WITH WATER VIEWS - PELLA WINDOWS,** 2-ZONE HEATING AND FRESHLY PAINTED. CALL FOR YOUR PRIVATE SHOWING - AND MOVE RIGHT IN TO YOUR COZY HOME ... \$339,000 W/ **SHARES INCLUDED**



EDGEWATER PARK CO-OP

THIS IS A GREAT OPPORTUNITY FOR A CARPENTER OR CONTRACTOR TO DESIGN & BUILD A COOP & YOUR DREAM HOME. WE ARE WELCOMING ALL CASH OFFERS. ENJOY THE MANY AMENITIES THIS COMMUNITY OFFERS: BEACH, DELI, SECURITY/CAMERAS, SECURITY WALKS THROUGH COMMUNITY, PLAYGROUND, TRACK, BASKETBALL COURT, VOLUNTEER FIRE HOUSE, CORPORATION ON PREMISES AND EXPRESS BUS PICK UP AND DROP OFF IN THE COMMUNITY & LOCAL BUSES, \$99,000



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

GRADUA <u>T</u> ION	RATE
2018-2019	95%
2019-2020	98%
2021-2022	96%
2022-2023	96%

WWW.AECICHARTERHS.ORG

WWW.INTRAGRAM.COM/AECINYC



OF AMERICAN OR SWISS

MO

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1

OVEN ROAST TURKEY

HORMEL HAM

LB.

LB. LB.

GENOA SALAM

CADILLAC PLAN

2 Ibs Prime London Broil 2 lbs Chicken Cutlets

UMBO COOKED SHRIMP

ILB (21-25ct.)

with \$150-

durchase

F0005

8-892-7

- Same-Day Service
- Pick-up or Delivery
- **Curbside Available** 7-Days a Week

MEAT • DAIRY • SEAFOOI PAPER GOODS **DELI-PRODU**(GROCERY



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

Your Neighborhood Butcher Here 7 Days a Week!

554 Paulding Ave, Bronx NY 10462 the Highest Quality Foods! 50 Years of Serving 718-892-7798

Marinated Meat And Seafood Available!

WHILE YOU CAN **DEALS! GET 5LB**

- **PEPPER STEAK: \$40 BEEF STEW: \$40**
- TURKEY WINGS SMALL: \$50 COW FEET: \$15

TRIPE HONEYCOMB: \$25

- GOAT MEAT: \$20
- **GROUND SIRLOIN: \$35 CHICKEN THIGHS SKINLESS BONELESS: \$20**





BEST OF EVERYTHING FAMILY PACK

THIS IS INSANE!

HERE'S THE BEEF

6 lbs Chicken (2) 2 lbs Italian Saus

s 4 >

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

< >

2 lbs CC Pork Chops

2 lbs Spare Ribs 2 lbs Beef Stew

lbs Chuck Chop

ALL THIS FOR

∢⊢

\$**26**88

2 Ibs Chicken Cutlets

VARIETY PACK

2 lbs Sirloin Chopmeat 1 Top Rnd London Broil (1") 3 Ibs Beef Stew 2 Ibs Chicken Cutlets 3 lbs CC Pork Chops lb Chicken Cutlets

R < A S 2 pkg Sabrett Franks 3 lbs Chicken Legs 2 lbs Italian Sausage 3 lbs Spare Ribs

> 1 lb Chicken Cutlets 2 lbs CC Pork Chops 2 lbs Chuck Chop lbs Italian Sausage

ALL THIS FOR

ALL THIS FOR

66**69**s

\$**49**99

MOW

4 lbs Round Roast Beef 2 lbs London Broil 3 lbs CC Pork Chops

6 lbs Chicken (2)

v 4 >

4 lbs Spare Ribs

ALL THIS FOR

PARTY PACK

BARBECUE FEAST

ALL THIS FOR 84688

MEAT THE SAVINGS 3 lbs CC Pork Chops

lbs Chicken Cutlets 3 lbs Italian Sausage 2 lbs Chicken Cutlet London Broil (1" 5 lbs Chuck Chop 6 lbs Chicken (2) 4 lbs Spare Ribs 2 lbs Chicken Cutlets 2 lbs Chuck Chop 2 lbs Italian Sausage 6 lbs Chicken (2) 3 lbs Club Steak 2 lbs CC Pork Chops

466 L **ALL THIS FOR** 21

SLAB BACON

with \$50+ retail purchase **DOZEN EGGS FREE**

DISCOVER

Not responsible for typographical errors. Prices subject to change without notice.

SAVE **DNA** STOC

16%

ALL THIS FOR

21

Buy 1lb., Get 1 FREE Freshly Sliced HORME

2 lbs Chicken Breasts

2 Ibs Chuck Chop

2 lbs Sausage

2 lbs Chicken Legs

2 lbs Shell Steak 2 lbs Club Steak

6660

S1 9

\$55% **ALL THIS FOR**

2 lbs Beef Stew

3 lbs Shell Steak
3 lbs Beef Stew
3 lbs CC Pork Chops
6 lbs Chicken (2)
3 lbs Chuck Chop
ALL THIS FOR

R < A S

EAT FOR 5 DAYS 5 PEOPLE CAN

2 lbs CC Pork Chops

\$15999 **ALL THIS FOR**

We Accept WSA E.B.T Card

3 lbs Spare Ribs 3 lbs Chicken Breasts 2 pkg Sabrett Franks 3 lbs Chicken Legs 2 lbs Sausage 3 lbs Chuck Chop lbs Sausage lbs Chuck Chop **ALL THIS FOR** Z

\$105% 66**69**s

GROUND CHUCK: \$25

PORK CUTLETS: \$30

OXTAIL: \$50



Center For Nursing & Rehabilitation

801 Co-Op City Boulevard Bronx, NY 10475 PHONE: 718.239.6555 FAX: 718.239.6553

ay Park Center provides high quality, skilled nursing care in a nurturing environment.

Our long standing records of excellence and ongoing initiatives to expand and improve our facilities and services have earned us an outstanding reputation in the community. Today, 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



Local Neighborhood Business & Services





- WATERPROOFING
- BRICK WORK
- STEP WORK
- Roofing & Siding BRICK POINTING
- SIDEWALKS &
- •STEAM CLEANING & •STUCCO WORK **POWER WASH**
 - SHEET ROCK WORK
 TILE WORK
- BATHROOM/KITCHEN/
- CARPENTRY EXTENSIONS

Ask for: LUIS (CELL) 347-806-4069 (Office Phone • Fax) 347-293-4601

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Construction & Iron Works, Inc.

Waterproofing • Roofing • Wash Brick • Pointing Paving Stone • Painting • Side Walk • Brick Work • Stucco Steps • Fences • Siding • Railing • Gates • Stairs Porches • Window Guards • Doors • Repair Works

SPECIALIST IN ALL KINDS OF INTERIOR & EXTERIOR JOBS

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917-402-3350 917-519-5686





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- Water Heat Repair & Installation Drain Cleaning
- Back Flow Testing & Installation Plumbing Repair All Plumbing & Heating Issues
 - Clogged Toilets & Drains
- Licensed & Insured
- Boiler Repair & Installation

OFFICE 718-521-6005 CELL 929-229-9721



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Increase the value of your Home. Reduce your Energy Bill.

Beautify your house before the Holidays.

SIDING, ROOFING & WINDOWS

Waterproofing, Gutters, Solfit & Fascia Repair, and more

FENCES, DECKS & AWNINGS

Wrought Iron Fences, Wood Cedar, PVC, Stainless Steel, Chain Link, Pressure Treated & Composite Decking

INTERIOR FLOORING & PAINTING

CALL OWNER DIRECT BIG IOHN FOR PERSONALIZED SERVICE AND BEST PRICES **CREDIT CARDS ACCEPTED**

[VISA, AMEX, DISCOVER MASTER CARD]

(917)642-0195 • (718)767-0044

NEWHEIGHTSCONSTRUCTIONLLC.com

NYC Lic# 1191201

NEW HEIGHTS CONSTRUCTION LLC

WINTER SPECIALS ON KITCHEN & BATH



KITCHEN & BATH

Complete Renovations & Remodeling, Expert Tile & Granite & Quartz

SIDING, ROOFING & WINDOWS

Waterproofing, Gutters, Solfit & Fascia Repair, and more

FENCES, DECKS & AWNINGS

Wood, Cedar, PVC, Stainless Steel, Chain Link, Etc Pressure Treated and Composite Decking

MASONRY WORK

Concrete Sidewalk Violations • Porches • Brick and Granite Steps
Paver Stones • Brick Pointing • Stucco, etc.

INTERIOR FLOORING & PAINTING



SOPHIE SAYS GIVE US A CALL AND ASK FOR OWNER BIG JOHN FOR PERSONALIZED SERVICE AND THE BEST PRICES

 $(917)642-0195 \cdot (718)767-0044$

NEWHEIGHTSCONSTRUCTIONLLC.com

CREDIT CARDS ACCEPTED (VISA, AMEX, DISCOVER, MASTERCARD)

NYC Lic# 1191201

Consumer Cellular®

EXACT SAME COVERAGE UP TO HALF THE COST.

AWARD-WINNING CUSTOMER SUPPORT 14 TIMES IN A ROW

We've been ranked "#1 in Customer Service among Wireless Value MVNOs, 14 Times in a Row."

100% U.S. BASED CUSTOMER SUPPORT

All of our support teams are just a call or click away.

855-745-6357

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"Neighborhood Updates"





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

BRONX COMMUNITY BOARD #10 PUBLIC HEARING

We will hold a public hearing on January 18, 2024, at 7 p.m. at the Jean Jugan Residence at 2999 Schurz Avenue on two possible topics. The first of the two will be focused on 3461 East Tremont Avenue which is a proposed cannabis retail dispensary. The second will be focused on the City of Yes Economic Development text amendment. We set aside 30 minutes for public comment at our public hearings. If you cannot attend, you may call or email our office with your opinion at either (718) 892-1161 or bx10@cb.nyc.gov. If you would like more information on the two topics, please contact our office as soon as possible.

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We are trying our best to make headway with the never-ending saga of illegally parked passengers and commercial vehicles. If you see one or multiple, please jot down the make and model of the vehicle and kindly lodge the complaint with 311. Then, kindly call our office to give us the 311-service request number. This helps our staff and I follow-up with the 45th Precinct so that these vehicles are ticketed and hopefully towed in a timely manner. We thank you for your help and patience as we continue to tackle this issue.

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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

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

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SUMMER CUCUMBER JICAMA

INGREDIENTS

- 1 large cucumber
- ¼ jicama, peeled and cut into matchsticks
- 1 lemon, zested
- ½ lemon, juiced
- 12 ounces white cherry tomatoes, quartered



DIRECTIONS

Peel cucumber, alternating rows so that thin green strips of peel are left. Slice cucumber into thin rounds.

Stir cucumber, jicama, lemon zest, and lemon juice together in a bowl until salad is evenly mixed. Gently fold tomatoes into salad.

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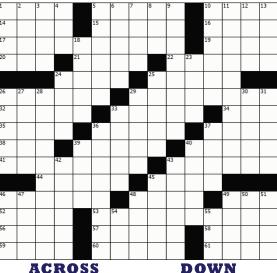
Pelham Bay: Newly Renovated, 2 BR, 2nd floor, large terrace, walk-to train station / shopping Crosby Ave. 203-313-7045

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Tropical and Marine fish for sale. Too many to list. 718-231-9571 after 4:00pm 914-303-3474

For Rent Day Care center. Pelham Bay \$2,500 sq feet. 2-floors turn key business 914-447-3743

PENNY PINCHE CROSSWOR



ACROSS

1. Threatening

5. Not inactive

- 10. Lady of Sp.
- 14. Highly excited by eagerness
- 15. Not just decorative
- Engine cover
- 17. Some bait for anglers
- 19. Alphabetic symbol of yore
- 20. Lichtenstein's forte
- 21. Stimulate
- 22. Type of appliance
- 24. Unfettered
- 25. Sort of syrup
- 26. Word with pin or net
- 29. Disciplines
- 32. Jogging gaits
- 33. Greeting items
- 34. In need of gas?
- 35. Fit of chills
- 36. Helps with the dishes
- _as a button 37.
- 38. Birling unit
- 39. Smashing
- 40. Lowered, as pressure
- 41. Surgeon's order of old
- 43. Where to find bear claws
- 44. Hoarded treasure
- 45. "Earth in the Balance" author Al
- 46. Two-sided affair
- 48. Isn't able
- 49. Merino communication
- 52. Loser's reaction
- 53. Gets rid of
- 56. Twine together
- 57. Game of chance
- 58. Sixth Jewish month
- 59. Printer's purchases
- 60. Positive feedback
- 61. Sub's cousin

- 1. Toddler's call, sometimes 2. Mr. Stravinsky
- 3. Defeat utterly
- 4. "The and I" (Colbert movie)
- 5. Illustrator Beardsley
- 6. "All the world's a
- 7. Grouter's piece
- 8. Kind of wind
- 9. Writes back
- 10. Shows indifference, in a
- 11. Play in a disorderly manner
- 12. Nobelist / novelist Morrison
- 13. Djibouti's gulf
- 18. Makes smart?
- 23. San Obispo, California
- 24. Honor with a party
- 25. As good as new, healthwise
- 26. Timeworn
- 27. Insider's vocabulary
- 28. Mounted a defense
- 29. "Common Sense" author
- 30. Script direction
- 31. Debilitated
- 33. Mania
- 36. Passes, in a way
- 37. Party centerpiece 39. Poet's cave
- 40. Third rock from the sun
- 42. Clears a tape
- 43. Hand drums
- 45. Estimate
- 46. Surrealist artist
- 47. Verve
- 48. Penmen?
- 49. Kind of builder or suit
- 50. At a distance
- 51. Bushy coif
- 54. Tell it like it isn't
- 55. What spirits may do

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!

Poor Animals of St. Francis Inc. wants to help low income people get sense free dry food for their dogs and some cats. Also, We are helping owners to get low cost spay and neutering for their animals. Please leave message at 718-822-0043.

The Pelham Parkway Neighborhood Association is starting the New Year off with a bang! With their monthly community event on TUESDAY January 9th,2024 starting at 7:00 pm at our NEW location Bronx House 990 Pelham Parkway South, corner or Hone Avenue. Bx, NY 10461. Our special guest scheduled to appear will be the Bronx Borough President Ms .Vanessa L. Gibson.. Please join us for this very interesting AND informative event. We look forward to seeing you! Show up. Speak up. Get involved!

Bronx Jewish Center Hosts Community Dinner: Please join us at The Bronx

Jewish Center for a beautiful and scrumptious community Shabbat dinner on Friday Jan.5th starting at 7:00 pm. Location: 900 Pelham Parkway South ,Bx NY 10461. All are welcome.

Jugan Jeanne Residence Schurz Ave Bronx, N.Y. 10465 The Residence is in need of NEW gifts of jewelry, perfumes, toys, games, tagged clothing, accessories, household items, gift certificates etc. (items must be new) that can be used for our giftshop, resident gifts, and Annual Christmas Bazaar. Please contact Joanne at 347-329-1800 to arrange a drop off or any questions you have regarding gift certificates etc. Packages should be wrapped and sealed with attention to Joanne/Giftshop. Your donations will help support the Little Sisters of the Poor and their mission to the elderly poor of our community. God Bless you for your past and continued generosity.

BAKED ITALIAN CHICKEN DINNER

INGREDIENTS

- cooking spray
- 1 pound skinless, boneless chicken breast, cut into cubes
- 1 (10 ounce) package frozen broccoli
- 4 potatoes, diced
- ¼ cup butter, melted
- 1 (.7 ounce) package Italian dressing mix



DIRECTIONS

Preheat the oven to 350 degrees F (175 degrees C). Spray a 13x9-inch baking dish with cooking spray.

Layer chicken, broccoli, and potatoes evenly into the prepared baking dish in the order listed. Drizzle melted butter over the top. Sprinkle with Italian dressing mix.

Bake in the preheated oven until chicken is cooked through and potatoes are tender, 45 to 60 minutes.

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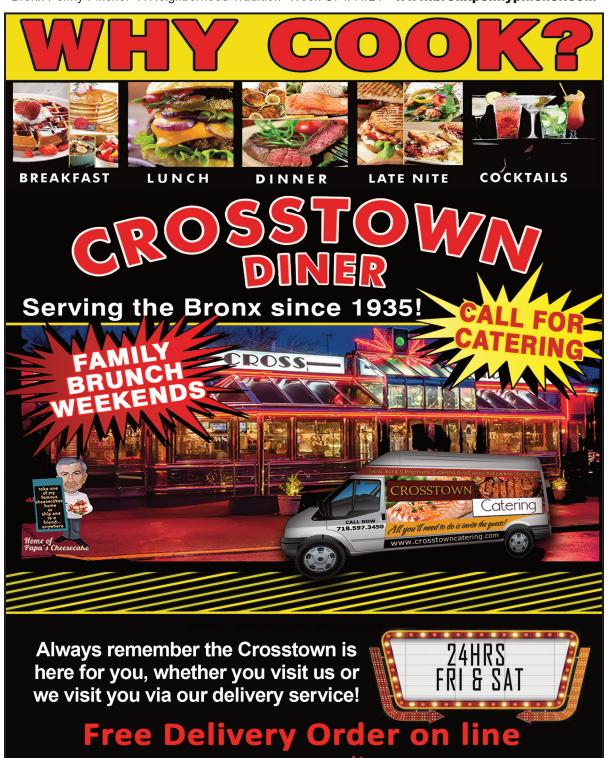
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