





DERMATOLOGY

& Surgery Associates

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- Skin Cancer
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- Moles
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Bronx Plastic Surgery

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Please give us a call today! 718-792-4700

Or for more information, please visit us at: www.dermatologyandsurgeryassociates.com

> We offer same day appointments! 718-792-4700

> > (based on availability)



DAY FEB 23 THRU FEB 2



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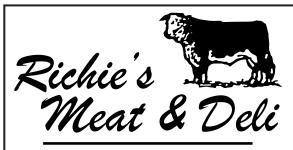






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Ib Chicken Cutlets

lbs Spare Ribs

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2 lbs London Broil

2 lbs Chuck Filet 2 lbs Beef Stew

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

3 lbs Beef Stew
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3 lbs CC Pork Chops
2 lbs Sirloin Chopmeat **ALL THIS FOR**

\$55%

9

6660

CADILLAC PLAN

2 lbs Chicken Breasts

2 lbs CC Pork Chops 2 lbs Chuck Chop 2 lbs Sausage

2 lbs Prime London Broil

Chuck Filet

2 Ibs Chicken Cutlets

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*Limit of one free item per order, per person, per day.
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2 lbs Chicken Legs

2 Ibs Shell Steak 2 lbs Club Steak

2 lbs Beef Stew

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Buy Ilb., Get I







lbs CC Pork Chops lbs Chuck Chop lb Chicken Cutlets 2 Ibs Italian Sausage **ALL THIS FOR** lbs Chicken (2) R < A S

2 lbs Sandwich Steak

2 Ibs Chuck Chop

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ALL THIS FOR \$**29**%

)ozen Egg

ALL THIS FOR

66**69**\$

8**49**99 WOW

2 Ibs Chicken Cutlets
2 Ibs Chuck Chop
2 Ibs Italian Sausage
6 Ibs Chicken (2)
3 Ibs Club Steak
2 Ibs CC Pork Chops **∢>** ш

4 lbs Round Roast Beef 3 lbs CC Pork Chops

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3 lbs Spare Ribs 3 lbs Chicken Breasts 2 pkg Sabrett Franks 3 lbs Chicken Legs 2 lbs Sausage 3 lbs Chuck Chop

retail purchase

lbs Sausage lbs Chuck Chop

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LB. HORMEL HAM LB. OVEN ROAST TURKEY LB. GENOA SALAMI LB. OF AMERICAN OR SWISS

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FOR

6 lbs Chicken (2) 4 lbs Spare Ribs **ALL THIS FOR**

PARTY PACK 2 lbs London Broil

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\$1 6

1**6**66 **ALL THIS FOR**

\$1

MEAT THE SAVINGS lbs Chicken Cutlets 3 lbs CC Pork Chops lbs Italian Sausage 5 lbs Chuck Chop 1 London Broil (1 lbs Chicken (2) bs Spare Ribs 9

1999

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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



ENROLLING FOR 2024-2025 SCHOOL YEAR

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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
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- 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

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- 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%

WWW.AECICHARTERHS.ORG

WWW.INTRAGRAM.COM/AECINYC





SKILLET ZUCCHINI AND SQUASH

INGREDIENTS

- 1 tablespoon unsalted butter
- 1 tablespoon olive oil
- ½ medium onion, chopped
- 1/2 medium red bell pepper, chopped
- 1 medium zucchini, cut into 1/4-inch slices
- 1 medium yellow squash, cut into 1/4-inch slices
- salt and freshly ground black pepper to taste
- 1 clove garlic, minced
- minced chives (optional)



DIRECTIONS

Heat butter and olive oil together in a large non-stick skillet over medium-high heat. Add onion once butter is bubbly; cook and stir for 2 minutes. Add bell pepper and cook for 1 minute. Stir in yellow squash and zucchini slices. Season with salt and pepper. Cook, stirring, for about 3 minutes.

Stir in minced garlic and cook, stirring, about 1 minute. Keep cooking, stirring continuously, until squash has desired texture, 2 to 3 minutes.

Sprinkle with minced chives before serving.

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MUST SEE - DESIGN YOUR OWN FLOOR PLAN....LAYOUT FEATURES: FRONT AND
SIDE YARD, ENTRANCE FOYER, KITCHEN, DINING AREA, LIVING ROOM WITH DOOR
OUT TO DECK AND ADDITIONAL CLOSET FOR STORAGE, BAY WINDOW &
PORCH/SITTING ROOM WITH WOOD BURNING STOVE, PRIMARY BEDROOM, 2ND
BEDROOM AND BATHROOM. 2ND FLOOR: BONUS ROOM OFFICE/DEN/BEDROOM,
PLUS ADDITIONAL ATTIC STORAGE. LARGE BASEMENT FOR STORAGE, WORKSHOP
BENCH, PUMP AND HEATING SYSTEM - BOILER 2023. UNIT HAS DRIVEWAY FITS 2
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PARTMENTS BY DEBBI PRESTIGE REALTY NETWORK 18-518-1420

COUNTRY CLUB: Walkin, Modern, Spacious, 4RMs, 2BR, Dishwasher. \$2,000 Heat Included, Own Electric **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. \$3,700 Own Util.
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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





FOR RENT: 1315 Kearney Ave, 1FL 1 bedroom for rent at \$2,100 with parking and heat & hot water included located in Country Club.



2-fam house for sale at \$850,000 with parking located in Eastchester.



2-bedroom condo for sale at \$280,000 located in Parkchester.



2-bedroom for rent in a private house for \$2,400 located in Soundview.



FOR SALE: 3014 Baisley Avenue



Sat. 2/24/24 11AM - 2PM

Price Reduced!
2 fam house for sale at \$1,299,000
Located in Throggs
Neck.
4,900 Sq Ft, corner lot.



1 bedroom for rent at \$2,100 all utilities included located in Pelham Bay



1-bedroom for rent at \$1,900 located in Parkchester.



1-bedroom Condominium located in Parkchester. Listed for \$190,000.



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12 DAYS: DEPARTURES YEAR ROUND Starting at \$2949 \$2699

Our signature Hawaiian vacation takes you to four of Hawaii's most beautiful islands. This fullyguided tour offers fantastic experiences, interisland flights, and a true taste of paradise!



12 DAYS: APR-OCT 2024 DEPARTURES Starting at \$2099 \$1849

Experience the real Ireland—where myths, history, and the sea collide. The Best of Ireland tour takes you around the entire "Emerald Isle," providing local travel experiences and the best sights in Ireland.



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Rugged, remote, and beautiful, the wilds of Alaska come alive on this guided tour of the Frontier State. Experience the best of Alaska, from the wilderness of Denali National Park to the drama of calving glaciers along the Inside Passage.



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USE PROMO CODE: YMT2024

8AM-8PM EST MON-FRI

Price per person based on double occupancy plus \$299 tax service/gov't fees. Ask your Travel Consultant for terms & conditions.

Add-on airfare with transfers available from most major gateways. Call for details.



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



"Neighborhood Updates"





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

SNOW LABORERS

The Department of Sanitation is hiring Snow Laborers. Snow Laborers are paid \$18/hour to help keep our community clean and safe. Snow Laborers shovel snow from fire hydrants, bus stops, and crosswalks to name a few. You must be over 18 years old to apply, eligible to work in the United States and able to perform heavy physical labor. You must apply online at https://www.nyc.gov/assets/dsny/site/contact/snow-laborer-registration. Our office is available to you should you need help.

FUTURE SCHEDULING

Our March, April, May and June calendars are already on our website. For a full listing of committee meetings, please visit https://www.nyc.gov/site/bronxcb10/index.pag e. You can observe all our committee meetings in-person at our Board Office. Should you have any concerns or questions, you may reach out to our office. Our next General Board meeting will occur on March 21, 2024 at the Villa Barone Manor which is located at 737 Throgs Neck Expressway.

NEW YORK STATE UNCLAIMED FUNDS

According to New York State Comptroller Thomas DiNapoli's office, the state of New York returned over \$100 million to its rightful owners. The New York State Abandoned Property Law requires certain entities to return abandoned monies or securities to the New York State Comptroller's Office of Unclaimed Funds. The process is simple! All you must do is search your name on www.osc.state.ny.us/ouf/index.htm and you will find out if you have any unclaimed funds. As always, I and my staff are available to check for you, but I encourage you to stop by so that we can assist. My office is open Monday through Friday from 8 A.M. to 4 P.M. Good luck with your search!

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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

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Send Your Community Events to: Community News Editor

IPENNY 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.

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EVENTS MUST BE FREE OF CHARGE

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TO SUBSCRIBE TODAY!



ABOUT OUR NEIGHBORHOOD CALENDER OF EVENT Do you have an event that is of interest to your neighborhood? 2 Excluding Yard & Garage Sales. We will print your event free of charge — ALL NON- PROFIT ORGAINZATIONS WELCOME!

Thank you to all who joined us for our February 10th Holiday event! Your support is greatly appreciated! **Brady Court Community Center is excited to host** another Flea Market on Saturday, March 16th from 10:00 AM to 4:00 PM. 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, art work, candles, sports, Elvis and Star Wars memorabilia, global items, household goods, handcrafted & vintage items, collectibles, furniture and much more. 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 Place).

information contact bradycoopboard@gmail.com or 718 828 3443

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 a message at 718-822-0043.

Back by popular demand, St. Frances de Chantal Church is hosting WALKING WITH PURPOSE for LENT. This women's bible study will be held on the 6 Tuesdays of Lent. Starting Tuesday, February 20 from 7:00 pm to 8:30 pm in the St. Frances de Chantal Church Meeting Room. Enjoy all new lessons in a pressure free zone. This Lent we're using the study book, Opening Your Heart. The book cost \$50 and thanks to generous parishioners some book scholarships are available. For more information or to REG-ISTER please call the rectory 718-792-5500 ext. 200.

Throggs Neck. 3 bdrm 1 bath rental. 2nd floor pvt house. All new throughout. \$3,500 month. Tenant pays utilities. Brokers fee and credit check. 914-645-1937

3 Bedroom, newly renovated. Country Club, heat included. \$2,600. Call 917-559-5952

2 Bedroom apt for rent. Throggs Neck area, walkin, heat included, working couple preferred. \$2,400 Neg. Call Vinny 646-833-5343

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KALE & CHICKEN STIR-FRY

INGREDIENTS

- 2 (8 ounce) boneless, skinless chicken breasts
- salt and freshly ground black pepper
- 1 sweet potato
- 2 tablespoons sesame oil
- 1 bunch chopped kale
- 4 mini bell peppers, halved lengthwise and seeded
- ½ medium red onion, cut into bite-size pieces
- 1/2 zucchini, sliced
- 3 cloves garlic, chopped
- 2 tablespoons peanut sauce

DIRECTIONS

Lightly season chicken breasts on both sides with salt and pepper.

Heat a cast iron skillet over medium heat and

pan-fry chicken until it is no longer pink in the center and the juices run clear, turning occasionally, about 10 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Remove from skillet, allow to cool, and cut into bite-sized pieces.

Meanwhile, pierce sweet potato with a fork a few times and microwave until fork-tender, 2 to 3 minutes. Be careful not to overcook. Remove and allow to cool; then cut into bite-sized pieces.

Heat oil in a wok, Dutch oven, or heavy skillet over medium heat. Add kale, season with salt and pepper, and cook until wilted, 3 to 5 minutes. Add sweet potato, mini peppers, onion, zucchini, and garlic. Stir-fry for 3 to 5 minutes. Add chicken and peanut sauce. Stir all ingredients together until well combined. Cook and stir for 3 minutes.



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