

# NEW HEIGHTS CONSTRUCTION LLC











FENCES, DECKS & AWNINGS Wood Cedar, PVC, Stainless Steel, Chain Link, Pressure Treated & Composite Decking

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

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SOPHIE SAYS GIVE US A CALL AND ASK FOR BIG JOHN FOR PERSONALIZED SERVICE & BEST PRICES CREDIT CARDS ACCEPTED (VISA, AMEX, DISCOVER, MASTERCARD)

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NewHeightsConstructionLLC.com

NYC Lic#1191201







### **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%

WWW.AECICHARTERHS.ORG

WWW.INTRAGRAM.COM/AECINYC 💟 WWW.TWI





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

# CARDINAL SPELLMAN HIGH SCHOOL

# NOW ACCEPTING APPLICATIONS FOR THE INCOMING FRESHMEN CLASS!

- 20 AP and College Level Courses
- Newly Renovated Gymnasium & Locker Rooms
- Catholic Enrichment: Mass, Retreats & Sacramental Prep
- 50 Clubs & Activities and 30 Sports Teams
- 100% Graduation & College Acceptance Rates
- \$178+ million awarded in College Scholarships in the last three years!



FELLW

SPELLNA

### Contact us to apply!

- Cardinal Spellman High School
- One Cardinal Spellman Place, Bronx, NY 10466
- cardinalspellman.org
  - admissions@cardinalspellman.org
- 718-881-8000 x206

### INQUIRE ABOUT OUR SUMMER PROGRAMS



CARDINALSPELLMAN.ORG/SUMMER

Our programs range in academic enrichment, TACHS preparation, athletic programs, and extracurricular opportunities!

- PEP
- (for rising 7th & 8th graders)
- Flight Academy (for incoming CSHS 9th graders)
- Co-Ed Volleyball
- Girls Basketball
- Boys Basketball
- Cheer
- Speech & Debate
- Theater
- Band Camp



Follow us @SpellmanBX

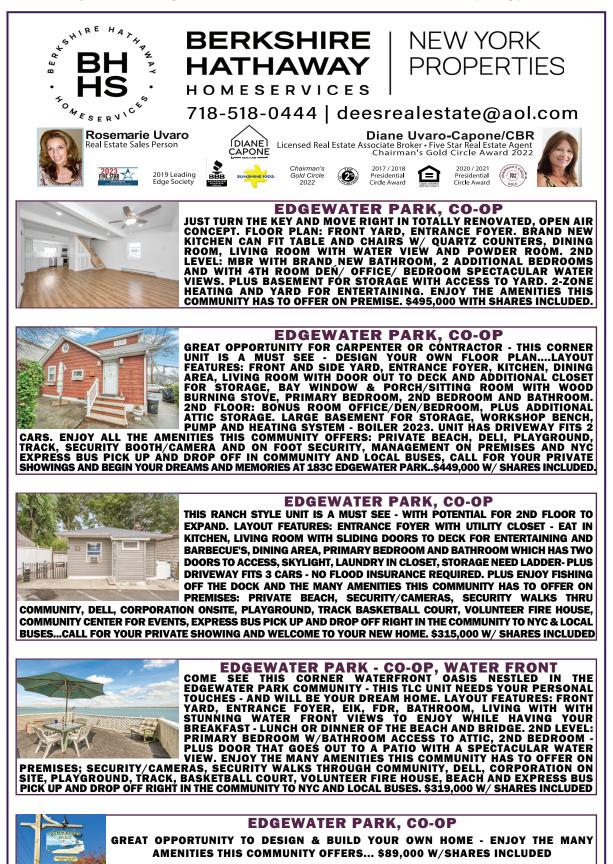




# CALL NOW 914.318.8838

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WISHING MY CUSTOMERS & CLIENTS A HAPPY & HEALTHY EASTER 🚪



# "Neighborhood Updates"



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

### SERVICE LINE PROTECTION PROGRAM

Property owners are responsible for maintaining water and sewer lines in and outside of their property. Repairs could cost tens of thousands of dollars when issues arise. The City of New York encourages all its property owners to enroll in the American Water Resources (AWR) program. AWR protects its customers from costly repairs that are often not covered by insurance companies. When you enroll, you will pay an extra \$84.84 annually for your water line and \$143.04 annually for your sewer line through your New York City Department of Environmental Protection water bill. To enroll, simply call (888) 300-3570.

### **CONTAINERIZATION**

It is now a City of New York Department of Sanitation (DSNY) rule that all business must place their waste and recycling in containers. Then, a private carting company will haul it away. You will now see containers all along our commercial corridors. This will also help to reduce rodent sightings. Additionally, DSNY holds an e-waste collection at its special waste drop-off location at Farragut Street and Food Center Drive in the Hunts Point section of our borough. You can dispose of electronics at this location every Saturday and every Friday from 10 a.m. to 5 p.m. This service is for NYC residents only.

### FREE SMOKE ALARM INSTALLATION

The American Red Cross in partnership with the City of New York Fire Department and FDNY Foundation will install a smoke alarm in your household for free. Smoke alarms save lives. Please take advantage of this wonderful resource. For more information and how visit to apply, please www.redcross.org/sound-the-alarm.html. If you do not have access to a computer or smart phone, you may visit our office so that we can assist you. We are open Monday through Friday from 8 a.m. to 4 p.m. We are located at 3165 East Tremont Avenue.

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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Thank you to all who joined us for our March 16th Flea Market. Your support is greatly appreciated! Brady Court Community Center is excited to host another Flea Market on Saturday, April 13th 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 and entrepreneurs. We will have delicious food, beverages and baked goods. There will be jewelry, Funko Pop, 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). For more information contact bradycoopboard@gmail.com or 917 819 5698.

The Pelham Parkway Neighborhood Association is starting the month of April the right way with TWO special guests!! With their monthly community event on TUESDAY April 9th,2024 starting at 7:00 pm at our NEW location Bronx House 990 Pelham Parkway South. Bx, NY 10461. Our special guests scheduled to appear will be Ms Jessina Aponte,The NYC Parks Bronx Borough Commissioner AND Ms Megan Carroll Community Engagement, A S P C A . Please join us for this very interesting AND informative event. Lets all come out and hear what these interesting guests have to say !!

**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.

# PAN-ROASTED CHICKEN BREASTS

#### INGREDIENTS

- 4 boneless chicken breast halves with skin
- salt and black pepper to taste
- 2 tablespoons olive oil
- 1 tablespoon chopped fresh herbs (thyme, parsley, rosemary) (Optional)
- ¼ cup apple cider vinegar
- 4 tablespoons cold butter, cut into small pieces
- 1 tablespoon chicken broth (or water), if needed to thin sauce



#### DIRECTIONS

Gather all ingredients. Season chicken on both sides with salt and pepper. Heat olive oil in a heavy skillet over medium-high heat until it starts to shimmer. Place chicken breasts skin-side down in the skillet. Sprinkle with fresh herbs. Cook until the bottoms are well seared and golden brown, 5 to 6 minutes.

Flip chicken breasts over and continue cooking until an instant-read thermometer inserted into the center of a breast reads 150 degrees F (66 degrees C), about 5 minutes.

Add vinegar and cold butter to the pan with chicken. Shake the pan gently until butter melts and the internal temperature of chicken reads at least 165 degrees F (74 degrees C), 2 to 3 minutes more. Stir in 1 tablespoon chicken broth to thin sauce.





### **FAMILY OWNED & OPERATED 4 GENERATIONS**

# **FLAT & SHINGLE ROOF SPECIALIST**



- New Roofs of all Types Roofing Repairs
- Waterproofing
  Basements
  Brick Work
  - Chimney Caps 
    Seamless Gutters

