

Gabbi Berkow, CPT

Exercise, Health, & Dance Specialist
(410) 971-0140

Dancefit688@yahoo.com

PERSONAL TRAINING

GROUP EXERCISE & PILATES INSTRUCCION

DANCE & ZUMBA® INSTRUCTION

All exercise instruction is individualized to develop workouts that meet clients' needs and help them to achieve their goals. Extensive background in anatomy, physiology, and kinesiology, combined with dance and Pilates training, ensures clients exercise with proper form, increase body awareness, and improve posture. Development of rapport with each client and the creation of enjoyable workouts ensure clients enjoy themselves and feel supported during exercise sessions. Suggestions about nutrition, healthy living, and the incorporation of exercise into daily lifestyles can be provided.

Pay per session. Very moderate rates.

Rika Keck

NY Integrated Health LLC

310 West End Avenue, #D, NYC 10023
(646) 285-8588

Rika@NYintegratedhealth.com

www.nyintegratedhealth.com

Face Book: NY Integrated Health

Twitter: 65Rika

HOLISTIC HEALTH, NUTRITION AND EXERCISE

Other services include specialized exercise/sports training, lifestyle coaching, clinical nutrition specializing in digestive disorders,

hormonal imbalances, adrenal fatigue, and weight loss. Available for group and business Wellness presentations/workshops.

Paula Riefer

LiceOutNewYork

(800) 496-0821

prier@liceoutnewyork.com

PESTICIDE-FREE LICE REMOVAL

Service in the privacy and comfort of your home

Totally effective one-time treatment

No products to buy

Never any pesticides

Flat fees

After receiving a notice from our child's school that there was a case of lice in her classroom, we checked our daughter's head and realized that she had lice. We called Paula, who came within hours.... She efficiently combed through the hair of each family member ... all but one of us had lice! We cleaned our home thoroughly and the infestation was over in one afternoon. We highly recommend her service. —Satisfied client

Carol Weingarten, LAc

Traditional Acupuncture and Healing Arts

60 West 76th Street, NYC 10023

(212) 874-6156

LICENSED ACUPUNCTURIST

Monday–Friday, 10 A.M.–6 P.M.

By appointment only

WEST 75TH STREET BLOCK ASSOCIATION MISSION STATEMENT

OUR MISSION is to unite all residents of West 75th Street, both home owners and tenants, from Central Park West to Riverside Drive, to improve the quality of life in this most vibrant neighborhood.

We will —

- **foster** neighborliness and block safety.
- **preserve and enhance** the beauty of our street.
- **work with** owners and co-op boards, community groups, elected officials, and city agencies to inform residents on issues important to our Upper West Side neighborhood.
- **support** our independent neighborhood merchants by purchasing locally.
- **commit** to “green” living by making choices that promote energy conservation.



WEST 75TH STREET BLOCK ASSOCIATION *Park to Park*

NEIGHBOR-TO-NEIGHBOR BUSINESS DIRECTORY



Making a difference in
the way we live —
from Central Park West
to Riverside Drive

**WEST 75TH STREET
BLOCK ASSOCIATION
NEIGHBOR—TO—NEIGHBOR
BUSINESS DIRECTORY**

BUILDING SERVICES

Horace Thomas, Jr.

(347) 682-8567
sojie9@gmail.com
Vertical Renovation and Construction
24/7 CONTRACTOR, ELECTRICIAN
Plumbing, painting, floor refinishing, and more

BUSINESS SERVICES

Mary Ratcliffe

Words by Design
304 West 75th Street, NYC 10023
(212) 787-3974
gamut@mratcliffe.com
www.mratcliffe.com

WRITER, GRAPHIC DESIGNER, EDITOR
\$30/hour or negotiated per project
Specialties: newsletters, brochures, feature articles, websites (portfolio on website)
As a graphic designer, Mary is meticulous, with a keen eye for subtle detail and composition; she is also a master of InDesign and related software. —Editorial colleague and book designer

Mary Silfvernagel

Secretarial Services
2130 Broadway, NYC 10023
(212) 595-9040
silfvernag@aol.com

RETIRED LEGAL SECRETARY
Transcription services
Fully equipped office: fax, email, copying (small quantities only)
Reasonable rates

EVENTS

Annette Lipson

Tizzy Productions
(917) 855-7297
tizzy2@mac.com
www.tizzyproductions.com
CHILDREN'S ENTERTAINMENT AND BIRTHDAY PARTIES
Interactive shows with magic, puppetry, clowning, drums, dance, and storytelling
Face painting and balloon sculpting
PRIVATE PARTIES, CORPORATE EVENTS
Latin jazz, Brazilian, and West African bands—trios to sextets
Fee per party or event

Junior Thomas

Island Delights
(212) 682-8567
CATERING
Delectable Caribbean food

LANGUAGE

Judy Samuels

116 West 76th Street, NYC 10023
(212) 580-65131
leopardspot@earthlink.net
TEACHER, ENGLISH AS A SECOND LANGUAGE
Rates: \$20–\$25/hour
Available to teach groups or individuals

Currently teaching at Aguilar Center for Reading & Writing, East 110th Street

PET SERVICES

Jennifer Bitkower

Tails-a-Wagging
(646) 644-3428
jenbitkower@gmail.com
DOG TRAINING

Puppy socialization and obedience training for all dogs
Jennifer's expertise in dog training and animal behavior helped us as first time dog owners to gain comfort and confidence in how to properly train and handle our puppy. We will continue to seek her guidance as our puppy matures to ensure he grows into a polite and well-mannered dog.—Satisfied client

REAL ESTATE

Daynah Kent

Rachel Realty
(917) 446-2141
dynahkent@gmail.com
www.rachelrealtynyc.com
RESIDENTIAL AND COMMERCIAL LEASING AND SALES

Judith Malcom

Associate Broker
Brown, Harris, Stevens
(212) 906-9364 / cell: (917) 721-3738
jmalcom@bhsusa.com
www.brownharrisstevens.com
/judithmalcom
REAL ESTATE SALES

Deanna D. Rieber

Halstead Property LLC
drieber@halstead.com
www.halstead.com
LICENSED REAL ESTATE PROFESSIONAL AND NOTARY PUBLIC

In addition to complementary market analysis and expert sales advice on selling your home, Dee offers an express/afterhours notary public service to the community. The fee is \$40, and she makes house calls!

You handled the entire process of selling my home with professionalism and grace. I am so grateful to have met and worked with you. I will certainly offer glowing recommendations to anyone who may be looking for a Realtor.—Co-op owner

WELLNESS SERVICES

Ananda Apfelbaum, LMT

Thai Massage Sacred Bodywork
323 W. 75th Street, NYC 10023
ananda@thaimassageSacredBodywork.com
www.thaimassageSacredBodywork.com
NYS LICENSED MASSAGE THERAPIST

Thai Massage is a unique combination of acupressure, stretching and passive yoga therapy. It is done fully clothed on a mat on the floor. Ananda offers the massage in the comfort of your home. For all West 75th Street and neighbors, the house call fee will be reduced to \$15 plus the cost of the massage.

“Beautiful massage and technically masterful.” “Ananda truly has healing hands.”—Appreciative clients

(Continued overleaf)