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Diner serves up condos

BY VANESSA OGLE

More condos are on the way for Sheepshead Bay.

A seven-story condominium with ground-floor retail is replacing the iconic El Greco diner, which closed in December after more than 40 years of business.

But a new condo complex — tentatively scheduled to start construction in six to nine months — means an influx of new residents to the waterfront neighborhood, which is too much to swallow for one longtime local.

“We have traffic jams and gridlock where we never had it before, and yet we’re building more,” said Steve Barrison, president of the Bay Improvement Group. “We’re at the crossroads, we’re at a point where we’ve reached the point — we’re full.”

Rybak Developers bought the Emmons Avenue property for \$13 million from Anastasia Venetoklis — whose late-husband built the diner — and her sons, Peter and George. The site is bigger than nine basketball courts and the development will include a pedestrian plaza and a pool.

The real estate company that brokered the sale said

Continued on page 14

TRUMP TALKS

Meeting on tower plans set for Jan. 21

BY VANESSA OGLE

The developer seeking to build a massive apartment tower on the site of Trump Village Shopping Center will end months of rumors and fretful speculation by finally revealing his plans at a public meeting in Brighton Beach on Jan. 21.

Representatives of property owner Rubin Schron will present his plans — which include an 40-story, as-of-right, mixed-use building with “up-scale” retail on the ground floor — to community members and elected officials at a meeting next week at Abraham Lincoln High School.

Worried locals have been in the dark since October, when rumors of the shopping center’s impending demolition first began circulating. Senior citizens have been concerned about the fate of the various storefronts there that they depend on, including pharmacies, a post office and several specialist doctors’ offices.

Some of the businesses get-
Continued on page 14



Sweat session

Christina Moore smiles as she shimmies and shakes to the music at the “Fight Back with Fitness Day” Zumbathon, which benefits the American Cancer Society, held at the St. Bernard Clairvaux Parish in Bergen Beach on Jan. 11. For more, **see page 6.**

Photo by Elizabeth Graham

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CHRISTMAS LEAVES

Brooklynites turn holiday pines to pulp at letting-go ritual

BY NOAH HUROWITZ

Christmas is officially over. Brooklynites from across the borough made executive decisions last weekend and carted their space-consuming, needle-shedding, holiday-specific pine trees to nearby parks for Mulch Fest, that annual return-to-reality ritual that offers up the plants to the earth from whence they came, by way of a giant wood-chipper.

One Prospect Lefferts Gardens resident who turned his former apartment centerpiece into municipal weed-blocker and fertilizer said that the event has become a tradition for him.

"I'm a gardener, so I appreciate being able to see my tree become compost and mulch instead of just seeing it tossed in the back of a sanitation truck," said Bruce Miller.

Mulch Fest takes place at parks across the borough and allows tree donors to take home a bag of mulch each.



THIS WAY, PLEASE: Mia Shenderovsky and her brother Liam haul their tree to its fate in Marine Park.

Photo by Georgine Benvenuto

1 Photos by Georgine Benvenuto

2 Photos by Georgine Benvenuto

3 Photo by Elizabeth Graham

Spitting image: From tree to (plant) feed

It doesn't take much to mulch a Christmas tree. All you have to do is (1) bring it to a city-sponsored mulching site and hand it off to a pro and watch as he (2) sends it through the chipper. Then, (3) help spread the mulch around to help the circle of tree life.



Raising the barre

Renowned Russian ballet company visits Brooklyn

The Mariinsky Ballet, one of the world's most famous, is performing in Brooklyn...

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Killer gets 25 years

BY VANESSA OGLE

A 22-year-old man convicted of killing his 14-year-old girlfriend and dumping her body in Gerritsen Beach was sentenced to 25 years in prison on Jan. 7.

Authorities say Christian Ferdinand of Maine — who was convicted of second-degree murder in December — suffocated Shaniesha Forbes with a pillow in January of 2013. Ferdinand then tried burning Forbes' body before dumping her remains in Gerritsen Beach.

Ferdinand killed Forbes in an argument over whether she should get an abortion, when in fact she wasn't even pregnant, according to the district attorney, who said the punishment fits the crime.

"This defendant callously and heartlessly killed this young teenager who had her whole life ahead of her, simply because he thought she was pregnant," said District Attorney Ken Thompson. "He showed her no mercy and now must suf-

fer the consequences of his actions."

Forbes was at Ferdinand's cousin's house when the couple, who met on Facebook, began arguing about the alleged pregnancy, said Thompson. Ferdinand reportedly said, "Kill it," before he suffocated his teenage girlfriend — but the medical examiner later found that Forbes was not pregnant.

Ferdinand was arrested for the murder in Maine in May of 2013 and convicted on Dec. 2 of last year.



SLAMMER: Christian Ferdinand was sentenced to 25 years in prison for murdering his girlfriend Shaniesha Forbes in 2013 and dumping her body in Gerritsen Beach. Photo by Paul Martinka

DA: Perv posed as cop Mill Basin man charged in sex attack

BY DANIELLE FURFARO

A man is facing felony charges after he allegedly told a teenager that he was cop and sexually assaulted her.

Prosecutors have hit the 47-year-old Mill Basin man with eight charges in all, outlining a nightmare for the 18-year-old victim.

"This defendant is accused of impersonating a police officer to commit a cowardly and deplorable crime against a young woman," said Brooklyn District Attorney Ken Thompson. "He will now be held accountable for his actions."

The alleged attack began at 6:30 am on Oct. 2 of last year, when prosecutors say the suspect was sitting in his car at the corner of Bushwick Avenue and Aberdeen Street

and flagged down the victim. He allegedly told her would give her a ride, and when she got into his car, said he was a police officer and that he would arrest her if she did not perform oral sex on him, then forced her to, prosecutors said. The accused then allegedly drove to another location and tried to rape the woman, but she grabbed the keys from the ignition and ran away, according to a criminal complaint.

The suspect is a convicted sex offender.

Brooklyn Supreme Court Judge Patricia Williams set the suspect's bail at \$200,000. His next court date is Feb. 27. He faces as much as 25 years to life in prison if convicted.

His attorney did not return calls for comment.



Bus-ted

A Metropolitan Transit Authority bus driver lost control of the city vehicle on Avenue U and Mill Avenue on Jan. 13 and hit a utility pole, which caused live wires to dangle down in the intersection. There were no injuries.

Photo by Steve Solomonson



MISSING TEENAGER: Police are looking for Jessica De La Cruz, who disappeared from her Midwood home on Jan. 7. NYPD

MISSING: 17-year-old girl vanishes from Midwood

BY VANESSA OGLE

Police are looking for a 17-year-old girl who disappeared from her Midwood home on Jan. 7.

The authorities say Jessica De La Cruz, a student at James Madison High School, was last seen when she was getting ready to leave for school from her Kings Highway residence near E. 28th Street at 7 am.

Since she was reported missing, police have put up

posters in subway stations and other public places across the city, but to no avail.

De La Cruz is 5-foot-5 and weighs 140 pounds. She has brown hair and brown eyes and wears braces. She was last seen wearing a black, waist-length, hooded jacket, purple pants, and light brown boots.

De La Cruz may suffer from depression, according to police.

Anyone with information regarding the whereabouts of De La Cruz is urged to call Detective Borough Brooklyn South at (718) 287-3239. To give a tip anonymously, contact Crime Stoppers at (800) 577-8477. The public can also submit tips by logging onto the Crime Stoppers website at www.nypdcrimestoppers.com or by texting tips to 274637 (CRIMES) then entering TIP577.

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SELLOUT: Mikhail Prokhorov, the billionaire owner of the Brooklyn Nets, is reportedly putting the NBA franchise up for sale. File photo by Stefano Giovaninni

Nets for sale

Prokhorov to put team on block

BY NOAH HUROWITZ

The Nets' Russian oligarch owner is looking to unload the team.

Reputed billionaire Mikhail Prokhorov has hired an international investment bank to shop around Brooklyn's home team, Bloomberg News reported on Tuesday. A rep for the former Russian presidential candidate confirmed that the team is for sale, but claimed that is nothing new.

"As we have said for many months, ownership is always open to listening to offers — that's just good business," spokeswoman Ellen Pinchuk said in an e-mail. "There is nothing imminent in terms of a sale of any stake in the team."

One expert said that there are going to be a lot of takers.

"If this comes to the market, everybody and his brother would be looking at this thing," said Sal Galatioto, whose firm Galatioto Sports Partners has been involved as an advisor in the sales of several professional basketball teams. "It's Brooklyn, it's Barclays, there's sizzle. Not just people from the New York metro area would be interested but wealthy people throughout the United States and across the world."

Bloomberg's anonymously sourced report stated that Prokhorov wanted to sell his 80 percent stake and had retained the firm Evercore Partners to broker a deal.

A representative of Evercore declined to comment on the matter as did Nets spokesman Barry Baum, who deferred to Pinchuk's statement.

Prokhorov dropped more than \$200 million in 2010 to buy his majority stake in the team and 45 percent of ownership of Barclays Center. Given the \$2 billion sale of the Los Angeles Clippers in August amid the fallout over owner Donald Sterling's racist rants, commentators have speculated that Prokhorov could walk away with a healthy profit despite the Nets' lackluster on-court record.

One source with knowledge of the industry but not the specific deal said Prokhorov could be pulling up stakes in Brooklyn because of the tanking Russian economy, which has been hit hard in recent months by plummeting oil prices and sanctions levied in response to Russia's support for separatist rebels in eastern Ukraine.

Prokhorov is not selling his stake in Barclays Center, according to Bloomberg.

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Brooklyn's Premier Entertainment Guide

Kings of the Kings

Refurbished theatre's 2015 star-packed schedule announced

BY NOAH HUROWITZ
AND NATHAN TEMPEY

Let the good times roll!

The Kings Theatre has announced its initial 2015 schedule, and it is chock full of big-name acts young and old, tending toward the old, to follow up the Feb. 3 grand opening featuring Diana Ross. "We are thrilled to host such a diverse roster of artists from around the globe for our inaugural year of live music, dance, and theater," said Matt Wolf, director of the 3,000-seat Flatbush venue, in a statement.

Here's who's coming:

Sarah McLachlan, Lilith Fair extraordinaire, March 14
Frankie Valli and the Four Seasons, pop survivors, March 21

Disney Live! presents "Three Classic Fairy Tales," for the kids, April 2-5

Mavado and Capleton, dancehall legends, April 10

Widespread Panic, jam band heroes, April 24-25

Crosby, Stills, and Nash,



LILITH FARE: Sarah McLachlan is the first artist scheduled to perform after Diana Ross breaks in the stage at the Kings Theatre.

Associated Press / Harry Scull, Jr.

proving folk's not dead, May 15-16

Gladys Knight, Empress of Soul, June 6

"**Tales from the Silk Cotton Tree**," a musical play incorporating sonic stylings

from across the Caribbean, June 20

Moscow Ballet's "**Great Russian Nutcracker**," Dec. 5
"**Annie**," just in time for the holidays, Dec. 15-27

The Theatre will host its first public performances on Jan. 27, ahead of the grand opening, with a free, ticketed show featuring local acts, including the Brooklyn Ballet and the Brooklyn Youth Chorus.

The shows will end nearly four decades of abandonment and restore the former picture palace to its glory of nearly a century ago, albeit not as a single-screen movie-house. The Loew's Kings Theatre opened its doors in 1929, just months before the stock market crash that set off the Great Depression. Movie-going was more of a high society experience then, and the theater reflected that, with marble floors, walnut wood walls, and massive chandeliers modeled after those in Paris's opera house and the Palace of Versailles.



A NIGHT WITH KNIGHT: Gladys Knight will warm up Brooklyn music lovers for the beginning of summer in early June.

Associated Press / Evan Agostini

It closed in 1977, and it was a husk of its former self when construction began in January, 2013.

By then, thieves had absconded with light fixtures and the pipes of its grand organ, mildew had destroyed drapes, and water damage had taken its toll on much of the plasterwork. But a good deal of the original walnut walls and marble floors remained in place, and enough plaster detail was intact on one side of the grand auditorium to take molds of and recreate on the opposite side.

The Courier got a sneak peek at the interior ahead of the opening and we can report that nearly everything is in place but for the curtain on the stage, the lights in the marquee, the five bars inside, and a contract with the stage-hand union. On Jan. 9, the Fire Department was busy testing alarms, ticket-takers and concessions staffers had just departed from a training session, and swaths of carpet were newly unprotected, now that nearly all the period paint-job and ornate plaster-

Continued on page 50



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Fighting cancer with dance

BY VANESSA OGLE

It pays to have good dance moves!

Zealous Zumba dancers from across the borough raised more than \$4,000 for the American Cancer Society at the third-annual “Fight Back with Fitness Day” Zumbathon at the St. Bernard Clairvaux Parish in Bergen Beach in Jan. 11.

Nearly 300 kids and adults participated in the event, which included separate sweat sessions for the young-

sters and their parents. One participant said the fitness fun was a great way to raise money for a good cause.

“You have people of all ages, all backgrounds — you can come and let loose,” said Christina Moore, a dance instructor from Bensonhurst. “And I think the fact that it is for a good cause brings more people out — shake it for a reason.”

The Zumbathon was one of several Zumba events over the weekend in the city and

across the nation hosted by the American Cancer Society. Residents also met in Queens and Pennsylvania to move to the music, according to one of the organizers, who said he was thrilled with Brooklyn’s turnout.

“We packed the place in, from the front of the stage to the back of the gym,” said Joe “Zumba Daddy” Gillette.

And he said the fitness frenzy didn’t stop when the event ended.

“When you go home and

ZUMBA MANIACS: (Above) Noelle Smith prepares for the “Fight Back with Fitness Day” Zumba-thon, which benefits the American Cancer Society, held at the St. Bernard Clairvaux Parish in Bergen Beach on Jan. 11. (Center) Iris Ardon feels the burn as she adds some squats to the Colombian-style dance workout. (Left) Zumba instructor Cassandra Phifer shows the crowd how to move and groove. Photos by Elizabeth Graham

you see on Facebook that there are 300 different tags and posts, you know people had a good time,” he said.

Gillette said he is already

looking forward to next year, which he said will be even better.

“Next year, bigger — I promise,” he said.

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Garbage guru

Sunset Parker helps locals prep for Department of Sanitation test

BY MAX JAEGER

What's the old saying? One man's trash is another man's good job with a pension?

A Sunset Park resident is helping his neighbors land sought-after jobs with the Department of Sanitation in hopes that the high-wage gigs will stabilize a neighborhood he fears is poised for rapid gentrification.

"This is about maintaining our population," said civic leader Tony Giordano. "Sunset Park is on the precipice."

Giordano spent last week helping about a dozen Sunset Park residents study for the department's civil-service exam. The former public-school teacher said the city's plans to redevelop the waterfront could bring an influx of money into the immigrant neighborhood without lifting up the people living there now.

Locals voiced similar concerns that newcomers would drive up rents and push out longtime residents when the city announced it wanted to entice Manhattan fashionistas to the neighborhood's Liberty View Industrial Plaza late last year.

Helping residents secure stable, well-paid jobs is key to preventing displacement, Giordano said.

The starting salary for a sanitation worker is \$33,746 per year — more than \$16 an hour — and can increase to a maximum of \$69,339 after five and a half years.

Careers with New York's Strongest are some of the most prized city jobs thanks to high pay, good benefits, and a short pension vesting period, requiring only 22 years on the job before workers are eligible for full retirement, one sanitation worker said. And the work is enjoyable — despite dealing with other people's trash, the worker said.

"A couple of guys in my garage have worked 30 years, and they don't want to retire. That says something," said Alberto Sanchez, who joined the department 15 months ago, and whose two brothers are taking the test in February.

Giordano tutored his pupils in basic test-taking skills, but he also ran them through practice exams provided

by the Sunset Park Business Improvement District.

Students' ages ranged from early 20s to late 40s. The sanitation hopefuls reported having steady work, but said the municipal gig would be a major improvement.

"I drive a truck in Manhattan," said Javier "Suave" Mercado. "But I



STUDY BREAK: Sunset Parkers take a breather from the textbook grind. Giordano's wife, Renee, directs the Sunset Park Business Improvement District, which purchased study materials and let the sanitation hopefuls use the office as a classroom.

Photo by Steve Schnibbe

wanted to upgrade to sanitation for the benefits."

"It's all about providing for my family," Joseph Rivera said.

The Sunset Park residents face a lot of competition for the coveted trash-handling jobs.

Tens of thousands of people are expected to take the test, Giordano said. The department ranks applicants based on their scores, and when a job opens up, it draws from the top of the list, he said.

Applicants often wait years to get called. The last test was in 2007. Sanchez scored 98 out of a possible 110 (the department gives bonus points for living in the five boroughs and having veteran status) and he didn't get a call from the department until 2013, because there were 4,000 people ahead of him in line.

The sanitation hopefuls have a month to shore up their knowledge and run through test prep packets ahead of the exam, which the city will administer in early February.

As Giordano wrapped up the Jan. 8 class, he reminded his students that the real work lies ahead.

"After Friday, you won't have me," he said.

"The weightlifting is all yours to do."

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68TH PRECINCT

BAY RIDGE-DYKER HEIGHTS

Gunpoint robberies

A gun-wielding goon robbed two Bay Ridge residents in a week. Here's the rundown:

•The first incident went down at the corner of 99th Street on Jan. 3.

The victim was about to walk into his apartment building near Shore Road at 9 pm when a guy flashed a black handgun and demanded the victim's cash, police said. The trigger man took \$200 without hurting the victim, a police report states.

Police described the robber as a male in his 20s, officials said.

•A galoot matching the description above stole \$10 from a guy at gunpoint near 92nd Street on Jan. 10.

The victim was leaving a bank near Third Avenue at 5:13 am when the gunman whipped out his pistol and took the cash — again without hurting the victim, police said.

Burglar cuts gate

A cat burglar cut through a window guard and broke into a 71st Street home in Bay Ridge on Jan. 5.

The victim returned to the home near Sixth Avenue at 12:30 pm and found that someone had cut the bars on a backyard window, ransacked the pad, and made off with cash and jewelry, police said.

Truck burglarized

A thief stole a laptop, cellphone, and backpack from a delivery truck parked at 68th Street in Bay Ridge on Jan. 7.

The driver parked his ride near Fourth Avenue at 2:05 pm and stepped inside a restaurant to grab a bite, but when he came back, he realized someone had sneaked into the truck and taken his stuff, police said.

Door-buster theft

A brute kicked in a guy's front door and stole electronics from his home near 72nd Street in Bay Ridge on Jan. 8.

The victim returned to the home near Sixth Avenue at 11:30 pm to find that someone had busted his door, ransacked his pad, and taken his electronics, police said.

62ND PRECINCT

BENSONHURST-BATH BEACH

Purse snatched

A big lug ripped a purse from a woman's shoulder on 66th Street on Jan. 6.

The victim was near 18th Av-



POLICE BLOTTER

enue in Bensonhurst at 12:30 am when the brute tore the purse from the woman and took off down 18th Avenue toward 67th Street, police said.

Window job

A sneaky thief stole jewelry from a Bay Parkway apartment on Jan. 8.

The resident returned to the apartment between W. Ninth and W. 10th streets in Bensonhurst at 9:45 am and found the front door ajar, police said.

After taking a look around, the tenant realized someone had climbed through a bedroom window — even though the fire escape didn't reach the window the thief apparently used, a police report states.

Intruder bashes door

A burglar busted the front door to a Bay Ridge Avenue apartment and stole \$1,000 cash from inside on Jan. 8.

The victim returned to the home between 20th and 21st avenues in Bensonhurst at 7:30 am and saw someone had broken the lock to the front door, police said.

Basement burglar

Someone stole \$950 and jewelry from a 70th Street apartment on Jan. 7.

The resident returned to the apartment between 20th and 21st avenues in Bensonhurst at 7 am and found the basement door ajar, police said.

The burglar ripped an alarm system's motion sensor off the wall, a police report states.

60TH PRECINCT

CONEY ISLAND-BRIGHTON BEACH-SEAGATE

Lecherous lug

A thug abducted and raped a 57-year-old woman suffering from schizophrenia on Surf Avenue on Jan. 6, police reported.

The victim was near W. 33rd Street in Coney Island at 6 am when the monster grabbed her from behind and forced her into his car, police said.

The man raped her and dropped her off at her home, handing her a \$5 bill as she exited the car, a police report states.

The victim suffers from schizo-

phrenia, bipolar disorder, and alcoholism, a police report states. Paramedics took the woman to Coney Island Hospital, but she refused treatment or a rape kit, police said.

She told police the man was a stranger and refused to describe him — but she did refer to the man as "Joe," police said.

Party perv

Police arrested a 17-year-old man who they said raped another teenager at a house party on Corbin Place on Dec. 20.

The victim was at a party held between Oriental Boulevard and the waterfront in Brighton Beach at 9 pm when she into a closet with the suspect, police said. He tried to kiss her, but the victim said "no," a police report states.

The victim told police the next thing she knew, the man had penetrated her against her will. The woman was intoxicated and said she could not recall what led up to the penetration, police said. The victim went to Coney Island Hospital two days later but refused medical attention and a rape kit.

Papers pinched

A sneak stole a man's immigration documents, birth certificate, and computer from his Oceanview Avenue residence on Jan. 6.

The 58-year-old victim left his one-room apartment between Brighton First and Brighton Third streets in Brighton Beach at 10:30 am to go to work, but when he returned, the immigrant found that someone had kicked in his door and taken his paperwork, police said.

Cut in robbery

Three brutes beat and cut a man in an attempted robbery on W. 11th Street on Jan 5 — leaving the victim with injuries that required six stitches to the face.

The victim was between Avenues V and W in Gravesend at 11:18 pm when the trio told him to empty his pockets, police said. When the victim refused, the galoots started bashing him in the face, a police report states.

Then one man whipped out a blade and cut the victim twice on the face and once on the chest, law enforcement sources said. The victim didn't give up his property, and

the three cowards fled the scene before cops arrived, a police report states.

Paramedics took the man to Lutheran Medical Center for treatment, police said.

Robbed on errands

A bandit took \$1,500 from a guy's pocket near Coney Island Avenue on Jan. 10.

The victim was near Neptune Avenue in Brighton Beach at 2 pm on his way to a nearby money-transfer store when a man came up from behind, twisted the victim's arm behind his back, and slipped the cash from his pocket, police said.

— *Max Jaeger*

61ST PRECINCT

SHEEPSHEAD BAY-HOMECREST-MANHATTAN BEACH-GRAVESEND

One dollar, no holler

A money-hungry man tried robbing another man on E. 24th Street on Jan. 11 — but he stopped when he realized the victim only had \$1, according to authorities.

The victim said he was near at 11:20 pm when the goon hit him in the face.

Officers say the man did not rob his victim because he didn't have enough cash.

Appetite for stealing

A crafty crook snuck into a home on E. 21st Street through an unlocked kitchen window on Jan. 7 and stole a woman's cellphone, police say.

Authorities say the robber broke into the home between Avenues U and V at 2 am and stole the phone.

Lock your windows

A ruthless robber broke into a W. First Street home on Jan. 10 and stole tens of thousands of dollars in cash, jewelry, and electronics.

The burglar broke into the home between Avenues X and Y at 5:30 pm through an unlocked window, an officer stated.

Officers say the thief stole \$10,000, a diamond watch, and a cellphone and left the window open after fleeing.

Hot for hats

A mad hatter stole 15 hats and cash from an Ocean Avenue apartment on Jan. 7, cops say.

Police say the crook broke into the pad near Kings Highway at 8 pm. Authorities say the thief cut the window screen, stole the hats and \$50, and exited the apartment by way of the fire escape.

— *Vanessa Ogle*

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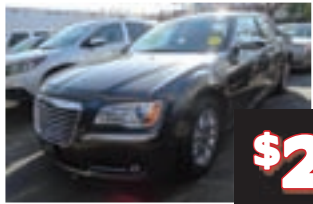
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Judging a look by its cover

'Made in Brooklyn' gear made in China

BY MATTHEW PERLMAN

Made in where, now?!

The Dumbo home-furnishing store West Elm, mother ship of an international chain, is hawking a line of Brooklyn swag in its online and brick-and-mortar outlets that includes hats, growlers, and T-shirts bearing the phrase "Made in Brooklyn."

The "Made in Brooklyn Market Beanie" is certainly artisanally priced at a cool \$24, \$8 more than a comparable American Apparel cap. A description in the online store reads:

"Rep the city where it all began with our classic, cuffed Market Beanie featuring our exclusive Made In Brooklyn logo."

Though we don't often refer to Brooklyn as a city, we at The Brooklyn Paper are as against the Mistake of 1898 — the incorporation of the city of Brooklyn into New York City — as anybody. But closer inspection of the head-warmer reveals that not only is it not made in Brooklyn — it is not made in the United States.

The online store describes it as "imported."

The tag on the actual item is more descriptive:

"Made in China"

The borough's leading business booster said he is hardly surprised a national retailer would cash on Kings County's cachet.

"As we already know, the Brooklyn brand is hot, not just here in Brooklyn, but across the world — including in China," said Carlo Scissura, president of the Chamber of Commerce.

Scissura's group rolled out a certification program called "Brooklyn Made" earlier this year as a way to weed out Kings County posers and to



HATS OFF: West Elm sold its "Made in Brooklyn" winter hat in the Dumbo store during the holiday season, but the cap was really made in China.

Community News Group / Ruth Brown

make sure real Brooklyn companies get the credit they are due.

"The Chamber continues to believe 'Brooklyn Made' truly means Made in Brooklyn," Scissura said.

The growler and shirt are made elsewhere in the United States, a West Elm spokeswoman confirmed, and sell for \$15 and \$29 respectively. The Dumbo store sold out of the items during the holidays, and the online store no longer has any growlers, but the rest remain available on the web.

The spokeswoman refused to acknowledge that the logo, which sandwiches the phrase "Made in Brooklyn," with "Brooklyn" in cursive, between

Continued on page 50

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Visitation Academy Educates Mind and Heart

There is something different about Visitation Academy. You'll notice it the moment you walk through the doors. There is a vitality and richness of spirit as the girls and faculty greet the new day. The fundamental principle of a Visitation Academy education is to "Live Jesus" by reflecting Christ's gentle strength in their daily lives. Through its mission to "Educate the Mind and Heart," the girls participate in an enriching spiritual life during their Visitation education. The school's mission mirrors Mary's visitation to her cousin Elizabeth, her acceptance of Jesus in her own life and her commitment to carry Him to others.



At Visitation, the opportunity to work with stem project-based learning teaches the use of science, technology, engineering and math (stem) as a mean of enhancing student understanding of major physical science concepts. All classrooms are equipped with Smart Board technology and the students use their Ipads collaboratively in ways that uniquely enhance their curriculum. One of the most successful and important attributes of any top-rated school is their ability to also cultivate the arts. All students attend comprehensive art and music classes. An Academy British Brass Band, a Cabaret Troupe and Chapel Choir are available to help students reinforce and enjoy both the physical and theoretical aspects of their music experience. Visitation Academy has the philosophy, the will, the tools and the design needed to fulfill their daunting and goal of "Building the Young Women of Tomorrow."

A Visitation girl models confidence, self-reliance and resilience. Their joyful optimism is reflected in the words of its founder, St Francis de Sales, who said, "Be who you are, and be it well." Throughout her daily interactions, she is a confident and an articulate communicator who learns

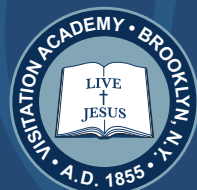
to solve problems, logically and creatively through independent, critical thinking.

The Sisters of the Visitation knew nearly 180 years ago what research is finding today about single-sex education. These visionary women instinctively knew that educating girls in a strong academic

setting would instill greater confidence and success. Rooted in this strong tradition of academic excellence, Visitation provides a challenging, exploratory, integrative and relevant curriculum.

With an average class size of 15 students, the whole-child approach to learning focuses

on the academic, social, physical and spiritual needs of the girls. It creates an environment that values curiosity, knowledge and leadership. Students are not only taught to analyze and apply knowledge but also to manage time, apply effective study strategies and work collaboratively.



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Free and clear

Murder exoneree overjoyed, planning family vacation

BY NOAH HUROWITZ

The latest man exonerated following a wrongful murder conviction under former district attorney Charles Hynes wants to dedicate his life to helping free innocent people in prison — but first, he is hitting the beach.

District Attorney Ken Thompson announced on Jan. 5 that he was vacating the conviction of Clinton Hill native Derrick Hamilton, who spent 20 years in prison for the 1991 shooting death of Nathaniel Cash despite his insistence that he was in Connecticut at the time of the murder. Cash's girlfriend, the only witness, recanted her testimony, and pushed for Hamilton's release. Now that his name is cleared, Hamilton has big plans, but on the top of his to-do list is taking a trip to Puerto Rico.

"It feels like a million pounds off my back," Hamilton said. "I feel like I've been reborn."

Cops arrested Hamilton in March, 1991, and he said that at the time he thought the whole thing would blow over once he showed he was innocent. But he never even made bail.

"I knew I didn't do it, and I thought, 'I can stand a couple months at Rikers,'" Hamilton said. "It was so depressing. You can say you're innocent a million times, but no one is going to believe you."

Hamilton was released in 2011, but was subject to the same restrictions as other parolees. He had to obtain permission to leave the state and inform potential employers of his status. On paper he remained a convicted killer.

Now he can move freely, and his record is officially scrubbed of any trace of the wrongful murder conviction.

When Thompson signed the documents freeing him of the murder rap and everything that came with it, Hamilton said he was overcome with emotion.

"To actually be invited in and hear him say, 'You were right,' was indescribable," he said. "I wanted to go up and hug the guy. It was the best day of my life."

One of the cops who helped put Hamilton away was retired, now-disgraced detective Louis Scarcella, whose record has come under intense scrutiny by a wrongful-conviction review team assembled by Thompson, and who has seen five homicide convictions he helped secure be overturned, according to the New York Daily News.

Hamilton said he feels plenty of anger at Scarcella for putting him away in the first place, but he reserved most of his fury for Judge Edward Rappa-



ENJOYING FREEDOM: Derrick Hamilton holds his 2-year-old daughter Maia.

Photo by Brit Worgan

port, who presided over his trial and multiple appeals.

"What he did was worse than Scarcella," Hamilton said. "He had the opportunity to right what he did, but he never did. He knew Scarcella was crooked but believed him anyway. Judges who don't uphold the Constitution should be taken off the bench."

Thompson, whose campaign focused on alleged prosecutorial misconduct under 23-year top prosecutor Charles Hynes, said his exoneration of Hamilton and others is an attempt at restoring faith in the courts.

"Wrongful convictions ultimately destroy the lives of the people who are wrongfully convicted, as well as their families, and also do damage to the integrity of the justice system," he said in a statement.

A longtime critic of Hynes who helped exonerate David McCallum cheered Thompson's latest overturned conviction, his 11th since taking office, casting it as a blow against Hynes's legacy of corruption.

"You gotta hand it to him. He's not sweeping anything under the rug," said John O'Hara, who Hynes once prosecuted for voting outside of his district. "All of Hynes's convictions were bad. Nothing straight came out of that office."

Hamilton praised Thompson, but said he is troubled that people who worked on his case and others involving Scarcella still have high-ranking jobs in Thompson's office.

"So far he is doing a great job," Hamilton said. "But there are still people in this office who don't want to see justice done."

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BY CAMILLE SPERRAZZA

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tistry can transform a smile. When you think about it, your smile is one of the first things people notice about you. According to a survey conducted by the American Academy of Cosmetic Dentistry, nearly every adult believes that a smile is an important social asset. By keeping teeth white and health-looking, you'll always make a good impression.

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age by becoming darker or yellow. Food, drink, and even certain medications have an impact on teeth color. Coffee, tea, and tobacco are among the foes, so if you're a big coffee drinker, take a look in the mirror. If you don't like what you see, speak with the doctor about what can be done. Fortunately, the latest bleaching methods work quickly, and the results are dazzling, wiping away these signs of aging.

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cause the whitening methods utilized here are more professional than what you might find over the counter, providing better results. A single office visit is all it takes to see this difference. Regular check-ups are recommended so that results can be maintained.

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Dr. Milford is a graduate of Meharry Medical College School of Dentistry. Dr. Bueno and Dr. Roselin are New York University graduates.

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TRUMP

Continued from cover

ting pushed out of the complex will relocate to a nearby site on Sheepshead Bay Road before construction begins, said a spokeswoman for the developer, though she did not specify which businesses.

“The property is just one block from the existing shopping center and will enable tenants to continue to meet the needs of the neighborhood’s residents,” said spokeswoman Christa Segalini. “The new development at 614 Sheepshead Bay Rd. is planned to be completed and ready for occupancy in the fourth quarter of 2015 and the developer is currently in talks with the shopping center’s tenants about relocating.”

The site, once home to the Dangman Park Manufactured Gas Plant, is still contaminated with toxins, including cyanide and mercury. Representatives from National Grid, which bought the company that originally operated the plant, will also attend the meeting, but the state’s Department of Environmental Conservation will not be there.

The department plans to host an additional meeting along with representatives from the state Department of Health the following Wednesday on Jan. 28. A spokesman for the department said safety measures will be discussed at the meeting, which will be held at the same location as the developer’s meeting.

The department said it has completed dozens of similar manufactured gas plant cleanups throughout

the state, and if the strip mall is demolished, the department will require National Grid to clean up the soil contamination before the construction of a new building.

Residents opposed to the tower say that they hope a large public outcry at the meeting will convince the developer to reevaluate the plans. One longtime local said building a tower on a contaminated plot in a flood zone is irresponsible — especially because the majority of residents who live nearby are senior citizens who could be particularly vulnerable to the toxins in the soil.

“First and foremost, the environmental concerns — plus, what happened in the aftermath of Sandy. Is everything as safe as we thought it once was?” said Brian Gotlieb, who has lived in Trump Village for nearly 30 years. “How are we to keep everyone safe? That has to be the overriding priority.”

But an elected official said the meeting is the first step in what he hopes will be an amicable relationship between the developer and the community.

“This is an opportunity we all have to voice our concerns, and this is very important that they’re coming,” said Councilman Chaim Deutsch (D-Sheepshead Bay). “If you want to be good neighbors, you have to be a good neighbor yourself.”

The Trump Village Shopping Center Public Meeting at Abraham Lincoln High School in Brighton Beach (2800 Ocean Parkway near West Avenue). Jan. 21 at 7 pm.



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EL GRECO

Continued from cover

the area is the perfect place for a new condo development.

“Southern Brooklyn is providing local businesspeople and property owners with excellent opportunities to maximize the return on their investments,” said Erik Yankelovich, the senior director for GFI Realty Services, Incorporated, which sold the property for the Venetoklis family. “Neighborhoods such as Sheepshead Bay are being revitalized with an influx of young professionals due to their waterfront charm and affordability.”

But Barrison believes developers are exploiting the waterfront area. Work is already underway on a 30-story tower on Voorhies Avenue and Barrison said too many developers are focusing on making a quick profit without thinking about safety or the long-term impacts on residents or infrastructure.

“This is about quality of life and public safety — the more people you cram into a waterfront district, the more people you have to evacuate,” said Barrison.

“We’re adding more bodies, more concrete, more toilets, more sewer flow.”

The new condo development will change the community, agreed the



EMMONS ENCLAVE: The plans for the seven-story condo that will replace the El Greco diner include ground-floor retail shops, a pedestrian plaza, and a pool. Construction is tentatively scheduled to begin in six to nine months. GFI Realty Services, Incorporated

chairwoman of Community Board 15 — but she said at least this residential building, unlike other current projects, won’t overwhelm residents with an oversized structure.

“It is not as obtrusive as the one on Voorhies,” said CB15 chairwoman Theresa Scavo. “It really wasn’t in your face.”

She said even though she would rather have the decades-old diner remain a neighborhood staple, residents need to embrace the raw reality.

“I prefer a diner, but they’re not going to let it stay there, so there is no choice,” said Scavo.

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Game of Drones

City may ban, regulate flying toys

BY VANESSA OGLE

A trio of proposed city laws aimed at cracking down on unmanned aerial vehicles — including remote-controlled flying toys — just won't fly with aerial hobbyists in Marine Park.

The bills range in scope from an outright ban on all radio-controlled aircraft, to insurance and registration requirements, to simply regulating on how and where the aircraft would fly.

But one local man who has been flying remote-controlled aircraft for 15 years says that while some regulation may be needed, the proposed laws miss the point and would unfairly punish responsible hobbyists more than they would deter people who misuse the technology.

"I don't think this free-for-all is right and I don't think these regulations are right," said Mike Palumbo, president of the Radio Control Society of Marine Park, adding that the new laws would "ruin" his club. "It is going to impact the wrong people — they're not going to correct the situation."

Palumbo said that members of his club already adhere to a set of voluntary regulations devised by the Academy of Model Aeronautics, which requires its members to have insurance.

The bills are also written far too broadly, covering not only hovering surveillance drones but also all radio-controlled flying children's toys, said another hobbyist.



SET TO SOAR: Ron Molaro, president of Pennsylvania Avenue Radio Control Society that operates out of Floyd Bennett Field, shows off his electric-powered profile Gee Bee plane, which could become illegal or strictly regulated if any of three proposed drone laws passes. Photo by Elizabeth Graham

"Even a child that goes to Radio Shack and buys a \$15 helicopter would become a criminal under this bill, which is ridiculous," said Ron Molaro of the Pennsylvania Avenue Radio Control Society, which meets at Marine Park's Floyd Bennett Field.

Councilman Dan Garodnick (D-Manhattan) introduced legislation that would ban the use of all unmanned aerial vehicles anywhere in the city "except by the police department with a warrant." Councilman Paul Vallone (D-Queens) proposed a bill that would

Continued on page 22

Drone rules: Three proposals

BY VANESSA OGLE

There are three pieces of proposed legislation that would either regulate or ban virtually all unmanned aerial vehicles, including drones, radio-controlled airplanes, and remote-control flying toys.

The proposal by Councilman Dan Garodnick (D-Manhattan), which is co-sponsored by 14 councilmembers, would ban all unmanned aerial vehicles within the city except for those used by the NYPD with a warrant.

The proposal by Public Advocate Tish James, which has two co-sponsors, would require that all unmanned aerial vehicles — including radio-controlled toys — be insured and registered with the Department of Transportation.

The proposal by Councilman Paul Vallone (D-Queens), which is co-sponsored by 23 councilmembers including Councilman Alan Maisel (D-Marine Park), would regulate the use of unmanned aerial vehicles in the city:

- Unmanned aerial vehicles may not be used for surveillance.
- The vehicles must not be used within five miles of an airport, unless an operator has received permission in advance to do so.
- The vehicles cannot be used with the intent of harming people or their property.
- Operators cannot fly the vehicles above 400 feet.
- The vehicles cannot be used within a quarter-mile of an open-air assembly, school, hospital, or house of worship.
- Operators cannot use the vehicles in weather that would impair the operator's ability to do so safely.
- The vehicles cannot be used at night.
- Operators cannot fly the vehicles beyond line of sight.



Three kings for a day

BY DANIELLE FURFARO

Hundreds took to Graham Avenue in Williamsburg on Sunday afternoon to celebrate Three Kings Day.

A group of costume-clad marchers walked the route from Metropolitan Avenue down to Broadway in honor

of the 12th day of Christmas, when Christians believe the three wise men, or three kings, arrived in Bethlehem to present the baby Jesus with gifts.

The annual parade also included a tribute to slain police officer Rafael Ramos. Bor-

ough President Adams gave a short speech, asked for a moment of silence, and the crowd released dozens of blue helium balloons into the sky to mark Ramos's memory.

The parade was organized by evangelical Staten Island Rev. Erick Salgado.

FLOATING BY: (Left) Children wave from a float on the Three Kings Parade, which marched down Graham Avenue in Williamsburg on Jan. 11. (Center) Paraders march in traditional Mexican costumes. (Above) A trio of camels gave the parade a touch of the biblical. Photos by Jason Speakman

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Revenge of 'Coffee Nerd'

Our arts editor's new bean book is java script

BY NATHAN TEMPEY

Our readers may think that we in the editorial department at The Brooklyn Courier spend our meager spare time drinking ourselves into a stupor as we obsessively refresh our e-mail to see if we have received a response to that Freedom of Information Law request — and they wouldn't be far off — but at least one member of the crew has been busy sipping a more stimulating beverage, and writing a book. Now all that responsibility-taking and hard work has paid off and arts editor Ruth Brown is officially a published author, with her book "Coffee Nerd" printed and ready to grace store shelves next week. The tome is an idiot's guide to the "third wave" of coffee culture that is taking hold in Brooklyn. I pulled her away from the daily grind to learn more.

Nathan Tempey: Why is your book something Brooklynites need now?

Ruth Brown: New York was a little later to the third-wave coffee explosion than



BUILDING BUZZ: Our arts editor's new book breaks down the most obscure elements of high-end coffee so that even the most hopeless Keurig Cup user can understand.

Adams Media

some other cities, but now there is some really great coffee coming in and out of Brooklyn. Probably more than anywhere, here you have roasters from all over the world.

You can get coffee from the West Coast. Blue Bottle and

Stumptown have got roasteries here. Toby's Estate, which is from Australia [Ed. note: So is Ruth], set up a roastery here. You've got places like Budin in Greenpoint who are importing super-freshly roasted, amazing coffee from Scandinavia. I don't think anywhere else in the country would have the economics of that work.

If you want to appreciate that level of coffee and pay extra money for it, you should probably understand why you're paying the extra money for it. And that's where my book comes in.

NT: And is Brooklyn a hub of the citywide activity?

RB: There are some pretty good cafes and roasters running out of Manhattan —

NT: Sacrilege!

RB: That's a fair comment. A lot of the best coffee is definitely in Brooklyn. I think it would be really hard to roast in a lot of Manhattan, so I assume not many people are doing it.

NT: One of the things that I got out of the book is that the



CAFFEINE HIGH: Coffee nerd and Community News Group arts editor Ruth Brown. Photo by Stefano Giovannini

time from the roasting to the brewing is the most important in terms of freshness.

RB: It is important.

NT: Should people be concerned if they go into a coffee shop advertising a West Coast roast?

RB: There are some places that do make a big deal out of having coffee from the West Coast. I know there's a place called WTF in Fort Greene who are pretty nerdy — they get coffee in from Portland,

from Coava. They're a really good roaster and they take the shipping pretty seriously. Budin [in Greenpoint] as well, they get coffee in from Heart roasters in Portland, which is a really good Scandinavian-style roast. I'm sure they would be very finicky about it and ship very small quantities and use it pretty quickly.

I'm more cautious about it when it's grocery stores. That's where you tend to get

Continued on page 50

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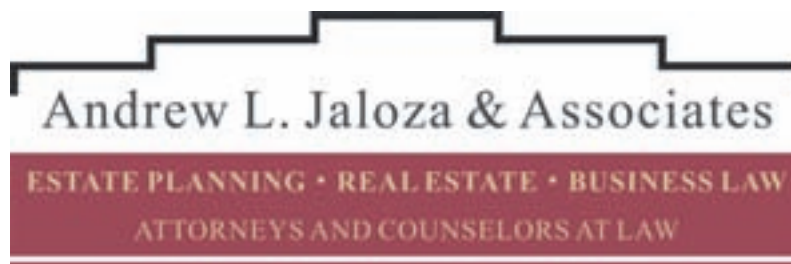
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Judge: Light was yellow

Throws out lawsuit in Vespa mom's crash death

BY COLIN MIXSON
AND NATHAN TEMPEY

A federal judge threw out a \$10-million lawsuit against the federal agent who struck and killed a woman in a July, 2010 crash, ruling that evidence shows the Vespa-riding mother of three was at fault.

The decision likely ends the legal battle waged by Michael Dalton over the death of his wife Aileen McKay-Dalton, the 40-year-old Scotland native and Fort Greene resident who died when Treasury Department agent Joel Murphy drove his Ford sport-utility vehicle into her scooter at DeKalb and Clinton avenues. Two witnesses said he ran a red light, and another said he was speeding, as *The Brooklyn Courier* previously reported, but of the three witnesses who testified at a civil trial, two said that Murphy entered the intersection when the light facing him would have been yellow, and federal Judge Nicholas Garaufis deemed a third not credible, concluding that McKay-Dalton started into the in-



GONE TOO SOON: Late Fort Greene resident Aileen McKay-Dalton.

tersection when her light was still red.

"The court finds that ... the DeKalb Avenue traffic light was red at the time McKay-Dalton entered the intersection," Garaufis wrote in his 47-page decision. "And the accident would not have occurred if McKay-Dalton had waited for the DeKalb Avenue traffic light to turn to green."

Among the reasons Garaufis articulated for tossing the

case were:

- A person standing on the Bedford-Stuyvesant side of the intersection looking into the sun on a summer evening would not have been able to see the color of the traffic lights facing Clinton Avenue, as one witness claimed to.

- Dalton gave away his late wife's iPhone, which she had on her at the time of the crash, in 2011, making it impossible to perform a forensics analysis that could have shown whether she was using it immediately before the crash, and provided other information about her position.

- The accident-reconstruction expert hired by Dalton backed up many of his claims with conjecture, and prepared a report outlining the crash before visiting the scene.

- The testifying witness who said Murphy ran the light was agitated about a financial-aid problem at the time, she "incredibly suggested that she had been able to see everything, everywhere, all at once," including Murphy, who



TRAGIC SIGHT: The aftermath of the crash that killed McKay-Dalton.

would have been behind her, and that she showed sympathy for the Dalton family in the courtroom, including telling a government lawyer representing Murphy, "You're not the good guy."

- The other two testifying witnesses' narratives corroborated Murphy's account.

- Murphy could not have been on his phone at the time of the crash, as phone records showed that a call he received just beforehand went unanswered.

Murphy told the court he had taken a break from a drug-related Internal Revenue Service surveillance operation nearby, and that he was on his way to a Barnes and

Noble to use a bathroom when the crash occurred, although he denied being in any kind of hurry, court documents show. He claimed that the light turned yellow as he entered the intersection, and the judge concluded based on witness accounts and light timing that there is no plausible scenario that it had turned red when the crash occurred. Murphy was working with the El Dorado Task Force, a 55-agency law enforcement consortium focused on money laundering, according to the U.S. Immigration and Customs Enforcement website.

In the days following the crash, witnesses, friends, and

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HIGH IN THE SKY: Ron Molaro flies his electric-powered plane at Floyd Bennett Field.

Photo by Elizabeth Graham

DRONES

Continued from page 16

regulate how aerial vehicles could operate, and Public Advocate Tish James proposed a law that would require operators of all unmanned aerial vehicles to carry insurance and register them with the Department of Transportation. The bills are all separate, but a spokeswoman for James said they will most likely be debated together by the Council.

Garodnick, who proposed the harshest law, said exemptions for hobbyists and others may be added into the law — but said that the most important thing is to prevent operators of these devices from spying on residents.

“Our draft bill to significantly restrict drone use is a jumping off point, and we will consider appropriate exemptions for hobbyists and others through the legislative process,” said Garodnick. “Many New Yorkers fear a day — perhaps not too far off — when drones are so commonplace that government or neighbors may easily peer into windows or look into backyards. We have an obligation as lawmakers to prevent this type of intrusive surveillance and to patrol our increasingly crowded skies.”

But Palumbo said those types of cinematic fears center around surveillance drones, not the radio-controlled planes that the majority of his club members fly. He acknowledges that radio-controlled aircraft can be dangerous and should never be used

in crowded areas — like TGI Friday’s did in its infamous “mobile mistletoe” publicity stunt that backfired when it wounded our photographer — but he said the individuals in his club have always followed safety guidelines.

“In a restaurant, you’re unprotected. You’re not wearing hard hats and safety equipment — you’re there for a meal,” said Palumbo. “We don’t fly over unprotected people, over unprotected vehicles, homes.”

Molaro said that Vallone’s bill — which is co-sponsored by Councilman Alan Maisel (D-Marine Park) — would be better than an outright ban or onerous registration requirements. It would merely prohibit using remote-control aircraft for surveillance, and restrict where they can be flown, but it would still push hobbyists out of Floyd Bennett Field, which is within the five-mile no-drone zone the bill would create around Kennedy airport.

“Vallone’s would definitely be the lesser of the evils,” said Molaro. “If they’re having a problem with the drones then stick to the drones — don’t look to ground us.”

Molaro, who has been flying remote-controlled aircraft for 30 years, said he and his fellow club members have spent tens of thousands of dollars on their aerial vehicles and he wishes these elected officials had at least consulted with hobbyists before writing their bills.

“If this bill goes through, there is so much money invested — I fly high-end jets, I have a jet that’s \$20,000. What am I supposed to do?” he said.

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B'walk boors Steve and Alec 'greedy liars'

To the editor,

Deceivers, liars, and greedy. Who does this describe? Yes, you are right, politicians! They promise, but when "industry" contributes to their coffers they serve their wallets instead of their constituents. Logic, tradition, honesty, and humanity all take a back seat to our elected officials. Why is it so difficult for intelligence to win? Use sustainable trees for a Boardwalk that is made with wood boards.

Coney Island is a national treasure known throughout the nation for its beach, amusement parks, characters — and Boardwalk. At the very least have a nine-foot middle corridor fitted with boards running the long way, and recreate the past glory of the famous footpath with a four-person carriage pushed by humans (more jobs) for the great pleasure of tourists and locals. This would rejuvenate the economy. Our Boardwalk in Rockaway is having the same difficulties, but we are not as famous as Coney Island.

Andre Cadet
Belle Harbor, N.Y.

To the editor,

Shame on Assemblymen Brook Krasny and Cymbrowitz for playing a sleazy game of politics and putting the Coney Island Boardwalk on the chopping block, even as they hypocritically promised to save it from destruction.

By choosing to fund the Parks Department's short-sighted plan to literally tear apart a piece of history, they sold out the community they were supposed to represent and put politics ahead of principle. Future generations (and voters!) will know they stood by and did nothing to save an important historical icon.

Christianna Nelson
Park Slope

To the editor,

Just as we feared, our elected Assemblymen Steve Cymbrowitz and Alec Brook-Krasny sold their beachside constituents, not to mention others, down the Atlantic with their funding to "repair" the Boardwalk. I am especially outraged at Cym-

SOUND OFF TO THE EDITOR

LETTERS AND COMMENTS FROM OUR READERS

browitz who makes every effort to pass himself off as a "good guy." One minute he's fighting to preserve the wooden Boardwalk, the next he's vocal about protecting New York's mute swans which have been sentenced to be slaughtered by the Environmental Protection Agency. A turncoat with straight-jacket sleeves would be the perfect attire for this meshugannah politician. **Suzanne Friedman**
Coney Island

To the editor,

Assemblyman Steven Cymbrowitz should be embarrassed to make a U-turn at this stage of the game. His obvious piggybacking on the good deeds of Councilmen Mark Treyger (D-Coney Island) and Chaim Deutsch (D-Sheepshead Bay) in their efforts to truly represent their constituents is a lame effort to make us think that he cares about our community. His claim that his reversal is due to now realizing how the project was changed from its original plan is either false, or points to ignorance or indifference on his part. The community's fight against this project has been well documented for a long time. Let us turn our attention to a real representative, Councilman Treyger, and his idea to landmark the iconic Boardwalk!

Rose Cherry
Sheepshead Bay

To the editor,

The double-dealing, outright lying, and manipulation of the many concerned citizens fighting to maintain a Boardwalk of wood is just despicable! Assemblyman Steven Cymbrowitz (D-Sheepshead Bay) at the zero hour pretended to be pro-wood while sabotaging that possibility by green-lighting the funding to begin the destruction of the boards and their replacement with concrete. His protestations to the contrary very late in the game were just for show, and he never had any intention of opposing the use of concrete. His prevarication is despicable. And Assemblyman Alec Brook-Krasny (D-Brighton Beach) is no better, having feigned little knowledge about a project he allocated millions of dollars for, and being totally unresponsive to anyone who questioned him as to his positions on the issue. The Parks Department pushed off for months all legitimate attempts by opponents of the concrete to have their righteous concerns addressed,

until the city's foregone-conclusion plans were already in the process of being implemented. They would not give any credence or respect to opponents' legitimate positions that wood other than rainforest wood could be used, is available, and would be economically feasible, nor would they address the genuine fear of how the concrete would hold up versus wood should another superstorm like Sandy occur. They threw a bone to the advocates of wood by agreeing to a meeting with only one day's notice at the very last minute, when it was already too late to change their tactics or operations. How any of these people can look themselves in the mirror or sleep at night is beyond me. **Name withheld upon request**

To the editor,

I am a lifetime resident of the Brighton Beach community, and as such, along with my fellow residents of the area, have always enjoyed and appreciated the Boardwalk, which for us has become a virtual iconic landmark.

In common with the vast majority of my fellow residents, I am greatly dismayed by the city's plans to modify the surface and replace the boards with a concrete and plastic material. We have expressed our concerns over this plan on numerous occasions, and thus our feelings about this matter are well known.

Councilmen Chaim Deutsch and Mark Treyger have offered our communities much support to our concerns. What is puzzling to me at this point is the position of Assemblymen Steven Cymbrowitz and Alec Brook-Krasny. Cymbrowitz, as a result of numerous communications addressed to his office, is now taking a position of opposing the Parks Department project, after providing funding for work which in my opinion is being misused, whereas Brook-Krasny has not responded to any form of communication regarding this matter from any constituent.

William Zucker
Brighton Beach

To the editor,

The city should be embarrassed for having taken the easy way out in replacing the wood of the Coney Island Boardwalk which has stood for 92 years, with plastic and cement.

In a city that completed the Empire State Building in less than 18

months, constructed the Verrazano Bridge with sweat and blood, saw Central Park raise from farm and swamp land, it is a disgrace that due to poor maintenance and planning we have come to this.

As my wife said: Imagine the Parks Department taking concrete to Central Park because it would be easier to maintain and would last longer than grass. **Mike Cherry**
Coney Island

To the editor,

I just finished the Senate Select Committee on Intelligence report on Torture. It documents how the C.I.A. lied and lied and lied to everyone, including our elected officials, about what it was up to. Lies don't only occur in high places.

Assemblymen Steven Cymbrowitz and Brook-Krasny promised to support the retention of the Boardwalk. It turns out that they lied and double-crossed our humble little community. I am growing sick and tired of all these official lies.

We can't do much about C.I.A. deceit, but we can sure as heck do something about Cymbrowitz and Brook-Krasny on election day!

Norman G. Finkelstein
Brooklyn

To the editor,

Assemblymen Steven Cymbrowitz (D-Sheepshead Bay) and Alec Brook-Krasny (D-Coney Island) have procrastinated and sent mixed signals to a public that needs to be assured of their support for a wooden Boardwalk. Brook-Krasny has not responded to calls or emails, and sent someone to support rather than oppose the plan at the design commission hearings. Cymbrowitz never offered a position until recently to rescind funding for the project, but it may be very late in the game.

We are very pleased with the support our concerns have had from Councilmen Chaim Deutsch and Mark Treyger. The answer to the continual threat to the integrity of the Boardwalk is to join Councilman Treyger in recognizing for all time that it is a landmark, and as such should be preserved by the New York City Landmark Commission for this and future generations.

Stuart K. Pertz
The writer is an adjunct assistant professor at Pratt Institute's Grad Center for Planning.

LET US HEAR FROM YOU

Submit letters to: Vince DiMiceli, Editor, Community Newspaper Group, 1 MetroTech Center North, Brooklyn, NY 11201, or e-mail to editorial@cnglocal.com. Please include your address and telephone number so we can confirm you sent the letter. We reserve the right to edit all correspondence, which becomes the property of Courier Life Publications.

Stan has some more numbers for you

And here we go again with more of America, by the numbers.

Eighty percent of all students starting out at a community college say they intend to eventually get a four-year bachelor's degree. Only 10 percent achieve that goal. Why? Many years ago I was invited to lecture at some early morning classes at Kingsborough Community College. Instead of being in their seats at the 9 am start, half the class would wander in whenever they felt like, some with earphones on, others carrying their breakfast. They had no intentions of getting an education. They were there because a) daddy promised them a car or, b) it was either that or get a job.

An article in the Wall Street Journal tells us the results of a new study funded by the Bill and Melinda Gates Foundation. Thirty percent of the world's population, about 2.1 billion people, is obese. The United States is home for about 87 million obese people, more than any other country. We do know why, don't we? Seven years ago there were one thousand farms in the U.S. that grew kale. That number has almost tripled. Is kale really that healthy? Do you eat it?

President Obama has spent \$120,000 on a dog trainer and uses our taxpayer dollars to bankroll his whims — like flying in barbers from Chicago aboard Air Force One and flying in chefs from St. Louis for kid's pizza night. These numbers don't include how many of our dollars are spent on Michelle and her oversized staff.

The new report from the Pew Research Center tells us that 40 percent of all newlyweds are at the altar for the second time. Widows and widowers who were happy the first time around generally try it again. Also, from Sociology Professor Andrew Cherlin of Johns Hopkins University, "... the share of the population that's divorced has risen greatly," hence more singles out there generally lead to more marriages. At this very moment you are singing the Sinatra hit to yourself: "Love Is Lovelier the Second Time Around"

In the past six years the number of babies born to teenagers was decreased by 38.4 percent. Why are less teens getting pregnant? Perhaps more young ladies are learning



IT'S ONLY MY OPINION

Stanley P. Gershbein

about various methods of birth control. We do know about the significant increase in the use of IUDs, which in 2002 was only 0.3 percent, and is now used by almost five percent of active young ladies. There is also a popular television show, "16 and Pregnant" which realistically deglamorizes young motherhood. Add those to the fears of sexually transmitted diseases and let us all applaud the results.

Pew Research analyzed the exit polls of the recent elections and found that 62 percent of the Latinos voted for Democrats. That's down from 68 percent two years ago. Thirty-six percent voted for Republicans. That's up from 30 percent in 2012. All were asked to name the most important issue facing the nation. Forty-nine percent of the Latinos said the economy, 24 percent said healthcare, and only 16 percent pointed to immigration reform. We could analyze these numbers in the light of the recent executive orders and discuss this for months.

How long do you want to live? Dr. Ezekiel Emanuel wants to die at age 75 because after that those who are older are no longer productive members of society and become a burden as they gobble up collective health resources. Dr. Emanuel is one of the primary architects of Obamacare and a chief medical advisor to the Obama administration.

I am StanGershbein@Bellsouth.net, thinking that Sarah Palin's thoughts about death panels are right here in the current White House.

Paris terror attacks assault us all

The radical-Muslim terror attacks on a parody publication and a kosher supermarket in Paris killed 17 people,



A BRITISHER'S VIEW

Shavana Abruzzo

but they also assaulted every journalist and media outlet in the free world, and violated every household, school, civic group, government, business owner, activist, worshipper, and individual valuing life and liberty.

The slaughtered satirists were free-speech fighters in a bog of knee-jerk apologists, whose customary sprint to defend "the religion of peace" before its dead victims are even cold is simply preposterous. Their supreme sacrifice should move every last one of us to react against radical Islam's moral abyss, a depraved cavern that Charlie Hebdo's courageous cartoonists knew all too well.

"I'd rather die standing than live on my knees," said editor Stephane Charbonnier

— an equal-opportunity satirist who routinely took on Christians and Jews, too — after terrorists firebombed the newspaper in 2012 for its Mohammed caricatures.

Charbonnier and the other victims can rest in peace knowing their murders have ignited an urgent global conversation about the detachment of moderate Muslims during a cliff-hanging time for humankind.

Free speech is the squire of all our freedoms, and Muslim Americans hailing from Islamo-tyrannies benefit from it more than most with impunity, screaming bias to criticize U.S. policies and browbeat municipalities into folding their critical terror-fighting surveillance programs. A stark con-

trast indeed to Christian Italians who blink away when federal agents spy on them during Mafia investigations,

and Jews who absorb their eternal persecution with aplomb.

Unchecked immigration and open borders have birthed an alarming Eurocaliphate across the pond, complete with autonomous Muslim ghettos run by theocratic fascists catered to by docile host governments. It is headed this way, unless we close our borders, abandon our appeasement policies, stop detainee transfers from Gitmo, defund and isolate Muslim nations, and realize "the religion of peace" is only sacred to the believers who are not stopping the "handful" of terrorists from killing innocent people and wrecking the world.

Follow me on Twitter @BritShavana

Jo on mayors bans and unbans

Ban, ban, everywhere a ban!

The Department of Education and Mayor DeBlasio have officially lifted the cellphone ban in schools. Yippee. It isn't like any parent adhered to it anyway — I certainly didn't — but it's nice to know it's legit now. The mayor, who adheres to all rules and regulations, flouted the restrictions of his predecessor and admitted that Dante brought his phone to school, claiming it was important for parents to be able to get in touch with their children.

"I think it is, for parents, very, very important to know how to reach their kids," DeBlasio said.

In an article in New York Magazine he added, "It's something Chirlane and I felt ourselves when Chiara took the subway to high school in another borough each day."

Great news for parents, but how will this affect those cellphone guardian businesses that sprang up around schools? Those savvy entrepreneurs who safe-guarded the phones for a \$1 day from each kid for as long as school was in session?

At the same time Mayor DeBlasio de-banned the cell-



NOT FOR NUTHIN'

Joanna DelBuono

phone he banned Styrofoam packaging in restaurants.

According to a press release, with one swift slash of the pen he banned the use of expanded polystyrene including foam cups, plates, trays or clamshell containers, and the ubiquitous polystyrene pellets also known as packing peanuts in the City of New York.

The release advised that after countless discussions with all manner of experts it was determined that there was no way to recycle those pesky pellets. Sanitation only had implements in place for cans and bottles.

As a result, beginning July

1, you will no longer be able to grab a BLT at your local diner "to go" in a Styrofoam box. Nope. Retailers, markets, and vendors who use these products will be up a plastic river without a plastic paddle.

They can join the cellphone guardians.

The mayor's press release added "After consultation with corporations, including Dart Container Corporation, non-profits, vendors and other stakeholders, the Department of Sanitation, has determined that expanded polystyrene foam cannot be recycled, which led to the ban. Sanitation also determined that there currently is no market for post-consumer EPS collected in a curbside metal, glass, and plastic recycling program."

They should start one here. Just think of the employment opportunities it would present.

Not for Nuthin™, but they could use the old cellphone cubbies to collect pellets. That way, New York remains green, the mayor scores one for the environment, and there's a reduction in unemployment. Priceless.

Follow me on Twitter @JDelBuono.

Carmine shares fond memories of Kate



BIG SCREECHER

Carmine Santa Maria

I'm madder than an out-of-work television repairman with a gross of vacuum tubes in his basement over the fact that everywhere I turn I'm being told by somebody else to get rid of my beloved Zenith with Space Command Tuning in the living room and replace it with one of these newfangled smart televisions that supposedly do everything but show me "The 4:30 Movie" I've been craving since my last "Monster Week" back in 1981.

Look, you all know the ol'Screecher has been enjoying the benefits of my wall-mounted reel-to-reel stereophonic sound system that sits above my 27-inch cabinet and Betamax since the mid-1960s, and I have no plans on upgrading anytime soon, lest my investment not continue to drop to less than micro-pennies a day if you consider how much I paid for the whole set years ago.

But that doesn't stop everyone who stops by my castle in the beautiful twin towers of Harway Terrace from demanding I get something that takes up less space and will allow me to watch my favorite shows without squinting.

thing at once. Add-ons like the Betamax and the rooftop antenna I get from Antenna King on 65th Street came later! And as for these newfangled "digital" transmissions, well, let's just say that there's nothing Radio Shack can't convert! And you forgot about the Odyssey 2 I got in 1978 — one of the greatest video games of all time! — that will never be replaced by any X-Play-Wii-Wii-Pad!

But you know something? Sitting in front of the television listening to music and playing "KC Munchkin" is one of my favorite pastimes, and it certainly makes me hungry and healthy — hunger pangs being the things that let me know I'm alive.

That's why it's always good to keep my trusty steed *Tornado* close by, his carriage being the place I store extra jelly donuts!

Speaking of donuts, I was asked by Michael, the new friend I met at a recent pizza party, where or how do I get material for my columns?

Well, much of it is reclaimed from past experiences which have already been written in previous columns. And since I've been writing near four

score and seven years, I've written a lot and met a lot of famous people. For instance, I opened the Daily News to see Gov. Cuomo embracing his mother outside last Tuesday's funeral for his father, former governor Mario Cuomo, which instantly brought me back to happier times when she visited PS 95 and attended our dinner dance.

I was introduced to her by principle Jimmy Filatro (a star in his own right and a fantastic dancer) who told her I was a former Arthur Murray teacher. After waltzing with Matilda, who remarked that she was delighted with meeting so many parents and educators at this lovely party, she said, "I even danced with an Arthur Murray instructor!"

Then there was the time I met Hillary Clinton when she was on stage with me at Seth Low IS 96's auditorium singing the National Anthem at an assembly program around 1994. No need to tell you again I was a great ballroom dancer and teacher, but unlike Fred Astaire or Gene Kelly, my singing ability left much to be desired. However! No one can yell

"YEAHHH!" louder than me. I controlled my singing by belting out the lyrics when need be and mumbling the lyrics and notes, so that Hillary only heard my strong mellifluous voice hitting the good notes. Hillary came over to me and said "Mr. Santa Maria, you have a beautiful voice" on stage and again in the principal's office.

Lastly, there's Katherine Hepburn, who I ran into while doing my assigned rounds at Trinity Place when I was a postal carrier. She was walking to the corner when I blocked her and asked her if I could direct her. She answered "No thanks," but I walked alongside of her to see if I could be of any help. Again she grunted "No, thanks!" Seeing that it was fruitless to disengage me, she looked at me up and down asked, "Are you warm enough in those clothes?"

"I'm fine," I quickly responded.

Then she said these 10 words that I will never forget: "It must be all that fat that keeps you warm!"

It was that day that I vowed to never lose another pound!

Screecher at you next week!



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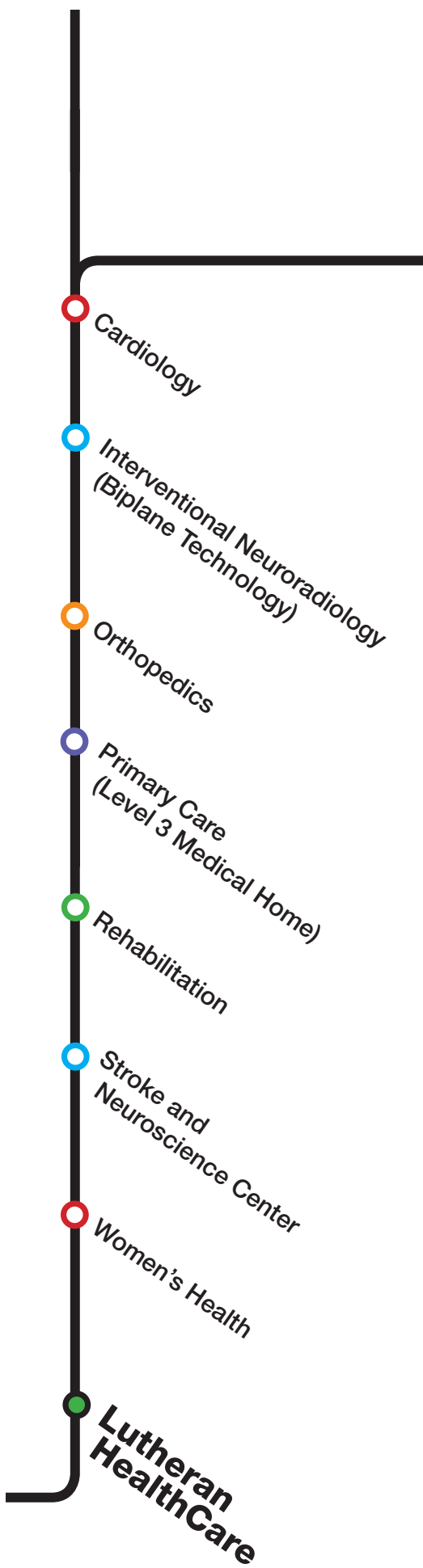
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LIVING HEALTHY

IN THE NEW YEAR

MAKE YOUR WORKOUTS ECO-FRIENDLY

Adopting a more eco-friendly lifestyle can be good for the planet and its inhabitants. A healthy planet makes for healthier humans, and many men and women who are cognizant of that fact have taken steps to reduce their carbon footprints.

One area where even the most ardent environmentalist may be able to find room to be more eco-friendly is his workout routine. Daily exercise regimens provide great opportunities to be eco-friendly, and the following are just a handful of ways for active men and women to make their workouts more beneficial for the environment:

Embrace the great outdoors. That treadmill in the basement or your local gym might be your best friend when the weather outside is frightful, but once the mercury has risen, why not run your laps or do your hiking in the great outdoors? Running or hiking on local trails will decrease your energy consumption and, so long as you exercise when the sun is out, increase your body's vitamin D intake. That's a considerable benefit, as vitamin D can help to maintain strong bones and fortify your immune system. Vitamin D can also help men and women reduce their risk for various ailments, including rheumatoid arthritis and cancer.

Buy a reusable water bottle. Perhaps the easiest of all eco-friendly adjustments to your workout routine — using a reusable water bottle instead of a plastic water bottle you discard

Continued on page 46

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THE MANY BENEFITS OF WEIGHTLIFTING FOR WOMEN

Many women steer clear of the free-weight areas inside their gyms, opting instead for treadmills and other cardio machines. Some women may not know how to use weights correctly, while others simply don't want to add any bulk to their frames.

But research shows that women who adhere to moderate strength-training programs two to three times per week can benefit in a variety of ways.

Burn more calories:

Many people exercise to burn calories and shed fat, and weight training is an efficient way for women to do just that. Resistance training is a great way to burn calories, as after a heavy weight-training session, the body continues to use oxygen, which increases a person's basal metabolic rate. In addition, as you increase lean muscle mass, your body burns even more calories as its muscles contract and it works to repair and build new muscle.

Reverse metabolic decline:

Lifting weights can help reverse the natural slowing down of metabolism that begins in middle age. Keeping your body working out and your metabolism elevated for as long as possible can help keep you in top shape.

Build stronger bones:

Lifting weights does more than just build muscle. Weightlifting also builds bone density. After menopause, women may lose up to 20 percent of their bone mass, and the United States Surgeon General estimates that, by 2020, half of all Americans could have weak bones due to bone loss. Women can look to weightlifting to help increase bone density and reduce their risk of fracture and osteoporosis.

HOW TO IMPROVE FLEXIBILITY

Many men and women become less flexible as they get older. That loss of flexibility can make performing everyday tasks more difficult while also increasing the risk of injury when working out. Fortunately, there are many steps people can take to improve their flexibility.

Embrace dynamic stretching before a workout

Static stretching was

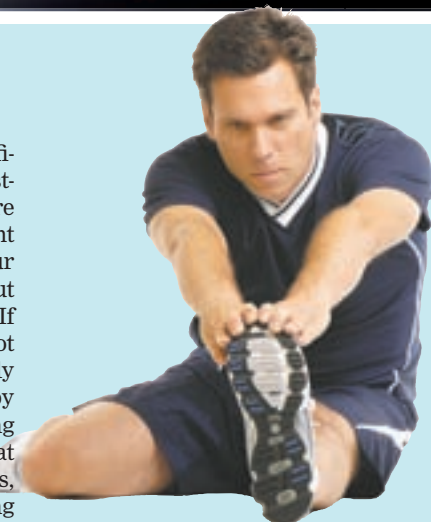
once the rage, but research has indicated that static stretching is not as beneficial as people once thought. Static stretching is a blanket term used to describe several techniques that stretch muscles while a body is at rest. When a person is performing a static stretch, he or she gradually lengthens the muscle until it reaches an elongated position, which is then held for 30 seconds or more. But recent research has indicated that static

stretching is not as effective before a workout as dynamic stretching, which are stretching exercises done while a body is moving. Push-ups, squats, and lunges are just a few examples of dynamic stretching techniques, and these exercises can warm up your body and prepare it for the workout to come.

Reconfigure your workout

When you want to im-

prove flexibility, it's beneficial to examine your existing workout routine. Are you lifting as much weight as possible during your strength training workout but don't really know why? If building muscle mass is not your goal, you can probably improve your flexibility by lifting less weight. Lifting less weight can be a great way to tone your muscles, and you won't be sacrificing the benefits associated with strength training.



PROSTATE CANCER RELAPSE LINKED TO CHOLESTEROL



Men who have previously been diagnosed with prostate cancer should know that high cholesterol can increase their risk of recurrence.

High cholesterol poses a significant threat to human health, and now there is another reason for men to get their cholesterol levels in check, as high cholesterol has now been linked to increasing a man's risk for prostate cancer recurrence.

A recent study funded by the National Institutes of Health linked triglycerides and cholesterol to the recurrence of prostate cancer. Among men who underwent surgery for prostate cancer, those with high cholesterol and triglyceride levels in their blood were more likely to develop prostate cancer again, says the research.

The study also found that relatively simple changes can greatly reduce one's prostate cancer recurrence risk. Findings suggest that normalization, or even partial normalization, of serum lipid levels among those with an abnormal cholesterol profile can reduce the risk of prostate

cancer recurrence. Men with triglyceride levels of 150 mg/DL or higher were 35 percent more likely to have a prostate cancer recurrence. Similarly, those with total cholesterol levels above 200 mg/DL were linked to a 9 percent higher recurrence instance for every 10 mg/DL increase.

Men can take various steps to lower their cholesterol, which can be a multi-pronged process, and can work in concert with their physicians to develop an effective plan. The following are some effective ways to lower one's cholesterol:

Make dietary changes

Many different changes to your diet can impact cholesterol levels. Choosing healthier fats is a start. Instead of eating an abundance of saturated fats, such as those found in red meat and dairy products, select foods with monounsaturated fats found in olives and peanuts. Eat-

ing whole grains and opting for fruits and vegetables over meats and refined carbohydrates also can lower your cholesterol.

Exercise

Moderate daily physical activity can help raise high-density lipoprotein, or HDL, which is often referred to as "good cholesterol." Such activity also may help lower bad cholesterol levels.

Lose weight

The Mayo Clinic advises that losing as little as five to 10 percent of your body weight can help you significantly reduce your cholesterol levels.

Consider niacin

Some studies say niacin (vitamin B3) may be more effective at lowering bad cholesterol than medication. Niacin can be found in liver, meat, peanuts and other nuts, and whole grains.

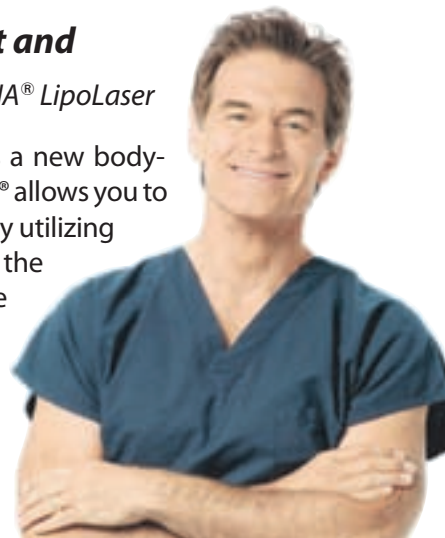
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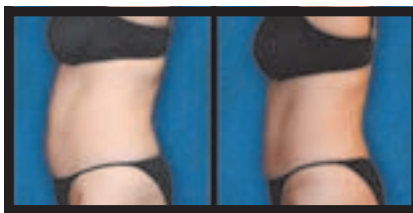
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Brooklyn doctor pioneers breakthrough in treatment of aneurysms

BY JACK RYAN

With the minimally invasive treatment for aneurysms now offered by the Vascular Institute in Borough Park, patients can now plan to go home the same day of an operation that once kept patients in the hospital for days.

Under the direction of Dr. Enrico Ascher, the Institute, located across the street from Maimonides Medical Center, offers the very latest state-of-the-art treatment for a wide range of vascular conditions.

No need to travel to Manhattan or Long Island when the very best care is available right here. Dr. Ascher and his team are internationally recognized for developing groundbreaking treatments for patients with vascular disease. In some cases the endovascular techniques developed by this team have eliminated the need for surgery.

There was a time not long ago when patients seeking treatment for an aneurysm could expect to leave the hos-



Doctor Enrico Ascher

pital with an ugly scar running from the collar bone to the groin.

It doesn't have to be that way, says Dr. Ascher. The surgery that he has pioneered is done with the guidance of ultrasound on an ambulatory basis.

"This procedure is minimally invasive. The blockage can be removed with just a small incision in the groin," he said. "The beauty of it is

that we have simplified this approach. Instead of spending four or five days in the ICU, patients can expect to be home for dinner."

This new procedure reduces costs and, more importantly, it reduces the risk of complications. In the not-distant future he expects to be able to perform the surgery, which is done with the patient under local anesthesia, in his Brooklyn facility. To

date more than 1,000 patients have taken advantage of the life-saving aneurysm surgery offered by the institute.

Aneurysms occur when part of a blood vessel or cardiac chamber swell because the blood vessel is damaged or there is a weakness in the wall of the blood vessel. As the aneurysm grows there is a risk of rupture, which can lead to severe hemorrhage and other complications, including sudden death.

Dr. Ascher is currently the chief of vascular surgery at Lutheran Medical Center. Prior to this he was the chairman of the Vascular Division and director of the Vascular Fellowship Program at Maimonides Medical Center. In addition he is the founder of the Pan American Congress on Vascular and Endovascular Surgery, which provides a forum for surgeons from South America, Central America and North America.

The doctor has written

more than 250 articles published in medical journals. Put simply, it would be difficult, if not impossible, to find a more respected leader in the field of vascular medicine.

In addition to the treatment of aneurysms, the Institute provides the most progressive and advanced care available for the treatment of wide range of vascular conditions including stroke prevention and clearing blocked arteries. The Institute is also involved in wound treatment, saving limbs, and removing varicose veins.

Asked why he chose Brooklyn to set up his practice, Dr. Ascher said simply, "I am very happy the very best in vascular medicine right here in Brooklyn."

The Vascular Institute of New York [960 50th St. between Ninth Avenue and Fort Hamilton Parkway in Borough Park, (718) 438-3800, vascularnyc.com] Call or go the website to make an appointment.

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CAN BEER BOOST BRAIN POWER?

Suds may help drinkers stay sharp in old age

There is newfound reason to indulge in a pint or two of your favorite beer — and it's not just to catch up and share a few laughs with friends. New research has shown that a chemical compound in beer may be able to improve cognitive function. The beverage once thought to obliterate brain cells when consumed in abundance may actually have the opposite effect and boost brain power.

No one should run out an start imbibing just yet, however. The study that ran in Behavioral Brain Research in October 2014 was pre-

New research shows chemical compounds in beer may be able to improve cognitive function.

liminary and only conducted on lab mice. During the study, scientists discovered that xanthohumol, a type of flavonoid found in beer, seemed to improve brain function in the young mice given xanthohumol doses. The cognitive flexibility of the mice was tested with a specially designed maze, and younger mice showed signs of intellectual improvement. Older mice showed no improvements. Researchers believe xanthohumol and other flavonoids, such as those found in red wine, blueberries, and dark chocolate, may play a role in helping a person form memories.

The mice were given very high doses of the flavonoid. A person would have to drink roughly 2,000 liters of beer a day to equal what the mice consumed to show improvement. However, should a supplement hit the market down the road, it may just be possible for men and women to consume a potentially beneficial amount of xanthohumol without belying up at the bar.

One of the goals of the xanthohumol study was to examine its potential efficacy at treating age-related deficits in memory. Xanthohumol also may benefit those with metabolic syndrome, a condition associated with obesity and high blood pressure, as it can speed metabolism and reduce fatty



Beer hops has an ingredient that seems to improve brain function in lab mice. It may one day help with age-related cognitive decline.

acids in the liver.

Flavonoids are plant compounds that often provide plants with their color. Scientists have attributed many health benefits to flavonoids in foods and plants and have even suggested flavonoids can help in the fight against cancer and heart disease. Xanthohumol is rare and is most often found in the hops

commonly used to make beer.

While doctors and researchers do not suggest running out and consuming a few six packs right now in the goal of improving brain function and cramming for that next test, xanthohumol may one day be harvested from beer hops to slow down age-related memory deficits.



Butternut squash — which makes for an excellent soup — is packed with carotenoids, which are stellar antioxidants.

Superfoods in winter for optimal health

Illnesses seem to peak during the winter months. A tapped-out immune system as well as dry, cold air may encourage the spread of common viruses and bacterial infections more easily. As a result, it's important to take every step possible to ward off sickness when the temperatures drop. Dietary changes can make a world of difference.

Avocado: Avocado has high levels of essential fatty acids and vitamin B6, which is important in the biosynthesis of important neurotransmitters. Foods high in B vitamins may be able to counteract some of the symptoms of winter-related depression.

Pomegranate: This quirky fruit has vitamins C and K, folate and potassium, and is a good source of fiber. It has anti-inflammatory properties, which can help in reducing joint pain and preventing strokes. Pomegranate may also help the body fight viruses.

Cinnamon: Cinnamon has high levels of antioxidants, and some studies point to it as a natural antibacterial agent. Cinnamon also can help regulate blood-glucose levels, which is beneficial for those with diabetes.

Prunes: Now widely referred to as “dried plums,” prunes are an important source of boron, which could prevent osteoporosis. High in antioxidants, prunes help the body fight a variety of illnesses.

Cabbage: Cabbage may be a key element in the fight against cancer. It has phytochemicals that can protect the body against cancer-causing free radicals. It's also a good source of dietary fiber, which can stimulate a sluggish digestive system.

Butternut squash: This food is packed with carotenoids, which are stellar antioxidants. The starches in this squash also have been found to have anti-inflammatory properties.

Chestnuts: Unlike many nuts, chestnuts are relatively low in fat but have high levels of protein. They're also packed with vitamin C and B vitamins.

South Island Medical offering compassionate care

BY CAMILLE SPERRAZZA

South Island Medical Associates personifies its commitment to the Caribbean community with the addition of its new primary care physician, internist Dr. Donzella Dixon.

Dr. Dixon, born in Kingston, Jamaica, encourages community members to make an appointment to learn how to stay healthy.

"We want to find issues before they happen," she says. The understanding doctor has keen insight into problems that impact the Caribbean population.

"We understand each other; I am one of them," she says, and that often makes it easier to communicate.

This empathy, coupled with the latest technological advances at South Island Medical Associates, help make staying healthy a realistic goal for the new year. The facility offers several non-invasive tests that provide a glimpse into overall health. For example, an EKG test can offer information about heart rhythms, "a pre-cursor to disease," says the doctor. "This can be identified before a disease manifests."

Having blood pressure checked can pick up on conditions that may lead to hypertension. Should this be the case, lifestyle modification may be in order. This is important for the Caribbean community to aware of because, "Salt is a key ingredient in Caribbean cooking," says Dr. Dixon. "All the seasonings that are used have a high percentage of sodium," leading to the real possibility of hypertension.

But one does not have to give up flavor in food.

"Basil, thyme, onions, garlic, scallions are all natural spices that do not contain sodium," says the doctor, and making these changes in diet can eliminate a good portion of your salt intake. Processed foods are also rich in salt, so try to avoid these.

Dr. Dixon has extensive experience in the prevention and management of chronic medical conditions such as diabetes, hypertension and HIV. Blood tests can determine the risk of



(From top clockwise) The South Island Medical Associates office on Ralph Avenue in Canarsie. The practice also has an office on Avenue L in Canarsie. South Island Medical Associates personifies its commitment to the Caribbean community with the addition of its new primary care physician, internist Dr. Donzella Dixon, who was born in Kingston, Jamaica.

Photos by Elizabeth Graham

diabetes, and about exposure to HIV.

"For those who are engaged in ongoing high-risk relationships, we can offer medication that prevents HIV," she says. "Blood tests can also predict the risk of heart disease or stroke."

Exercise and reducing fat in your diet can make a big difference. If the risk exceeds a certain number, medication is available to treat it.

Everyone should come in for an annual physical, says the doctor, and when you do, bring a family member with you.

"I want to promote the health care of the entire

family so that everyone can work together to stay well and healthy," she says.

Mammograms are recommended for women age 40 and over. Women over age 21 should have Pap smears. Those over age 60 should come in for a bone density test.

If someone in the family is a smoker or suffers from asthma, a lung function test can offer insight into any long-term consequences, and the doctor can discuss corrective measures. If smoking is the situation, "It may be time to quit before you need a machine to breathe for you," says Dr. Dixon.

Ultrasounds can be done on the premises that will assess the risk of blood clots. If you're over 50, a colonoscopy should be performed once every 10 years.

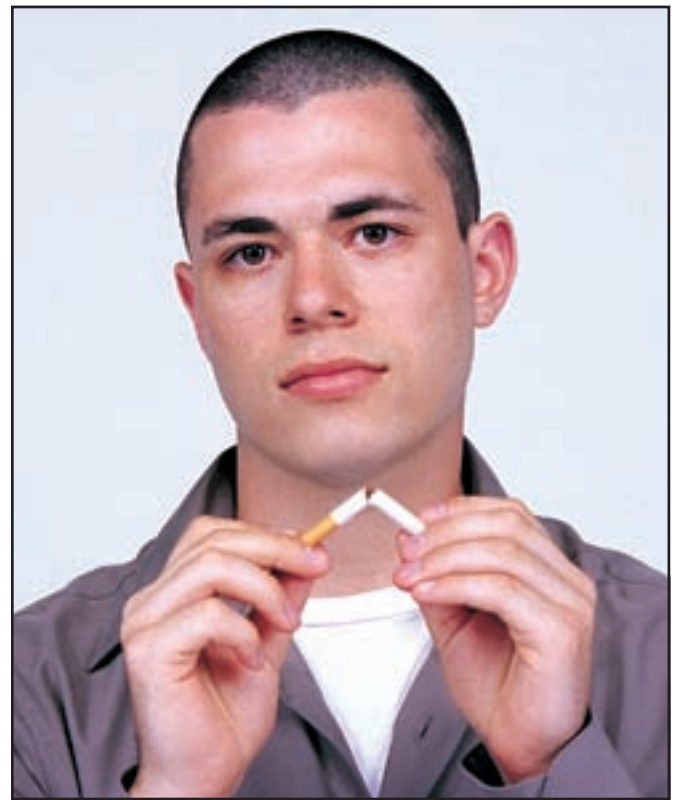
"We have a gastroenterologist on staff who can provide the procedure at a neighborhood ambulatory center," says the doctor.

In short, "South Island offers everything one needs for primary care," says Dr. Dixon, a member of the American College of Physicians and the American Association of HIV Medicine. She is affiliated with Mt. Sinai-Beth Israel Medical Center in Manhattan, and her background includes a

Master's in Public Health from Columbia University. She completed her residency in internal medicine at Downstate University Hospital.

South Island Medical Associates, PC [8918 Avenue L between E. 89th Street and Remsen Avenue in Canarsie, (718) 241-1234 and at 1610 Ralph Ave. in Canarsie, (718) 251-0530, www.mdsinha.com]. Open Mondays through Saturdays, 9 am-5 pm. Dr. Dixon works three days in each location: Mondays, Fridays, and Saturdays at the Avenue L location; Tuesdays, Wednesdays, and Thursdays at the Ralph Avenue location.

E-CIGARETTES AND QUITTING SMOKING



Looking to quit smoking in the new year? Some health experts believe the benefits of quitting traditional cigarettes outweigh the risks posed by e-cigarettes.

Quitting smoking and losing weight consistently top New Year's resolutions lists. In an effort to stop smoking, a growing number of smokers are turning to electronic cigarettes, or e-cigarettes, to help them quit once and for all. Although e-cigarettes are not currently regulated, the U.S. Food and Drug Administration is weighing regulations in a market that estimates suggest could be as big \$5 billion in 2015. But are these devices safe? Or even effective?

There is mixed information regarding the efficacy of e-cigarettes to help a person quit smoking. Some studies point to e-cigarettes as a good method of smoking cessation, while others say there's limited evidence to support those claims.

E-cigarettes typically contain liquid nicotine, which is inhaled as vapor. The vapor resembles smoke and can mimic the look and feel of smoking

traditional cigarettes. But e-cigarettes typically do not contain any of the additional chemicals, such as tar and other potentially toxic ingredients, found in traditional cigarettes. Nicotine cartridges for e-cigarettes also come in various concentrations and flavors, and smokers can even purchase nicotine-free replacement cartridges. Much like users of nicotine patches or chewers of nicotine gum, e-cigarette smokers can gradually lower their nicotine doses over time.

The American Lung Association currently has not approved any e-cigarette as a safe or effective method to help smokers quit. It cites a study that estimates there are nearly 500 different e-cigarette brands today with varying levels of nicotine and the possible presence of other chemicals. These e-cigarettes are unregulated. The ALA says there is a great deal more to

learn about these products before they can be recommended as a safe and effective way for smokers to wean themselves off of smoking.

E-cigarettes may contain additional chemicals besides nicotine. Studies have found detectable levels of chemicals used in antifreeze in two leading brands of e-cigarettes. Formaldehyde and benzene have been detected in some e-cigarette emissions. Other studies have found secondhand emissions from e-cigarettes can prove harmful to nonsmokers.

While some organizations do not endorse e-cigarettes, others state that they shouldn't be ruled out just yet. A 2014 study by British researchers and published in the journal *Addiction* found people were 60 percent more likely to succeed in quitting smoking using e-cigarettes compared to would-be quitters who tried a nicotine patch

or gum. Background information in the report suggests that, since the e-cigarette vapor only contains nicotine

and not tobacco smoke, e-cigarettes may help reduce cravings and withdrawal symptoms.



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Millie R. Fell, MD
Clinical Associate Professor
of Ophthalmology at NYU

The New Year is the time to take stock of your health. Start with your eyes. January is "Glaucoma Awareness Month". It's the perfect time to make an appointment with your eye doctor for your annual eye exam.

Glaucoma is a silent disease; there are no symptoms, no pain. The only pain a patient feels is the pain of irreversible loss of vision. Unfortunately by the time vision loss occurs, the damage is irreversible. A visit to your eye doctor is essential to detect if you have any risk factors and clinical signs of glaucoma.

Another eye disease that can be aided by early detection which is the leading cause of blindness

in the United States is Age-related Macular Degeneration. In the Age-related Degeneration Study, known as AREDS, it was shown that vitamins containing zinc, Vitamins A, C and E help to slow down the progression of macular degeneration. In the second phase of this study known as AREDS 2, fish oil (omega-3 fatty acids), lutein and zeaxanthin, have been added to the trial's vitamins. Dr. Fell is a specialist in the treatment of medical diseases of the retina. She treats patients with wet macular degeneration with multiple and different injections known to stop the progression of this disease.

Patients often ask what they can do to prevent eye disease. Eating healthy foods, exercising regularly, not indulging in cigarette smoking and visiting your doctors regularly is the best way to start. Early detection of any disease and prevention of disease is often the best way to stay healthy. Taking fish oils, specifically omega-3 fatty acids in a triglyceride form has been shown to reduce heart disease, atherosclerotic disease and cholesterol levels. They have also been shown to improve joint function, hair and skin. They have been shown to help decrease the incidence of dry eyes and improve blepharitis, a chronic condi-

tion in which there is constant eyelid crusting and inflammation. They are also thought to help slow the progression of macular degeneration.

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Dr. Fell is a Board-Certified Ophthalmologist, working in Brooklyn for over twenty-five years and committed to the total well-being of her patients. She is fellowship trained in medical diseases of the retina and is also an expert cataract surgeon.

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Back pain can have a debilitating impact on those suffering from it.

HOW TO EFFECTIVELY MANAGE BACK PAIN

Back pain can have a debilitating impact on those suffering from it. But even those who have endured back pain might be unaware of just how far-reaching and expensive it can be.

According to the National Institute of Neurological Disorders and Stroke, lower back pain is the foremost cause of job disability around the world. The study, in which researchers examined data from 117 studies conducted in 47 different countries, found that one in 10 people suffer from lower back pain, a discovery that no doubt startles many people, especially when considering the global scope of the study. A condition that affects 10 percent of the world may seem impossible to prevent, but there are steps those suffering from back pain can take to make their condition more manageable.

Contact your physician

A bruised back or mild stiffness may not require the help of a physician. Such issues will likely disappear shortly enough to make medical attention unnecessary. But EmblemHealth recommends that people suffering with back pain visit a doctor if they experience numbness or tingling in their back, legs or arms; suffer pain after a fall; and/or are feeling pain with additional symptoms, including fever, trouble passing urine, or unexplained weight loss. Such symptoms indicate that the back pain is more than just a temporary nuisance, and something that may need to be treated by a professional.

When a physician visit is necessary, the doctor will attempt to understand just what's causing the pain. Identifying the cause can help to develop an appropriate and effective course of treatment. The most common causes of back pain include bulging discs, pinched nerves, arthritis, muscle spasms or strains, and sciatica, a nerve condition that goes from

the lower back through the hips.

Exercise regularly

When speaking with a physician, those who suffer from back pain should discuss exercise as a treatment method. Regular exercises such as riding a bicycle or swimming can improve strength and flexibility in the back. More complex exercises, such as yoga, also have been recommended to sufferers of back pain. Yoga improves flexibility and builds strength while also promoting strong bones, which can reduce a person's risk of injury.

Injuries that limit movement can increase a person's risk of developing back pain, so an exercise routine that builds flexibility and strong bones can be an effective way to manage or even prevent back pain.

Sit up straight at work

Many people can trace their back pain to their offices, where uncomfortable chairs and poorly positioned desks don't provide the necessary support they need to reduce or prevent back pain. Chairs should provide adequate lower back support, and desks should be at a comfortable height that does not force the body to hunch or place itself in another awkward position just to get work done. When sitting, make sure you are sitting upright with your shoulders relaxed and your body against the back of your chair.

Don't rest too much

Long-time sufferers of back pain no doubt recall a time when physicians would prescribe rest to treat back pain. But too much sitting around has now been shown to worsen back pain. If you must rest, do so for only a day or two before gradually becoming more active. Swimming or walking can be great and less physically taxing ways to acclimate your body to physical activity after resting for a day or two due to back pain.

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STOPPING COLDS BEFORE THEY START

The stuffy nose, aches, and pains that often accompany the common cold can leave sufferers feeling miserable for a week or more. Cold season seems to kick into high gear when the temperatures drop, but this can be the year you don't come down with a case of the sniffles. The following cold prevention tips can increase your chances of making it to spring without losing any days or sleep to the common cold.

Keep kids clean. School-aged kids tend to carry home lots of germs, so when kids get home after a long day at school, make sure they wash their hands thoroughly and change into fresh outfits. Such precautionary measures can keep colds and other illnesses from running rampant through your house.

Go outdoors and get some fresh air. It's a myth that cold air will bring on a cold. In reality, being outside instead of congregating indoors with other sick people may decrease your risk of getting a cold. Don't be afraid to go outside when the temperatures drop for fear of getting sick. Fresh air and exercise can be good for you.

Drink plenty of fluids. Keeping your body hydrated will help flush toxins out of your body, strengthening your immune system and making it more capable of fending off colds.

Keep your distance. Did you know the cold virus can be shot up to three feet away when someone sneezes? The virus travels on the small droplets of saliva and mucus that get propelled from the nose and mouth of a sick individual. If you know someone is sick, stay as far away as possible and wash your hands frequently, paying special attention to your fingertips.

Wipe down surfaces. The cold virus can live on surfaces for up to 24 hours. That means a sick person can easily transfer a virus by touching a computer keyboard or remote control she shares with others. Use disinfecting wipes or warm, soapy water to clean off doorknobs, telephones, light switches, cabinet handles, and anything that is frequently touched around a home or business.

Let it out gently. Blowing your nose forcefully or pinching your nose to hold back sneezes can irritate nasal passageways and make them more vulnerable to infection.

Avoid touching your eyes, nose, and mouth. If you are well,



Several strategies can reduce your risk of succumbing to the cold virus.

keep your hands away from your mouth, nose, and eyes. Viruses are especially good at entering the body through the mucus membranes located in these areas of the body. A combination of frequent handwashing and avoiding touching your face can keep colds at bay.

Maintain your exercise routine. Regular exercise can boost the body's immune system and help it to fend off foreign invaders, including the cold virus. A recent study found that taking vitamin C in addition to daily exercise can reduce your risk of cold and cut the duration of the cold should you get one. Before taking any supplements, speak with your doctor to make sure they won't interact negatively with other medications.

actively with other medications.

Recognize that antibiotics are not the answer. Antibiotics are only effective at treating bacterial infections, not viruses, which means they are ineffective at fighting the cold virus.

If you do get sick, play it smart. Should you succumb to a cold in spite of your best efforts, steer clear of others so you are not spreading the virus. Rest and fuel your body with healthy foods and beverages. There's no need to visit a doctor for a cold unless you have a fever after several days of being sick. Colds normally last between seven and 10 days. If your symptoms do not improve or if they seem to be worsening, visit your doctor.



Vaccinations are not just for kids. Adults should discuss their immunization records with their physicians to determine which vaccinations they need to maintain optimal health.

Immunizations important for adults, too

New parents can easily become overwhelmed by the number of pediatrician visits their children need. By the time a child celebrates his 5th birthday, he has seemingly been administered dozens of immunizations. But even though people get the majority of their vaccinations while they are very young, that does not necessarily mean they can't still benefit from immunizations later in life.

The Centers for Disease Control and Prevention notes that humans never outgrow their need for vaccinations. Although certain vaccinations may no longer be necessary, others may be necessary into adulthood.

Certain vaccinations, which can safeguard individuals from long-term illness, hospitalization, and even death, are now recommended for all adults. The following are some of the immunizations you may need as you age:

Influenza

According to the Centers for Disease Control and Prevention, roughly 226,000 people are hospitalized in the United States due to influenza, while thousands more die from the flu and its complications. Flu vaccines protect against various strains of the flu virus, and the vaccine is recommended for just about everyone between the ages of six months and older, including middle-aged adults. People age 2 and older are now advised to get the nasal mist version of the vaccination. However, adults age 50 and older should not get the mist. Individuals who are severely immunocompromised, not feeling well, or those who have an allergy to eggs should speak to their doctors before getting a flu vaccination.

Pneumococcal disease

Pneumococcal disease is an ill-

Continued on page 46

Don't Let Pain in Your Shoulder, Knee or Back Affect Your Quality of Life!

Do you have knee pain from arthritis or a torn meniscus? Do you have shoulder pain from arthritis or a torn rotator cuff? Do you have back pain from arthritis, herniated discs or degenerative discs?

Here's good news. There is a revolutionary non-surgical treatment called prolotherapy that has been proven to be 80% successful with these types of chronic pain. When knee, shoulder or back pain does not respond to usual treatments, the most likely reason is because the real cause of pain is the weakened or torn ligaments and tendons. Ligaments and tendons are strong fibers that support and stabilize the shoulder, knee and back.

It is easy to find out if your knee or shoulder problem is due to weakened or torn ligaments or tendons. Press your knuckle on the inside



of your knee beginning just above the knee going to below the knee. If it hurts a lot, then most likely, the tendons and ligaments are torn. You can do the same procedure in the front and back of the shoulder. If it really hurts when you press your knuckle

on the knee and shoulder, then you are a good candidate for prolotherapy.

Prolotherapy is also used to treat chronic pain in the elbow, ankle and wrist (carpal tunnel). It is an excellent treatment for "whiplash" injuries and headaches

following car accidents. Prolotherapy has been used extensively for chronic back and neck pain.

Prolotherapy is a treatment that increases blood flow to the damaged tendons and ligaments and stimulates repair and healing. If done by a doctor well experienced in prolotherapy, it is a simple and safe treatment with a very high permanent success rate.

Dr. George Stuart Hackett, an orthopedic surgeon, started prolotherapy in 1939. Dr. Hackett, dubbed as the "Father of Prolotherapy", had treated about 1,600 patients in a period of 19 years. Eighty two percent of these patients obtained good permanent relief.

A scientific study done at the Samsun Medical Clinic and University of California at San Diego was published in the Journal of Spinal

Disorders in 1993. It showed prolotherapy to have an amazing 87% success rate.

Before you, your family and friends undergo surgery for chronic knee or shoulder pain, you should check out prolotherapy. To learn more about prolotherapy, go on www.yourprolo.com, [Facebook/Dr.Castillo's Pain Relief Center](#) or call **A.N.L. del Castillo, M.D. at 718-966-8120.**

Dr. Castillo is the most experienced board certified pain management specialist in Brooklyn and Staten Island with 33 years experience in this field.

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EXPLORING THE AMAZING HEALTH BENEFITS OF READING



Books might not be as flashy as the latest must-have gadget, but they can provide benefits that might surprise even the most avid readers.

It can be hard for some people to pick up a book when there are so many distractions at the ready. But while books might not be as flashy as the latest must-have gadget, they can provide benefits that might surprise even the most avid readers.

In addition to the intellectual benefits of reading, indulging in a good book can also boost physical health. According to Dr. Ken Pugh, president and director of research at Haskins Laboratories, which is devoted to the science of language, when a person is reading, "parts of the brain that have evolved for other functions connect in a specific neural circuit for reading, which is very challenging." Just like muscles in the body, the brain benefits when it is pushed beyond its normal abilities, and reading is a great way to push those limits.

But the benefits of reading

do not stop there. Reading can help reduce stress, benefitting the body in numerous ways. A 2009 University of Sussex study found that turning to a good book can be an effective relaxation strategy when

things become too stressful. Reading fiction can stimulate the imagination and distract a person from the stressors in everyday life. Choosing a humorous or uplifting story can boost mood and help people

relax, particularly when reading before bedtime.

Reading also can help men and women get a better night's rest. People who are accustomed to reading books before going to bed actually train their mind and body for relaxation. Picking up a book can send signals that it is time to settle down and get ready for sleep. Health experts often recommend developing a sleep routine to people who struggle to fall asleep at night, and reading for 30 minutes before bed each night can be an integral part of such routines.

Research has shown that reading and engaging the brain in other ways, such as through intellectual games and puzzles, can stave off dementia. These activities stimulate the cells in the brain to grow and connect, increasing the power of brain tissue. According to the Alzheimer's Association, keeping the mind

active through reading can strengthen connections between brain cells and build up brain cell reserves. Mental activity might even generate new brain cells. All of these factors can reduce the risk of Alzheimer's disease and dementia.

According to a paper from researchers at Carnegie Mellon University, reading can stimulate the brain to produce more white matter. White matter works together with gray matter and is responsible for sending sensory and motor stimuli to the central nervous system to stimulate a response. Healthy white matter keeps the central nervous system working effectively and may reduce risk of learning disabilities as well as impaired motor functions.

The educational benefits of reading are widely known. But reading also provides a host of other benefits.

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HELPING YOUNGSTERS LEARN HOW TO SWIM

What would summer be without days spent frolicking at the beach or afternoons spent splashing in the pool? Fun in the water makes hot days more enjoyable and bearable, and few summertime activities do not involve water play in one aspect or another.

Although time spent in the water can be refreshing and entertaining, water does present certain hazards, particularly for those who do not know how to swim. Learning to swim, especially at a young age, is advisable and a great way to remain safe around the water.

The World Health Organization says drowning is the third leading cause of unintentional injury death across the globe, accounting for seven percent of all injury-related deaths. Children, males, and individuals with increased access to water are most at risk of drowning. In general, children under 5 years of age have the highest drowning mor-

tality rates in the world, though adult males in Canada and New Zealand drown at higher rates than children.

According to the American Academy of Pediatrics, parents should consider swimming lessons for most children between the ages of 1 and 4. New research has revealed that swimming instruction for children between the ages of 1 and 4 may decrease drowning risk. However, parents should be advised that swimming lessons do not remove all risk. Children still need constant supervision when in and around water. Additionally, learning CPR can be a life-saving measure.

When enrolling children in swim lessons, parents should look for safety-certified instructors who have first aid and resuscitation training and certification. Many programs offered are sponsored by the American Red Cross or the YMCA. Private swim clubs may

have their own instructors.

Children between the ages of 1 and 3 typically do not have the motor coordination to swim effectively. These children can benefit from swim lessons that emphasize getting used to the water, safety, and learning some swimming readiness skills. Instruction may involve teaching children how to move their legs and arms and strengthen muscles used for swimming. Children between the ages of 4 and 5 may be more developmentally ready for swimming. Such youngsters may move from water-safety lessons to actual swimming with or without support. A study titled "Children's readiness for learning front crawl swimming" published in *The Australian Journal of Science and Medicine in Sport* showed that whether kids "started lessons at 2, 3 or 4 years of age," they learned to swim well at "approximately the same mean age of 5-and-a-half years."

Continued on page 46

Learning to swim, especially at a young age, is advisable and a great way to remain safe around the water.

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That is why doctors from all over the country are racing to acquire and get trained to operate the DRX9000™...an FDA approved device that is saving thousands of Americans suffering from chronic back pain from going under the knife.

Dr. Melinda Keller, who treats serious back pain without surgery explains how the DRX9000™ works...

"Over 10 years ago, NASA began to notice an unexpected result of space travel - Astronauts that left with back pain would come back without it. After investigated this now phenomenon here's what they found: During the anti-gravity state of the mission there were decompressive forces on the intervertebral discs and back pain was relieved. How? When you travel through space, the effects of gravity are removed and you are in a weightless state. All the pressure is taken off your spine and discs. Even better - and this is the key - a negative pressure is created. This negative pressure actually sucks the herniated material back into the disc and allows it to

heal. Thanks to the DRX9000™, disc herniation sufferers finally have a non-surgical solution."

The main conditions the DRX9000™ has documented success with are back pain, sciatica, herniated and/or bulging discs (single or multiple), degenerative disc disease, facet syndromes and a relapse or failure following back surgery.

Anyone wishing to learn more about this new FDA approved solution to back pain or to set up an appointment for a free consultation call Dr. Keller's office at **718-234-6207** or visit Brooklyn Spine Center, 5911 16th Ave., Brooklyn, New York 11204. **Brooklynspinecenter.com.**

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Exercising together is not just a great way for families to get healthy, but also a great opportunity to spend time together.

FUN WAYS TO BE A FIT FAMILY

Obesity is a global epidemic affecting people of all ages. According to The Centers for Disease Control and Prevention, more than one-third of Americans are considered obese, while Statistics Canada notes about 25 percent of Canadians are obese. Being overweight or obese has been linked to cardiovascular disease, diabetes, and some forms of cancer, and children who are overweight are likely to be overweight or obese adults.

While eating a diet that is low in fat and high in whole-grain fiber, vegetables, and lean proteins is important, exercise remains one of the key factors in maintaining a healthy weight. However, many adults and children simply do not get enough exercise during the day. An active lifestyle is often hampered by the prevalence of digital devices or sedentary jobs that encourage more screen time than fitness time. But there are ways for the entire family to get fit. Exercising together is not just a great way for families to get healthy, but also a great opportunity to spend time together. The following are a handful of ways families can work together to incorporate more exercise into their daily lives:

Tackle chores. Yes, tasks around the house can count as exercise. Working together not only gets you moving but also cuts down on the time it takes to tackle tasks around the house. Mowing the lawn, vacuuming the rugs, sweeping the floor — all of these activities can get the heart pumping. Make it fun by setting chores to music or competing against one another to see who gets their task done first or the best.

Compete in the pool. Swimming is a low-impact activity that works

many muscles in the body. Taking a dip in the pool can be both relaxing and beneficial to your health. Compete with family members to make the most of the time spent in the water. Host relay swimming races, see how long each member of the family can tread water, or create any other competitions that keep everyone in the pool moving.

Create an outdoor obstacle course. Set up a series of obstacles in your yard and host your own triathlon. You can jump through tires, climb through tubes, and scale trees. Make it fun by having adults try to ride tri-cycles or pair up an adult with a child for sack races. The opportunities for fun are only hampered by your imagination.

Go for family bicycle rides. Traverse your neighborhood or blaze new trails by riding bikes together. Young children can be strapped into trailers that are pulled behind the bike or ride in seats attached to the bike itself. This gives everyone a chance to enjoy the great outdoors.

Go hiking. Hiking is another fun family activity that also happens to make for great exercise. Choose a trail that may not be level and push everyone's endurance to the test.

Stroll the beach. Walking or running on sand offers more resistance than walking on pavement. Take a stroll at the seaside. Break up the walk by collecting shells or stopping by the water to observe marine wildlife.

Hit the dance floor. If you've been invited to a wedding or a Sweet 16 party, cut a rug and take advantage of the DJ and dance floor. When enjoying yourselves, you probably won't even realize how much you're exercising.



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BREAKTHROUGH CATARACT TREATMENT

New therapy eliminates need for expensive eye drops, saving hundreds of dollars per case while improving comfort and safety for elderly patients

Dr. Edward Rubinchik, one of the most highly experienced ocular surgeons in New York, is now offering patients a cataract surgery option that eliminates or minimizes the need for expensive post-operative eye drops, which are often required for 3-4 weeks after the procedure.

"Drops are effective at reducing the risk of inflammation and infection," said Dr. Rubinchik, a partner at Reich Medical and Surgical Eye Care, LLC and the first physician in New York to offer the dropless therapy. "However, at least 50% of patients end up missing a scheduled dose for one reason or another."

Studies show that many patients simply forget to use the drops properly and may have other medical conditions, such as arthritis, which make it harder for them to take the drops.

The number of patients who skip eyedrop doses increases with patient age, as does the need for cataract surgery itself.

"We don't have to worry about any of this



Edward Rubinchik, MD, is the only ocular surgeon in New York offering the "dropless" cataract procedure.

with the dropless technique," said Dr. Rubinchik, who practices in Midwood and Bensonhurst.

"Our patients are much happier going 'dropless', and the medi-

cal system is saving hundreds of dollars per case. It's a win-win for everybody."

Dr. Rubinchik added that many cataract patients have longstanding vision problems such as

myopia or astigmatism and may be eligible for a multifocal lens implant during the same procedure, resulting in much better vision than the patient has experienced in years.

How It Works

During dropless cataract surgery, a formulation of antibiotics and anti-inflammatory medications is deposited in the eye following cataract removal and lens implantation. The mixture is then slowly released throughout the post-operative period, not unlike a time-release capsule.

Board Certified Ophthalmologists

Dr. Edward Rubinchik and Dr. Raymond Reich are founders of Reich Medical and Surgical Eye Care, LLC, a comprehensive eye care practice specializing in advanced intraocular surgery, laser vision correction, treatment of cataracts, glaucoma, diabetic eye disease, plastic and reconstructive surgery and other advanced procedures.

For more information or to schedule a comprehensive eye exam, call (718) 514-7160 or visit www.c2020now.com/cataract.

Midwood, 1575 East 19th Street, 1st Floor, Brooklyn, NY 11230.

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From left, Dr. Stephen Mark Goldfinger, Dr. Linda Brady, Councilman Mathieu Eugene, Dr. Ellen Tabor, Jane Lederer, and Robert Dubicki at the opening of the Adult Inpatient Behavioral Health Unit.

KINGSBROOK JEWISH MEDICAL & BROOKLYN'S MENTAL HEALTH

Whether caring for younger or older adults, Kingsbrook Jewish Medical Center's Department of Psychiatry is committed to providing the highest quality of patient and family-centered care. Providing care in a safe and therapeutic environment, the program's diverse staff further advances treatment by being at all times sensitive to the ethnic, cultural, social, and language needs of the surrounding community.

"Mental disorders are among the most common causes of disability in our country, with almost 20 percent of our population, around 61.5 million Americans, suffering mental illness in any given year, and approximately four percent of our adult population, or 13 million American adults, being chronically disabled by mental illness," states Dr. Ellen Tabor, Chair of Psychiatry at Kings-

brook Jewish Medical Center. "Additionally, good mental health plays a major role in people's ability to maintain their physical health, which is another reason why this program is so critical to members of our community, who are often burdened by both mental and physical illnesses at the same time."

Mental illnesses such as anxiety and depression can play an adverse role in one's ability to participate in health-promoting behaviors. In turn, problems with physical health, such as chronic diseases, can have a serious impact on mental health and decrease a person's ability to participate in treatment and recovery.

The program's 25-bed Adult Inpatient Behavioral Health Unit, opened in 2014, provides invaluable services for the community, including individual and group therapy,

case management and care coordination, recreational therapy, medication management, and referrals to appropriate substance abuse aftercare services. The unit accepts both voluntary and involuntary admissions.

Kingsbrook Jewish Medical Center, celebrating its 89th year, is a 784-bed teaching medical center. Centers of Excellence Include: Kingsbrook Rehabilitation Institute offering physical & rehabilitative medicine, pharmacy, radiology, the Wound Healing & Hyperbaric Center, orthopedic surgery, a women's wellness center featuring gynecological surgery and state-of-the-art digital mammography. Other specialty areas include: emergency services, ambulatory surgery and a certified Non-Invasive Vascular Laboratory, as well as a 466-bed Adult and Pediatric long term care facility.

New advice for pediatric oral healthcare

Dental decay is the most common chronic childhood disease. More than 16 million children in the United States alone suffer from untreated tooth decay, according to the U.S. Centers for Disease Control and Prevention. As more and more children develop cavities, new advice is being offered to those who care for young children's emerging and established teeth.

It was once recommended to use water only or a nonfluoride toothpaste to clean teeth of the very young, but the American Dental Association's Council on Scientific Affairs now recommends the use of fluoride toothpaste even for young children, saying parents and other caregivers should brush their kids' teeth with fluoride toothpaste as soon as the first tooth comes in.

"Approximately 25 percent of children have or had cavities before entering kindergarten, so it's important to provide guidance to caregivers on the appropriate use of fluoride toothpaste to help prevent their children from developing cavities," said CSA chair Dr. Edmond L. Truelove.

The CSA recommends that caregivers use a smear of fluoride toothpaste (or an amount about the size of a grain of rice) for children younger than 3 years old and a pea-



size amount of fluoride toothpaste for children between the ages of 3 and 6 years old. The updated guidelines are intended to provide children with the full benefit of cavity protection while limiting their risk of developing fluorosis.



Travel and stay healthy at the same time

Healthy habits are often put aside when traveling. Even the most ardent proponents of healthy lifestyles may find themselves making less than healthy choices when they're away from home.

Fortunately, there are many ways you can travel and still protect your personal health.

Get enough sleep
It might be fun to burn the candle at both ends on a business trip or vacation, but such an approach will almost certainly weaken your

immune system and leave you susceptible to a host of ailments.

When traveling, try to get as much sleep as you would if you were home. Adults typically need between seven and eight hours of sleep per night to operate at full capacity.

Book a room with a kitchen
In lieu of dining out each night, book a room with a kitchen so you can prepare your own meals.

Without a kitchen in your room, you're at the mercy of restaurants

near your hotel, which may or many not have readily accessible and healthy restaurants nearby.

Don't abandon your exercise routine
When booking a hotel, look for one with its own exercise facilities, which you should be eligible to use the moment you check in.

Pack some jogging outfits and bathing suits so you can squeeze in a run or swim some laps while on your trip.



BRMI is proud to introduce its *New* Hybrid Spect/CT Discovery 670 Pro Machine at BRMI @ Boro Park

Dear Colleague:

BRMI @ BoroPark is pleased to announce that as part of our commitment to provide advanced technology and the best care for our patients, we have acquired a new hybrid SPECT/CT nuclear medicine camera, the Discovery NM/CT 670 Pro. The SPECT/CT is designed to take away the ambiguity of nuclear medicine by acquiring and fusing both functional and anatomical imaging with high resolution detectors and innovative CT, similar to the concept of PET/CT.

For Cardiology, we can improve patient experience and image quality in half the time or at half the dose compared to conventional full-dose image quality. In addition, the CT portion can enable accurate Calcium Scoring analysis and reporting. A single CT scan can be used for attenuation correction of both rest and stress SPECT studies, helping reduce patient dose and improving diagnostic confidence.

For Orthopedics, this technology allows for shorter scan times and reduced injected dose while preserving image quality. The CT can reveal the finest anatomic details more efficiently and precisely localizes disorders and has applications in oncologic imaging, infection imaging, as well as in the imaging of back pain.

For Endocrinology, this technology is sure to revolutionize standard imaging with the addition of anatomic details to accurately characterize metastatic thyroid cancer and distinguishing parathyroid vs. thyroid nodules.

These are just a few examples of the exciting applications of SPECT/CT. It would be our pleasure to answer your questions about how this new technology can benefit your practice and improve patient diagnosis.



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LIVING HEALTHY IN THE NEW YEAR

IMMUNIZATION

Continued from page 38

ness caused by bacteria that can spread from the nose and throat to the ears or sinuses. If the bacteria spreads to other areas of the body, like the lungs, it can cause pneumonia. Pneumococcal disease also can cause meningitis if it affects the spinal column. Adults 65 and older need one dose of the pneumococcal conjugate vaccine followed by the pneumococcal polysaccharide vaccine.

Shingles

Shingles is caused by the varicella zoster virus, the same virus that causes chickenpox. Individuals who have had chickenpox are at risk for developing shingles later in life. The virus can cause a painful skin rash and blisters. Other symptoms include chills, pain, fever, and even loss of vision. Because shingles most often occurs in people age 50 and older, the shingles vaccine is recommended for those in this age bracket. People who have medical conditions that weaken the immune system or those who take immunosuppressive drugs also may

benefit from the shingles vaccine.

Pertussis (whooping cough)

The Centers for Disease Control and Prevention estimates that there are between one and three million pertussis cases in the United States each year. All adults between the ages of 19 and 64 need a one-time whooping cough booster vaccine, particularly if they will be in close contact with infants younger than 12 months. Adults are the most common source of pertussis infection in infants. Whooping cough for adults can last for several weeks or even months, causing unnecessary discomfort and leaving sufferers gasping for breath.

HPV

Human papillomavirus, or HPV, is a common virus spread mostly through sexual contact. Few may know they have the disease, as it rarely produces symptoms. However, certain types of Human papillomavirus can cause cervical cancer, genital warts, and cancers of the penis, anus, and throat. The vaccine is recommended for both men and women aged 17 to 50.

WORKOUTS

Continued from page 29

after each workout — is also one of the most overlooked ways to make a workout routine more eco-conscious. A refillable water bottle you use every day is much less wasteful than purchasing a plastic water bottle that will end up in the trash, and eventually in a landfill, once you finish your workout. In addition, refillable bottles are less expensive, as you only need to buy one as opposed to buying a new bottled water each day.

Encourage your gym to be more eco-friendly. Many fitness facilities love to present themselves as cutting edge, and becoming a more eco-friendly facility is a great way to do just that. While energy-efficient machines are a great way for gym owners to conserve energy and help the planet, there are simpler ways for a gym to become more eco-friendly as well. When speaking with gym owners or employees, discuss their energy usage dur-

ing off-peak hours. Are all of the lights and televisions still on even when the facility is largely empty? If so, encourage gym owners to institute a policy in which lights and televisions are turned down or off during off-peak hours, which will save the owner money and help the planet. In addition, encourage gym owners to use eco-friendly cleaning supplies instead of chemical-based cleaners that harm the planet. Such suggestions are small but can make a big difference over the long haul.

Ride a bike or jog to and from the gym. Many people begin their workouts with some light cardiovascular exercise before moving on to strength training and then ultimately finishing up with some more vigorous aerobic exercise. Rather than doing your cardiovascular work at the gym, ride a bike or jog to and from the facility. This can drastically reduce your fuel and energy consumption, and riding a bike or jogging is as effective a cardiovascular workout as running on a treadmill or using an elliptical machine.

SWIM

Continued from page 41

In addition to swimming lessons, parents and other adults can ensure water safety by taking the following precautionary measures:

- Children should never be left unattended in the water. It takes mere inches of water for a youngster to drown.
- In the pool or another body of water, caregivers should be within touching distance of young swimmers to provide help if needed, even if the child

is wearing a floatation device.

- Keep rescue equipment by the pool.
- Remove toys from the pool when it's not in use. These toys can attract children who will go in after them.
- A fence around the perimeter of the yard may be mandatory, but a fence around the pool itself is another safety barrier to consider. The fence should feature a self-latching gate.
- Even adults should be watched while swimming. It is always a safe idea to swim with a buddy, so that the other person can get help if something goes wrong.



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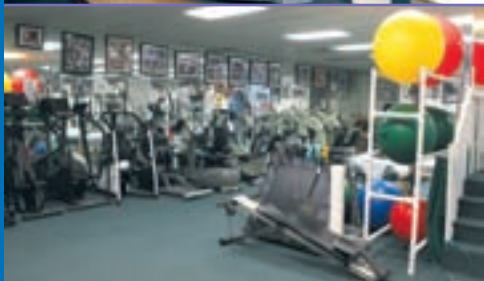


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2005	Chevy TrailBlazer, 81k	J1066	\$5,995	2004	Toyota Highlander, 101k	6771	\$7,995	2007	Toyota 4Runner, 86k	9610	\$12,995
2005	Ford Expedition, 122k	8789	\$5,995	2007	Acura MDX, 104k	10125	\$8,995	2006	Cadillac Escalade, 100k	10464	\$12,995
2006	BMW X3, 128k	A75616	\$6,995	2006	Honda Ridgeline, 135k	4629	\$9,595	2007	Toyota FJ Cruiser, 70k	62323	\$16,995
2006	Toyota Rav 4, 114k	2554	\$7,500	2006	BMW X5, 85k	Y39624	\$9,995	2008	GMC Yukon, 62k	65921	\$17,995

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2003	Honda Accord, 91k	72885	\$3,995	2012	Honda Civic, 31k	5650	\$9,995	2009	Honda Pilot, 36k	1032	\$13,995
2011	Honda Civic LX, 47k	7569	\$8,995	2011	Toyota Rav4, 48k	1066	\$9,995	2011	Honda CRV, 24k	4923	\$13,995
2010	Toyota Camry, 34k	1013	\$8,995	2011	Nissan Altima, 10k	1026	\$9,995	2013	Nissan Altima, 20k	1226	\$13,995
2013	Kia Soul, 10k	10515	\$8,995	2012	Nissan Altima, 32k	1079	\$9,995	2011	Honda Pilot, 23k	5210	\$14,995
				2012	Chevy Traverse, 50k	1260	\$12,888	2012	Nissan Murano, 12k	5822	\$16,995

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YEAR	MAKE/MODEL/MILES	STOCK /VIN	PRICE	YEAR	MAKE/MODEL/MILES	STOCK /VIN	PRICE
2011	Honda Accord, 31k	2651	\$9,995	2013	Chevy Malibu, 3k	1382	\$13,995
2014	Nissan Versa, 9k	3309	\$9,995	2011	Honda Odyssey, 35k	4830	\$13,995
2012	Ford Escape, 72k	7278	\$10,995	2008	BMW 528xi, 34k	1008	\$13,995
2011	Nissan Rogue, 32k	4761	\$10,995	2009	Infiniti G37x, 52k	1255	\$14,888
2012	Honda Accord, 32k	1223	\$10,995	2012	Dodge Charger, 8k	1030	\$15,995
2013	Dodge Caravan, 43k	3793	\$12,995	2012	Nissan Maxima, 20k	3788	\$16,400
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COFFEE NERD

Continued from cover 18

old beans being sold.

NT: In the book it sounds like you're arguing that there's been a seismic shift in the coffee industry.

RB: I don't know if I'd say there's been a seismic shift because in the late '70s and '80s what you saw pre-Starbucks was a similar thing, in terms of focusing on the quality and the artistry and the origins. And then it went a bit nuts and started to shift more towards the Frappuccino stuff. So in a way it's almost an extension of that, just taken more nerdy and more extreme.

NT: Is specialty coffee something that the casual consumer is going to see infiltrating the coffee-shop around the corner from her house?

RB: Oh, sure. You're seeing more places talk about things like having single origins, doing manual-brewing techniques. You're seeing places that I call 2.5-wave places. Places that are not quite doing things to the extreme that the third-wave places are, but are beyond what they were doing five years ago. Not everyone's trying to do what the really hardcore guys are, and that's cool.

Starbucks actually has a non-Starbucks-branded cafe in Seattle where they do more cool techniques. And they did bring in pour-over filters to a lot of their stores, though I don't think it ever took off. They brought in that blonde roast. They were the ones who popularized that super-dark roast and got everybody drinking it. The blonde roast is a reaction to that lighter style of roasting that is more popular now. The idea behind that style of roasting is that you can actually taste the provenance, the distinctive features of the beans.

Starbucks just started selling flat whites, and I think that is mostly because it's associated with a lot of the cooler third-wave coffee shops. Probably because a lot of them are either run by Australians or they picked it up from the ones that are. And then the media started writing about it a lot. So serving a flat white became a kind of signifier [of cool].

NT: As far as flat whites go, for people who have read trend pieces about them but still have no idea what they are, what is a flat white?

RB: The answer is that even in Australia I don't think anyone totally

agrees. It's essentially a coffee drink from Australia, arguably. Some people say it comes from New Zealand. They're wrong. As they are with most things.

In Australia, when I was a kid and went to the coffee shop with my mum, across the street from the shopping mall, the way they would serve a cappuccino is in a big ceramic mug with a lot of dry, airy foam, and a cocoa powder sprinkled on top. A latte is usually served in a glass tumbler, much smaller than the latte you would get here. So for Australians the flat white was kind of a happy medium. It was served in a ceramic cup like a cappuccino, but it was more like a latte in terms of not having a huge amount of foam on top.

Here I find there to be less reason for it, because the modern style of cappuccino in America doesn't use that big dry foam anyway.

NT: On the subject of exotic coffee trends, the thing in your book I was most surprised by is the kopi luwak phenomenon. Can you explain it?

RB: Oh, man. In Indonesia and the Philippines, civet cats eat coffee beans that are discarded and they s--- them out and people roast those beans and make coffee. I couldn't quite get to the bottom of whether really people believe it's a delicacy or that was the only coffee people had. A lot of the places producing the best coffee in the world do not have access to the best coffee in the world. Anyway, they developed a reputation for being a delicacy. The idea was that the cats only select the best and ripest beans to eat and there is some enzyme in their stomach that does something to the beans that makes them special. They became one of those early viral topics in the West — cat-poop coffee and how rare it was. Because of the lack of product — you have to feed the cherries to the cats and then wait for them to s--- out the beans — and because of the buzz around it, it became very expensive.

A lot of people started to create farms because if you want to do this in the wild you have to follow civet cats around and pick up their s---. It's not a very productive way of making coffee. So people created horrific farms to force-feed the civets the coffee cherries. A British TV station did a pretty horrific expose of it. "*Coffee Nerd*" release at *Greene Grape Annex* [753 Fulton St. between S. Portland Avenue and S. Elliott Pl. in Fort Greene, (718) 858-4790]. 7:30 pm. Free.

couple's daughter and two sons.

Garaufis concluded that he feels for the family, but that he can't find Murphy at fault.

"This was without question a tragic accident, and the court has a great deal of sympathy for Aileen McKay-Dalton and her family," he wrote. "However, after full consideration of the record, and for the reasons discussed above, the court concludes that [Dalton] did not establish by a preponderance of evidence that Agent Murphy was negligent."



LOOKING FORWARD: Crosby, Stills, and Nash are bringing their regular-joe strumming to Flatbush in May. Associated Press / Andy Paradise

KINGS THEATRE

Continued from page 5

work has been completed.

"This could all be open to the public right now," said Steven Ehrenberg, the theater's director of production, as he conducted a tour.

The theater's director of marketing said that the announcement of Diana Ross's imminent visit made a splash, and that the theater itself will too, once people get a first look at it.

"We're very pleased with the public's response to our grand opening act, and we're excited to show the public the grand space we've restored," Charley Magrew said.

Asked how theater honchos plan to keep the massive venue busy year-round, Magrew and Wolf said that they plan to hold down the middle of the borough venue spectrum.

"We're going to bring in larger acts

that locals might not see otherwise," Magrew said, adding that managers' long-term plan is to host 200 or more shows per year.

Wolf, the theater's head, said Barclays Center has showed that it can work.

"Barclays proved the demand is there," he said.

For high rollers, the theater is offering balcony seat packages that come with perks including extra legroom, reserved parking, separate bathrooms, a separate entrance, an "express lane" to the bar, wait service, and more, starting at \$1,500, and ranging as high as \$6,950. One catch is that the cost only reserves tickets, which members then still have to purchase. Similar "seat licenses" on the lower level reserve purchasers the right to buy tickets for prime seats for a year. The cost: \$4,950.

For more information, visit www.kingstheatre.com.

'MADE IN BROOKLYN'

Continued from page 10

two old-timey arrows, could lead buyers to believe that the products are actually *made in Brooklyn*. She posed instead that the slogan is meant to describe what is inside each container.

"The messaging on these specific pieces was designed to be a fun nod to the potential contents," said Abigail Jacobs, a vice president for brand marketing with the company. "You can fill

the growler with lager from Brooklyn Brewery, and the shirt and hat refer to the person wearing them."

West Elm is not currently selling any items that bear the phrase "Made in China," but given that there are 3.8 million Americans of Chinese descent, and 1.3 billion people in China, there is probably a market for them. And the fashion incubator the city is creating in Industry City would be the perfect place to make them. Just an idea.

VESPA

Continued from page 21

relatives of McKay-Dalton rallied to demand Murphy be prosecuted, and then-councilwoman Letitia James said unequivocally that he had run a red light. Then-district attorney Charles Hynes declined to prosecute Murphy, but the NYPD did hit him with a traffic summons.

Following the crash, Dalton quit his job at Barclays to take care of the

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LEGAL NOTICE**NOTICE OF SALE**

SUPREME COURT: KINGS COUNTY FEDERAL NATIONAL MORTGAGE ASSOCIATION; Plaintiff(s) vs. WILLIAM WHITE; et al.; Defendant(s) Attorney (s) for Plaintiff (s): ROSICKI, ROSICKI & ASSOCIATES, P.C., 2 Summit Court, Suite 301, Fishkill, New York, 12524, 845.897.1600 Pursuant to judgment of foreclosure and sale granted herein on or about October 24, 2014, I will sell at Public Auction to the highest bidder at in Room 224, of Kings County Supreme Court, 360 Adams Street, Brooklyn, New York 11201. On February 19, 2015 at 2:30 PM Premises known as 456 Miller Avenue, Brooklyn, NY 11207 Block: 3776 Lot: 40 All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Brooklyn, County of Kings, City and State of New York. As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale. Approximate amount of judgment \$750,033.45 plus interest and costs. INDEX NO. 19013/08 Stephen Vincent Barbaro, Esq., REF-EREE

LEGAL NOTICE**NOTICE OF SALE**

SUPREME COURT OF THE STATE OF NEW YORK COUNTY OF KINGS NYCTL 1998-2 TRUST AND THE BANK OF NEW YORK MELLON, AS COLLATERAL AGENT AND CUSTODIAN, PLAINTIFFS v. JULIO MORALES, et al., DEFENDANT(S). Index Number: 11973-10 Pursuant to a Judgment of Foreclosure and Sale duly filed on October 6, 2014, I, the undersigned Referee, will sell at public auction at the in Room 224 of the Kings County Supreme Court, 360 Adams Street, Brooklyn, New York 11201, on February 19, 2015 at 2:30 p.m. of that day, the premises known as 2803 Neptune Avenue, Brooklyn, New York. All that certain plot, piece or parcel of land, situate, lying and being in the Borough of Kings, County of Kings, City and State of New York, known and

LEGAL NOTICE

designated as Block 7019 and Lot 1. Approximate amount of judgment is \$136,992.20 plus interest and costs. Premises will be sold subject to the provisions of the filed Judgment of Foreclosure and Sale and Terms of Sale. Yolanda A. Corion, Esq., Referee Attorney(s) for Plaintiffs Phillips Lytle LLP, 1400 First Federal Plaza, Rochester, New York 14614 Telephone No. (585) 758-2110

LEGAL NOTICE

SUPREME COURT - COUNTY OF KINGS ONEWEST BANK, FSB, V. JOE KINLOCH, et al. NOTICE OF SALE NOTICE IS HEREBY GIVEN pursuant to a Final Judgment of Foreclosure dated 9/2/14, and entered in the Office of the Clerk of the County of KINGS, wherein ONEWEST BANK, FSB is the Plaintiff and JOE KINLOCH, ET AL. are the Defendant(s). I, the undersigned Referee will sell at public auction at the KINGS COUNTY SUPREME COURT, ROOM 224, 360 ADAMS STREET, BROOKLYN, NY 11201, on 1/22/15 at 2:30 PM, premises known as 1741 EAST 93RD STREET, BROOKLYN, NY 11236: Block: 8324 Lot: 26 ALL THAT CERTAIN PLOT, PIECE OR PARCEL OF LAND, SITUATE, LYING AND BEING IN THE BOROUGH OF BROOKLYN, COUNTY OF KINGS, CITY AND STATE OF NEW YORK. Premises will be sold subject to provisions of filed Judgment Index # 11228/2009. MARK STEVEN PIAZZA, ESQ. - Referee. RAS Boriskin, LLC 900 Merchants Concourse Westbury, New York 11590, Attorneys for Plaintiff

LEGAL NOTICE

162 MONTAGUE LLC, a domestic LLC, filed with the SSNY on 12/19/14. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to Albin V. Javarone, 600 G St., S.E., Washington, DC 20003. General Purposes.

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257 NOSTRAND PROP-ERTIES, LLC, a domestic LLC, filed with the SSNY on 11/20/14. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to Salzman & Salzman Esqs., 26 Court St., Ste. 1901, Brooklyn, NY 11242. General Purposes.

LEGAL NOTICE

313 ECKFORD LLC, a domestic LLC, filed with the SSNY on 12/1/14. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to Bernard Sobus, 273 Russell St., Brooklyn, NY 11222. General Purposes.

LEGAL NOTICE

640 4TH AVENUE REALTY LLC. Arts. of Org. filed with SSNY on 12/8/14. Off. Loc.: Kings Co. SSNY desig. as agt. upon whom process may be served. SSNY shall mail process to: The LLC, 161 21ST ST BROOKLYN, NY 11232. General Purposes.

LEGAL NOTICE

642 4TH AVENUE REALTY LLC. Arts. of Org. filed with SSNY on 12/8/14. Off. Loc.: Kings Co. SSNY desig. as agt. upon whom process may be served. SSNY shall mail process to: The LLC, 161 21ST ST BROOKLYN, NY 11232. General Purposes.

LEGAL NOTICE

ARC Abstract Agency LLC. Arts. of Org. filed with SSNY on 06/04/14. Off. Loc.: Kings Co. SSNY desig. as agt. upon whom process may be served. SSNY shall mail process to: Yan Shvarts, 46 Bayview Lane, Staten Island, NY 10309. The reg. agt. is Yan Shvarts at the same address. General Purposes.

LEGAL NOTICE

Mozer Art Studio LLC. Arts. of Org. filed with SSNY on 11/04/14 Off. Loc.: Kings Co. SSNY desig. as agt. upon whom process may be served.

LEGAL NOTICE

SSNY shall mail process to: The LLC, 28 Village Rd., N, Brooklyn, NY 11223. General Purposes.

LEGAL NOTICE

Notice of Formation of 1620 EAST 13, LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 01/06/15. Office location: Kings County. Princ. office of LLC: 1220 Ave. P, Brooklyn, NY 11229. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Josef Kossov at the princ. office of the LLC. Purpose: Any lawful activity.

LEGAL NOTICE

Notice of Formation of Chehebar Bros. LLC. Art. Of Org. filed with SSNY 12/30/14 Office Location: Kings County. SSNY designated as agent for process. SSNY shall mail a copy of any process to: c/o Chehebar Bros. LLC. 433 Ave T, Brooklyn, NY 11223. Purpose: To engage in any lawful act or activity.

LEGAL NOTICE

Notice of formation of CHUNG PT ACUPUNCTURE, PLLC. Articles of Organization filed with Secy. Of State of NY (SSNY) on 11/07/2014 Office location: Kings County. SSNY has been designated for service of process. SSNY shall mail copy of any process served against the LLC. SSNY shall mail process to 39-15 Main St Suite 301, Flushing, NY 11354. Purpose: any lawful activities.

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: GRADE COFFEE LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 12/23/2014. Office location: Kings County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: RESTAURANT SOLUTIONS NYC 75 MAIDEN LANE, SUITE 902 NEW YORK, NY 10038. Purpose: any lawful purpose.

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HISTORY LESSON: Painting of the Battle of New Orleans, by artist Henry Bryan Hall. National Archives

New war story on New Orleans

HARBOR WATCH

The British never sailed up the Mississippi River during the Battle of New Orleans, fought 200 years ago on Jan. 8, 1815, according to a senior historian at the U.S. Army Center of Military History.

Instead, they came up through Lake Borgne, an estuary of the Gulf of Mexico, then across the bayous, said historian Glenn Williams.

Further, the Battle of New Orleans wasn't just one engagement, but at least five. And, unlike many school history textbooks state, the Treaty of Ghent ending the War of 1812 was not ratified before the Battle of New Orleans, Williams said. It was not ratified by both nations and peace proclaimed until Feb. 18, 1815, a month and a half after the battle.

Gen. Andrew Jackson, the overall commander of the battle, gets most of the fame, especially since he later became president. However, Presidents William Henry Harrison, Zachery Taylor, John Tyler, and James Buchanan were all also veterans of the War of 1812.

"William Henry Harrison also won several battles in the West, which we don't remember," Williams explained: the

Siege of Fort Meigs in Ohio; the Battle of Thames in Upper Canada, now Ontario; and, recaptured Detroit. The Battle of Thames resulted in the death of the great Shawnee chief Tecumseh. The "West" at the time, referred to the area now known today as the Midwest.

Taylor was a captain, commanding a company that occupied Fort Harrison, a post in West Indiana Territory that withstood a pro-British Indian attack.

Jackson gets all the credit for the Battle of New Orleans, because he had better public relations, Williams said, in jest. Actually, Jackson, then a major general, commanded the 7th Military District, which included New Orleans and the Gulf Coast. That made him the overall commander.

Jackson and his military staff suspected that the British might target New Orleans, following their Chesapeake Campaign, Williams said, providing some background.

On Sept. 13, 1814, the British fleet bombarded Fort McHenry in Baltimore. Americans today know of that failed action to take the fort because Francis Scott Key wrote about it in "The

Continued on page 54

Braving the Arctic

Soldiers train in harsh, frozen environment

HARBOR WATCH

Polar bears thrive in Alaska, as do Arctic wolves — particularly the Arctic Wolves of 1st Stryker Brigade Combat Team's 1st Battalion, 5th Infantry Regiment, at Fort Wainwright, Alaska.

Thanks to the Performance Triad — the Army surgeon general's prescription for building readiness and resilience through adequate sleep, activity and nutrition — the two-legged variety of Arctic Wolves are thriving even more in their harsh environment, according to 1-5's commander, Lt. Col. Thomas M. Hough.

Soldiers in the lower 48 experience a good balance between night and day, but go north to Fort Wainwright, which is close to the Arctic Circle, and light and darkness fluctuate wildly from about three hours of sunlight around this time of year, to around 22 hours of sunlight mid-summer, Hough said.

People in Alaska are at greater risk of having sleep problems because of this fluctuation, according to Heidi Knode, the technical director at Alaska Sleep Clinic in Anchorage, a city 358 miles south of Fairbanks. She explained that it has to do with circadian rhythms of the body's sleep and wake cycles.

The Arctic Wolves know this, so they developed a sleep plan, said Hough said.

"You can't let the environment master you, you have to master it."

"In the summer we teach our soldiers and their families how to construct heavy drapes and sun shades so they can get some sleep even when the sun is up for 22 hours," he explained. "All these techniques passed from one soldier to another enable the brigade to actively manage the incorporation of new soldiers into this unique environment."

Hough admitted that get-



MUSH: Soldiers from the First Battalion, Fifth Infantry Regiment, compete in Operation Bobcate ICE in Fort Wainwright on Dec. 5. US Army

ting sleep isn't always a guarantee in the Army, especially now that the Arctic Wolves are headed south for a rotation through the National Training Center at Fort Irwin, Calif., where heavy drapes won't be needed and training isn't constrained to a comfy workday schedule.

Keeping fit can also be challenging in Alaska this time of year, where temperatures average 2 degrees for a high and minus 18 for a low. That would make for a chilly morning run.

"[Physical Training] outdoors can be challenging," Hough said. "To combat the extreme environment, the brigade has resourced additional indoor physical fitness facilities as well as resourced training programs to educate leaders in how to conduct innovative physical fitness training with limited resources."

The brigade has a wellness center, which recently opened, so soldiers now have a full range of indoor fitness equipment.

"The indoor space really helped us," he said. "The younger generation under-

stands functional fitness. You don't have to really talk them into it. They get it. They're motivated about it."

The younger soldiers also recognize that eating the right food is also an important part of being fit, Hough said.

It wasn't that long ago that the brigade dining facilities didn't have a breakfast salad bar, he said. They now do.

"It sounds small, but it gives soldiers a lot more choices and opportunities."

Hough summed everything up, "What we know is that the proper balance of nutrition, fitness, and sleep leads to a well-balanced and healthy soldier and family. Balance is best achieved when the Performance Triad is a way of life, a behavioral change that over time becomes organizational culture. This concept is even more important to the soldiers of the Arctic Wolf Brigade with the dramatically changing environment."

"Without the Performance Triad as a core custom, you are likely to find the Alaska environment mastering you versus you mastering your environment," Hough said.

News from around the fleet

Top of her field

Three cheers to native Brooklynite Sharon Barker, Hospital Corpsman First Class. She was nominated for Bluejacket of the Quarter (outstanding sailor) on her first deployment. She also became one of the top recruit division commanders at Recruit Training Command in Great Lakes, Ill., and helps to transition new recruits into sailors at the Navy's boot camp.

On her promotion, Barker said, "I became an instructor because I wanted to have a significant impact on the Navy. Being a Recruit Division Commander is such a rewarding experience. Every two months I have the opportunity to influence 88 young minds in preparation for the fleet, and for life. It is important to have top-notch Sailors as instructors. It is our job to ensure that the young men and women who volunteer to serve have the best possible examples to emulate. If they see greatness, they will aspire to be even better."

Rear Adm. Mike White, commander, Naval Education and Training Command, said that winning Sailor of the Year is quite an accomplishment.

"The Sailor of the Year is an excellent example of the fact that we have magnificent ships, aircraft, and weapons, but without skilled Sailors and Marines they are ineffective," said

White. "Our sailors, staff, and instructors display hard work and dedication to perfecting their craft; they are preparing the next generation of warfighters. They are truly the best of the best."

Barker will go on to compete as NETC's representative in the Manpower, Personnel, Training and Education (MPTE) domain's top sailor competition. Her future goals include becoming a Chief Petty Officer and finishing a Bachelor's degree in health care administration.

Three cheers

Borough son Frankie Garrett, Chief Aviation Maintenance Administration, a graduate from Canarsie High School, and presently serving as a Recruit Division Commander at Recruit Training Command in Great Lakes, was recently nominated as a Navy Instructor of the Year.

"It's an honor to be nominated for this award and recognized for your work," said Garrett. "It's important to have the best and brightest as instructors because it's their responsibility to reach the masses. They have a major influence on many sailors' and Marines' lives."

Rear Adm. Mike White, commander, Naval Education and Training Command, said that winning Senior Instructor of the Year is quite a feat.



DIVE: The Pacific theater's only Army dive unit changed leadership with Capt. Robert Meyer in an underwater ceremony on Dec. 18. Seventh Engineer Dive Detachment

Underwater practice

HARBOR WATCH

With the mission of performing underwater reconnaissance, demolition and salvage operations across the Pacific theater, it only makes sense for the Army's 7th Engineer Dive Detachment to conduct its change-of-command ceremony in a location its troops consider home — underwater.

The unique unit, which falls under the 8th Theater Sustainment Command's 130th Engineer Brigade, changed leadership during a ceremony at the bottom of Richardson Pool at Schofield Barracks in Hawaii on Dec. 18.

After leading the detachment through two years of missions in Hawaiian waters and across the region, from Alaska to Cambodia, Capt. Robert J. Meyer passed the honor to Capt. Troy F. Davidson.

Lt. Col. Eric Noel, the 84th Engineer Battalion commander, and the detachment's first sergeant, 1st Sgt. David Chebahtah, joined them un-

derwater to facilitate the symbolic Army tradition, as their troops, families and friends waited for the soaked leaders to exit the pool.

Noel emphasized the exceptional and critical support the divers provide to joint, multinational and inter-agency partners across the Pacific, and said, "These divers and the Deep Sea detachment deliver every time."

Meyer thanked and credited the detachment's diverse mission accomplishments to the unit's divers and their ability to autonomously operate across the region with a flexibility that reflects the Army's intent of mission command.

Davidson concluded the ceremony by honoring another Army diving tradition symbolizing his official assumption of command. With his diving equipment removed, he dived back into the pool and, on just one breathe of air, swam to his new formation of troops waiting on the other side.

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BATTLE

Continued from cover

Star-Spangled Banner."

After the Chesapeake Campaign, which included the burning of Washington, D.C., the British weighed anchor and debated whether to attack Newport, Rhode Island, or go south to New Orleans, according to Williams. They chose the latter.

New Orleans was selected as the prize because it was a large seaport on the Gulf of Mexico, as well as a river port for most of the farm produce in the Midwest, which got to market via the Mississippi River through New Orleans, as a rail and road network wasn't yet in place, he said.

Another intent, Williams said, was to limit American expansion to areas east of the Mississippi.

"They also wanted to set up an Indian buffer state between the U.S. and British North America," he said.

Facing the Americans during the battle were British naval and land

forces and their Indian allies. Spain, although a British ally in the war against Napoleon, was "nominally" neutral in the conflict against the United States, Williams said. East and West Florida still belonged to Spain, which feared U.S. annexation of their colony.

On the U.S. side, the Choctaw Indians were allies, along with French-American Jean Lafitte's Baratarian privateers.

In all, there were around 4,700 U.S. forces, facing about 9,000 British, not counting British sailors on ships in the Gulf.

The British won the naval Battle of Lake Borgne, and "technically" at least one of the land engagements. When Jackson tried to attack the British camp at the Villere Plantation on the night of Dec. 23, 1814, the British "retained the field. Although Jackson punished them pretty good, the British got reinforcements so he pulled his troops back" to a more defensible position on a nearby canal, he continued.

WHERE TO GO ■ WHAT TO DO
24 SEVEN
 AR ■ EN



Swarming around: The Mariinsky Ballet's "Swan Lake" has a happy, Soviet-friendly ending.

N. Razina

Raising the barre

Renowned Russian ballet company visits Brooklyn

By **Trupti Rami**

They're from Russia, with love for our multipurpose concert halls.

The 275-year-old Russian ballet company that was once home to Mikhail Baryshnikov, Rudolf Nureyev, and Anna Pavlova has danced into the Brooklyn Academy of Music, where it will perform several different ballets as part of a two-week residency. The director of St. Petersburg's Mariinsky Theatre chose the venue for its latest New York trip because it has the capacity to host performances from the theater's opera company as well as its bal-

let outfit, according to a spokesperson for the Fort Greene arts institution.

"Valery Gergiev was looking for a way to present both his artistic homes — the Mariinsky Ballet and Opera — in New York City under one roof and BAM quickly became his top priority," said Brooklyn Academy of Music executive producer Joseph V. Melillo.

The 12-day stint kicked off on Jan. 14 with a performance of the Rodion Shchedrin opera "The Enchanted Wanderer" — which had not been performed in New York since its world premiere with the New York Philharmonic

in 2002 — and will be followed by three ballets, "Swan Lake," "Cinderella," and a trio of dances set to music by Chopin.

The Mariinsky take on "Swan Lake" hails from the 1950s, and — spoiler — features a uncommon happy ending to the typically tragic tale of Odette and Prince Siegfried, a plot change dictated by the Soviet regime of the time. The company's "Cinderella" is a more modern ballet, devised by famed choreographer Alexei Ratmansky in 2002.

Melillo said the Mariinsky residency is a landmark event for the Brooklyn

Academy of Music.

"It is indeed a rare accomplishment and honor to present two companies with such dynamic and distinct artistic qualities and provide this special opportunity for our audience," he said. "We're privileged to make this historic visit a reality here at BAM."

The Mariinsky Theatre at the Brooklyn Academy of Music, Howard Gilman Opera House [30 Lafayette Ave. between Ashland Place and St. Felix Street in Fort Greene, (718) 636-4100, www.bam.org]. Through Jan. 25 at various times. Tickets start at \$45.

GRAND SLAM!

Pro wrestling show hits Dumbo

By Danielle Furfaro

Call it the five moves of Dumbo.

A professional wrestling extravaganza is coming to Gleason's Gym on Jan. 17, where a huge line-up of baby-faces and heels will take to the mat to celebrate the 30th anniversary of Brooklyn club the World of Unpredictable Wrestling. Stars on the bill include Mexican Lucha Libre star Marcela, Japanese wrestler Takaaki Watanabe, and Devon Dudley, who has wrestled for World Wrestling Entertainment.

But the show will also hopefully help a few lesser-known wrestlers make a name for themselves, said organizer Johnny Rodz, who is the head of the World of Unpredictable Wrestling.

"The wrestlers get to have practice and exercise and exposure," said Rodz, who is a former World Wide Wrestling Federation wrestler and now teaches the spandex-clad stars of tomorrow out of the famed boxing gym. "The scouts come in and get to see how hard these people work."

One such wrestler looking to flex his muscles on the show will be East Flatbush resident

Juan Almenas, who goes by the stage name Ultimate Security. Almenas said he has already been selected by scouts from bigger promotions to try out twice.

"They give you a three-day tryout and torture you and look at you from every angle to see what you are all about," said Almenas, 29, who first started training when he was 18.

But despite the pain and suffering, the 235-pound contender is hoping he will get picked again.

"I respect these guys so much and this is what I want to do," said Almenas. "I am here for the long haul."

Rodz started the World of Unpredictable Wrestling as soon as he retired from wrestling in the 1980s, and he said the school has been helping wrestlers get their start ever since.

"A lot of stars have made it out of here," he said. "You cannot make money doing this thing, but I love doing it."

30th Anniversary Gran Prix at Gleason's Gym [77 Front St. between Main and Washington streets in Dumbo, (718) 797-2872, www.wuonline.com]. Jan. 17 at 7 pm. \$25 (\$10 kids).



The Juan and only: East Flatbush resident Juan Almenas is hoping to get his big break in professional wrestling at "Grand Prix: The Beginning" on Jan. 17.

Juan Almenas



Buck yeah: A still from "Round-Up," filmed at the Pendleton Round-Up — one of the oldest rodeos in the country.

Sufjan in the saddle

Indie music superstar plays to rodeo film at BAM

By Robert Ham

What is hairier than evening rush-hour on the Brooklyn-Queens Expressway? How about getting up close with a raging 2,000-pound bull.

Indie rock superstar Sufjan Stevens will present his latest project "Round-Up," a movie filmed at one of the oldest rodeos in the country with an accompanying live score, at the Brooklyn Academy of Music on Jan. 20–22. The work follows his similar 2007 piece for the Fort Greene cultural institution "The BQE," which featured footage of Interstate 278.

Ditmas Park filmmakers Alex and Aaron Craig collaborated with Stevens on the project. The brothers said they put an artistic twist on the footage of bucking bulls and broncos they filmed at the Pendleton Round-Up in Oregon by showing it in slow motion and setting it to a modern classical score. The result is a dreamlike and surprisingly beautiful look at one of America's oldest competitive sports. It is also a very candid one, said Aaron Craig.

"Most people see events like these from afar," he said. "They see the men getting thrown around on horses and bulls and think they're very manly, which they are. We wanted to show a real human perspective by showing them up close. You see the stress and worry they have before they're about to get tossed around."

The Craig siblings said they were able to achieve this by gaining unprecedented access to the Pendleton Round-Up, getting up-close and personal with some of the riders and other people behind the scenes of the 105-year-old rodeo. The only hitch was that they had to look the part.

"We weren't allowed to wear anything but Western clothing when we were there," Aaron remembered. "Our first stop was a store so we could get some jeans and cowboy hats that we had to wear the whole time we were filming."

Initially conceived as a five-minute video, "Round-Up" turned into a much larger endeavor once the Craigs and Stevens worked through the 60 hours of footage they had captured. The film is now feature-length, with a score that will be played live by Stevens and classical quartet Yarn/Wire at each screening.

"Sufjan was really involved every step of the way," said Aaron Craig. "When we showed him an hour-long cut, he said, 'Now that you know all the footage, start from scratch and do it all over again.' He was right, too. We did know the footage better and I think it turned out better the second time around."



Even Stevens: Indie music darling Sufjan Stevens will lead the performance of a live score to "Round-Up" at the Brooklyn Academy of Music.

Denny Renshaw



Every cowboy sings his sad, sad song: "Round-up" gets up-close and personal with the bull riders of the Pendleton Round-Up.

"Round-Up" plays at Brooklyn Academy of Music, BAM Harvey Theater [30 Lafayette Ave. between Ashland Place and St. Felix Street in Fort Greene, (718) 636-4100, www.bam.org] Jan. 20–25 at 7:30 pm. Tickets start at \$30.

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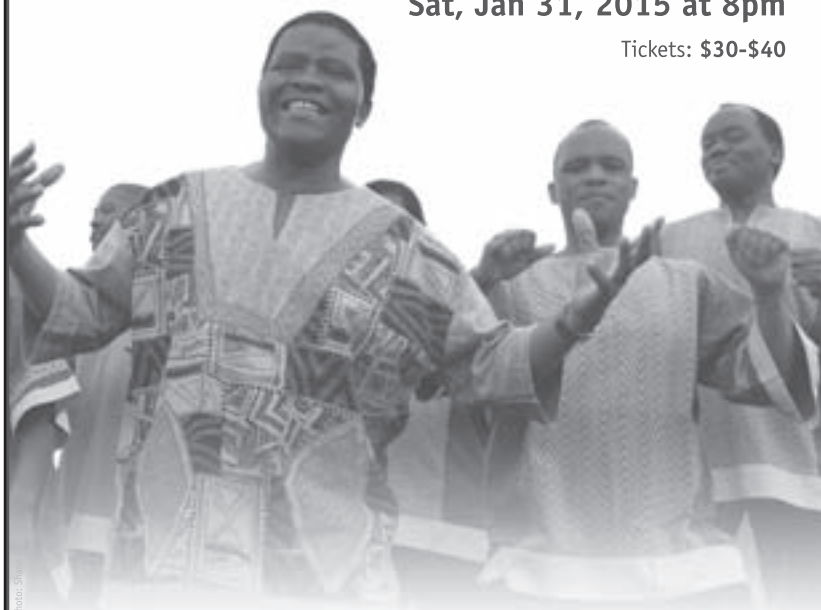
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TRUCK YEAH!

P'Sloper turns garbage trucks into superheroes

By Noah Hurowitz

This guy loves talking trash! A Park Slope illustrator has penned a children's book that celebrates the unsung hero of Brooklyn's streets — garbage trucks. Stephen Savage said his new book "Supertruck" chronicles the adventures of a lowly garbage truck who, when a blizzard strikes, dons a snowplow and a new identity to help save the day.

Savage said he got inspiration for the plot when he saw garbage trucks lined up to become snowplows outside a warehouse near his Red Hook studio and thought about how the new duty transforms the smelly, hulking trucks into secret agents of salvation for people who rely on the roads.

"People in Brooklyn curse garbage trucks, but all of a sudden, in a really bad blizzard, when they came out, everyone cheered," said Savage. "I just thought it would be nice to have a humble hero," he said. "At the end of the book no one knows he saved the day, and he doesn't need big press for what he's doing."

Also, he said, kids really like trucks.

Savage has illustrated or written six other books for kids, and is also a regular contributor to the New York Times, where he illustrates images for the opinion pages.

"I like keeping my feet in both worlds," he said. "It's fun to be able to do something for the op-ed page and also a book about garbage trucks. It's the same style but for a



Garbage, man: Stephen Savage will read from his new children's book "Supertruck" at BookCourt on Jan. 16.

Jacob B. Murphy

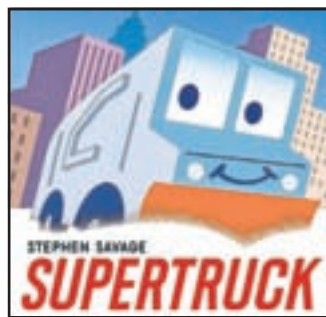
totally different audience."

In that spirit, Savage will not only give a live reading of "Supertruck" for youngsters at the New York Transit Museum Downtown on Jan. 24, but he is also holding one for their parents at BookCourt in Boerum Hill on Jan. 16.

"We wanted to have an adult-style reading," said Savage. "It's more fun to do it at night so we can have wine and beer and talk like adults."

Savage will also have a not-so-secret guest joining him at the grown-up shindig — Department of Sanitation commissioner and fellow Park Sloper Kathryn Garcia.

Stephen Savage reads "Supertruck" to adults at BookCourt



[163 Court St. between Pacific and Dean streets in Boerum Hill, (718) 875-3677, www.bookcourt.com], Jan. 16 at 7 pm. Free.

Stephen Savage reads "Supertruck" to kids at the New York Transit Museum [Boerum Place and Schermerhorn Street Downtown, (718) 694-1600, mta.info/mta/museum], Jan. 24 at 1:30 pm. Free with museum entry.



Haitian sensation: Author Dimitry Elias Leger will discuss his debut novel "God Loves Haiti" at PowerHouse Arena on Jan. 22. Photo by Jill Krementz

Love and Haiti

New novel explores life between Brooklyn and the Caribbean

By Vanessa Ogle

This is a very different tale of two cities.

A Haiti-born writer who grew up in both Port-au-Prince and Brooklyn has published a novel featuring a character navigating the very same dual identity. First-time author Dimitry Elias Leger said his book "God Loves Haiti," which he will read from at PowerHouse Arena in Dumbo on Jan. 22, explores the question that he and so many of his jet-setting peers have grappled with — how to stay connected to Caribbean culture after leaving their homeland.

"How is patriotism negotiated when you have the ability to live anywhere in the world?" said Leger, adding that life on the island is always fluid. "They go back and forth — there are so many people that don't leave, even though they have that access to leave, and so many people that leave that come back."

Leger, who spent almost 20 years in Brooklyn and now lives in Switzerland, worked as a journalist in New York and Miami for many years. In 2010, he became an advisor to the United Nations in its disaster recovery operations after the 2010 Haiti earthquake. The natural disaster, which killed hundreds of thousands of people and left many more homeless, provides the setting for "God Loves Haiti."

Leger said the novel centers on a love triangle between a woman and two men. The story is told

through a series of flashbacks, alternating between the perspectives of the main characters — Natasha, her husband, and the "love of her life," Alain — and weaving together vignettes from before and after the devastating disaster.

"As their dreams get shattered, they all try to come to grips with their dreams before the earthquake — and after," he said.

Leger said the novel is a work of fiction, but the Alain character — who grew up in both New York and Haiti — uses language that mimics the author's go-to cusses, which he said is a simple way to convey the nuances of nationality.

"Your language — your mother tongue, as they say — becomes clearly the language you're most comfortable cursing in," he said. "When things go bad, he's like, 'f---.' His language is as Brooklyn as can be."

Now that Leger is a father, he said he understands why some families split their time between the two locations of his childhood.

"Haiti is a beautiful place, the Caribbean is awesome — if you can give your kids a summer vacation other than where they went to school in, it is great," said Leger. "The best of both worlds."

Dimitry Elias Leger will discuss "God Loves Haiti" at PowerHouse Arena [37 Main St. between Water and Front streets in Dumbo, (718) 666-3049, www.powerhouse-arena.com]. Jan. 22 at 7 pm. Free.

Rock out to the classics in Bay Ridge

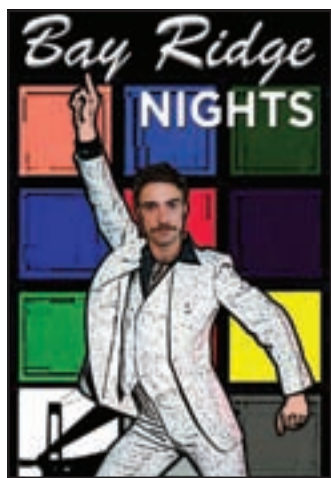
By Max Jaeger

Break out those earplugs and your spare liver, because the Ridge is really rocking this weekend!

There are classic rockers, crooning songsters, and a power-chord-fueled multimedia musical performance lined up for you — all you've gotta do is take a walk down the avenue.

On Saturday, their satanic majesties request you strut over to **Red, White, and Brew** (8910 Fifth Ave. between 89th and 90th streets) for Rolling Stones tribute act Sha-Doobie. The show starts at 4 pm, but don't arrive too late, because if Red, White, and Brew hits capacity, you'll be exiled on Fifth Avenue.

Then hitch your cart and take a ride to **No Quarter** (8015 Fifth Ave. between 80th and 81st streets) for



classic rockers Rock Farm, which incidentally does a great cover of "Beast of Burden." Its crop is coming in hearty this week, so get there at 10 pm to enjoy the harvest's full

yield before the bar flies start buzzing.

And if classic rock is too passe, there is a multimedia rock 'n' roll experience happening just a few blocks away at the **Wicked Monk** (9510 Third Ave. between 95th and 96th Streets) at 11 pm. New Jersey band Johnny Drama mashes up contemporary music videos and movie montages and plays the songs live while the clips flicker on a giant screen. See if you can get these Jersey boys to go full meta and play songs from "Garden State."

Finally, give your cranium a day off from head-banging on Sunday and check out Tommy Andersen and Mary Ellen as they croon their way through the American Songbook at **Cappuccino Cafe** (7717 Third Ave. between 77th and 78th streets). The duo takes the stage at 7 pm.

PERFORMANCE

MUSIC, ZLATNE USTE GOLDEN FESTIVAL: Celebrating 30 years of live Balkan and Roma music. \$30-\$80. 7:30 pm. Grand Prospect Hall [263 Prospect Ave. between Fifth and Sixth avenues in Park Slope, (646) 844-4653], www.goldenfest.org.

MUSIC, MIKE PACE AND THE CHILD ACTORS, ARMS, LAME DRIVERS: \$8. 8:30 pm. Union Hall [702 Union St. at Fifth Avenue in Park Slope, (718) 638-4400], www.union-hallny.com.

MUSIC, THE VASELINES, AMANDA X: \$25 (\$22 in advance). 8 pm. Bell House [149 Seventh St. at Third Avenue in Gowanus, (718) 643-6510], www.thebell-house.com.

MUSIC, BRUCE IN THE USA: Tribute to Bruce Springsteen and the E Street Band. \$20. 6 pm. Brooklyn Bowl [61 Wythe Ave. between N. 11th and N. 12th streets in Williamsburg, (718) 963-3369], www.brooklynbowl.com.

THEATER, "YOUARENOWHERE": Andrew Schneider's work experiments with sensory overload in an interactive new-media landscape. \$20. 7 pm. The Invisible Dog Art Center [51 Bergen St. between Boerum Place and Dean Street in Boerum Hill, (347) 560-3641], www.theinvisible-dog.org.

OTHER

ART, NEW PAINTINGS BY DAVE ELLIS: Free. 7:30 am-7 pm. Venticinque [162 Fifth Ave. at Degraw Street in Park Slope].

ARTS AND CRAFTS CLASSES: Presented by Lutheran Family Health Centers' Services for Older Adults. Free. 10-11 am and 3-4 pm. Shore Hill Community Center [900 Shore Rd. at 91st Street in Bay Ridge].

BINGO: Presented by Lutheran Family Health Centers' Services for Older Adults. Free. 1-3 pm. Sunset Park Neighborhood Center [4520 Fourth Ave. at 45th St. in Sunset Park].

ART, "COME CLOSER TO ME" OPENING RECEPTION: Taking its title from Walt Whitman's "Leaves of Grass," artist Patrick Jacobs' exhibition features sculpture, printmaking, and a room-sized installation. Free. 7-9 pm. Pierogi Gallery [177 N. Ninth St. between Bedford and Driggs avenues in Williamsburg, (718) 599-2144], www.pierogi2000.com.

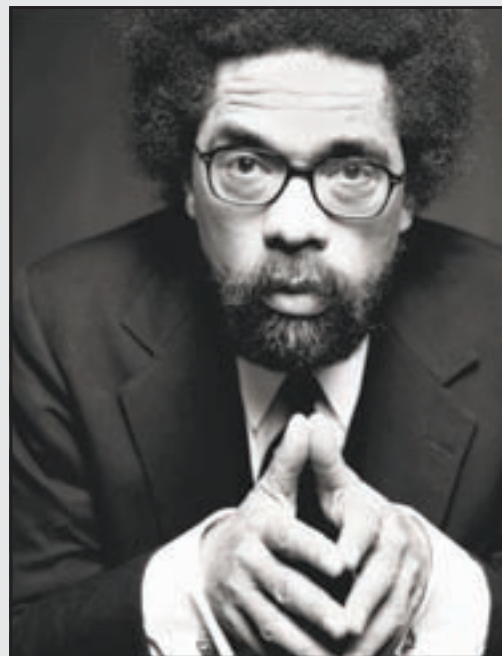
SAT, JAN. 17

PERFORMANCE

THEATER, "RUN FOR YOUR WIFE": The Gallery Players present Ray Cooney's British farce. 2 pm and 8 pm. Gallery Players [199 14th St. between Fourth and Fifth avenues in Park Slope, (212) 352-3101], www.galleryplayers.com.

MUSIC, SCHOOL OF ROCK WINTER SHOW: Students ages 8-16 perform

WHAT TO DO SEVEN EVENTS



Go west: Public intellectual and activist Dr. Cornel West will give the keynote address at the annual Brooklyn Tribute to Dr. Martin Luther King, Jr. at the Brooklyn Academy of Music on Jan. 19.

punk and '90s tunes. \$10. 2-6pm. Rock Shop [249 Fourth Ave. between Carroll and President streets in Park Slope, (718) 230-5740], www.therockshopny.com.

DANCE, WILLIAM PARKER AND THE TONE MOTION THEATRE: A tribute to the late Dr. Martin Luther King Jr and the fifth part of Parker's work "Flower in a Stained Glass Window," performed by chamber group the Transformational Music Ensemble. \$15-\$25. 8 pm. Roulette [509 Atlantic Ave. at Third Avenue in Boerum Hill], www.roulette.org.

DANCE, "DESTINY": The Restoration Dance Theatre dance company celebrates the life and times of Dr. Martin Luther King Jr. \$15 and \$20. 7 pm. Kumble Theater at Long Island University [DeKalb and Flatbush avenues in Downtown, (718) 488-1624], www.brooklyn.liu.edu/kumbletheater.

MUSIC, MATTHEW TEARDROP, BAY UNO, ELIOT PRIDE, FAKE CHATTER: Free. 8 pm. Pete's Candy Store [709 Lorimer St. at Richardson Street in Williamsburg, (718) 302-3770], www.petescandystore.com.

OTHER

READING, "HUG MACHINE": Featuring hands-on activities. Free. 11 am. Barnes and Noble [106 Court Street and Schermerhorn Street in Brooklyn Heights, (718) 246-4996], www.barnesandnoble.com.

LET'S MARCH: Kids learn

about civil rights leader Martin Luther King, Jr. Free with Museum admission. 11:30 am. Brooklyn Children's Museum [145 Brooklyn Ave. at St. Marks Avenue in Crown Heights, (718) 735-4400], www.brooklynkids.org.

FILM, "OUR FRIEND, MARTIN": Animated film uses historical footage of the civil rights leader Martin Luther King Jr. Free with Museum admission. 12:30 pm. Brooklyn Children's Museum [145 Brooklyn Ave. at St. Marks Avenue in Crown Heights, (718) 735-4400], www.brooklynkids.org.

ART, "BOUND AND UNBOUND" CREATIVE ART-MAKING: Join Zebi Williams for a hands-on jewelry-making workshop. \$15. 2 pm. Brooklyn Museum [200 Eastern Pkwy. at Washington Avenue in Prospect Heights, (718) 638-5000], www.brooklyn-museum.org.

FILM, "WHY ARE YOU STILL ALIVE?": Part of the Russian Film Series. Free. 4 pm. Brooklyn Public Library's Central branch [Flatbush Ave. at Eastern Parkway in Grand Army Plaza in Park Slope, (718) 230-2100], www.brooklynpubliclibrary.org/branch_library_detail.jsp?branchpageid=265.

SUN, JAN. 18

PERFORMANCE

THEATER, DIA DE LOS TRES REYES CELEBRATION: El Puente celebrates el Dia de los Tres Reyes, or the Three Kings Day, with a

show commemorating the Three Kings' journey. Free. 1 pm and 5 pm. El Puente [211 S. Fourth St. at Roebling Street in Williamsburg, (718) 387-0404], www.elpuente.us.

MUSIC, ENSO STRING QUARTET: Performing works by Haydn, Janacek, Puccini, and Verdi. Free. 4 pm. Brooklyn Public Library's Central branch [Flatbush Ave. at Eastern Parkway in Grand Army Plaza in Park Slope, (718) 230-2100], www.brooklynpubliclibrary.org/branch_library_detail.jsp?branchpageid=265.

OTHER

E-WASTE COLLECTION EVENT: Recycle unwanted or broken electronics. Free. 10 am-4 pm. [Prospect Park West at Third Street in Park Slope, (212) 477-4022].

CRAFT ROOM: Kids get creative with a variety of Jewish themed crafts. Free with museum admission. Noon-5 pm. Jewish Children's Museum [792 Eastern Parkway in Crown Heights, (718) 907-8833], www.jcm.museum.

WOMEN'S SOCIALIZING AND DINING CLUB: Weekly women's group for single women aged 48-68. Reservations are a must. 2 pm. El Greco Diner [1821 Emmons Ave. at Sheepshead Bay Road in Sheepshead Bay, (718) 336-7908].

MON, JAN. 19

PERFORMANCE

THEATER, "THE LEGACY OF THE CIVIL RIGHTS MOVEMENT THROUGH THE ARTS": Moving Mountains Theatre Company presents a show on how the civil rights movement in America has been depicted in the arts from the 1920s to the present day. \$10. 2 pm. Kumble Theater at Long Island University [DeKalb and Flatbush avenues in Downtown, (718) 488-1624], www.brooklyn.liu.edu/kumbletheater.

OTHER

"COME SHARE THE DREAM": BAM's 29th Annual Brooklyn Tribute to Dr. Martin Luther King, Jr. Featuring a keynote address by Dr. Cornel West and music performances by the New York Fellowship Mass Choir. Hosted by Borough President Eric Adams. 10:30 am. Brooklyn Academy of Music [30 Lafayette Ave. between Ashland Place and St. Felix Street in Fort Greene, (718) 636-4100], www.bam.org.

TALK, MARTIN LUTHER KING JR.: Celebrate the civil rights leader with Tammy Hall as she weaves together tales and songs. Free. 2-3 pm. Lefferts Historic Homestead [452 Flatbush Ave. between Empire Boulevard and Eastern Parkway in Park Slope, (718) 789-2822], www.prospectpark.org.

COMEDY, THE MEHRAN SHOW: Mehran Khaghani hosts a weekly comedy show, with celebrity and comedian guests joining

Continued on page 60



You're a wizard, Harry: The Nets and the Wizards bring basketball magic to Barclays Center on Jan. 17.

Associated Press / Kathy Willens

COMING SOON TO BARCLAYS CENTER

SAT, JAN. 17

SPORTS, LIU BROOKLYN BLACKBIRDS VS. MOUNT ST. MARY BLUE KNIGHTS: \$15-\$25. 11:45 am and 2 pm.

SPORTS, BROOKLYN NETS VS. WASHINGTON WIZARDS: \$35-\$3,000. 8 pm.

SUN, JAN. 25

MUSIC, LINKIN PARK: \$69.50-\$98.50. 7:30 pm.

MON, JAN. 26

SPORTS, BROOKLYN NETS VS. PORTLAND TRAILBLAZERS: \$35-\$3,000. 7:30 pm.

THURS, JAN. 29

MUSIC, CHRIS BROWN WITH TREY SONGZ AND TYGA: \$69.75-\$150.75. 7:30 pm.

FRI, JAN. 30

SPORTS, BROOKLYN NETS VS. TORONTO RAPTORS: \$20-\$3,000. 7:30 pm.

SAT, JAN. 31

MUSIC, IGOR KRUTOI GALA CONCERTA: Composer is joined by Russian singers including Filipp Kirkorov, Kristina Orbakaite, Irina Allegrova, and Valeriy Leontiev, and more. \$65-\$955. 7 pm.

MON, FEB. 2

SPORTS, BROOKLYN NETS VS. LOS ANGELES CLIPPERS: \$35-\$3,000. 7:30 pm.

FRI, FEB. 6

SPORTS, BROOKLYN NETS VS. NEW YORK KNICKS: \$95-\$4,000. 7 pm.

620 Atlantic Ave. at Pacific Street in Prospect Heights (917) 618-6100, www.barclayscenter.com.

FRI, FEB. 13

SPORTS, BBVA COMPASS RISING STARS CHALLENGE: The NBA's top rookies and sophomores compete against each other. \$22-\$87. 9 pm.

THUR, FEB. 19

RINGLING BROS. AND BARNUM & BAILEY PRESENTS CIRCUS XTREME: \$15-\$65. 7 pm.

FRI, FEB. 20

RINGLING BROS. AND BARNUM & BAILEY PRESENTS CIRCUS XTREME: 11 am, 3 pm, 7 pm. See Friday, Feb. 19.

SAT, FEB. 21

RINGLING BROS. AND BARNUM & BAILEY PRESENTS CIRCUS XTREME: 11 am, 3 pm, 7 pm. See Friday, Feb. 19.

SUN, FEB. 22

RINGLING BROS. AND BARNUM & BAILEY PRESENTS CIRCUS XTREME: 11 am, 3 pm, 7 pm. See Friday, Feb. 19.

TUE, FEB. 24

RINGLING BROS. AND BARNUM & BAILEY PRESENTS CIRCUS XTREME: 7 pm. See Friday, Feb. 19.

WED, FEB. 25

RINGLING BROS. AND BARNUM & BAILEY PRESENTS CIRCUS XTREME: 7 pm. See Friday, Feb. 19.

resents a classical guitarist. \$15. 7 pm. P.S. 321 [180 Seventh Avenue between First and Second streets in Park Slope, (718) 499-2412].

OTHER

ART, KNIT AND CROCHET GROUP: Learn how to crochet and knit with instructors or simply spend time with fellow makers. All experience levels and ages 10 and up welcome, and participants can come and go as they please. Free. 1-3 pm. Brooklyn Pharmacy & Soda Fountain [513 Henry St. at Sackett Street in Carroll Gardens, (718) 522-6260], www.brooklynpharmacyandsoda-fountain.com.

FILM, "A RAISIN IN THE SUN": Part of the library's African Americans in '60s Hollywood series. Free. 7 pm. Brooklyn Public Library's Central branch [Flatbush Ave. at Eastern Parkway in Grand Army Plaza in Park Slope, (718) 230-2100], www.brooklyn-publiclibrary.org.

THURS, JAN. 22

PERFORMANCE

MUSIC, NATIONAL BUSKER DAY: Street and subway performers. \$10 (suggested donation). 7 pm. Spike Hill Tavern [184 Bedford Ave. at N. Seventh Street in Williamsburg, (718) 218-9737], www.spikehill.com.

MUSIC, KID MILLIONS, MICK BARR, SARAH BERNSTEIN, STUART



Making waves: Bedford-Stuyvesant hip-hop artist and apparent Malia Obama associate Joey Bada\$\$ will release his new album "B4.Da.\$\$" at Rough Trade on Jan. 19.

Associated Press / Scott Gries/ Invision for MTV

POPEJOY, GDFX, AVA MENDOZA, BRAT PITT: \$7. 8 pm. Silent Barn (603 Bushwick Ave. between Jefferson and Melrose streets in Bushwick), silent-barn.org.

MUSIC, JIMMY VAN HEUSEN TRIBUTE: Martin McQuade performs songs of Jimmy Van Heusen, composer for Bing Crosby and Frank Sinatra. Accompanied by pianist Pete Sokolow. Free. 7-10 pm. Hunter's Steak and Ale House [9404 4th Avenue at 94th St. in Bay Ridge, (718) 238-8899].

DANCE, "SOCIAL DANCE 1-8 INDEX": Choreographer Moriah Evans explore how people dance together and build social relationships through choreographic pathways that are known and practiced in dancing. \$5. 8 pm. Issue Project Room [22 Boerum Pl. at Livingston Street in Downtown, (718) 330-0313], www.issueproject-room.org.

OTHER

TALK, ASK THE MEDICAL PROFESSIONALS: Attendees can ask Lutheran Family Health Centers' medical professionals health-related questions, get blood pressure screenings, have medications reviewed, and receive nutrition tips. Free. 11:30 am-1:30 pm. Coney Island Lighthouse Mission Church [2114 Mermaid Ave. between W. 21st and W. 22nd streets in Coney Island, (718) 630-7000], www.lutheranhealthcare.org.

SALSA PARTY: The party begins with a dance lesson and continues with salsa dancing, followed by performances by professional dance teams. Free with museum admission. 6-9:30 pm. Brooklyn Museum [200 Eastern Pkwy. at Washington Avenue in Prospect Heights, (718) 638-5000], www.brooklyn-

museum.org.
TALK, HENRY LOUIS GATES, JR. AND FIVE CENTURIES OF AFRICAN AMERICAN HISTORY: Harvard scholar explores the history of African-Americans, highlighting the social, political, and cultural legacies that have emerged from the past five centuries of American history. \$20. 6:30 pm. Brooklyn Historical Society [128 Pierrepont St. at Clinton Street in Brooklyn Heights, (718) 222-4111], www.brooklynhistory.org.

TALK, THOMAS MERTON CENTENARY: Christopher Beha of Harper's Magazine, novelist Colm Toibin, and author Paul Elie discuss the writings of poet and activist Thomas Merton. Free. 7 pm. Brooklyn Public Library's Central branch [Flatbush Ave. at Eastern Parkway in Grand Army Plaza in Park Slope, (718) 230-2100], www.brooklynpubliclibrary.org.

READING, RUTH BROWN: The Brooklyn Paper's arts and entertainment editor launches her new book "Coffee Nerd," a funny but practical guide to the modern coffee world. The event will include a coffee tasting. Free. 7:30 pm. Greene Grape Annex (753 Fulton St. at S. Portland Avenue in Fort Greene), greenlightbookstore.com.

FRI, JAN. 23

PERFORMANCE

MUSIC, CLASSICAL MUSIC IN A GOTHIC CHAPEL: \$10. 7-10 pm. Greenwood Cemetery [Fifth Avenue and 25th Street in Greenwood Heights, (718) 768-7300], www.greenwood.com.

MUSIC, BROOKLYN CHAMBER MUSIC SOCIETY: Performing Prokofiev's "Sonata in C major for cello and piano, Op. 119" and "Sonata in F minor for

violin and piano, Op. 80," as well as Schuman's "Trio in C minor for piano, violin, and cello, Op. 110." Free. 8 pm. First Unitarian Congregational Society (116 Pierrepont St. at Monroe Place in Brooklyn Heights), www.brooklynchambermusicociety.org.

MUSIC, "LUMINOUS NIGHT": Grace Chorale of Brooklyn presents a concert for chorus and string quartet. \$15. 7 pm. Saint Ann & The Holy Trinity Church [157 Montague St. between Clinton and Henry streets in Brooklyn Heights, (718) 707-1411], www.gracechorale.org.

MUSIC, ZAK SMITH: \$8. 7 pm. ShapeShifter Labs (18 Whitwell Pl. between Third and Fourth avenues in Gowanus), www.shapesifterlab.com.

MUSIC, ERIC DEUTSCH AND THE JAZZ OUTLAWS: Free. 10 pm. BAM Cafe (30 Lafayette Ave. between Ashland Place and St. Felix Street in Fort Greene), www.bam.org/programs/bamcafe-live.

DANCE, "WINTER FOLLIES": Spoke the Hub dance studio hosts its annual showcase. \$20 (\$15 in advance). 7:30 pm. Gowanus Art Center [295 Douglass St. between Third and Fourth avenues in Gowanus, (347) 529-6473], www.gowanusartandproduction.com.

OTHER

CHEF MARCUS SAMUELSSON: Macy's Culinary Council Chef Marcus Samuelsson shows how to entertain in style, with free samples. Free. 6 pm. Macy's (422 Fulton St. between Hoyt and Lawrence streets in Downtown), bit.ly/Samuelsson15.

SAT, JAN. 24

PERFORMANCE

MUSIC, PARK SLOPE SINGERS 2015 WINTER CONCERT SERIES: Performing light-hearted songs for children and a mixture of madrigals and contemporary music about women. \$15 (\$10 students and seniors, \$1 kids under 10). 3 pm. Good Shepherd Church [7420 Fourth Ave. at 75th Street in Bay Ridge, (440) 320-8669], www.parkslopesingers.org.

MUSIC, "WOMEN & CHILDREN FIRST": The Park Slope Singers perform a concert featuring songs about women. \$15. 3 pm. Lutheran Church of the Good Shepherd [7420 Fourth Avenue at 75th St. in Bay Ridge, (718) 745-8520], www.goodshepherdbayridge.org.

MUSIC, MY BODY: EP release party. \$10. 8 pm. Cameo Gallery [93 N. Sixth St. between Wythe Avenue and Berry Street in Williamsburg, (718) 302-1180], www.cameony.net.

MUSIC, HEAVENLY BIG BAND: \$10. 9:30 pm. Gowanus Art Center [295 Douglass St. between Third and Fourth avenues in Gowanus, (347) 529-6473], www.gowanusartandproduction.com.

dependency of today's millennials. \$18. 7 pm. The Grand Prospect Hall [263 Prospect Avenue between Fifth and Sixth avenues in Park Slope, (212) 352-3101], www.bravenewworldrep.org.

THEATER, "LET THE RIGHT ONE IN": The National Theatre of Scotland presents a bloody romance about the love affairs of the undead. \$35. 8 pm. St. Ann's Warehouse [29 Jay St. between John and Plymouth streets in Dumbo, (718) 254-8779], www.stannswarehouse.org.

OTHER

PREVIEW WEEK: Xaverian's Co-Ed Middle School is hosting an open house for prospective students and parents. Families interested in attending must make an appointment. Free. Appointment only. Xaverian Genesis school [7100 Shore Rd. at 71st Street in Bay Ridge, (718) 836-7100 X 188], www.xaverian.org/genesis.

WED, JAN. 21

PERFORMANCE

MUSIC, JASON VIEAUX: Neighborhood Classics

Continued from page 59
 him on stage. \$10 (\$8 in advance). 9 pm. Union Hall [702 Union St. at Fifth Avenue in Park Slope, (718) 638-4400], www.union-hallyny.com.

TUES, JAN. 20

PERFORMANCE

MUSIC, CHILD ABUSE, SEABROOK POWER PLANT, MATT NELSON, WINDHORSE: \$7. 8 pm. Silent Barn (603 Bushwick Ave. between Jefferson and Melrose streets in Bushwick), silentbarn.org.

MUSIC, STOMP, CLAP AND SING WITH CIRCUIT AND JOJO: Musicians combine electronic and acoustic guitar to create a contemporary and colorful kid-friendly sound. Free. 11 am. Brooklyn Public Library's Central branch [Flatbush Ave. at Eastern Parkway in Grand Army Plaza in Park Slope, (718) 230-2100], www.brooklyn-publiclibrary.org.

THEATER, "THE MISER": Brave New World Repertory performs an adaptation to Moliere's comedy using the centuries-old comedy of manners to explore the economic

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New boss at 'most-convenient bank'

SHEEPSHEAD BAY

Standing O is leaving the lights on for Oksana Momot, the new sales and service manager at TD Bank, "America's most convenient bank." She will be responsible for new business development, consumer and business lending, managing personnel, and overseeing day-to-day operations.



Our pal Oksana moved swiftly through the ranks. She joined the company in 2003

as a teller, left five years later as head teller, and then re-joined in 2010 as assistant store manager. She will oversee the East Brooklyn banking community in her new position.

TD Bank [2700 Coney Island Ave. at Avenue Y in Sheepshead Bay, (718) 616-2200].

BOROUGH WIDE

Heart-smart Marty

Former borough president, "Mr. Brooklyn," and long-time Standing O pal **Marty Markowitz** has jumped aboard the **Brooklyn Board of Directors of the American Heart Association** to share his expertise and lend his dedication because heart disease is close to his heart.

Marty, his father, and his grandfather suffered from cardiac issues, and he did his heart-felt best to keep Brooklynites healthy with a "Lighten Up" fitness campaign during his 12 years as beep. Marty's arrival is sure to bring heart to the organization while he embraces its life-saving work.

"I look forward to working with the American Heart Association on this important issue," he told Standing O, which wishes him a whole lot of heart and luck in his new endeavor.

BENSONHURST

PJ his way

It's time to break out a book and read along with **David Schwartzman**. The 9-year-old Brooklyn bookworm was selected by the **Harold Grinspoon Foundation** to join the national **PJ Our Way Design Team**, in partnership with the **Edith and Carl Marks Jewish Community House of Bensonhurst**. David will serve as an online resource for fellow readers and help lead conversations about Jewish children's books, nationwide. Mazel tov, David!

The foundation has gifted more than five million Jewish books to in-



GIVING SEASON: Students at IS 228 proudly show off the goods collected for this year's Toys for Tots and Food Drive initiative. Students and Toys for Tots representatives – along with Principal Dominick D'Angelo, PTA president Heather Fiorica, and Linda Dalton, PTA treasurer – all share in the joy.

Holiday heroes share the toy joy

GRAVESEND

Students at **IS 228, the David A Boody School**, showed off their holiday spirit by collecting gifts and food for the **Marine's Toys for Tots** program and the **Girls Scout's Troop 2717** food drive for the Salt and Sea Mission in Coney Island.

Principal **Dominick D'Angelo** and the P.T.A. — led by president **Heather Fiorica** and treasurer **Linda Dalton** — encouraged the students to embrace Boody's melting pot.

"Our P.T.A. decorates our Parent Engagement Center each year

to celebrate, Hanukkah, Christmas, and Kwanzaa, showcasing the school's diversity and co-sponsors the drives to re-stock the shelves at the mission," explained Standing O pal Heather.

Parents and children collected new toys for the Marines to deliver to deserving children in the community, in addition to canned and boxed food items for the homeless shelter. Standing O thanks these big-hearted holiday heroes.

IS 228, The David A. Boody School [228 Avenue S at W. Fourth Street in Gravesend, (718) 375-7635].

Inquisitive readers and their parents can visit PJ Our Way at www.pjourway.org.

DOWNTOWN

Giving toys and joy

Three cheers to the staff and students at the **Berkeley College Office of Student Development and Campus Life**. The group held a toy drive for **Quest Youth Organization** in Bedford-Stuyvesant, a group committed to enriching the lives of young people through the performing arts. Berkeley student **Andrew Gordon** presented a box of wrapped toys to **Linda Sylvester**, associate executive director at Quest just before the holidays.

Standing O is committed to offering well-deserved pats on the back for do-gooding deeds and says, "Thank you Berkeley staff and students."



DOWNTOWN

Bon voyage

Standing O bids a fond farewell to **Erin Drinkwater**, executive director at **Brooklyn Community Pride Center**, as she steps down to follow her dreams and other opportunities.

The organization transitioned from a 600 square-foot walk-up to a 1,600 square-foot, ground-floor suite that provides greater access to programs, services, and community meetings, thanks to Erin's three-year tenure. It also saw an increase of 65 percent in program participation in 2014.

Members of the board bade Erin a fond farewell, while seeking her replacement.

"We thank Erin for her service and wish her well in her future endeavors," said chairwoman **Deborah Brennan**, adding the group looked forward to continuing its tradition of excellent leadership, and hardworking and dedicated staff.

A transition plan has been created by the Board of Directors and the Board of Governors in consultation with Drinkwater to hire a successor to bring the organization to its next stage of growth, said Brennan.

Our pal Erin leaves with great memories and fond words for her former colleagues.

"The last three years have been a time of great professional and personal satisfaction," she said. "It has been an honor and privilege to serve the L.G.B.T.Q. communities of Brooklyn, and a phenomenal opportunity to work with each and every one of you."

Sanding O knows that wherever Erin goes and whatever she does, she will be a great success. "Good luck and god speed."

Brooklyn Community Pride Center [4 Metro Tech Roadway at Gold St. in Downtown, (347) 889-7719].

Berkeley College Brooklyn Campus [255 Duffield St. at Fulton Street in Downtown, (718) 637-8600].

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● 'I got five kids who are averaging double figures.'

— Lincoln coach Kenny Pretlow on the depth of his team

● 'Shannah can be as good as she wants to be.'

— Poly Prep coach Mike Junsch on star forward Shannah Wright

Balanced Lincoln beats St. Raymond

BY PATRICK MCCORMACK

The Railsplitters boys' basketball team may not have a traditional star player this season, but it showed that it is still one of the top teams in the city.

That was evident in a balanced attack leading the Coney Island school to a 78-52 victory over Catholic High School Athletic Association stalwart St. Raymond in the Apparel Challenge last Sunday at Christ the King. The four-game event pitted teams sponsored by Nike against teams sponsored by Under Armour.

"There's not a star player on our team, but everybody makes the whole team," said senior Ezekiel Charles, who led the team with 22 points. "That's why we're hard to beat. You don't know what game somebody may be clicking, but the team is always clicking as a whole."

Lincoln wasted no time taking control of the game, coming out to an early 16-4 lead thanks to six points apiece from Charles and junior Jahlil Tripp. Freshman Paul Person also added six points in the first quarter for the Railsplitters, who led 22-8 at the end of the frame. Lincoln coach Kenny Pretlow sees the depth of his team as an advantage.

"I got willing passers. I got five stars. I got five kids who are averaging double figures," Pretlow said. "All of them are playing the way I want. I tell them that when five guys are a threat, it's very hard to defend."

The Railsplitters (12-2) continued their success early in the second quarter with an 11-0 run, led by five points by freshman Tyler Bourne, who finished with 18 points, to push ahead 33-10 with 5:00 left before the break. Person, who



GOING UP: (Above) Lincoln's Paul Person takes the ball strong to the hoop against St. Raymond. (Right) Lincoln's Donald Flores sets up a play against St. Raymond's Malik Mooving. Photos by Caroll Alvarado



finished with 14 points, said he and Bourne are out to show people that they are ready to compete with anyone in the city.

"I think since we're freshmen, some people think we're not going to play well," Person said. "Me and Tyler work hard together in practice and play hard. Every game we're going out to make a statement."

After the Lincoln run, the team didn't score for the rest of the half, but it was able to hold the Ravens (7-4) to eight

points over the final five minutes and bring a 33-18 lead into the break. Pretlow told his team during halftime to continue defending and it will lead to offense.

"Our coach told us we need to make shots," Charles said. "If we lock down on D the of-
Continued on page 65



ON THE MOVE: South Shore's Brianna Fraser dribbles the ball up the court. Photo by Caroll Alvarado

Fraser's effort not enough for Viking raid

BY PATRICK MCCORMACK

South Shore fought back with repeated rallies last Sunday, but in the end, it just couldn't overcome Christ the King's attack.

Each time, the Royals answered South Shore surges with runs of its own. Mistakes and careless play cost the Vikings girls' basketball team against the host Royals in a 66-53 loss at the Apparel Challenge on Jan. 11. The event featured teams sponsored by Nike against those sponsored by Under Armour. "I think they played hard," said South Shore coach Anwar Gladden. "We just missed some opportunities to execute."

The Royals came out the gate firing. Junior Sydney Zambrotta hit three treys to put Christ the King ahead 13-6 early. The Vikings then scored four points straight on back-to-back buckets from Amanda Cruz and Destiny Philoxy to cut the Royals' lead to 17-14. Christ the King responded with a 10-2 run to take a 27-16 lead early in the

second quarter.

South Shore came right back with runs of its own. The Vikings outscored the Royals 14-4 in the third quarter, led by six points from Maryland-bound forward Brianna Fraser and three points from Cruz to cut Christ the King's lead to 31-30 with 5:35 to go in the frame. Cruz, who finished with 14 points, said the team made adjustments at the half that helped it cut into the Royals lead.

"We spoke about getting back, playing better defense, and playing tougher offense," Cruz said.

Zambrotta took over the game with her team up 33-32 in the third. The junior led a 10-0 run for Christ the King with eight points and three steals. Gladden said the Royals had a response to every rally South Shore had.

"They definitely did," said the Vikings' skipper. "That's what good teams do — they respond to other good teams."

South Shore (10-4)
Continued on page 65

The Wright stuff

Freshman forward powers Poly past Horace Mann

BY JOSEPH STASZEWSKI

Shannah Wright is getting used to having a big role at a young age.

The 6-foot-2 Poly Prep freshman forward played on the varsity team as an eighth grader last year, and admittedly struggled with being a focal point for the Blue Devils. Wright is feeling much more comfortable just a year later — and it shows.

She scored seven of her game-high 17 points in the fourth quarter and dominated the glass to help lead the Poly Prep girls' basketball team to an important 44-38 win over host Horace Mann on Oasis Night last Friday.

"Last year the pressure really got to me," Wright said. "This year, you learn and grow as a player. I realized what my role is. If coach needs me to take over a game, I have to take over the game."

Horace Mann, one of the top teams in the Ivy League, tied the score at 36-36 with 3:57 to go in the game on a jumper by star freshman guard Jordan Nixon.

Poly proceeded to close out the contest with an 8-2 run that started with a Wright put back and then a pretty give-and-go layup by Maggie White off a feed from Ryan Ward.



STAND-OUT PERFORMANCE: Poly Prep's, left, Shannah Wright and Lily Warhaftia helped lead their team to an important win over Horace Mann last Friday.

Photo by Joseph Staszewski

The Blue Devils went up 40-36 with 1:43 remaining and never looked back.

"Not a lot of teams have big girls like that so we have to take advantage of her," junior captain Lily Warhaftia said of Wright.

Poly Prep coach Mike Junsch called Wright the only player he wouldn't want to see on Poly's team if he were the opposing coach. It got harder for Horace Mann (5-2, 2-2) to guard Wright after forward Caroline Levy fouled out in

the third quarter.

"Shannah can be as good as she wants to be," Junsch said.

The Blue Devils (4-0, 3-0) had no such troubles with controlling Nixon. Ovie Kabba and Ward took turns face guarding her and Poly threw a double team at her late in the game. Even when she beat defenders she was forced into the outstretched arms of Wright and White.

Warhaftia tallied 14 points

Continued on page 65

Loss to LuHi can help Jefferson get back on track

Thomas Jefferson wants to climb to the top of the Public School Athletic League. To do so, it needs to use its defeat by Long Island Lutheran, one of the state's best programs, as a moment for growth.

The Orange Wave boys' basketball team wasn't sharp in a 75-62 loss to the private-school power as part of the Apparel Classic at Christ the King last Saturday. Jefferson couldn't overcome an off night from star Shamorie Ponds (16 points) and a LuHi team that outran the usually quicker Orange Wave squad.

"They were better than us today," said Jefferson coach Lawrence "Bud" Polard. "We sucked today. They were better coached, better prepared. Effort was better. Everything was better. We just got our butts kicked all the way around."

This is the perfect time for Jefferson (15-2) to reflect on where the team is and what it needs to do to get where it wants to go. The Orange Wave is in the driver's seat for the Brooklyn AA division title and potential as a No. 1 seed in the upcoming playoffs.

Even during that success it has relied heavily on Ponds, who has garnered scholarship offers from USC, Minnesota, and St. John's during his breakout season. The junior guard has played at an exceptional level, and was a formidable combination with Jacquan McKennon in the backcourt.

Ponds scored just three points in a first half marred by foul trouble, and Jefferson trailed LuHi 35-24 at the break. McKennon (14 points) did his best to spark his team, and Rasheen Dunn had eight points.

Still, scoring needs to come elsewhere when Ponds is having an off night, much like what Christ the King showed in the nightcap with



JOE KNOWS

by Joe Staszewski

Rawle Alkins struggling.

LuHi (10-1), on the other hand, had three players in double digits, with Devonte Green and Chris Atkinson leading the way with 22 and 20 points apiece respectively.

The margin for error against teams as deep and as athletic as Long Island Lutheran is so small. The same is true the deeper you get into the Public School Athletic League playoffs.

"We aren't used to losing, but you have to lose to win games," McKennon said.

Jefferson struggled to attack the rim like it is used to. LuHi stepped in front of drivers and took charges. Others were met by the long, out stretched arms of 6-foot-9 forward Jose Martinez.

"Size played a big factor," Ponds said.

It was just one of the causes of Jefferson's defeat. While you want to keep losses to a minimum, they can be healthy and beneficial during the course of season. The lopsided defeat to Long Island Lutheran certainly can be a teachable moment for the Orange Wave.

"We live and learn," McKennon said. "We are going to have an off night, much like what Christ the King showed in the nightcap with

Jefferson falls to LuHi

BY STEPHEN ZITOLO

Thomas Jefferson's fast paced, up-tempo offense met its match in a Long Island Lutheran team that plays much the same way.

LuHi (10-1) was able to push the tempo, run the floor, and finish at the basket more effectively and handed the Jefferson boys' basketball team a 75-62 defeat in the Apparel Challenge at Christ the King on Jan. 11. The event pitted programs sponsored by Nike against those sponsored by Under Armour.

Jefferson struggled at times dealing with the tempo and transition game of LuHi on the defensive side of things. On offense, it struggled to finish its layups as the Crusaders' size and length made things tougher.

LuHi took control of the



TWO ON ONE: Thomas Jefferson's Jacquan McKennon drives between two Long Island Lutheran defenders.

Photo by Amy Rio

game in the third quarter. Jefferson came out after half-time and was able to open up the frame with a 14-3 run to tie the score at 38-38. But

LuHi then went on a run of its own. It ended the frame on a 20-5 spurt and held the usually high-powered Jefferson

Continued on page 65



BLOCK THE SHOT: Christ the King's Sydney Zambrotta tries to shoot over South Shore's Brianna Fraser, right, and Ashley McDonald.

Photo by Caroll Alvarado

VIKINGS

Continued from page 63

was able to cut Christ the King's lead to 44-35 in the third on a layup from Philoxy, who finished with eight points.

Zambrotta responded for the Royals (8-4), picking up her fourth steal of the quarter and taking it the other way for a three-point play to make it 47-35 heading into the fourth quarter. Gladden saw Zambrotta scoring from all over the court against his team.

"She hurt to start the game. She hit some big, deep threes early. Every time we answered, she was their answer. It was tough," the coach said.

The Vikings began the fourth quarter on a 9-2 run

led by Fraser, who scored a team-high 21 points, to cut the Royals lead to 49-44 early in the fourth. South Shore got as close as 51-47 with 2:14 to go in the game. Fraser's effort level can be questioned at times, but that certainly wasn't the case against Christ the King.

"She definitely came to play today," Gladden said. "She played hard, she played the whole game, she kept us in it."

Despite the loss, Gladden sees the Apparel Challenge as a game that will help his team down the road in Public School Athletic League play, and was good exposure for his kids.

"I think this is a great event," Gladden said. "We are happy to be a part of it and there are no losers when you have an event like this."

weapons with which to take over a game and make it difficult for the opponent to defend. When the offense ran dry, the Railsplitters turned to defense, which the coach thinks will bring Lincoln to the top of the Public School Athletic League.

"We get up and defend — we're right on your shirt," Pretlow said. "We're denying you, I told them we can win a championship by defending."

LINCOLN

Continued from page 63

fense will come."

The Lincoln coach was correct, as the Railsplitters outscored St. Raymond 24-18 in the third quarter, which included a 12-2 run to end the frame. It pushed the Railsplitters' lead to 57-36 at the end of three.

Lincoln came out and showed that it has many



Denied!

Mason Plumlee controls the ball against the Rockets' Donatas Motiejunas during the second quarter of Monday's game against Houston at Barclays Center. But it wasn't enough to ground the Rockets, who beat Brooklyn 113-99.

Associated Press / Jason DeCrow

WRIGHT

Continued from page 64

for Poly. Nixon scored 15 points and Jennifer Reiss added 14 points for Horace Mann.

"She is a fantastic player," Wright said of Nixon. "We knew we had to take her out of the game."

There were some concerns

of rust coming into the contest since Poly had last played on Dec. 12 because of the Christmas break. Horace Mann led 31-29 after the third quarter, but Poly's defense and Wright's dominance allowed Poly to pick up a win that shows it can compete with Horace Mann and Dalton for an Ivy League crown.

"I think this win will tell us

that we can beat better teams like this," said Warhaftia. "I think it's showed us all that we are a pretty good team."

Poly Prep 57, Horace Mann 17: Najee Taylor led the Poly Prep boy's basketball team with eight points. David Dixon had six points and J.D. Levine chipped in four. Robert Gulub paced Horace Mann with 10 points.

JEFFERSON

Continued from page 64

offense scoreless for four minutes during the run.

"We were all over the place," said Jefferson head coach Lawrence "Bud" Pollard. "Guys wanted to do it their own way, and that's what happens when guys do it their own way. We think that's more important than beating people our way."

In the first quarter it was obvious that the game was going to be a fast-paced affair. Both Jefferson and LuHi pushed the ball up court and attacked the basket, but Jefferson began to struggle in the second quarter. LuHi, which led 35-24 at the half, was able

to use its transition game not only to attack Jefferson in the paint, but also score from the outside.

Shamorie Ponds scored 13 of his 16 points in the second half and Jaquan McKennon added 14. Devonte Green paced LuHi with 22 points.

Jefferson (15-2) got a break as the third quarter began. Two LuHi players dunked during warm ups. This isn't allowed while the referees are on the court, so LuHi received two technical fouls. Shamorie Ponds hit all four technical foul free throws and scored on the ensuing possession to pull Jefferson within 35-30. LuHi shook off the mistakes and increased its lead to 58-43 heading into the final quarter.

"When they came back and made their own run, we didn't get back on defense," Pollard said. "I told these guys poor offense makes poor defense. Our offense was poor today, our decision-making was poor, and our free throw shooting was poor."

Jefferson tried to battle back into the game in the fourth quarter as it got the LuHi lead down to nine with less than two minutes remaining, but it would be too little too late as LuHi's lead was too much to overcome.

"After we came out at half-time we wanted to fight back," said Jefferson senior guard McKennon. "We fought our best. We wanted to win, but unfortunately we didn't get the win."



**“ SURE,
AT FIRST I WAS A LITTLE TAKEN ABACK
BY THE WHOLE PEEING STANDING UP THING.
BUT I TAUGHT HIM TO THROW A STICK
AND NOW HANGING OUT WITH HIM
IS THE BEST PART OF MY DAY.”**

**— EINSTEIN
adopted 12-09-10**

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IS THE BEST
THING TO HAPPEN
TO A SHELTER PET**



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**BY GIVING JUST A FEW HOURS OF MY DAY
I HELP CHILDREN PREPARE FOR
A LIFETIME OF LEARNING
BECAUSE I DON'T JUST WEAR THE SHIRT, I LIVE IT.
GIVE. ADVOCATE. VOLUNTEER. LIVE UNITED[®]**



Ruth Rusie is part of United Way's ongoing work to improve the education, income, and health of our communities. To find out how you can help create opportunities for a better life for all, visit LIVEUNITED.ORG.



Brooklyn community classifieds

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CNG (Community News Group) is currently seeking a Digital Recruitment Advertising Sales Account Executive.

In this role, you will sell digital and print recruitment advertising campaigns with an emphasis on digital recruitment advertising.

You will custom craft advertising campaigns that contain successful components of digital online verticals, such as custom search, resume-matching.

You will also have the ability to work with additional sectors for both digital and print marketing opportunities such as real estate and other service sectors.

RESPONSIBILITIES

- Identify client needs, communicate the benefits of our audience-based marketing solutions as they relate to each need and then sell the appropriate campaign.
- Negotiate contracts.
- Manage day-to-day activities using a CRM system.
- Meet or exceed revenue expectations.

QUALIFICATIONS

- Sales experience.
- Understanding of digital media platforms and be digitally savvy.
- Proficient in sales calling including up-selling, appointment setting and cold calling.
- Ability to work through objections/concerns regarding costs, budgets and selling strategies.

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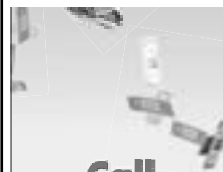
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Office of the Public Advocate

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► **HELP WANTED**

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BERGEN BEACH OPEN HOUSE
SUN, JAN. 18, 1-3 PM
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1 family S/D
Mint condition, 3 BR duplex, modern kitchen. Parquet floors, fin bsmt
Parking for 2 cars.
BROOKLYN'S



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BROOKLYN OPEN HOUSE

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Mon, 1/19/15
2-4 PM
1633 Burnett St.
1 Family Detach.
7 Rooms,
3 Bedrooms, 1 Bath.
Partially Finish Bsmnt.
Private Driveway.
1 Car Garage.
ASKING: \$799K
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Sun 1/18 1-3 PM
2448 Ralph Avenue
Move right in to this fully detached 1 family! Updated 4 bdrm duplex, 2 full baths, sun rm, formal living rm & dining rm, top of the line applis, fin bsmt, 2 car gar. Asking \$500's
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SUN. 1/18 From 1-4 PM
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NEW SECTION
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KENSINGTON OPEN HOUSE
Saturday 12-2 PM
303 Beverley Road #9-G
(Btwn E.3rd & E.4th)
Cozy 1 bdrm co-op apt in elev bldg. Eat-in-kitch with breakfast nook & window, Full bath. 2 walk-in closets, sep dressing rm off bathrm. 24 hr doorman, laundry rm. 1 block to F train. Heat incl. 5-10% down ok. \$259,000



MADISON OPEN HOUSE
SUNDAY 1-3 PM
3981 Bedford Ave. (Aves R&S)
Det 1 fam custom brk on 35x100 lot. Spacious 3BR duplex w/lrg LR, Formal DR, huge custom EIK, 1 1/2 bths, semi-fin bsmt w/ 1/2 bath. Private drive, det garage. \$1,790,000



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MILL BASIN
Broker Open House
Thursday 1/15 7-8pm
484 MAYFAIR DRIVE
Sunday 1/18 12-3pm
Great Mill Basin 6 yrs young corner home, 3 flrs plus full fin bsmt, 6 full bdrms, 5 bathrms, home is 4000 sqft, 20ft ceilings, resort like backyard with in ground pool, prv parking & gar
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SUN, JAN. 18, 1:30-3 PM
2774 MILL AVENUE
BRICK BEAUTY!
1 family totally redone featuring Euro granite Eat-in Kitch, formal DR, 3 BRs, 2.5 custom designer baths, full fin bsmt with bathrm & sep ent, large yard & private driveway.
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BROOKLYN OPEN HOUSE

Mill Basin (Prime) OPEN HOUSE
SUN, JAN. 18, 1-3 PM
2675 EAST 63rd ST.
1 Family S/D, Fully Renov, Open Floor Plan, All New Windows, Parquet Floors, Extra Closet Space, Each Floor Has a Bathrm, Prvt Drwy, Parking For 3 Cars, Priced To Sell! Call
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MILL BASIN
SUN 1/18 1-3pm
186 BARLOW DRIVE
Detached all brick high ranch, 4 large bedrooms, 3 newly designed baths, chefs kitchen w/ granite flrs, grand living rm & dining rm, huge family rm w/ sliding glass drs to lovely patio & yard, garage, owner anxious!
TALK OF THE TOWN REALTY
718-251-7400

BROOKLYN OPEN HOUSE

MILL BASIN
Sun 1/18/15 1-3pm
2515 East 63rd St
All brick 1 fam, 18X100 lot, 3 bdrms, 2.5 bathrooms, new kit with top of the line applis, formal LR & dining rm, fin bsmt, sliding doors to beautiful sundeck & spacious yd,
A must see!
Talk of the Town RE
718-251-7400

Sheepshead Bay OPEN HOUSE
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2251 Plumb 1 St. #5B
3 BDR Co-op, 2 BATH. Fully renovated, custom-built cabinets, ceramic and hardwood floors, EIK with window. Large master BDR. Maint includes all utilities, no pets.
Asking \$285,000
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1272 East 5th St.
Detached Dup., 4 BR, 2 Baths, large LR, DR, den, hardwood floors, new boiler, private driveway and garage. Very Quiet Block. 58x100 Lot! PL1296



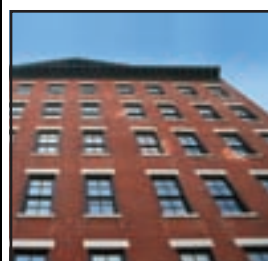
BERGEN BEACH OPEN HOUSE
SUN., 1/18, 1-3PM
2224 East 74th St.
2 Family Det., 3 BR over 1 BR, full attic, garage, large yard, semi-finished basement, private drive.
.....RG1391



MARINE PARK OPEN HOUSE
SUN., 1/18, 1-3PM
1936 East 34th St.
Great Opportunity - 2 BR Duplex (needs updating), full basement, carport, rear yard. CAN BE SOLD WITH ADJOINING HOUSE AS PACKAGE TO MAKE HUGE 4 BDR).
..... PL1415

FLATLANDS: 2 BR Att. Brk Ranch, lg LR, DR, kit., LR, full fin. bsmt, pvt drv, 1 car garage, rear yard. PL1402
BELLE HARBOR: 2 Family on 61x100 Lot! No Expense Spared! 3 BR apt with terr., 2 bth, over 2 BR, 2 bath, lg LR, DR, full fin bsmt, parking for 10 cars, gar., cabana, custom brk. Totally Renov!! Will be deliv. vacant!
FLATLANDS: Semi-Det. Brick Tudor! 3 BR, FDR, EIK, bath on every floor, new front porch, new roof, detached garage. Property is a "short sale". \$410s
MARINE PARK: Walk to All! 2 BR SD Duplex, front porch, beaut. yd with pavers, summer kit., full fin bsmt. AN1418
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4/\$3



DOLE
10-12 OZ. PKG.
Greener Selection or Classic Romaine
3/\$5



BROOKLYN MARKET
GLOBE 2 LB. BAG
Yellow Onions
69¢



RED RIPE
Plum Tomatoes
99¢ Lb.



SHOW WHITE
8 OZ. CONT.
Whole Mushrooms
99¢

28 oz. Can
La Valle Italian Tomatoes
3/\$5

Select Var 10 Pack
Kool-Aid Jammers
\$1.99

Select Var. 32 oz. Cont.
College Inn Broth
\$1.99

Select Var. 10.3 oz. Cont.
Martinson Coffee
\$2.99

YOUR SEAFOOD SPECIALIST

NET FRESH
Whole Mediterranean
Bronzino or Orata
\$4.99 Lb.

We Only Sell Fresh Fish

BROOKLYN MARKET BONUS BUYS



Select Var. 12 Pack
Scott Bath Tissue
\$7.99



With Club Card & Add. \$10.00 Purchase or More. Limit 1 Deal.
Select Var. 92-100 oz. Cont. Liquid
Tide 2x Detergent
\$11.99

25.3 Fl. oz. Cont.
Filippo Berio Olive Oil
\$4.99

EXTRA VIRGIN, PURE OR EXTRA LITE

DAIRY & FROZEN SALE



16 oz. Pkg.
Sorrento Galbani Mozzarella
\$2.99



32 oz. Cont.
Sorrento Galbani Ricotta Cheese
\$3.99



Select Var. 5.3 oz. Cup
Chobani Greek Yogurt
5/\$5



Select var. 7-8 oz. Pkg.
Sargento Shreds
2/\$6



Select Var. 9.3-12.7 oz. Box
Eggo Waffles
\$1.99



9-10 oz. Box
Birds Eye Vegetables
5/\$5



Select Var. 19-32 oz. Pkg.
McCain Fries
2/\$5



Select Var. 48 oz. Cont.
Friendly's Ice Cream
\$2.99



24 Pk. 16.9 oz. Btl. +Dep.
Poland Spring Water
2/\$10



12 Big Rolls
Bounty Towels
\$9.99

With Club Card & Add. \$10.00 Purchase or More. Limit 1 Deal.
POPS
FRO LOOPS
FROSTED FLAKES 15 OZ.
12.5 oz. Box
Kellogg's Corn Pops
BUY 1 GET 2 FREE

Save \$10

GROCERY SALE



Best In Town!
Italian or Semolina Hero Rolls
3/99¢



Imported
Feta Cheese
CHUNK ONLY
\$3.99 Lb.



USDA CHOICE BEEF
Roast Beef
\$9.99 Lb.



MADE ON PREMISES DAILY
Fresh Mozzarella
\$4.99 Lb.