

# FASHION POLICE

## City upping ante on Coney's aggressive costumed panhandlers

BY DENNIS LYNCH

Boardwalk cops are coming to clean up SpongeBob.

Coney Island is getting 20 more police officers this summer to combat pushy costume characters who hassle passersby for tip-for-tap selfies, Councilman Mark Treyger (D-Coney Island) told this paper.

The aluminum foil Iron Men and slushy-at-best "Frozen" characters migrated to the Boardwalk last summer after the mayor cracked down on them in Manhattan for hassling Times Square tourists for tips, so the additional enforcement is welcome, one local leader said.

"Once they got their foot in the

door, the performers were prevalent throughout the area — everybody and their brother was Mickey Mouse or whoever," said Community Board 13 chairman Stephen Moran. "We can always use more law enforcement in our community, and I'm thankful to the [elected officials] who put this together."

Treyger and Borough President Adams needled the mayor's office over the summer for addressing the issue in Manhattan but not The People's Playground.

In response, Mayor DeBlasio created a task force to look into the problem.

*Continued on page 11*



**CLEANING UP THE BOARDWALK:** Police are sending an additional 20 cops to keep costume characters from harassing tourists in Coney Island this summer. File photo

## Snowbirds of passage

### Locals: Homeless count misses seaside's summer highs

BY COLIN MIXSON

The city's annual homeless count is Jan. 25, but local leaders say the dead-of-winter tally totally fails in coastal communities, where the homeless population ebbs in the winter and flows in the summer, and are calling on the city tabulators to come back in warm months.

Community board members fear the low reckoning may mean less street-level homeless services when

warm weather draws vagrants to the neighborhoods' boardwalks and commercial strips, one member and business leader said.

"The homeless are seasonal — during the summertime — so usually, when they come and do the homeless count in January, there's nobody here," said Yelena Makhnin, director of the Brighton Beach Business Improvement District. "In

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# Thank you very mulch!

## Brooklynites grind Christmas trees, get compost

BY DENNIS LYNCH

It was a chipper leaves-taking. Brooklynites bid their Christmas trees goodbye by chucking the once-festive arborers into wood chippers during the city's 20th Annual Mulch Fest on Jan. 9-10.

The chips were flying around eight Kings County greenswards as the departments of parks and sanitation teamed up to crush the borough's boughed rubbish into plant food for the city's parks and gardens. Workers let locals keep a few bags of their erstwhile decorations, a boon for one budding green thumb who got his parents to lug their log to Owl's Head Park, a Bay Ridge mom said.

"It was my son's idea to go — he has a garden in the backyard, so we picked up some mulch for that," Cynthia Breimoen said of her 6-year-old son. "It's a great program — gives people a chance to clear out their Christmas trees and takes some of that work away from the sanitation department."

Workers pulverized just more than 30,000 trees city-wide, slightly more than last year, according to a parks department spokeswoman.

Another Ridge gardener said she didn't haul a tree, but



**CHIPPIN' IN!:** (Top) A Department of Parks and Recreation employee loads another Christmas tree into a wood chipper in Marine Park. (Left) Bay Ridgites Cecile Nugent and Vinny McKeon show off the bags of mulch they grabbed from Owl's Head Park. (Right) Leslie Granger loads up on mulch in Marine Park.

she enjoyed the fruits of previous years' labor.

"I've given my tree many times but never taken any be-

fore this year," said Cecile Nugent, who went with her boyfriend Vinny McKeon. "We have just a small garden, so

we each took two bags." The Department of Sanitation is taking trees left on sidewalks until Jan. 15.

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## Dosvedonya! Prok fires Nets' brass

BY DAVID RUSSELL

The Nets sacked head coach Lionel Hollins and reassigned general manager Billy King this weekend over the team's poor performance.

Owner Mikhail Prokhorov, who recently took full control of the team and home court Barclays Center, said he wants to grow the National Basketball Association bottom feeder back into a championship contender, but the ousted

leaders were making the team look bad amid heightened media scrutiny.

"We are playing in the best market in the world," Prokhorov said. "And of course it is a market that makes great pressure, a lot of attention, a very active press. That is why we need players and a coach who can resist this pressure — who can survive."

Hollins, whose record was just 48-71 in a season and a

half, joins a slew of coaches who apparently could not survive. It would seem the coach's office in Barclays Center was built with a revolving door — Avery Johnson, P.J. Carlesimo, Jason Kidd, and Hollins have all led the team since it moved here in 2012. Kidd was the only one not to be fired. Tony Brown will be the interim coach.

King was in his sixth season as general manager.



**FULL-COURT PRESS:** Nets owner Mikhail Prokhorov fired the team's head coach and reassigned its general manager, because their poor leadership made the team look bad amid increased media scrutiny.



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Photo by Jordan Rathkopf

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**CRAP IN THE CREEK:** The junk clogging up Shell Bank Creek is part debris generated by Hurricane Sandy and part garbage tossed away from careless beach-goers and boaters, according to locals. Photo by Steve Schnibbe

# What the hull!

## Shell Bank Creek boats landlocked after storm sweeps in garbage

BY COLIN MIXSON

They're really up a creek.

Last Sunday's unusually high tide, strong wind, and torrential rains sent junk spewing into Shell Bank Creek, trapping boats and leaving locals shaking their heads at the sorry state of Jamaica Bay.

"Besides it being an eyesore, it's a shame to anyone who lives on the water to have to witness something of this proportion," said Charles Martinez, a retired sanitation worker and captain of the Sea Boot, which he docks at Shell Bank Yacht Club. "It's a load of garbage, and we try to keep our waters clean."

Much of the junk was left over from Hurricane Sandy, lodged on the bank near Plumb Beach Bridge and the mouth of Shell Bank Creek, until the weekend's raucous seas loosened it, according to John Douglas, president of local community group Gerriksen Beach Cares.

"It had been deposited during Sandy and hadn't been cleaned up," said Douglas. "It was all dock pieces and things that were deposited in the tall grasses."

Some of the debris likely came from regular old litter-bags and from sunken boats that litter the bay and which officials have been working to remove, according to Martinez.



**WE'VE GOT A FLOATER:** Charles Martinez, captain of the Sea Boot, which is docked at Shell Bank Yacht Club, said he's disgusted with the state of Jamaica Bay, which spewed massive amounts of junk into Shell Bank Creek amidst heavy rains and high tide on Sunday. Photo by Steve Schnibbe

"There's a lot of plastic bags, a lot of flotation things from submerged boats, objects that come off of submerged boats that pop up, and a lot of it is from people who use the beaches and don't clean up after themselves," he said.

Douglas is interested in organizing a cleanup in light of the deluge of detritus, but said it will likely have to wait until the weather warms up.

"I'm sure we'd probably like to do something, but we'd

have to do it in the spring time, because, right now, it's a little too cold," he said. "That had been our goal during the summertime, and we hadn't managed to pull it together."

Meanwhile, mariners will have to keep their eyes on the water as they're taking their boats out, Douglas said.

"This is their play area — people are boating — and the last thing you want to do is drive down the canal into a log," he said.

# Keep company!

## 'Castle'-like S'Park landmark to get glassy condo addition

BY DENNIS LYNCH

It could be this castle's fairy-tale ending.

The landmarked, keep-like 68th Precinct station house in Sunset Park may finally get a makeover after decades of decay. Owner Yosef Streicher plans to sink millions of dollars into the crumbling building, which has been vacant since the 1970s, to return it to its former glory, the developer's spokesman revealed on Jan. 7.

"The landmarked castle on the corner of Fourth Avenue and 43rd street in Brooklyn is a rare architectural and historic treasure," Streicher spokesman Barry Shisgal said. "Mr. Streicher is planning to invest an additional \$5 million in restoring the castle to its original glory."

Streicher aims to put a high-end café and a community center in the century-old station house and build 10 glassy, luxury condos on an adjacent lot, Shisgal said.

The Landmarks Preservation Commission designated the structure in 1983 and must approve changes to the building's exterior, records show. The city sold it to a non-profit in 1985, stipulating it turn the site into a community center, according to the deed. But the group never made good. The property changed hands in 1999 and again in 2012, when the Brooklyn Chinese-American Association purchased the property intending to build a

community center.

But it couldn't cobble together the money to pay off outstanding buildings violations and restore the building per city landmarks guidelines. The structure continued to deteriorate, and the city threatened to sue the Brooklyn Chinese-American Association if it didn't fix it up or sell. It unloaded the site to Streicher for \$6 million last year, but the developer never returned this paper's calls for comment.

The residential designs are preliminary — the latest rendition depicts a glass-façade building located in a strip of land behind the existing buildings that appears to have an entrance on 43rd Street. Streicher has not filed plans with the Department of Buildings, and the Landmarks Preservation Commission did not immediately respond to a request for comment.

The precinct building and its neighboring horse stable first opened in 1892. What will potentially become a community center was originally designed to strike fear in would-be criminals' hearts, according to a former Brooklyn police honcho.

"A man about to commit a crime would stand appalled at the sight of a station house such as this," said Brooklyn Police Commissioner Henry Hayden at the building's 1892 unveiling, according to historic issues of the Brooklyn Daily Eagle.



**IS THIS IT?:** A rendering of what the fourth owner of the former 68th Precinct building on Fourth Avenue plans to do with the landmarked property. The city sold the building in the '80s, and previous owners failed to keep up the keep-like icon. Ben Herzog Architect, PC

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**CLOSING TIME:** Coney Island local Edwin Cosme, left, and Councilman Mark Treyger are delighted that the Parks Department has decided to start closing Kaiser Park early, a move they say will curb gang violence in the area.  
Photo by Georgine Benvenuto

## Last call at Kaiser Park

Closing time to dissuade boozy late-night crowds

BY COLIN MIXSON

Locals say this waterfront park needs to dry out.

Drug dealers, gang bangers, and liquored-up late-night revelers will have to cut their degenerate dealings at Kaiser Park short — the Parks Department will begin closing the park at 11 pm rather than 1 am starting Feb. 1, a local pol announced.

Raucous witching-hour parties are a problem in the Coney greensward, but police could only kick out people with open alcohol containers, making it tough to break up the gatherings, the elected said.

“Except in the case of open alcohol containers, but in terms of crowds congregating past midnight, the police department informed me that Kaiser Park has a closing time at 1 am, so there was nothing they could do,” said Councilman Mark Treyger (D-Coney Island).

Locals are optimistic that giving

cops the power to hand out summonses for simply being in the park after 11 pm will restore a measure of peace to the sometimes rowdy park.

“They want to stay under the radar, but if they see they’re going to start enforcing the park curfew, they don’t need the heat,” said Edwin Cosme, 55, who lives a few blocks away from the park on W. 19th Street.

Treyger started pushing to close the park early after a gunman killed Philadelphia man Eric Rivera during a massive, after-midnight party at the park in June, the pol said.

“The facts of the case troubled me,” he said.

Cosme hopes the pressure will tamp down a gang activity he sees in the park, he said.

“There are gang conflicts, certain gangs wear certain colors, the Bloods wear red, the Crips wear blue, and also you have drug dealers out there peddling drugs,” Cosme said.

## SP shooting was ‘blood feud’

BY DENNIS LYNCH

A Manhattan man told police he shot and killed an elderly man in Sunset Park over a dispute that was two decades and thousands of miles in the making.

Wu Long Chen, 45, admitted to lighting up Bensonhurst Ying Guan Chen, 68, in front of a Sunset Park restaurant in December, taking out a 20-year grudge against the victim’s son that began in China, a law enforcement source familiar with the case said.

“We believe this homicide stemmed from an incident that happened in China over 20 years ago in which the victim’s son assaulted the defendant,” the source said. “The defendant exacted revenge on the father, who wasn’t involved in that old incident.”  
Police are unsure if victim and al-

leged shooter are related.

Wu Long Chen told police he opened fire on the senior on 61st Street around 9:30 pm, prosecutors said. The bleeding victim ran into the Popeyes restaurant at the corner of Seventh Avenue. Paramedics transported him to Lutheran Medical Center, where doctors pronounced him dead, officials said. He suffered gunshot wounds to his head, torso, and right arm, police said.

Wu Long Chen confessed to the murder and confirmed his motive was revenge, and “multiple pieces of surveillance video” corroborate his confession, according to the law-enforcement source. He faces a maximum of 40 years in prison if convicted.

Chen was arraigned at Kings County Criminal Court on Jan. 5. His lawyer could not be reached for comment.

# Hoping for a Dunn deal

## Bay Ridge do-gooder's family wants street co-named before his widow dies

BY DENNIS LYNCH

They've gotta get it Dunn quick!

Community Board 10 must fast-track a street co-naming for a Bay Ridge do-gooder who died in September so that his aging widow can enjoy a walk down the memorial lane, family members say. The board typically waits two years after a notable dies before entertaining a co-naming, but Dunn's daughter said she wants the sign up as soon as possible so her 88-year-old mother can see her husband immortalized before she joins him.

"I wanted to honor him because he deserves it, and I wanted her to be alive to enjoy it," said daughter Geraldine Martinez.

The daughter made an emotional presentation to the board's Traffic and Transportation Committee on Jan. 11, asking it to honor her father by hanging his name at the corner of Third Avenue and 78th

Street as soon as possible. She brought evidence of Dunn's impact on the community in the form of awards from local organizations and newspaper clippings — including some from our sister paper the Bay Ridge Courier — featuring the neighborhood titan, but many of the committee members needed no introduction to the man.

"He was a big reason why I'm involved in the community today," said committee member Brian Kaszuba, who first met Dunn 25 years ago as a 10-year-old Boy Scout. "He was a great mentor to many young men and women."

The Brooklyn native and life-long scout served in the Navy during World War II before returning to Kings County to marry his high-school sweetheart Mae (née Brown). The pair settled on 78th Street in 1959 and never left, his daughter said. Dunn routinely collected clothing and money for veterans. But locals knew

him best for planting American flags up and down Third Avenue — and throughout the neighborhood, one community leader said.

"No sooner were we in this office than he came by and said 'Josephine! We're gonna get you a flag' — and sure enough, he came by with one and put it out front," district manager Josephine Beckmann said, recalling the day the board moved to its Fifth Avenue office. "He was just one of those quiet heroes. He dedicated himself to the community."

The board will vote whether to support the co-naming in February. If members give it the go-ahead, the proposal will move on to Council, which votes on co-namings twice a year. City electeds will cast ballots on slate of new street co-namings on Jan. 19, including a proposal to call Third Avenue and 74th Street Ragamuffin Way for Bay Ridge's annual costume parade.



**GET IT DUNNI!** Mae Dunn, the widow of Bay Ridge activist Howard Dunn, and her daughter Geraldine Martinez want to name the corner of 78th Street and Third Avenue after the late neighborhood figure, pictured on an old Bay Ridge Courier front page. Photo by Georgine Benvenuto



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# Pasta la vista!

## Gravesend's Fiorentino's closes after 32 years

BY LAUREN GILL

This restaurant's salad days are over.

Gravesend eatery Fiorentino's served its last meal on Jan. 10 after 32 years of feeding hungry Brooklynites. The owner closed the restaurant citing financial difficulties and because his father and brother, who were also business partners, recently died, he said. The big cheese is sad to let go of the joint, but regulars' reactions to the news were comforting, he said.

"I think some of them were more devastated than I am," said owner Anthony Fiorentino. "It's like the television show, 'Cheers,' people come to see each other, they know each other."

Longtime patrons packed into the Avenue U bistro's dining room for a final meal Sunday night.

One devotee who has been going to Fiorentino's since she was a little girl cited the bro-



**DINNER'S UP:** Owner Anthony Fiorentino and waiter Joe Beck show off the chicken parmigiana, which is one of the restaurant's most popular (and delicious!) dishes. CNG / Lauren Gill

coli rabe and chicken cutlet parmigiana as favorites she'll sorely miss — but she will miss the restaurant's close-knit atmosphere the most, she said.

"They make you feel like family," said Manhattan

Beach resident Antoinette Danner, who said she dined at Fiorentino's at least once a month before it closed. "When they told me it was closing all I did was cry and I was like 'Where am I going to go now? How do you replace everyone that treated you so nice?'"

Fiorentino plans to sell the expansive space, which includes two dining rooms and a bar, but he doesn't have any future plans except to take care of his mother and her Gravesend home after he ties up the loose ends, he said.

The Avenue U restaurant's lot between McDonald Avenue and West Street is zoned for residential and commercial uses, and a new owner could build apartments up to seven stories on the site, city records show.

Fiorentino will look back fondly on the many memories created inside the restaurant — he named the countless

*Continued on page 10*



**DOWN THE STREET:** Gravesend residents looking for more no-frills Italian can hit up Joe's of Avenue U. Photo by Steve Schibbe

## Opportunity gnocchin'

### With Fiorentino's gone, try out these Southern Brooklyn Italian joints instead

*One Gravesend Italian staple closed its doors after last weekend, but there are still plenty of places to get your focaccia fix. We asked regulars who stopped by Fiorentino's last supper to tell us their new go-to Italian joints and cooked up a list of the top spots.*

#### Joe's of Avenue U

Gravesenders know this neighborhood institution for Sicilian comfort food such as rice balls, panelle sandwiches, and unbeatable pizza, according to locals. Plus, it's right across the

street from Fiorentino's.

*[287 Avenue U at Lake Street in Gravesend, (718) 449-9285].*

#### La Palina

Gourmands hail this

*Continued on page 10*

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## 68TH PRECINCT

BAY RIDGE-DYKER HEIGHTS

### Cab grab

Two vicious villains beat and robbed a cabbie and stole his car on 85th Street on Jan. 9, according to a police report.

The cabbie picked the pair up in Gowanus around 8 pm and drove them to an address near 12th Avenue, but one of them pulled a gun on him and demanded cash when it came time to pay their fare, police reported. The victim ran from the car when the brutes started punching him in the head and the two hopped up front and drove off, according to authorities.

They only made it about 10 blocks before crashing the taxi on Bay Eighth Street, police said. They fled the scene with \$250 they found in the car, officials said.

### Copper caper

A cat burglar stole some spools of copper wire from what should have been a secure water treatment plant on Shore Road sometime between New Year's Eve and Jan. 5.

The thief broke into a "processing center" at the site between Colonial Road and 68th Street sometime between 2 pm on New Year's Eve and 9 am on Jan. 5, according to police. He got away with four spools of the wire worth around \$2,200.

At least some of the 60 security cameras at the site should have caught him carrying out the caper, but only one of the cameras was actually working at the time, according to police.

### A load of IR-BS

Scammers swindled a Marine Avenue woman out of \$8,000 on Jan. 4 by posing as tax collectors, police said.

The woman told police she received a call at her home near 94th Street around 11 am from a man claiming to be with the Internal Revenue Service. They told her she owed them money, so she went to a Western Union later that afternoon and wired it to them, officials said.

Police have not yet determined where the fraudsters are running their scheme. — *Dennis Lynch*

## 62ND PRECINCT

BENSONHURST-BATH BEACH

### Vile visitation

A wicked trio of brazen burglars swiped \$200 bucks from an 87-year-old woman's 20th Avenue apartment on Jan. 11 — while she was home — after letting themselves in and acting like visiting relatives.

The victim told police that she was inside her home between 65th and 66th streets at 7 pm when sud-



# POLICE BLOTTER

denly the burglars — a man, woman, and child — entered her apartment through the unlocked front door.

Once inside, the kid immediately sat down and watched television, while the man and woman approached the confused woman, telling her that they knew her and were visiting, cops said.

The woman then continued to distract the victim, while her male accomplice went into bedroom, only to emerge shouting, "We need to go, we're late," according to police.

The group then left, leaving the poor, old lady to discover she'd been swindled out of \$200, cops said.

### Jacked

A 37-year-old man was arrested slugging a man and making off with his jacket inside a Croysey Avenue park on Jan. 10, police said.

The victim told police that he was near Bay 28th Street at 4:45 pm when the suspect socked him in the face, then removed his jacket.

The victim ended up at Coney Island Hospital, where he was treated for wounds sustained during the attack, cops said.

### Bathroom burglar

A thief snuck into a woman's Croysey Avenue apartment while she was using the bathroom on Jan. 5, and managed to flee with her handbag and Kindle.

The victim told police that she returned home to her apartment between 24th Avenue and Bay 37th Street at 2:44 pm and placed her handbag near the front door before heading to the loo.

While she was in the bathroom, the victim heard her front door open, and she rushed out to find that her purse and electronic reading device were missing, cops said.

Upon realizing she'd been burglarized, the woman stuck her head out the door and spotted a man fleeing down the stairwell, according to police.

## 60TH PRECINCT

CONEY ISLAND-BRIGHTON BEACH-SEAGATE

### Worst behavior

Police slapped cuffs on two teenagers who they say attacked security guards at their Ocean Parkway school on Jan. 8, sending one man toppling down a flight of stairs.

A school official told police that

the kid suspects, a 17-year-old boy and girl, where at the high school between West Avenue and Shore Parkway at 9:30 am when security guards sensed the odor of pot wafting off of them.

When they confronted the teens, the boy took off running, but ended up battling a guard when he blocked his path at the top of a stairwell, cops said.

The boy grabbed the guard, and dragged him down the stairs, before biting his hand as more security rushed over to assist, according to police.

The girl, meanwhile, was doing her best to resist the guards, and spat viciously at them, cops said.

### Slap in the face

A teenage punk smacked a 51-year-old woman on Avenue V on Jan. 5 and took her cash.

The victim told police that she was between Stillwell Avenue and W. 11th Street at noon when the delinquent waltzed up and slapped her across the face, before grabbing \$50 out of her right hand and taking off.

### Geriatric attack

A cold-hearted crook hurled a 64-year-old woman to the ground and snatched her phone on Brighton Fifth Street on Jan. 8.

The victim told police that she was near Oceanview Avenue at 12:15 pm when the reprobate pushed her from behind — sending her sprawling to the ground. As the poor lady attempted to collect herself, the coward grabbed her phone from off the pavement and fled, according to police.

### Playtime

A burglar looted a woman's W. 25th Street apartment on Jan. 6.

The victim told police that she returned to her home between Mermaid and Surf avenues at 2 pm, only to find the lock on her door had been busted. Inside, she discovered that two televisions and a Playstation 4 were missing, cops said.

### Civic crime

A carjacker drove off with a man's '92 Honda Civic he'd left on Neptune Avenue on Jan. 6.

The victim told police that he parked his car between W. 16th and W. 17th streets at 10 pm, and returned later to find an empty spot.

— *Colin Mixson*

## 61ST PRECINCT

SHEEPSHEAD BAY-HOMECREST-MANHATTAN BEACH-GRAVESEND

### Boozing brutes

Two men robbed an E. 13th Street liquor store at gunpoint on Jan. 3.

The boozehounds walked into the store near Avenue Z around 7:15 pm and, like any other customer, grabbed a bottle of liquor and brought it to the counter. But when the clerk bagged up their booze, they ran around the counter and one pulled a revolver on him, ordering him to empty the register, a police report states.

The clerk handed over \$1,200 and his own cellphone, and the thieves split, according to police.

### Terrorizing teens

A menacing mugger pulled a gun on a young teen and robbed him of his wallet in his own First Court driveway on Jan. 7 — and may have been responsible for a similar theft a block away.

The teen was locking up his scooter in his garage near Coney Island Avenue after a night ride around 9 pm when the brute came up behind him, brandished a black handgun, and demanded his wallet, according to police.

The teen complied, but the thief hit him in the back of the head anyway and ran toward E. Ninth Street, said officials.

Around the same time and about a block away on E. Ninth Street, a guy fitting the same description robbed another young teen, police said.

The mugger confronted his victim halfway between Avenues R and S. He flashed a black handgun as well and demanded his wallet and phone, police said. The teen handed over his iPhone 6 and a state identification card and the robber fled, according to authorities.

### Left with a mess

A burglar turned over a guy's Ocean Avenue apartment on Jan. 8, but left empty-handed, according to police.

The victim told police he returned to his apartment near Avenue Y around 6 pm after a dinner out to find his home completely ransacked. The would-be thief appeared to have made his entry and exit through a window, police said. Two of the windows were missing stoppers the victim had installed to keep them from opening too wide, and one was left open, he told police.

— *Dennis Lynch*





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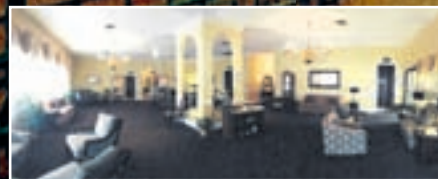
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# RESTAURANTS

Continued from page 6

Bensonhurst bistro for its baked clams, broccoli rabe, and potato croquettes — all served by friendly servers, locals say.

[159 Avenue O at W. Fifth Street in Bensonhurst, (718) 236-9764].

## Mama Rao's



Locals love this upscale Dyker Heights eatery for its family-style meals and impeccable service.

[6408 11th Ave. at 64th Street in Dyker Heights, (718) 745-2269].

## L&B Spumoni Gardens

Hungry 'Hursters know this Bensonhurst eatery because you can get its world-famous Sicilian slice for the price of a subway ride or drop a few bills and enjoy an unbeatable four-course, family-style dinner.

[2785 86th St. at Lake Place in Ben-



sonhurst, (718) 449-1230].

## Gargiulo's Restaurant



This Coney Island gem survived the Bad Old Days and a monster hurricane, and it just keep coming back for seconds! Try the veal — thank us later.

[2911 W. 15th Street at Mermaid Avenue in Coney Island, (718) 449-1230].



## No fare!

Cops say these two delinquents robbed a cabbie at gunpoint on Dec. 6, taking cash and a free ride from Kensington to Coney Island. The pair got into the victim's livery cab at the corner of Foster and Coney Island avenues at 1:10 am, police said. They had the driver take them to the corner of Surf Avenue and W. 35th Street, but when they reached their destination, one of the goons reached into his coat and pulled out a black handgun, officials said. The victim handed over \$160, and the two fled toward the water on W. 35th Street, according to a police report. The driver was not injured, officials said.

NYPD

## FIorentino's

Continued from page 6

birthday and New Year's Eve celebrations as some of his favorite moments. Coney Island's annual Mermaid Parade was a summer highlight, because mermaids used to flood Fiorentino's after the procession.

Now locals will have to start scouting out new spots in Gravesend for their family festivities, but other restaurants just won't be the same, one stalwart said.

"I've been coming here ever since they opened," said Edith Serafin, who eats at Fiorentino's once a week. "It's my favorite restaurant, and I will sadly miss this place."

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**NO SUMMER OFF:** Expect more cops patrolling the Boardwalk this summer. NYPD

## COSTUMES

*Continued from cover*

The temporary officers are part of the police department's "summer detail" — when officials send additional cops from other precincts to police the wave of people that washes over the Boardwalk and amusement district. This year's boost brings the total number of additional summer cops to 84, officials said.

The 20 extra officers will likely be spread over several shifts and may translate to about five additional lawmen walking the Boardwalk at any given time, a police source said.

It is illegal to demand money for taking a picture of someone in a public place, but beach-goers complained costumed pan-handlers were doing just that last summer.

The Department of Consumer Af-

fairs will also hand out leaflets apprising tourists they don't have to tip for photos, Treyger said.

The Boardwalk is park land, and the Parks Department is collaborating with the police on where it will station additional Parks Enforcement Patrol officers this summer, Treyger said. The rangers should take amusement-area pressure off the cops and let them patrol the rest of the 60th Precinct, where residents last year clamored for the city to invest more resources outside the amusement district amid a spate of late-summer gun violence, he said.

"The more PEP officers we have assigned on the boardwalk, the more NYPD officers we can position to serve the residential areas," Treyger said. "We shouldn't really have NYPD dealing with Batman and the Joker on the Boardwalk, and that's just a matter of putting a PEP officer there."

## HOMELESS

*Continued from cover*

our district — a coastal area — we are definitely, 100-percent under-served, because the real number of homeless you can't see until the spring and summer."

But the federally mandated Hope survey aims to catch the chronically homeless — those out amid the year's coldest days — and community leaders can count on the city's mostly volunteer tabulators to tell the homeless from those who are just out on the street, a spokeswoman said.

"Not everyone on our city's streets are homeless, and the annual Hope count is a federally required, annual count helping to assess those living on our street who are chronically homeless," said Department of Homeless Services spokeswoman Nicole Cueto.

The mayor's recently unveiled Home Stat initiative includes quarterly homeless counts and additional outreach citywide, she said.

But the city relies on the Hope survey to estimate neighborhoods' homeless populations and to help determine where to focus outreach teams who help the indigent find housing, the



**THE OFF SEASON:** Civic leaders in Brighton Beach are concerned that the annual Homeless Outreach Population Estimate, which is held on Jan. 25, gives city agencies the wrong impression, because the population of homeless people swells during the spring and summer in coastal areas, and diminishes severely during the winter.

Photo by Jordan Rathkopf

spokeswoman said.

Basing year-round policy on numbers that seem to swing from season to season doesn't add up in Brooklyn's beach neighborhoods, another leader said.

"For us, it doesn't tell the whole story," said Community Board 13 district manager Eddie Mark.

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# Can't stop, hammer time!



**CATCH IT WHILE YOU CAN:** Metropolitan Transportation Authority will close the R Train's Bay Ridge Avenue station for up to two months for rehab work over the next few years.

Photo by Georgine Benvenuto

BY ALLEGRA HOBBS

R they kidding?

The Metropolitan Transit Authority will shut eight subway stations across the borough — including the Bay Ridge Avenue, 53rd Street, and Prospect Avenue stations along Bay Ridge's beloved R train — for up to two months over the next few years while it gives them facelifts, officials announced recently. The news left one straphanger, who catches trains at Bay Ridge Avenue, with mixed emotions.

“My husband takes the train there a lot, so we'll have either the 59th street station or 77th — a big inconvenience for us,” said Catherine Hannoosh. “We're annoyed. We wish that just one side could be closed, but we're really, really happy they're going to do some improvements to the station.”

The transit authority last Friday announced its plan to gussy up 30 stations citywide through a series of marathon construction sessions that will last between six and 12 months and will, at some point, close individual stations entirely for stretches of time ranging between six and eight weeks, according to a transit authority spokesman.

The agency has not yet decided whether it will run buses to and from the closed stations, a rep said.

Three C stations — including Clinton-Washington avenues in Fort Greene and Kingston-Throop avenues in Bedford-Stuyvesant — and two G stops at Classon Avenue in Clinton Hill and Flushing Avenue in Williamsburg are also on the hit list.

The planned improvements are still only vaguely defined — the agency says the work will “modernize” the stations, leaving them “cleaner, brighter” and “easier to navigate,” but a rep was unable to specify exactly what the improvements will entail and when they will take place at each station.

Gov. Cuomo and the transit body simultaneously announced plans to roll out more wifi and cellphone services and mobile ticketing to subway stations across the borough, but these lofty goals are not necessarily related to the station scrub-downs.

The transit agency says the lengthy lockdowns will allow it to get repairs done more quickly — contractors will be able to get all the work done in one fell swoop, rather than doing it piecemeal on weekends or nights for shorter stints of construction over longer periods.

The majority of the stations will be totally revamped by 2018, but some will take until 2020, the body said.

State Sen. Daniel Squadron (D-Brooklyn Heights) recently joined Councilman Vincent Gentile's (D-Bay Ridge) ongoing push for a full-line audit of the R train.

Straphangers are already making plans for alternative transportation, one rider said.

“I'll be riding my bike a lot more,” said David Cariddi, who lives off the C train's Clinton-Washington stop. “It's actually faster to ride my bike, but I don't do it because I'm lazy. I could lose a few pounds.”

— with Dennis Lynch

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# RED, WHITE, AND PHEW!

## Daily News back to a buck a day

BY SHAVANA ABRUZZO

There's still some bang left in the old buck!

A dollar doesn't stretch very far these days, but it can still get you a slice of pizza, a song on iTunes (sometimes), and now, a copy of the Daily News. Our pals in publishing — all Community News Group and New York City Community Media publications are printed at the News' printing press — have slashed the newsstand price of New York's Hometown Paper by a quarter in all five boroughs as of Jan. 11.

The media grapevine buzzed over the price drop, which comes just seven months after the News hiked its copies to \$1.25 each. Some print pundits speculated the News drove up sales with its strong gun-control advocacy after the San Bernardino shootings, while others credited its financial fluidity to a fresh round of layoffs.

News nabobs only said readers shouldn't look a gift horse in the mouth.

"As New York's Hometown Paper, we look for every opportunity to bring our loyal readers the news they need at a lower price point," Bill Holiber, president and chief executive officer of the Daily News, said in the press release.

Consider the quarter saving no chump change, either.

"Life in New York City is hard

enough and we figured we'd put 25 cents back in the pockets of our faithful readers," said Ricardo Flattes, circulation sales and consumer marketing director. "It all adds up."

The New York Daily News, founded in 1919 as the Illustrated Daily News by Joseph Medill Patterson, was the first successful tabloid newspaper in America with the largest circulation in the nation. It later changed its name to the Daily News, attracting readers with its sensational coverage of crime, scandal, and violence, and lurid photographs, cartoons, and other entertainment features. By 1930 its circulation had leapt to more than 1.5 million and in the next decade increased to two million, as it delivered the lowdown on political wrongdoings behind President Warren G. Harding's Teapot Dome Scandal, and the socially intriguing romance between Wallis Simpson and Britain's King Edward VIII that led to his abdication.

On Oct. 30, 1975 the Daily News brought the nation to a hush with its gut-punching screamer, "Ford to City: Drop Dead."

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# BEAT COPS!

Police jazz band plays for M' Park kids

BY COLIN MIXSON

Talk about police brass!

The New York Police Department's jazz band played Katy Perry — and some bygone big-band classics — for kids at Marine Park's PS 207 on Jan. 11. The show really got students jazzed up, one educator said.

"It was fantastic," said PS 207 assistant principal Noreen Alvarez. "The kids were talking about it all day. They had the teachers and the students up and dancing."

The ensemble is composed of officers from all over the city who aspire to both social and musical harmony, a top department official said.

"These are all officers who



**MEET THE BAND:** (Above) Members of the NYPD Jazz Band performed for PS 207 students in two separate shows at the Fillmore Avenue school on Jan. 12. (Left) Fourth and fifth graders got up and danced to the music.

Photos by Jordan Rathkopf

have musical talent and, on special occasions, they'll take off their gun belt and take up their trumpet," said transit division chief Joseph Fox.

The band, which featured 19 police performers and a few cats from PS 207's middle-

school jazz band, began with classics from the blues and jazz canon before moving on to contemporary pop selections such as Katy Perry's "Roar," Alvarez said.

Police explained each genre's nuances to the rapt

audience of 7-10-year-olds, another officer said.

"We do a whole intro of blues, jazz, and pop, so they hear the different sounds, and we explain to them the different styles of music," said Lieutenant Tony Giorgio, who put the band back together in 1991 after a hiatus.

For a grand finale, the school's staff arrayed themselves and performed the classic Rockettes-style kick-line while the band played Frank Sinatra's "New York, New York."

Honchos intend for the show to humanize the force, and after the concert, Fox reminded kids the police are there to back them up.

"These kids are at an age where they're at their most impressionable," Fox said. "I told the children that there are many lessons they'll have today, but one lesson I'd like them to remember is that behind these uniforms are men, women, sisters, wives, and they're putting their lives on the line to protect you and make you happy."

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# Hello Brooklyn 2.0

Are Jay Z and Beyonce moving back to Brooklyn?

BY LAUREN GILL

Are Jay Z and Beyonce moving to Brooklyn Bridge Park?

Brooklyn Heights is abuzz after a resident told a packed room at a community meeting that the rap royalty purchased a pad in a park development.

The long-time local said a park security guard let the colossal news slip while the pair were chatting during an evening stroll. He dropped the news during a public forum at Cadman Towers last Wednesday night, prompting whispers and a “shhhh” from the crowd.

Pierhouse, the controversial luxury condo complex next to Brooklyn Bridge where the couple are rumored to have snatched up property, did not deny the claim at first.

“I wish that I could confirm that Jay Z and Beyonce had bought at Pierhouse but I cannot confirm that,” said Barbara Wagner of Rubenstein Associates, the public relations firm representing the development. “You can pub-



**RUMOR HAS IT:** A long-time Brooklyn Heights resident told community members music royalty couple Beyonce and Jay Z have purchased property in Brooklyn Bridge park’s controversial Pierhouse development.

lish it as a rumor.”

Wagner later called back and said it was not true.

If true, Queen Bey and Hova could be planning to lay their Brooklyn roots down in any of the 78 of the 106 units that were in contract as of December, per a recent Curbed report. Current listings range from \$2.5 million to \$10.5 million and amenities include a kids playroom — perfect for their 4-year-old daughter Blue Ivy — a meditation studio, valet parking, and a pool.

The sale would be a home-

coming for the couple, who have lived across the river in a Manhattan loft since 2004 and reportedly bought a \$14.5 million pad in Hollywood in May last year.

Jay Z has nevertheless maintained ties with his native borough — he owned a minuscule stake in Barclays Center and the Nets until 2013. Last year, his music-streaming service Tidal bought naming rights for concerts at the arena, and his entertainment company Roc Music inked a deal to program shows there.

Photo by Louise Wateridge



**PUFFIN’ AWAY:** Puffco chief executive officer Roger Volodarsky, center, along with sales manager Chelsea Kossower, left, and creative director Eduardo Whittington show off the Puffco Pro, which can now be sold to registered medical marijuana patients in New York.

## Hitting the jack-pot

Medical marijuana has Brooklyn vape company seeing green

BY COLIN MIXSON

Brooklyn’s cottage tech industry is at an all time high!

A Cobble Hill company that makes a portable vaporizer beloved by stoners is finally able to market its gadget as a high-end pot-smoking device, after the state’s medi-

cal marijuana program launched last week.

“Before today, if you were to buy our product with the intention to consume cannabis, you would be buying paraphernalia, and you can’t do that legally,” said Roger Volo-

*Continued on page 20*

# CRIMINAL JUSTICE

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# Scales of justice!

## Cocaine kingpin could face trial in Kings County court

BY COLIN MIXSON

The world's most notorious drug kingpin is facing a trial in Kings County.

Joaquin "El Chapo" Guzman could spend time behind bars in Sunset Park and go before a judge at Downtown's federal courthouse if Attorney General Loretta Lynch sends him to be tried in her old stomping grounds following his expected extradition from Mexico.

Brooklyn prosecutors aren't the only ones looking to get their hands on Guzman — as leader of the Mexican Sinaloa Cartel, which has smuggled billions of dollars worth of cocaine and other illicit drugs over American borders, he has earned indictments from cities across the United States, including Chicago and Miami.

But the borough has a home-court advantage — as U.S. Attorney in the Eastern District of New York, Lynch signed a massive 21-count indictment from her office in Brooklyn in Sept. 2014, leveling an exhaustive list of charges, including drug trafficking and murder, against the diminutive drug lord.

And officials are already predict-

ing that Lynch, who has the final say over which court will decide El Chapo's fate, will send the narcotics bigwig back to Brooklyn to be charged under the indictment she signed, according to a New York Times report.

If he does come to Kings County, El Chapo — whose nickname means "Shorty" — will likely be on trial at the borough's futuristic courthouse on Cadman Plaza East. And Chances are good he will spend his time outside of court at the Metropolitan Detention Center on 29th Street between Second and Third avenues — an administrative detention facility capable of housing nearly 3,000 inmates of all security levels.

Authorities collared Guzman on Jan. 8 following his escape from a maximum security prison in Mexico

in July via a nearly mile-long tunnel beneath the facility.

The recent escape — El Chapo's second since his first arrest in 1993 — has led to increased pressure for Guzman's extradition to the United States.

El Chapo, of course, should not be confused with Rich "El Guapo" Garcia,



Associated Press/Winslow Tolson



Associated Press/Rebecca Blackwell

**CUFFED:** Mexican drug lord Joaquin Guzman (right), who could be extradited to Brooklyn, is nicknamed "El Chapo" — meaning "shorty" — for his 5-foot-6 stature. He should not be confused with former Red Sox reliever Rich "El Guapo" Garcia (left), whose nickname means "the handsome one."

cia, a rotund reliever for the Boston Red Sox in the late '90s and early aughts.

## MARIJUANA

*Continued from page 19*

darsky, a Coney Island native and chief executive officer at Puffco. "Finally, that is an option now. You can walk into a dispensary and speak openly about what you plan to use it for."

Volodarsky and his team have enjoyed critical and popular acclaim ever since marijuana-enthusiast magazine High Times and 2015 Cannabis Cup attendees named their flagship product, the Puffco Pro, the best portable pot vaporizer pen of the year.

Now registered medical Mary Jane

patients can have frank conversations with vaporizer vendors and no longer have to rely on innuendo to learn more about the product and its competitors, according to Puffco's creative director.

"It allows for the b----- to be dropped," said Eduardo Whittington. "Now we can have a conversation."



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But more than this, now is a wondrous time to discover or re-discover this exceptional catering hall. After a stunning re-modeling of their the grand ballroom, management recently spared no expense when they completely re-did the facility's grand lobby as well as the luxuriously appointed bridal suite, now done up with marble and granite accents for a look of timeless elegance.

They match the walls of marble and granite in the ballroom — which itself sports one of the largest chandeliers in all of Brooklyn — giving you just a brief inkling into what they have in store for you and your guests. Come and see the grandeur for yourself.

But this is only one reason to choose Paradise. Here, they accept only a single function at any one time. There's no splitting of the resources between two or three or even more affairs. When you book Paradise, you get the skills and expertise of every person there, on scene and behind the scenes to assure that your event runs flawlessly.

This sort of ultimate personalized attention starts the very minute you discover Paradise. At this facility, you don't deal with some salesman. You deal directly with one of the owners, Hercules, or his son, Mike. And why is this so essential?

Quite simply, they have a vested interest in making you happy, not just in making a sale. They know their business depends on word-of-mouth recommendations and on the special days yet to come in your life and the lives of your family. Thus, they will do everything in their power to be certain that the affair you have imagined is transformed into reality under the skilled hands of themselves and their staff. That's the secret of their longevity and of their success.

The lavish party room, which can be made intimate enough for parties of 100, or grand enough to host a spectacular of up to 400, is marked by a central chandelier that will take your breath away. It is the focal point for a magnificent space done up in sophisticated pinks and reds, with mirrored accents that lend a touch of infinity to the already expansive area.

The re-done, picture perfect bridal room is large, romantic and very feminine, accommodating up to 15 in easy comfort, with wall-to-wall mirrors.

Ideal photographic locales are assured in this world of environments, which also includes an intimate private garden area, a uniquely designed water fountain, as well as a host of fine, white wrought-iron work.

Can even Paradise become better? Of course it can. And they proved that when they totally renovated the large lobby area, adding a regal touch to this space, as well.

Whether it be the wedding, engagement party or any other affair, plan it at Paradise and the bottom line will put a very big smile on your face.

Our service is top flight, with the uniformed staff a longtime part of the Paradise family. These are full-time professionals who know their business; not weekend teens learning the trade.

And when it comes to the food, the chefs are world class. Whatever you can find in the cookbooks, they can serve at the table. They offer an added expertise in all manner of ethnic cooking. Add to that everything is cooked from scratch right on the premises to assure the highest in quality control.

Don't you want to celebrate those once-in-a-lifetime days in Paradise?

The catering office is open Tuesday through Sunday, 1 – 9 p.m. Note that the facilities are also available during the weekdays for all types of social meetings and functions.

For the further convenience of your guests, Paradise also can provide free valet parking.



**BOROUGH WIDE**

### Anchors aweigh!

Brooklyn's very own tar (that's "sailor" to you landlubbers) is headed south — to Antarctica.

Chief Equipment Operator **Samuel Acosta** of Navy Cargo Handling Battalion 1, is one of 40 Seabees assigned to this mission in support of Operation Deep Freeze.

"I have seven years of cargo-handling experience," Acosta said. "During my time off, I plan on visiting some of the historic sites at McMurdo Station, such as Scott's Discovery Hut, which was created in January 1902 and later used by famed explorer Ernest Shackleton in 1909. To see some of the original stuff on display really takes you back in time."

Even though he is going in the summer season, the temperatures don't go much higher than 32 degrees Fahrenheit, so our pal must really love the cold, because this is his fifth trip to the land of ice and penguins.

Standing O wishes seaman Acosta a very safe journey and says, "Stay warm now, and don't forget that parka and extra thermal undies."

CrossFit event in 2014. She recently returned from Reno, Nevada, where she was a competitor in the Olympic weight-lifting trials.

Emily is happy as roses on returning home.

"My experience at Kearney was great, because I was always encouraged to pursue various sports," she said. "I am excited to be back at Kearney to help develop the lacrosse sports program."

Standing O is hyped too! Kudos to Kearney's "12 Hours of Kearney Giving" campaign. The initiative raised more than \$48,000 — way to go!

*Bishop Kearney High School [2202 60th St. at Bay Parkway in Bensonhurst, (718) 236-6363]*



# Welcome to the new president

## CLINTON HILL

Standing O is extending a warm welcome to **Joan Barry McCormick**, an experienced fund-raising professional with an impressive record, as the vice president for institutional advancement at **Pratt Institute**.

That department seeks to enhance financial support for the institute. Our Ms. McCormick took the reigns on Jan. 11 from **Nancy Walker** of Interim Solutions, who has served as interim vice president since April 2015.



Pratt president **Thomas Schutte** is excited to have Joan aboard.

"With Joan's outstanding past success in fund-raising, I am confident that she will effectively lead us in achieving our ambitious goals," he said.

Joan is also happy and shares the president's sentiments.

"I am proud to join Pratt in this role at such a critical time in the institution's history," she said.

The new veep holds a master's degree in public administration from Kean University; a mini Master of Business Administration in strategic health care management and a Bachelor of Arts in journalism and mass media — both from Rutgers.

She presently lives in New Jersey (you know, that other state), but since Brooklyn is such a great place to live and work — and she already works here — can living here be far behind? We hope not.

Standing O offers wishes of good luck in the new position.

*Pratt Institute [North Hall, 200 Wiloughby Ave. and Hall Street in Clinton Hill, (718) 636-3886]*

**BAY RIDGE**

**It passed, it passed!**

Three chairs to state Sen. **Martin Golden** (R-Bay Ridge). The chairman of the senate's Civil Service and Pensions Committee let us know that the bill he sponsored and worked hard for has passed you-know-who's desk in Albany. Senate Bill 4839 protects first responders that serve our fair city while they are performing their assigned duties. If individuals who intend to cause bodily injury attack them, those actions will now be deemed a felony, Golden said.



**FLYING HIGH:** Rep. Nicole Malliotakis congratulates new Eagle Scouts Basil Capetanakis, left, and John Demenagas on Jan. 9 at the Eagle Scout Court at Holy Cross Greek Orthodox Church in Bay Ridge.

## When 'Eagles' soar up on high

### BAY RIDGE

Cheers to **Basil Capetanakis** and **John Demenagas** of **Troop 715**, who have achieved the rank of Eagle Scout, the highest accomplishment in Boy Scouts.

Assemblywoman **Nicole Malliotakis** (R-Bay Ridge) was on hand to offer her good wishes when the boys received their wings on Jan. 9.

"Both these young men have exhibited a concern and compassion for those in their community and throughout the world, earning them the rare and prestigious advancement rank of Eagle Scout," she said. "I am very proud of Basil and John, and I look forward to seeing more great things

"Emergency medical service paramedics and technicians are required to treat patients under extremely dangerous and stressful conditions, and deliberate, violent attacks against these public servants are, sadly, not uncommon," the senator said. "Therefore, EMS paramedics and technicians should be offered every protection under the law. This bill ensures that, in those cases in which there is proof that an individual intended to injure one of these professionals while on duty, that perpetrator can be prosecuted as a felon. We must do everything in our power to protect those who are there for us in times of need."

Standing O agrees, thank you Sen.

from them in the future."

Basil helped out the **CHiPS soup kitchen and homeless shelter**, collecting urgent supplies as part of his community project.

In order to obtain the coveted rank — that lasts for life by the way — a scout has to earn at least 21 merit badges, and plan and implement a community project that demonstrates leadership and commitment.

Standing Os are for life, too, so here's a couple of well-deserved shout-outs to the aspiring "Eagles."

*Assemblywoman Nicole Malliotakis, district office [7408 Fifth Ave. at 74th Street in Bay Ridge, (718) 987-0197].*

Golden for having their sixes.

*District office [7408 Fifth Ave. at 74th Street in Bay Ridge, (718) 238-6044]*

### BENSONHURST

## Welcome

Welcome to **Emily Buckley**, a **Bishop Kearney High School** alum who has come home to roost as the lacrosse coach.

Emily Buckley hails from Park Slope and was an integral part of Kearney's varsity soccer team. After graduating, she attended the University of New Haven where she pursued a degree in sports management, and played on both the soccer and lacrosse teams.

She also competed in a worldwide

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This true-blue, residential cove of cops, firefighters, nurses, teachers, and plumbers with its own volunteer fire department is proud of its working-class roots and wildly popular with Hollywood, which filmed "The Departed" (2006) and "Moscow on the Hudson" (1984), among other big-screen hits, on its leafy labyrinth of streets where lawn bric-a-brac



Our detached, single-family Home of the Week — in mint condition with fabulous appointments and amenities — was built in 2012. Cozy rooms with charming points of natural light and wooden floors add a magical ambience.

and parked sloops jostle for attention.

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Gerritsen Beach is named after 17th century Dutch settler Wolphert Gerretsen who built a home and mill on Gerritsen Creek, not knowing that his humble dwelling would be the launching pad for a remarkable seashore in the city, featuring a unique array of waterfront properties, such as our House of the Week.

For more information call Coldwell Banker Mid Plaza Real Estate at (718) 646-3600.

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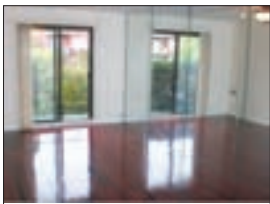
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 4th floor 1 BR co-op. 820 sq ft, new kit., lots of closets, all utils incl., lg rms. No pets, parking waitlist. MIC! Ref# SN028 Asking \$137,900



**MARINE PARK**  
 Beaut. lg det. 1 fam. dup. 3 BR, 1.5 bths. Spac. and sunny. Full DR and EIK. Lg full fin. bsmt with side entr. 1,584 sq ft. Det. gar. pvt drv. House in mint cond. Ref# BJ012 Asking \$1,500,000

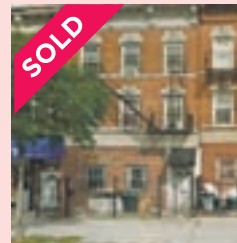


**GEORGETOWN**  
 1 fam. SD with 4 BR, 2.5 bths, fin. walk-in bsmt. FDR, lg deck, hwdw flrs, 1,960 sq ft, 1 car pvt pkgng, C/A, California closets, new ht and ht wtr tank. Exc. Cond. Ref# CF911 Asking \$649,000

**RECENTLY SOLD**



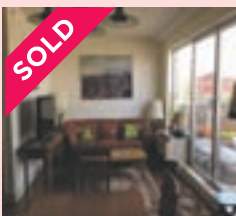
**Bath Beach**  
 This rare & lovely, 1,045 sq ft co-op, built w/ condo mindset, features 2 BR, 2 bath dup. w/ built-in garage. Recently installed sep. all in one heat & hot wtr units in 1st fl & bsmnt. 1st flr: LR, DR, Kit, full & 1/2 bth, 2 BR, balcony. Bsmnt: full bath, full recreation rm, rear sep. entrance. \$420,000 718-232-1004 **WEICHERT, REALTORS® - The Franzese**



**Bedford Stuyvesant**  
 3 family brick, 3 over 2 over 2, semi-finished basement, gas boiler, renovated kitchens, baths & floors. \$729,000 718-692-4020 **Kings View Realty**



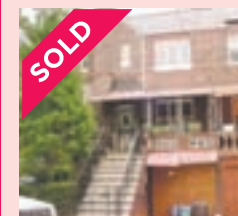
**Dyker Heights**  
 Detached brick 18x52 home on 24x100 lot. 2 bedroom, 1 bath with large LR over 3 bedroom 1 bath over finished basement with bathroom. Shared driveway with 2 car garage and an additional parking space at the rear Great quiet residential block! \$950,000 718-680-2776 **E-House Realty & Management Inc**



**Gravesend**  
 1st time on the market, penthouse. 2 bdms, 2 full bath condo with huge 8ft x 38ft terrace, a lot of privacy and Manhattan view. European kitchen, stainless steel appliances, washer & dryer. Parking, storage rm incl. in the price. \$595,000 718-439-1110 **RE/MAX METRO**



**Manhattan Beach**  
 Gorgeous fully det. custom built home. Cor. property in prime Manhattan beach. Built in 2004. Lg rms thru-out. Master BR with master bathroom. Granite and marble flrs, bridal staircase, top of the line kit. and baths. Full fin. bsmt with 2 extra BR. Yard is fully paved and landscaped. Pvt. Driveway for 4 cars. \$2,000,000 718-375-5353 **Brooklyn's Scenic View Real Estate**



**Sheepshead Bay**  
 This 1975 square foot multi-family home has 4 bedrooms and 2.5 bathrooms. Features: Barbecue, deck, garden, patio and porch. Garage and parking spot. Near transportation. \$745,000 718-285-9901 **Wilk Real Estate**



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**[www.BrooklynDaily.com](http://www.BrooklynDaily.com)**



Have your **RECENTLY SOLD** listings featured in our next issue.

Please call 718-260-2555





4713 Ave N, Brooklyn  
**718-692-4020**



## HOUSES FOR SALE



### BED STUY Quincy Street

Legal 3 Family Brick House  
7 Over 7 Over 6 Feat:  
4/4/3 Bedroom Apts,  
Mod Kits & Baths, 3 Room  
Semi Fin Bsmt, New Boiler,  
New Roof.  
Largest 3 Fam House  
In Bed Stuy!  
**First Offering  
Call for Appt.**



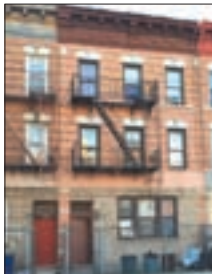
### FLATBUSH East 40s & Foster

1 Family Brick, Fully Det.  
7 Room Duplex  
Feat: 3 Lrg Bdrms,  
Formal DR, Mod Kit &  
Baths, Full Fin Bsmt,  
Yard, Drvwy, 1 Car  
Garage, Nr Shops &  
Transport.  
**First Offering  
\$449,000**



### OLD MILL BASIN

SD 1 Family.  
3 BR Duplex  
w/fin. bsmt. FDR,  
storage shed, pvt. drv,  
3 bthrms, nr shps &  
transportation.  
**Asking \$449,000**



### FLATBUSH

6 family brick,  
Hi Income,  
well-kept building,  
new boiler/electric.  
Owner Anxious.  
**Priced to Sell  
Call Now for Appt.**



### MIDWOOD

Fully detached  
2 fam brick on  
40x100 lot.  
3 BR over 3 + full 4 rm  
finished basement.  
Private drive & detached  
2 car garage.  
**Full Vacancy on Title  
Priced to Sell**



### FLATBUSH

Beaut 1 fam brick,  
exclnt cond. 4BRs,  
2 bths, pvt drive, fin  
bsmt, kitch & bths  
newly renovated.  
**Price Reduced  
to \$429,000**



# Tracey Real Estate

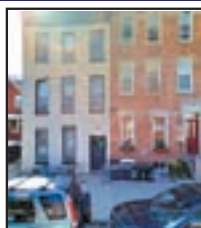
3619 Avenue S • 718-376-4994

www.traceyrealestate.com



### GRAVESEND OPEN HOUSE SUN. 1/17, 1-3PM 2378 East 5th St.

Gravesend! Location!  
2 Fam Att. Brk! Will  
be delivered vacant -  
4 BR/3 BR, full semi-  
fin. bsmt, hwdw flrs, 2  
car garage. ...JB1517



### WINDSOR TERRACE OPEN HOUSE SAT. 1/16, 1-3PM 610 17th Street

Legal 3 Family, 2 BR  
over 2 BR over Walk-  
In, Large rear yard,  
walk to F Train.



### MARINE PARK OPEN HOUSE SUN. 1/17, 1-3PM 3314 Ave. T

3 BR Attached Brick  
Duplex, large LR,  
formal DR, EIK, full fin  
bsmt and a bath on  
every floor,  
private drive.

**GERRITSEN BEACH:** 3 BR, 1.5  
Bath Detached Duplex, new H.W. htr/fur-  
nace, new flooring, walk-in closet in MBR,  
plenty of closets throughout home, freshly  
painted.....PM1552

**SHEEPSHEAD BAY:** Brigham Park!  
Nice 2 BR Apt in an attractive and finan-  
cially secure co-op. Near all. Rec rm and  
fitness ctr on site. 24 Hr Security... RW1529



### MARINE PARK OPEN HOUSE SUN. 1/17, 1-3PM 1875 Ryder Street

One family detached 3  
BR duplex, EIK with  
breakfast nook, 3 baths,  
full finished basement,  
shared drive.... PL1544

**OLD MILL BASIN:** 1st Flr - 2 BR Apt.  
MIC! Lg LR, new kit., bth. Won't Last! PL1518

**MARINE PARK:** 3 BR Semi-Detached  
Brick Dplx, 1¼ baths, LR, DR, EIK, 1 car ga-  
rage.....RT1496



### MARINE PARK OPEN HOUSE SUN. 1/17, 1-3PM 1818 Marine Pkwy.

Marine Parkway Det. 3 BR, 2  
Bath duplex, large full bmnt,  
private driveway, rear garage,  
hardwood floors, new roof,  
and floors just refinished.  
.....PL1533

**MARINE PARK:** Mint! 3 BR Brick Du-  
plex over Large LR, formal DR, kitchen, ½  
bth and den, largest MBR in Marine Park,  
pvt drv, lg rear yard. ....PL1465

**CANARSIE:** Bright & Sunny 3 BR, 2 Bth  
Condo, LR, DR, EIK, W&D, Parking Space,  
front and back terraces.....GG1522

**CALL BOB FOR  
A FREE MARKET  
APPRAISAL  
718-376-4994**



**Elite Connect  
REAL ESTATE**

Edwin Cosme License Real Estate Sale Agent  
**(917)710-1004 -EDWINCIS@OPTONLINE.NET**  
2224 McDonald Ave., Brooklyn, NY 11223



SELLING -BUYING -RESIDENTIAL -CONDO -CO-OP -COMMERCIAL

GETTING THE MOST VALUE FOR YOUR PROPERTY AND THE RESULTS YOU DESERVE

SEAGATE -CONEY ISLAND -BRIGHTON BEACH -GRAVESEND -MIDWOOD -BENSONHURST -SHEEPSHEAD BAY  
-MARINE PARK -MANHATTAN BEACH -MIDWOOD -BORO PARK KENSINGTON -DITMAS -BATH AVE ETC.

## OPEN HOUSE

# SATURDAY 1/16 & SUNDAY 1/17, 1-3 PM

105 OCEANA DRIVE, APT 4-I

BRIGHTON BEACH AVE., BROOKLYN, NY 11235

### JUST LISTED MODERN OCEANA CONDOMINIUM, 2 BDR, 2 BTH

1250 sq.ft. with amazing breathtaking ocean view, boardwalk and outdoor pool areas, outdoor and indoor pools 3 in total, SPA, sauna, steam room and fitness center, elegant European keyless lobby entry. Private gated development and private security. Ultramodern design and decor - crown molding throughout, hardwood floors, washer and dryer, dishwasher, Italian granite kitchen and bath countertop. Shopping, mass transit, banks. Tax abatement 4 years.

# Price \$999,999

## REAL ESTATE NOTICES

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## BROOKLYN APTS UNFURNISHED



### 8416 3rd Avenue RESIDENTIAL DEPARTMENT

#### Bay Ridge/Dyker Heights

Studios.....	2 rooms.....	\$900 + up
4 Rooms.....	1 bedroom.....	\$1000 + up
4 Rooms.....	2 bedroom.....	\$1200 + up
5 Rooms.....	2 bedroom.....	\$1500 + up
5 Rooms.....	3 bedroom.....	\$1600 + up
6 Rooms.....	3 bedroom.....	\$1700 + up
House for Rent.....		\$2000 + up

MANY MORE APARTMENTS AVAILABLE IN BAY RIDGE!  
VISIT OUR BAY RIDGE LOCATION WHERE YOU CAN SIT  
WITH ONE OF OUR FRIENDLY RENTAL AGENTS TO  
DISCUSS YOUR DREAM APARTMENT.

**\*ATTENTION LANDLORDS\***  
Wanted: 1,2,3 BR Apartments  
List with the Best!!!

Bayridge: 2Rms: \$1300, 3  
Rms: \$1500 dog ok, 5 rms  
\$2100 Bkr: 718-921-1200

#### BAY RIDGE

4 Room/ 2 Bedrm- \$1595  
Near 76th St & 4th Ave  
Fully Renovated,  
No dogs, No commission,  
No Brokers Please  
For Rent by Owner  
718-837-7923

Bensonhurst, 2 Bdrm, 3rd  
Floor, All New, Painted,  
Move Right In! 85<sup>th</sup> St  
betwn 18<sup>th</sup> & 17<sup>th</sup> Aves,  
\$1685/month. Owner-  
No Fee, References/  
Credit Check. 9am-5pm  
646-208-9918

#### BENSONHURST

66<sup>th</sup> St & 21<sup>st</sup> Ave  
2 Bedroom.  
Large with Patio.  
\$1,600/mo  
Patti @ Fillmore  
RE: 718-258-5616

#### BENSONHURST

Bath Ave &  
Bay 40<sup>th</sup>  
1 Bedroom, Walk-In,  
Yard. \$1,250/mo  
Patti @ Fillmore  
RE: 718-258-5616

BENSONHURST: Modern  
elevator apt building. Near  
Transportation & Shopping.  
1 Fare Zone. 4.5 Rm Apt.  
CALL: 718-449-8930 or  
347-837-4785

## BROOKLYN APT UNFURNISHED

Canarsie- Walk up, very  
large clean 3 bdrm duplex.  
Small pet okay. No washer  
and dryer. Non-smoking.  
Heat and water included.  
\$1900/mo. Century 21  
Homefront, 718-252-6060

#### CONEY ISLAND

Studio, freshly painted,  
3rd floor, clean, shared  
kitchen, gas & electric  
included. \$1,000/month  
1 month security required.

Call 917-670-7334

#### FLATBUSH AREA:

Freshly painted 2 Bedrm.  
AVAILABLE NOW! SUE:  
917-716-7674

KINGS PLAZA/ E.58th,  
2BR Walk-in, \$1500/mo  
Non-smoking. Call 5-8PM  
917-862-5214

#### MANHATTAN BCH

Spacious 2 BR apt, 2nd flr,  
prvt ent, eat-in kitchen w/  
dshwshr, wshsr/ dryer OK,  
lrg LR/DR, full bthrm, con-  
ven locn, great view of bay.  
Cat Ok. \$2200/Month

COLDWELL BANKER  
LABARCA R.E.  
718-258-1222

#### MANHATTAN BEACH

Large 2 BR House,  
finished basement, fire-  
place, fully air conditioned,  
patio & garden,  
plus parking,  
asking \$3,350,  
JON SOBEL -  
BROKER 718-646-5300

MARINE PARK: 3 bed-  
room duplex, all hardwood  
floors, new bathroom, new  
washer/dryer, freshly paint-  
ed. Downstairs wall to wall  
carpeting, parking spot,  
back porch. No pets.  
\$2600 + heat.  
917-691-1317

#### MIDWOOD

3 Room/1 Bedrm- \$1395  
Near E.31<sup>st</sup> St & Ave K  
Fully Renovated,  
No dogs, No commission,  
No Brokers Please  
For Rent by Owner  
718-837-7923

#### MIDWOOD

Ave M between  
East 17<sup>th</sup> & 18<sup>th</sup>  
Newly Renov 3 Bdrm.  
2<sup>nd</sup> Floor.  
\$2,000/mo + Heat  
OWNER:  
718-605-6590

#### MILL BASIN

East 64<sup>th</sup> &  
National Drive  
3 Bedroom, 1.5 Baths,  
Small Dog OK.  
\$1,900/mo Flex  
Patti @ Fillmore  
RE: 718-258-5616

Old Mill Basin, 3 bdrms w/  
balcony, newly renovated,  
\$2,000 heat/hot water incl.  
917-727-0872 Broker

OLD MILL BASIN: 3 bed-  
rooms, 1.5 bath, 2 balcon-  
ies. Fresh paint. Updated  
kitch. \$2200 heat incl. No  
pets. Credit check. Owner  
917-418-8678

SHEEPSHEAD BAY, 3BR  
2nd floor apt, washer/ dryer  
hook-up, 1.5 new baths,  
c/a, irg, spacious, \$1,900/mo.  
Near park/ transportation.  
Credit check, no pets.  
Owner: 917-656-4178

## BROOKLYN APT UNFURNISHED

**OLD MILL BASIN:**  
3 BR, 1.5 Bath Duplex,  
LR, DR. Close to Kings  
Plaza. \$2,400/mo.  
Welcome Home  
Realty Sales Corp:  
718-513-0240  
Agent: 917-509-8291

**SEAGATE:** Modern 5  
Room Apt, 2nd floor in 2  
Family House with porch.  
Everything new. I-hat  
lighting AVAILABLE LATE  
FEBRUARY. Only  
\$2,000/mo (Heat & Hot  
Water included.) 2 Month  
Sec (Neg)/Credit Check.  
OWNER: 718-946-2856

## SHEEPSHEAD BAY

3 Room/1 Bedrm- \$1175  
2 Room/ 1 Bedrm- \$975  
Nr E19<sup>th</sup> St & Shore Pkwy  
No dogs, No commission,  
No Brokers Please  
For Rent by Owner  
718-837-7923

Sheepshead Bay/ E.26th  
St & Ave X- Huge renov  
2 BR apt, prvt house, new  
kitch, SS appls, new bath,  
W/D hook-up, prvt drive,  
\$2300. Heino Realty  
917-902-0406

## SHEEPSHEAD BAY

Large 3 BR, 2nd Flr Prvt  
Hse, 1.5 Baths, W/D  
Hook-up, Central Air  
& Heat, \$1950/mo.  
No Pets, Non-Smoking.  
CALL SUSAN N.  
718-646-3600



## BROOKLYN HOUSE RENTAL

Mill Basin- Off National Dr.  
Gorgeous, custom whole  
house for rent. High end  
finishes & tons of closets.  
1st fl has HUGE granite  
kitch w/ SS appls, dish-  
washer, double sink, penin-  
sula w/ stools, dining/living  
rm, bdrm, office/storage rm  
& full jacuzzi bath. 2nd fl  
has 3 very lrg bdrms w/  
custom closets, full bath &  
master bdrm w/ lrg walk-in  
closet & prvt 3/4 bath. Also  
LR + extra space for din-  
ing/office. 5-zone central  
heat/AC. Huge yard. Sec-  
urity alarm/ cameras. 3  
months security.  
\$6,500/mo. Century 21  
Homefront, 718-252-6060

SHEEPSHEAD BAY betwn  
V&W, 2 BRs, 2 full baths,  
liv rm, din rm, EIK, front &  
back patio, bktyrd, fin bsmt  
incl laundry rm w/ W/D. Prvt  
drv. Pets allowed. Heino  
Realty 718-934-2900

## BROOKLYN ROOM FURNISHED

All Local Areas  
Pvt Entry, Bath, Cooking  
1 Person \$125wk/ up  
2 Person \$150wk/ up  
Studios \$900mo/ up  
AGENT  
212-697-3598  
LANDLORDS:  
List your rental FREE

SHEEPSHEAD BAY:  
Beautiful Furnished  
Bedroom. \$750/mo.  
(Reference/Credit Check).  
OWNER: 347-587-3828

## BROOKLYN CO-OP FOR SALE

BklynClg-Philip Howard  
1655 Flatbush Ave/ H&I  
Brng yur bst friend/ fmlly. 2  
rntls or 2 sales: supr huge  
L-shpe stdio (all nu) & 2BR  
Same hi fir. Pool, 24/7 dm,  
wlk all. Brd apvl. Will deal.  
Owner 310-475-7071

#### MADISON

Huge 3 bedroom, 2 bath  
co-op in building with pool.  
Asking \$289,000. ZV437



BEST SELLER  
#1 PROPERTIES LLC  
718-646-6900

## BROOKLYN OPEN HOUSE

**CANARSIE**  
Sat 1/16 2-4pm  
969 E 108 St (3A)  
Large 1 Bdrm  
Co-Op. Hdwd flrs,  
SS appliances  
closet space.  
FIN 408092  
Asking \$135K  
Fillmore  
Real Estate  
718-253-2500

## BROOKLYN OPEN HOUSE

Gerritsen Beach  
**OPEN HOUSE**  
SUNDAY 1/17  
1-3 PM  
59 GOTHAM AVE.  
Det 100'x50' 1 Family,  
4 Bdrm, 2 Full Baths,  
Modern Kitchen, Prvt  
Drive, 3 Car Garage,  
Price \$550K.  
SARDELL REALTY  
718-946-0600

## BROOKLYN HOUSE FOR SALE

### Key City Builders Inc. WHAT YOU WANT? NO PROBLEM!



Full-Service  
contractors  
specializing in  
violation removal  
and remediation

(718) 836-3400 | keycitybuilders.com

## BROOKLYN HOUSE FOR SALE

BAYRIDGE: Corner house,  
4 BR, Prvt 2 Car Gar. \$1.2  
Mil. Broker: 718-921-1200

## BROOKLYN HOUSE FOR SALE

Mark Geller  
Broker Owner  
Reliable Sale  
& Buy Realty  
1727 W 8th St.  
2266 E. 15 St.

917.588.0099  
Bensonhurst - Mint, 1 fam.  
Fully Det.....Reduced \$300k. \$638K  
Brighton Beach-2 fam. \$679K  
Marine Park - 1 fam. \$499K  
Midwood - 1 fam. mint  
Semi Detached...Asking \$699K  
Seagate-2 fam. 60x100 Mint  
Fully Detached.....Asking \$849K

## BROOKLYN OPEN HOUSE

**BENSONHURST**  
Sun, Jan. 17  
2-4 PM  
308 Ave P  
Detached Brick Home,  
Beautiful Remodeled  
with LUXURY finishes.  
Private Driveway &  
Garage, Basement,  
Attic, Backyard.  
ASKING: \$1,199,000  
Hurry & Call  
Today, Russ:  
917-318-0155

## BROOKLYN OPEN HOUSE

Canarsie  
Sun 1/17 2-4pm  
1431 East 99<sup>th</sup> St  
2 Family Ranch  
New Windows, 2  
New Baths, New  
Granite Front  
FIN 508056  
Asking \$525K  
Fillmore Real  
Estate  
718-253-2500

## BROOKLYN OPEN HOUSE

GERRITSEN BEACH  
Sun Jan. 17 12-2pm  
99 ASTER COURT  
New Section Cozy one  
bedroom 1 fam house  
on single lot  
Doreen Greenwood  
Real Estate  
Licensed Real  
Estate Broker  
Asking \$209,000  
718-769-4448  
www.dgbrooklyn.com

## BROOKLYN OPEN HOUSE

Gerritsen Beach  
**OPEN HOUSE**  
SUN. 1/17 From 1-4 PM  
18 CANTON COURT  
(Btwn Lois Avenue &  
Plumb Beach Channel)  
Exclusive: Last Chance!  
Det 1 fam brick & stucco  
6.5 rm dplx. 3 lrg bdrms,  
LR, FDR & EIK. Full fin 4  
rm bsmt w/ separate ent.  
Private driveway.  
Asking \$499,999  
BEST SELLER  
#1 PROPERTIES LLC  
718-646-6900

## BROOKLYN OPEN HOUSE

GRAVESEND  
**OPEN HOUSE**  
SUN JAN. 17, 12-2PM  
447 LAKE STREET  
(Ave W & Village Rd S.)  
1 Family Brick Home,  
3 Bdrm Duplex, Eat-In  
Kitch, Formal Dining-Rm  
+ Finished Basement with  
Holiday Kitchen, Front  
Porch & Rear Yard,  
Near All Transportation  
& Shopping.  
Asking \$699,000.  
BROOKLYN'S  
SCENIC VIEW  
REAL ESTATE  
718-375-5353



Call  
718-260-2555  
To Advertise Here

**BROOKLYN  
OPEN HOUSE**

**Homecrest  
OPEN HOUSE  
SAT-SUN, 1-3 PM  
1733 E.14th St.  
#A&B (Kings Hwy/ R)**  
Last 2 units- Best deal  
in town- 1st floor 2 levels.  
2 bdrm, 2 bath. Hdwd flrs,  
ceramic tiled bsmt. Granite  
counters, stainless steel  
applis, Central A/C.  
Walk to express train.  
#A- 984 sq ft- \$399,000  
#B W/ PRIVATE YARD  
1,175 sq ft- \$469,000  
Century 21 Homefront  
718-252-6060

**Homecrest  
OPEN HOUSE  
SAT-SUN, 1-4 PM  
2424 OCEAN AVE**

Brand new luxury 2 BDR,  
2 BATH Condominiums.  
Beautiful kitchen and  
bathrooms. Balcony,  
elevator, tax abatement.  
Parking available.  
Close to shopping  
& transportation.  
**WILK R.E.**  
718-376-0606

**KENSINGTON  
Sun, 1/17/16,  
1-3 PM  
930 E. 7<sup>TH</sup> St. #5C**

(Off Ave H)  
Sunny & Bright!  
2 Bedroom Co-op.  
Well Maintain Building.  
Large Rooms.  
Plenty of closet space.  
Low Maintenance.  
No Flip Tax.



718-377-1400

**Marine Park  
OPEN HOUSE  
SUN. 1/17, 1-3 PM  
3186 AVENUE V**

#A  
(Burnett St & Stuart St)  
Magnificent 2 BDR, 2.5  
BATH, 1,962 SF Duplex  
condo. Huge terrace.  
Basement with high ceiling  
& large windows. Parquet  
floors, lots of windows.  
Parking for 2 cars. Tax  
abatment. Priced to sell!

**WILK R.E.**  
347-856-0353

**MARINE PARK  
Sun, 1/17, 1-3PM  
2062**

Batchelder Street  
Exclusive Just  
Listed!  
1 Family, 3 Bedrooms,  
1.5 Bath, Modern EIK,  
Parquet Flr, Basement,  
Driveway & Garage.  
Mint Condition.  
\$619,000  
Elite Homes  
Sales:  
718-375-6200

**BROOKLYN  
OPEN HOUSE**

**Old Mill Basin  
Sun 1/17 1-3pm  
1644 East 55 st**

Brick 2 Fam ,2  
bedrooms, over 2  
bedrooms 2 baths  
with private  
driveway large  
backyard.  
**FIN 529032**  
**Fillmore**  
**Real Estate**  
718-253-2500

**OLD MILL BASIN  
Sunday, 1/17, 1-3 PM  
1343 East 65<sup>TH</sup> St.  
PRICE REDUCED!**  
Detached 1 Family.  
This 3 BR Dupl is Loaded!  
LR, DR, EIK, 3/4 Bath on  
main level. S/S Appls,  
Parquet Wood Flrs, Full Fin  
Bsmnt w/ Entr. NEW: Roof,  
Windows, HWH, Brick  
Porch, Gutters & Pavers.  
Large Yard (Pool Worthy).  
Every Bell & Whistle. Close  
to Everything! **ASK: 489K**  
**C. CLASSE**  
**HOME SALES**  
718-968-2222

**Sheepshead Bay  
OPEN HOUSE  
SUN. 1/17, 1-3 PM  
2909 OCEAN AVE.  
#6A**

1 BDR Co-op, Large  
separate rooms. Kitchen  
and bath with window.  
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Ridgewood Savings Bank is now offering a new mobile application for customers to enable real time balance alerts and more secure control of debit card spending habits. In addition to real time alerts this mobile app called, "CardValet" (offered in both Google Play & iTunes app stores from Fiserv, Inc) offers the following additional features:

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- Stay informed of potential fraud with alerts on attempted, declined transactions
- Get real-time balances for accounts

Ridgewood Savings Bank's VP of Branch Operations, Louann Mannino stated, "we are pleased to rollout this new app in time for the holiday shopping season which will help our customers to protect and manage their debit card activity during the holidays". According to pymts.com, there were more than 11.4 million fraud attempts that took place during the 2014 holiday season, and with CardValet, Ridgewood Savings Bank customers will be better prepared to monitor their financial activity to spot any potential fraud.

To find out more information about the CardValet app visit [www.RidgewoodBank.com](http://www.RidgewoodBank.com) or any Ridgewood Savings Bank branch.

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# HEIMLICH REMOVER!

## 'Maneuver' inventor's son: Investigate anti-choking device at boro schools

BY ALLEGRA HOBBS

Call it a gag order.

The son of the guy who created the Heimlich maneuver is demanding the city's education department investigate an anti-choking device reportedly purchased by two Brooklyn public schools, which he thinks may not have been tested properly.

"If any medical device intended for use in an emergency lifesaving situation has not been properly tested and approved, that raises obvious concerns, especially when children are involved," said journalist Peter Heimlich, whose father Henry invented the first-aid procedure.

Heimlich runs several websites dedicated to unearthing allegedly sketchy medical practices — including investigations into his dad — and recently launched a one-man investigation into the LifeVac, a plunger-like contraption that is designed to suction onto a choking victim's mouth and pump the obstruction out of their throat.

LifeVac's founder Arthur Lih has been pushing his product to schools in the borough of Kings after spotting several fatal chokings here — a 7-year-old choked to death on her lunch in Williamsburg last October, roughly a year after a 21-year-old autistic woman choked to death in Cobble Hill.

Since starting his crusade, Lih claims two Brooklyn schools have purchased LifeVacs — Greenpoint's PS 31 and Sheepshead Bay's PS 206. A substitute nurse at PS 31 said she was unaware of the device, but that she is just a temp. PS 206 did not return requests for comment.

Lih insists his contraption works and will save lives — several fire departments have bought them, and it is endorsed by his sister who is a gastroenterologist in Queens.

"We can protect our children now," said Lih, a Long Islander who used to run an airfreight company. "We have new technology, a simple device that can save lives — we do not have the luxury of time."

The gadget is only an emergency measure to be used in a last-ditch effort to save someone after standard anti-choking techniques have failed and the victim is unconscious, he said.

But Heimlich remains skeptical, because no peer-reviewed medical jour-



**VAC ATTACK:** Arthur Lih will not rest until all Brooklyn schools are equipped with his invention, the LifeVac — a plunger-like device supposed to dislodge the throats of choking victims. Photo by Stefano Giovannini

nal has ever published a study about the LifeVac, which he says makes it impossible to know how reliable or safe the device actually is.

Two separate unpublished studies claim to have tested the LifeVac on dead bodies — according to the bylines, Lih's sister performed one, alongside a paramedic and a computer scientist, while a different paramedic and a speech pathologist did the other.

The device is also registered with the Food and Drug Administration, though an agency rep confirms that this does not mean it has tested it, just that the company "filled out the proper paperwork."

Heimlich has written to city and education authorities demanding they look into the device to see if it complies with their guidelines for medical care. He stressed that he is not a medical professional, which is why he is passing off the investigation to the experts.

Lih pitched the LifeVac to Borough President Adams in October — but the Beep agrees with Heimlich that the tool needs more vetting.

"LifeVac was informed that there needs to be a real-life proof of concept before any further conversation can proceed," said Adams's spokesman Stefan Ringel.

The city's Department of Education said it had no knowledge of the LifeVac's use in its schools. It refused to explain what role it has, if any, in selecting first-aid equipment for schools, but said it does not endorse Lih's invention.

"The Department of Education does not recommend this device," said spokeswoman Toya Holness.

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Photo by Jason Speakman

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# LIVING HEALTHY

IN THE NEW YEAR

## How to find the right personal trainer

**M**en and women hoping to get fit often benefit from working with personal trainers. Experienced personal trainers can inspire and motivate their clients to take fitness seriously while also providing support as hopefuls make the sometimes intimi-

dating transition from sedentary lifestyles to more active ways of life.

While the right personal trainer can make a world of difference, a mismatch between client and personal trainer can prove both ineffective and

*Continued on page 38*



# Smiles for a lifetime thanks to Dr. Lichter

BY JACK RYAN

There was a time not that long ago when it was assumed that missing, broken and yellow teeth were just an unfortunate part of growing old. Brooklyn dentist Joseph Lichter, DDS, insists it no longer has to be that way.

"My motto," says Dr. Lichter, "is smiles for a lifetime." By helping patients make informed decisions about their oral health needs and offering the latest in cosmetic dentistry, Dr. Lichter is committed to maintain or, if necessary, restore a beautiful smile.

"Sadly," says Dr. Lichter, "dental problems can have a real impact on quality of life. Many people hold back from laughing or smiling because they are uncomfortable about their appearance."

His new facility on Avenue P in Midwood is not your grandfather's dental office. Before showing up for a first appointment, new patients are encouraged to go online to fill out a "Smile Analysis." The analysis asks 17 questions that help both the doctor and patient decide on a course of treatment. The new patient is asked to

"tell us what you don't like about your smile."

Among the questions are: Are any of your teeth yellow, stained or somewhat discolored? Do you have any prior dental work that appears unnatural? Are the edges of any teeth worn down, chipped or uneven?

At the office patients will find four dentists, skilled hygienists and the latest equipment to meet all of their dental needs. But more importantly, said Dr. Lichter, he and his staff offer the care that their patients deserve.

"Unfortunately in today's world some of the care part has been lost. Skill and compassion go hand-in-hand when providing exceptional patient care."

Whether they are performing traditional dental procedures or cosmetic dentistry, Dr. Lichter's team takes an overall comprehensive approach that takes into consideration the patient's entire body, not just the teeth.

Dr. Lichter said he is proud to bring state-of-the-art dentistry to Midwood.

"I am always trying to be on the cutting edge of my pro-

fession," he said. He appreciates the positive feedback he has been getting. The new office space that has been tripled in size allows the team to accommodate more patients more quickly.

This is a full service traditional dental practice that has been in Midwood for more than 65 years. Dr. Lichter is the third dentist to run the office. Of course Dr. Lichter performs traditional dental procedures such as teeth cleaning, fillings, root canal therapy and the removal of teeth. But in addition the practice offers the latest in restorative and cosmetic dentistry including implants, porcelain veneers and crowns and fixed bridges. These and similar procedures can make a broken smile look like new.

The office offers Invisalign, an alternative to metal braces that uses virtually invisible plastic aligners that gently shift teeth into place over a period of time. This alternative, the doctor said, has become increasingly popular with teens and adults. This procedure can have a long-term impact on quality of life.

The good news, Dr. Lichter said, is that people are learning to take better care of their teeth. And as people in today's world expect to live longer they are more open to what cosmetic dentistry has to offer.

He acknowledges that modern dentistry can be expensive, especially for treatments that are not covered by insurance. "Dentists," he explains, "can have extremely high overhead, especially for work done outside the office." However Dr. Lichter said he attempts to keep dentistry affordable so everyone can benefit.

His experience so far has been that patients find the results well worth the investment.

Dr. Joseph Lichter [1420 Avenue P between E. 14th and E. 15th streets in Midwood, (718) 339-7878]. Open Monday through Friday and every other Sunday.

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Enlisting a friend can help you make this the year you achieve your New Year's resolution.

# RESOLUTIONS

## How to keep plugging on your promises for the New Year

**M**any people make New Year's resolutions each year, and that trend is unlikely to change in 2016. But if history is any guide, few people are likely to achieve their resolutions.

A University of Scranton study published in the *Journal of Clinical Psychology* found that just eight percent of people who make New Year's resolutions achieve those resolutions. The study indicated that time may be the ultimate enemy with regard to achieving New Year's resolutions. While 75 percent of those making resolutions maintained their focus through the first week, that figure dropped to 64 percent by the end of the first month before dipping all the way to 46 percent after six months.

So how can you make this year the

year when your New Year's resolution becomes a reality? Consider the following tips:

### DON'T GO IT ALONE

One of the best ways to realize your New Year's resolution is to enlist the help of a friend. For example, if your goal is to lose weight, then start going to the gym with your spouse or a friend who works out regularly. The buddy system can provide just the motivation you need, and having a friend there to offer support can help you stay focused on those days when your will to keep going starts to wane.

### BE AS SPECIFIC AS POSSIBLE

Vague resolutions leave too much

wiggle room, and that can compromise your ability to achieve your goal. Set specific goals with clear benchmarks so you can celebrate your progress as the year goes on. If your goal is to save "X" amount of money in the next year, divide that number by 12 and aim to reach that smaller figure by the end of each month.

### BE REALISTIC

Some people fail to achieve their resolutions because they simply set the bar too high. While it's good to push yourself, don't choose a resolution that's unrealistic. If you do, you may quit early if you realize you aren't making enough progress despite your putting forth your best efforts, or you might take an unhealthy approach in

an attempt to circumvent some of the obstacles in your way. If your goal is to lose weight, speak with your physician first to determine a weight loss goal that is healthy and reasonable.

### EXPECT A FEW BUMPS IN THE ROAD

En route to achieving your resolution, expect a few bumps in the road. Life is never entirely predictable, and there will be a few unforeseen events over the course of the year that may throw you off target. Anticipate and accept such obstacles so they don't derail your efforts.

New Year's resolutions do not always become a reality. But there are several ways to make this the year you finally realize your goals.



## Quitting now can pay immediate benefits

**F**ew habits are as addictive or harmful as smoking tobacco. As a result, it should come as no surprise that quitting smoking is one of the most common New Year's resolutions.

While lung cancer, emphysema and chronic bronchitis are most often linked to smoking, the Centers for Disease Control and Prevention warn that smoking has the potential to harm nearly every organ of the body. Smok-

ing can cause many diseases and reduce the overall health of anyone who smokes regularly.

Cigarettes contain approximately 600 ingredients. In addition to nicotine, tobacco smoke may contain acetone, ammonia, arsenic, lead, tar, formaldehyde, and benzene. Many of these ingredients are found elsewhere in solvents, cleaners and adhesives. Carbon monoxide that is produced in cigarette smoke (which is the same harmful gas that is produced from heating equipment and car exhaust systems) can be deadly and reduce the capacity of cells to carry oxygen. Many of the ingredients in tobacco products are carcinogenic, meaning they have the potential to cause cancer.

The American Lung Association says that smoking is the leading cause of preventable death in the United States, causing more than 438,000 deaths per year. The ingredients in cigarettes can cause DNA mutation, oxidative stress, which contributes to the aging process, chronic inflammation, and a reduction in antioxidants, which help fight various illnesses. Tar and other metals in their tobacco smoke can stick to the walls of the lungs and reduce their function.

Quitting smoking immediately lowers your risk for smoking-related diseases and can add years to your life. The American Cancer Society says that heart rate and blood pressure drop within 20 minutes of quitting. After 12 hours, the carbon monoxide level in your blood returns to normal.

Circulation and lung function can improve in a matter of weeks. The Centers for Disease Control says your risk for heart attack drops sharply just one year after quitting smoking. Within two to five years of quitting, risk for stroke falls to roughly the same rate as a nonsmoker's.

**SMOKING HAS THE POTENTIAL TO HARM NEARLY EVERY ORGAN OF THE BODY.**

Another immediate benefit of quitting is that, once you quit, you are no longer putting others at risk for illness from exposure to secondhand smoke. In addition, the interior of your home and car will smell better, and your hair and clothes will no longer carry the hallmark aroma of cigarette smoke.

The American Cancer Society notes that studies have indicated that roughly 25 percent of smokers who use medicines can stay smoke-free for more than six months. Counseling and the emotional support of friends and family can improve success rates as well.

It may take a few attempts and different strategies to find a smoking cessation program that works for you.

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# FEEL FREE TO INDULGE

## Treat yourself to much-needed pampering for a more relaxed you

**T**he daily grind sometimes is exhausting. In fact, a poll from the Robert Wood Johnson Foundation and the Harvard School of Public Health found that 49 percent of Americans reported having a major stressful event or experience in the past year, and 26 percent of people said they had a “great deal” of stress.

In small amounts, stress can push a person to act and grow. But constant stress can become debilitating and has been linked to a compromised immune system and other unhealthy side effects. This is why a number of people resolve to reduce stress.

In addition to taking on fewer responsibilities, engaging in some activities to promote a relaxed mind and body can help alleviate stress and tension. Though the term “pampering” may not appeal to everyone, a day of pampering might be just what you need to relieve stress and unwind.

**Get a full-body massage.** Licensed massage

therapists have the training and knowledge to work the kinks out of your muscles and ease aches and pains. Massage therapy works tension out of the body and can help release feel-good endorphins. A massage can improve circulation and help reduce blood pressure. It’s difficult to walk out of a spa without feeling relaxed.

**Schedule a manicure and pedicure appointment.** If you do not have time for a full massage, having your hands and feet pampered can be a good substitute. Manicures and pedicures are not just for ladies, either. Men can indulge and opt for no nail polish. Many salons offer different types of manicures and pedicures, depending on personal preference. Spa treatments may include warm paraffin wax or hot stones to further ease pain and enhance the pleasure of the experience.

**Take a retreat.** Schedule a trip to a resort or even a small hotel that is away from the hustle and

bustle of where you live. Such a respite can provide a welcome change. New scenery and a chance to escape the daily grind can effectively relieve stress. Consider low-tech accommodations and turn your phone or tablet off for a few days.

**Try relaxing aromatherapy.** Aromatherapy is the use of aromatic plant extracts and essential oils to elicit mental and physical responses. Lavender is a relaxing scent that can be used during a massage or in baths to induce a sense of calm. Experiment with other scents and oils to achieve the desired result.

**Laugh with friends.** Plan a friends’ night where you can go out for drinks and conversation or huddle around the television and watch your favorite comedy. Laughter is often a great medicine for stress, as is the company of other people who can provide some comic relief.

# Include good fats and carbs in a new, healthy eating plan

Come the end of the holiday season, many people resolve to rest, recharge, and get back to healthy eating habits.

Time magazine reports that losing weight and getting fit are the most popular New Year's resolutions, but also the ones that people are most likely to abandon after a short time.

That may be because New Year's dieters are too often choosing diets that are impractical and not conducive to long-term success. Some may stop eating certain foods or ingredients entirely, while others look to diets that require a level of commitment beyond busy adults' capabilities.

Many fad diets target fat and carbohydrates, but dieters may not know that fat and carbs are necessary for a healthy metabolism. According to Dr. Walter Willett of the Harvard School of Public Health, low-fat diets don't work for many people. In fact, dozens of studies have found that low-fat diets are no more healthy than moderate- or high-fat diets and may, in fact, be worse. Foods that are low in fat may be full of ingredients that can be detrimental when eaten in high amounts. Processed low-fat foods can be made to taste better with copious



amounts of salt or sugar. Some low-fat foods are actually high in simple carbohydrates, which can cause spikes in blood sugar and increase bad fats called triglycerides in the blood.

Simple carbohydrates are generally those that break down fast and do not provide much value beyond the initial energy burst. Although some simple carbs, such as fructose and lactose, can be beneficial and are

generally found in healthy foods, it's best to avoid simple carbs.

Eating healthy doesn't mean avoiding carbohydrates and fats altogether. The key is to find good fats and carbs that provide a host of benefits. Good fats, such as monounsaturated fats, polyunsaturated fats, and omega-3 fatty acids, help to manage mood, maintain mental acuity, fight

*Continued on page 38*

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5

## Health screenings women shouldn't miss

**A** nutritious diet and daily exercise can promote long-term health, but preventative care also plays a key role in keeping adults healthy as they age. Routine health screenings can head off potential problems, preventing illnesses and possibly limiting the duration of sickness.

Women may have longer life expectancies than their male counterparts, but that does not mean they can afford to overlook preventative care. The following are five health screenings women should include as part of their healthy routines:

### PAP TESTS AND PELVIC EXAMS:

Beginning at age 21 (or earlier if they are sexually active), every woman should get regular Pap smears and pelvic exams to test for any abnormalities in their reproductive systems. Pap smears may be suggested every two to three years depending on a woman's age. A routine visit with a gynecologist is recommended annually to discuss any changes or worrisome symptoms.

### MAMMOGRAMS AND BREAST EXAMS:

In addition to conducting self examinations, women should get clinical manual breast exams. Women age 40 and older should get a manual breast exam each year and an annual or bi-annual mammogram.

### CHOLESTEROL CHECKS:

The ideal level of total cholesterol is below 200 mg/DL. Individuals with a higher level of cholesterol may be at a greater risk for heart disease. Cholesterol screenings can alert doctors to potential trouble and help them develop plans for their patients to lower cholesterol levels. Doctors may suggest dietary changes and advise women to adopt more active lifestyles. Some doctors may even prescribe medication if cholesterol levels are

*Continued on page 49*



Certain health screenings are recommended for women at various stages in life.

## TRAINER

*Continued from page 31*

costly. But finding the right personal trainer need not prove an expensive exercise in trial and error. The following are a few helpful hints for those looking to hire a personal trainer who can help them reach their fitness goals.

### INQUIRE ABOUT CERTIFICATION

Numerous organizations certify personal trainers, and these certifications help men and women rest easy in the knowledge that their trainers are fully qualified to instruct them about fitness and plan exercise regimens. Organizations such as the National Academy for Sports Medicine and the American Council on Exercise are two of the most trusted and reliable certification organizations, but additional organizations also certify trainers.

In addition to requesting prospective trainers' certification credentials, ask about their educational history and if they have continued their education even after graduating, which may indicate their commitment to providing their clients with the most up-to-date information regarding physical fitness.

### ASK FOR RECOMMENDATIONS

Another way to find a personal trainer is to ask friends, family, coworkers, or neighbors for recommendations. You might already know someone who achieved great results with a particular trainer, and he can provide you with an accurate idea of what it's like to exercise under the tutelage of that trainer. If you are already

### DISCLOSE YOUR CONDITIONS

Personal trainers are not mind readers, so it's important to disclose any medical conditions or limitations you might have with regard to physical activity. Some trainers may specialize in working with special-needs athletes, while others may have little or no experience in such situations. While a trainer does not necessarily need experience working with special-needs athletes to mesh with such clients, you may feel comfortable working with someone with such experience. If you are a special-needs athlete, ask your physician to recommend a trainer if possible.

### DON'T RUSH YOUR DECISION

Both trainer and client are happier when they make a connection. Allow yourself ample time to find the right trainer, avoiding any long-term commitments until you feel fully comfortable with the person. Many gyms offer free personal training sessions to new members, so take advantage of any such offerings when looking for trainers.

Personal trainers are a great asset to those looking to get in shape, and the right trainer can be just what you need to make your fitness goals a reality.

**BOTH TRAINER AND CLIENT ARE HAPPIER WHEN THEY MAKE A CONNECTION**

an athlete but feel a trainer might help you take your fitness to the next level, ask others who compete in your sport if they recommend someone, as they might be able to recommend a trainer who specializes in helping athletes in your particular sport. For example, some trainers may be skilled at building endurance athletes who compete in marathons, while others might specialize in helping CrossFit competitors.

## GOOD FATS

*Continued from page 37*

fatigue, and control weight. Good fats are largely found in olives, nuts, legumes, soy, and fatty fish. Keep total fat intake to 20 to 30 percent of your calories.

Good carbs are complex carbohydrates. They're starches that take a longer time to metabolize in your digestive system. Good carbs will raise blood sugar, but they will keep it at a stable level for an extended period of time. Complex carbs usually contain a lot of fiber, which can help keep a

person feeling full for long periods of time. Plus, they help keep digestion moving smoothly to help you avoid constipation. Fibrous vegetables, fruits, whole grains, and beans are high in fiber and are good carbohydrate choices. Some foods contain both good carbs and good fats.

# Emphasize oral hygiene in the year ahead

Of all the plans people make at the dawn of a new year, getting healthier is often at the top of the list. Although many individuals are concerned about shedding a few pounds, there are many other ways to focus on health in the upcoming months, including paying more attention to dental hygiene. Proper dental care can not only keep a smile bright, it can affect other areas of the body.

## FLUORIDE BENEFITS

One of the keys to oral health is the use of fluoride to prevent dental caries. In fact, many health professionals will say that exposure to fluoride, whether through use of toothpaste or fluoridated water supplies, is probably the most effective cavity-prevention treatment available. Fluoride helps the teeth in a number of ways.

Fluoride can promote tooth remineralization. This means it attracts other minerals, particularly calcium, to the areas of the teeth where tooth decay can form, helping to strengthen teeth. Fluoride also helps to make teeth more resistant to decay. New tooth mineral created when fluoride



is present helps to make teeth harder, making it more difficult for acids and bacteria to penetrate the enamel of the teeth and cause damage.

Another advantage is that fluoride

helps to inhibit acid creation. Dental researchers have found that fluoride can inhibit bacteria living in the mouth. That's an important finding, as such bacteria can contribute to the for-

mation of damage-causing acids that are notorious for wearing down tooth enamel, causing spots for more bacteria to congregate and form cavities.

According to the American Dental Association, individuals who find themselves prone to cavities or whose dentists have deemed them at elevated risk for developing cavities may benefit from fluoride application beyond the norm. This may include prescription fluoride applied directly to the teeth at home or procedures where dentists apply the fluoride in their offices.

Recent clinical recommendations from a multi-disciplinary expert panel convened by the American Dental Association Council on Scientific Affairs suggest that topical fluoride, used in conjunction with drinking optimally fluoridated water and using toothpaste with fluoride, can prevent tooth decay. These clinical recommendations cover professionally applied and prescription-strength, home-use topical fluoride agents for cavity prevention.

The panel concluded that additional research is needed, but recommended the following products for patients at elevated risk of developing cavities:

*Continued on page 48*

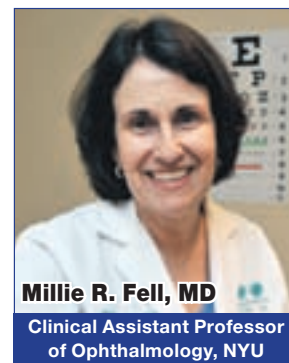


ADVERTORIAL

# BRIGHTON EYE

**JANUARY IS GLAUCOMA AWARENESS MONTH**

**Make an Appointment for an Annual Eye Exam**



**Millie R. Fell, MD**  
Clinical Assistant Professor  
of Ophthalmology, 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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# Effectively shortening the duration of a cold

Few things can be as uncomfortable as the common cold. In their book "Common Cold," authors Olaf Weber and Ronald Eccles say the common cold has been around since ancient times. More than 200 virus strains can contribute to colds, but the rhinovirus is the most common. Colds produce a bevy of symptoms, including runny nose, congestion, and sore throat, so it should come as no surprise that sufferers want to find relief fast.

Colds typically last for a week or more. There's no cure for the common cold, but according to The Mayo Clinic, there are some remedies that can help cold sufferers feel better more quickly:

**Rest:** One of the best things to do when you have a cold is to get adequate rest. Your body's immune system is working overtime to combat the cold virus, and restricting activity can help it direct efforts where they're needed most. Keep away from strenuous activities, and spend more time relaxing or sleeping to let your body do its job.

**Hydration:** Consuming plenty of clear fluids can reduce congestion and ensure that you do not get dehydrated. Plus, warm beverages can be soothing



to an irritated throat. Avoid coffee, caffeinated sodas, and alcohol, which can exacerbate dehydration.

**Saline rinses:** Intra-nasal saline sprays, neti pots, and similar products can help loosen mucus that is clogging the nose and sinus cavities, allowing it to flow out. This makes blowing your nose more effective and may help pre-

vent post-nasal drip. Avoid prolonged use of medicated decongestant sprays. They may work well, but they can cause rebound congestion that's worse than the original stuffiness.

**Vitamin C:** Vitamin C will not prevent colds, but it could help in other ways. Taking vitamin C before the onset of cold symptoms may shorten the

duration of symptoms. Vitamin C also may provide benefits for people at high risk of colds due to frequent exposure, offers The Mayo Clinic.

**Soup and tea:** Soup is an easy-to-digest meal that provides many of the necessary remedies for a cold, including warm broth to hydrate and soothe, antioxidant-rich vegetables, and protein to help fuel the body's recovery process. In 2000, Dr. Stephen Rennard of the Nebraska Medical Center in Omaha actually tested if chicken soup clinically makes people with colds feel better. He found that chicken soup inhibited neutrophils, immune cells that cause congestion. Decaffeinated tea also may help you stay hydrated and relieve many cold symptoms.

**Reinfection:** Use cleaning products that are effective at killing viruses around the house to prevent reinfection and cold relapses. Also, avoid touching your nose, eyes, and mouth between hand-washings to keep germs at bay.

Colds can be a nuisance. Most medicines will help relieve symptoms but cannot make colds go away faster. Natural remedies can help the body's immune system work at its best and lessen the severity of a cold.

## BUSINESS, BROOKLYN STYLE

# HealthQuest relieving Brooklynites' pain

BY CAMILLE SPERRAZZA

You don't have to live with pain.

HealthQuest is a multi-specialty facility dedicated to pain management. The doctors there can improve your quality of life by providing expert treatment, utilizing the latest technology available.

Dr. Russell Greenseid and Dr. Nick Chiappetta are chiropractors at the facility, and one of the innovative treatments they offer is the use of the spinal decompression machine.

"It's FDA-approved, and is safe and effective," says Dr. Greenseid. Via mechanical traction, pressure is alleviated from the nerves.

Patients who have suffered with debilitating neck pain have found relief from its use, says the doctor. It's used primarily to treat disc injuries to the lower back and neck, providing an alternative to those who do not wish to have surgery.

"This is just one of the many tools we offer," says Dr. Greenseid. Manual manipulation is another option, as are joint injections. The latter, too, uses technology so doctors can work more efficiently. In this instance, an ultrasound provides the doctor with a picture of the area that needs treatment, and this allows the doctor to guide nee-

dles precisely to these affected areas. Targeting areas with epidural injections and facet injections can provide relief to those suffering from spinal and back pain.

Other ways to manage pain include neurology, orthopedics, and physical therapy. The facility's Medical Director is Dr. Igor Stiler, a neurologist who oversees the care of those who suffer with neurological disorders as well as patients recovering from surgery or accidents.

Orthopedic specialties include sports medicine, pediatric orthopedics, and care to feet, ankles, hips, knees, shoulders, elbows, hands, and spine.

The first step is a consultation and physical examination so the doctors can evaluate the condition. If further diagnostic testing is needed, you won't have to run all over town to get it. X-rays and MRIs can be taken right at the facility, making everything convenient for the patient.

"We make it as easy as possible for you," says Dr. Greenseid.

The goal is to find the cause of the pain.

"You want to treat the cause, not the symptoms," says Dr. Greenseid.

The MRI technology at HealthQuest is one of the most advanced,

noninvasive pieces of equipment available. It provides accurate scan results of various diseases and conditions, says the doctor.

"By having MRI capabilities on site, we are able to provide both patient and physician detailed diagnostic images of the body's soft tissues."

The scanner makes use of powerful magnets, radio waves, and computers to generate high-resolution images, he notes. These advanced diagnostic testing procedures help to accurately diagnose problems so doctors can prescribe treatment that is tailored to individual needs.

HealthQuest is an American College of Radiology-accredited facility. It has an open MRI scan for those who prefer that type of experience.

The facility also offers a unique smoking cessation program.

"By tapping into certain points through the ear to the brain, chemicals are balanced, and cravings vanish immediately," says Dr. Greenseid. No pain or drugs are involved, he says, "and one treatment is all that is usually needed."

A weight loss treatment is similar, as "very light stimulation to precise points on the external ear" is used to reduce cravings. "It is proven to be an effective and pain-



The exercise rehabilitation machines.

Photo by Steve Solomonson

less option that enables one to lose weight," says the doctor.

Another unique offering is that the company is certified by the Department of Transportation to provide physicals for drivers seeking certifications, says the doctor.

HealthQuest has been servicing the community since 1994. Most major medical plans, including No Fault Workers Compensation and Medicare, are accepted. The 6,000 square foot state-of-the-art facility is handicapped accessible, and there's parking on the premises. It is conveniently located near all forms of mass transit.

Check HealthQuest's website for educational seminars that help improve quality of life. Some of last

year's topics included nutritional counseling, dealing with arthritis, weight loss, stop-smoking programs, and headaches.

HealthQuest's mission statement is to provide comprehensive and quality medical care in a multi-disciplinary, responsive and operationally efficient environment that will support and meet the healthcare needs of patients and the many communities they serve.

HealthQuest [3500 Nostrand Ave. between Avenues U and V in Sheepshead Bay, (718) 769-2521, www.hqbk.com]. Open Mondays, Tuesdays, Thursdays, Fridays, 9 am-7 pm; Wednesdays, 7 am-7 pm; and Saturdays, 9 am-noon.





# Snow-day activities for families this winter

Many people may run indoors when the temperatures outside approach or dip below freezing. But the truly adventurous see no reason why a little cold weather should keep them cooped up indoors for months at a time.

Sports and other physical activities can provide the perfect respite from the cabin fever that can settle in during long winters. Families looking to get some quality time outdoors together this winter can enjoy a host of activities in the great outdoors, even if the temperatures are a tad on the chilly side.

## SLEDDING

Sledding may remind adults of their childhoods and turn kids' snow days into fun afternoons they will never forget. Kids can seemingly ride their sleds and toboggans down snowy hills all day long, but even parents get a kick out of racing kids downhill or sharing a sled with their youngsters. While older kids can typically handle sleds on their own, parents should ride along with toddlers to prevent falls and handle steering duties. When sledding, keep a close eye for any signs that suggest kids might be getting too cold, such as shivering or clothes that are soaked through.

## SNOWSHOEING

Parents may not know that many retailers sell snowshoes for children. While snowshoeing can be physically demanding, it's also a fun way for families that like family walks to continue

those traditions even if there are a few inches of snow on the ground. Make sure kids are bundled up, paying extra attention to their footwear. Kids will enjoy snowshoeing more if their boots are both comfortable and capable of keeping their feet warm.

## SNOWMAN BUILDING

Perhaps no outdoor winter activity is more conducive to family fun than building a snowman. The season's first substantial snowfall provides the perfect opportunity for parents and their children to start building some snowmen. While "snowman building" is unlikely to find its way onto any gym schedules, building a snowman provides a great workout. Lifting snow is great strength training, while pushing snow to form Frosty's body is a great way to get in some cardiovascular exercise.

## SKIING AND SNOWBOARDING

The earlier youngsters start skiing or snowboarding, the more likely such activities will prove second nature. Many resorts offer skiing and snowboarding lessons to kids and adults, so parents can book weekend getaways for the family to nearby resorts and foster a love of winter sports in youngsters.

It's tempting to huddle up indoors when winter hits full swing, but families who embrace the great outdoors when the temperatures dip can avoid cabin fever and enjoy one another's company along the way.

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# STRESS ALERT

## Developing healthy habits to combat tension after a tough day

**S**tress has an immediate and potentially long-term effect on the human body. Though it's a natural response to both good and bad experiences, stress, when chronic, can produce a host of negative consequences that greatly diminish one's quality of life.

Combatting stress can sometimes be difficult, as the causes of stress are never too far away for many adults. In its 2015 "Stress in America™: Paying With Our Health" survey, the American Psychological Association found that money is the top cause of stress for Americans. The survey was conducted on behalf of the Association by Harris Poll, which asked more than 3,000 participants about their is-

suues with stress. Sixty-four percent said money was a somewhat or very significant source of stress, and that number was even higher for parents (77 percent). Survey respondents also noted that work is a significant source of stress.

There are ways to combat stress that can benefit people's long-term health and improve their present-day quality of life:

### DEVELOP A SUPPORT NETWORK

Speaking about problems with trusted friends and family members can be an effective way to combat stress. The study found that participants with an emotional support network reported lower stress levels than

those who had no such networks to rely on.

### GET MORE EXERCISE

Routine exercise is another healthy way to combat stress. According to the Anxiety and Depression Association of America, studies have shown that exercise can reduce fatigue, improve alertness and concentration, and enhance overall cognitive function.

Those are considerable benefits to people dealing with elevated levels of stress, which can contribute to both physical and mental fatigue and negatively impact one's ability to concentrate.

Studies also have shown that regular exercise can decrease tension,

which tends to increase as stress levels rise.

### STAY OFF THE SAUCE

Many people respond to stressful days by consuming alcohol. While alcohol helps some people forget a stressful day, it also produces psychological and physiological side effects that can compound the effects of the very stress drinkers are looking to relieve.

People who drink to alleviate stress may only be doing more harm with each drink, so find a way to cope with stress that has a more positive impact on both your body and mind.

Stress is a fact of life for many people. But while stress may be inevitable, it can be overcome.

# 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, 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



Doctor Enrico Ascher

could expect to leave the hospital 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 NYU Lutheran Medical Center. 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 is 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] A new 2nd location is opening February 1st @ 2993 Ocean Pkwy. (347) 533-8477. Call or go the website to make an appointment.*



ENRICO ASCHER, MD

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# Selecting a health care plan for the new year

**E**mployers and individuals may begin to shop around for new health insurance plans as the fiscal year comes to a close. Cost and the proximity of doctors and medical services often motivate consumers to switch their insurance plans.

According to the Kaiser Family Foundation and the National Conference of State Legislatures, the average family plan in the United States costs almost \$16,000 per year, with employees enrolled in a company plan paying around \$4,000 of their own money.

Finding a new health insurance plan can be challenging. With so many offerings, it can be difficult to find the best available option for you and your family.

When open enrollment season arrives, understanding health insurance terminology and your own needs as a policy holder can help make your decision that much easier.

A deductible is an amount of money you must pay out of pocket before your insurance provider will begin to pay. For example, you may need to reach up to \$5,000 for generalized healthcare

**UNDERSTANDING HEALTH INSURANCE TERMINOLOGY AND YOUR OWN NEEDS AS A POLICY HOLDER CAN HELP MAKE YOUR DECISION THAT MUCH EASIER.**

## VERIFY NETWORK DOCTORS

Finding doctors you can trust can make all the difference when managing your health and the health of your family.

If you already have a primary care physician or specialists you like, confirm that the new plan's network includes these doctors.

Otherwise, you may be subjected to out-of-network costs that can quickly add up.

## MAKE A LIST OF YOUR PRIORITIES.

Relatively young and healthy individuals may have more flexibility with their insurance plans.

However, those thinking of starting a family or people with a preexisting health condition have to be certain an insurance plan covers the preventative care and other specialized screening tests or drugs they need.

costs before the remainder of care for the year will be fully covered by the insurance plan. Typically, after a deductible is met, coinsurance will kick in. Coinsurance is a percentage-participation in the plan. That means the insurance carrier will pay a predetermined percentage of the costs, such as 80 percent, and then you will be responsible for the remaining balance (20 percent). These fees help health insurance companies offset costs. You can seek plans that offer the lowest out-of-pocket expenses or ones that have higher copayments and deductibles so that your overall insurance bill each month is lower.

## LOOK FOR ANNUAL LIMITS

Some plans will put a cap on how many visits you can make to a specific provider in a given calendar year. If you must visit specific doctors many times per year, look for plans that do not set limits on visits.

## DON'T FORGET PRESCRIPTIONS

Health insurance plans often include prescription drug plans. Check that medications you take are covered by a plan you are considering before buying the plan.

Health insurance can be a tricky subject. Investigating all of the options and basing your decision on need, and not necessarily price, can ensure you get the plan that is right for you.

## UNDERSTAND YOUR COSTS

Plans often are broken down into three different cost requirements for members: copayments, coinsurance and deductibles.

A copayment is the fee charged by the doctor for each visit. Copayments vary but may fall between \$10 and \$30 for primary care physicians and even more when visiting specialists.

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## LIVING HEALTHY IN THE NEW YEAR



# Best – and worst – foods for heart health

**N**o one wants to hear from their doctors that they have joined the millions of people across the globe to be diagnosed with heart disease. The Heart Foundation reports that heart disease, which includes diseases of the heart and cardiovascular system and stroke, is the No. 1 cause of death in the United States, affecting both men and women and most racial and ethnic groups. Heart disease also is one of the leading causes of death in Canada, claiming more than 33,000 lives per year.

Many factors contribute to the development of heart disease, including smoking, lack of exercise, and stress. Diet and whether a person is overweight or obese also can have a direct link to heart health. Diet, particularly for those with diabetes and poorly controlled blood sugar levels, is a major concern.

A variety of foods are considered helpful for maintaining a strong and healthy heart and cardiovascular system, while others can contribute to conditions that may eventually lead to cardiovascular disease or cardiac arrest. Moderation enables a person to sample a little of everything, but not to make any one food a habit. The following are some foods to promote heart health and some foods you might want to avoid.

### GOOD

**Tree nuts:** Tree nuts contain unsaturated fats that can help lower LDL cholesterol (the bad stuff) and improve HDL (the good stuff). Nuts also are a filling source of protein and other

healthy nutrients.

**Whole grains:** Whole grains contain complex carbohydrates for energy, as well as protein and fiber. Fiber can help scrub cholesterol from the blood, lowering bad cholesterol levels.

**Fatty fish:** Many cold-water, fatty fish, such as halibut, herring, and salmon, contain omega-3 fatty acids, which are heart-healthy. Omega-3s also can be found in walnuts, flaxseed, and some soy products.

**Beans:** Beans and other legumes are an excellent source of protein and can be a stand-in for meats that are high in saturated fat. Beans also contain cholesterol-lowering soluble fiber and folate, which can reduce blood homocystein levels. The Bean Institute reports that consuming beans may reduce cholesterol levels by roughly six to 10 percent.

**Yogurt:** Researchers in Japan found yogurt may protect against gum disease. Left untreated, gum disease may elevate a person's risk for heart disease. Yogurt contains good bacteria that can counteract bad bacteria and boost immunity.

**Raisins:** Raisins contain antioxidants that may help reduce inflammation. Inflammation is often linked to heart disease and other debilitating conditions. Fresh produce also is a good source of antioxidants.

### POOR

**Fried foods:** Many fried foods have little nutritional value, as they tend to be high in saturated and trans fats. French fries are particularly bad be-

*Continued on page 49*

# BREAKTHROUGH TECHNOLOGY

## RELIEVES BACK PAIN



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**Local doctor treats herniated and bulging discs, sciatica, and serious lower back pain**

## **WITHOUT BACK SURGERY**

Surgeons perform an estimated 300,000 to 400,000 back surgeries every year. Annually, neurosurgeons perform at least 100,000 operations for lumbar disc disease alone, and orthopedic surgeons perform a similar number. It is estimated that between 20% and 40% of these operations are unsuccessful.

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 718-234-6212 or visit **Brooklyn Spine Center**, 5911 16th Avenue, Brooklyn, NY 11204. [Brooklynspinecenter.com](http://Brooklynspinecenter.com).

# How to bake healthier treats

**B**aking can be a relaxing and rewarding pastime that parents can share with their children. Baking promotes a variety of skills, including the ability to follow instructions and make measurements. Baking also employs mathematics, making baking a rather delicious science experiment. Perhaps one of the few pitfalls of baking is indulging in too many sweet treats when taste testing and then enjoying the fruits of your labors.

But bakers concerned about their health can substitute healthy ingredients when recipes call for foods bakers would prefer to avoid. The following ingredients can make healthy additions to baked-good recipes without sacrificing flavor:

**Whole-wheat flour:** Flour is at the heart of many baking recipes, including those for cakes, cookies, and pies. Refined white flour may not be the healthiest ingredient, so try whole-wheat flour, which is full of nutrients and an extra dose of fiber. Fiber can help lower the risk for heart disease and diabetes. Try slightly less than one cup of whole-wheat flour for regular flour as a swap if a recipe calls for one cup of flour.

**Fruit puree:** When a recipe calls for oil, margarine, butter, or shortening, consider replacing such ingredients with fruit purees, which often add moisture and texture just as well but without the same amount of calories. Applesauce and prunes can be helpful in chocolate dishes. Pumpkin or sweet potato are other purees that can add a nutritional boost as well.

**Greek yogurt:** Greek yogurt



is a powerhouse of protein and flavor with relatively few calories per serving. It can make a super substitution in recipes for things like sour cream, buttermilk, or even cream cheese.

**Applesauce:** Believe it or not, unsweetened applesauce also can replace some or all of the sugar in a recipe. When doing a 1:1 ratio swap, reduce the amount of liquid in the recipe by a quarter of a cup.

**Marshmallow or meringue:** Ever check the nutritional information for many store-bought cake frostings? They pack a considerable amount of calories, sugar, and fat. Some also are made with hydrogenated oils. Consider using a marshmallow fluff or homemade meringue to top cupcakes or decorate cookies.

**Stevia:** Stevia is an herbal plant that grows primarily in South America. Stevia has a long history as a sweetener in that area, and now has become a pop-

ular sugar substitute elsewhere. Stevia is an all-natural, no-calorie, no-carbohydrate sweetener. The Food and Drug Administration approved only the purified form of stevia, called stevioside. Remember to check each brand's sugar-to-stevia ratio to make sure you get the right measurements for your recipe.

**Egg whites:** Replace a whole egg in a recipe with two egg whites or a quarter cup of egg substitute.

**Chocolate nibs:** Nibs are processed morsels that do not have the same amount of added sugar as many chocolate chips. Dark chocolate nibs can provide a healthy dose of antioxidants as well.

**Evaporated skim milk:** Try evaporated skim milk in place of heavy cream to make whipped cream for a low-fat option.

Baking brings family together, and the treats can make an enjoyable finale to a great meal. With healthy substitutions, any recipe can be altered for the better.

## Low-calorie foods that still fill you up

**H**unger can be a difficult hurdle to clear for people looking to lose weight. Nutritious foods don't lack for taste, but many people adapting to new diets featuring healthy, low-calorie foods find themselves still hungry after meals, making it difficult for them to stay the course and reach their weight-loss goals.

Some low-calorie foods may contribute to hunger pangs, but there are many foods that satisfy hunger despite their low calorie count:

**Baked potatoes:** Potatoes might be high in carbohydrates, but they also are loaded with nutrients and antioxidants that can boost the immune system. Baked potatoes also provide a powerful punch of potassium, which can help men and women better control their blood pressure. That's especially beneficial to overweight or obese people who are already dealing with high blood pressure. Baked potatoes also can make diners feel full, which should help low-calorie devotees avoid overeating.

**Eggs:** The reputation of eggs tends to change every few years, and much of that can no doubt be attributed to misinformation about this low-calorie breakfast staple. Eggs are a great source of complete protein, and that protein contributes to feelings of fullness. According to the Academy of Nutrition and Dietetics, eggs contain all nine essential amino acids that, upon being digested, release hormones that suppress appetite.

**Greek yogurt:** Greek yogurt is another excellent and low-calorie source of protein, offering roughly twice as much protein as regular yogurt. Greek yogurt also is an excellent source of calcium, potassium, zinc, and vitamins B6 and B12. But Greek yogurt also contributes to feelings of fullness, as a study from the Nestlé Nutrition Institute found that consuming proteins found in dairy products increases satiety.

**Oatmeal:** While many people may only eat oatmeal when fighting a cold, this high-fiber and low-calorie breakfast alternative can be enjoyed year-round, helping to fight feelings

*Continued on page 49*

## ORAL HYGIENE

*Continued from page 39*

•Professionally-applied 2.26 percent fluoride varnish or a 1.23 percent fluoride gel every three to six months.

•Home-use prescription-strength 0.5 percent fluoride gel or paste or 0.09 percent fluoride mouth rinse (for patients 6 years old or older).

•A 2.26 percent professionally-applied fluoride varnish every three to six months for children younger than 6 years old.

Application of additional fluoride should not replace daily oral hygiene habits. It is still vital to brush twice a day, floss daily, eat a balanced diet, and visit the dentist regularly for checkups.

## HEART DISEASE & ORAL HEALTH

The millions of bacteria that proliferate inside of the mouth and contribute to dental caries also can affect other areas of the body.

Evidence suggests the same bacteria that can cause plaque and gum disease may lead to cardiovascular problems. According to information from Harvard Medical School, several species of bacteria that cause periodontitis have been found in the atherosclerotic plaque in arteries in the heart and elsewhere. This plaque can lead to heart attack.

Although research is ongoing, there is reason to believe that oral bacteria could also harm blood vessels or cause blood clots by re-

leasing toxins that resemble proteins found in artery walls or the bloodstream.

When the body's immune system responds to these toxins, blood clots may form more easily. Some evidence also points to a correlation between inflammation in the mouth and inflammation in the body.

With the new year upon us, now may be the ideal time for men and women to take inventory of their personal health.

Schedule a physical examination with a doctor, visit an optometrist or ophthalmologist for an eye exam and remember to visit the dentist for a cleaning, checkup and a possible fluoride treatment to protect the mouth and body.



## FOOD

*Continued from page 46*

cause they are carbohydrates fried and then doused in salt.

**Sausage:** Processed meats have frequently earned a bad reputation among cardiologists, but sausage can be a big offender, due in large part to its high saturated fat content.

**Red meats:** Enjoying a steak is probably not as bad as eating a deep-fried brownie, but it's best to limit red meat consumption to about 10 percent or less of your diet. Red meats can have a considerable amount of cholesterol, saturated fat, and calories.

**Added sugars:** Sugar can increase blood pressure and triglyceride levels.

Sugar often hides out in foods that you would not associate with the sweetener. Plus, many people unwittingly consume too much sugar simply through sugar-sweetened beverages and ready-to-eat cereals.

**Salty foods:** Leave the salt shaker in the spice cabinet and opt for herbs for flavoring, advises the American Heart Association. High-sodium diets often are to blame for hypertension, a major risk factor for heart disease.

**Dairy:** Artery-clogging saturated fat also can be found in dairy products, particularly the full-fat versions. Butter, sour cream, and milk can be problematic when people overindulge. Opt for low-fat dairy when possible.

## LOW-CAL CHOICES

*Continued from page 48*

of hunger all along. According to the Dairy Council of California, oatmeal contains soluble fiber that stays in the stomach for long periods of time. That contributes to feelings of fullness and may just decrease mid-morning hunger pangs. The soluble fiber in oatmeal can also decrease low-density lipoprotein cholesterol, which is often referred to as "bad cholesterol."

**Apple:** Apples are another low-calorie source of soluble fiber, and apples also are a good source of vitamin C, which can boost the immune system.

But apples are more than just a low-calorie food that contributes to feelings of fullness. Finnish researchers who studied dietary data of more than 9,200 men and women found that those who ate apples frequently had lower risk of stroke than those who did not eat apples. That could be attributable to the effect of soluble fiber on LDL cholesterol as well as the effects of the antioxidant compounds found in apples.

Hunger pangs have derailed many a low-calorie diet. But there are plenty of low-calorie foods that also satisfy hunger and reduce the likelihood of overeating.

## TESTS

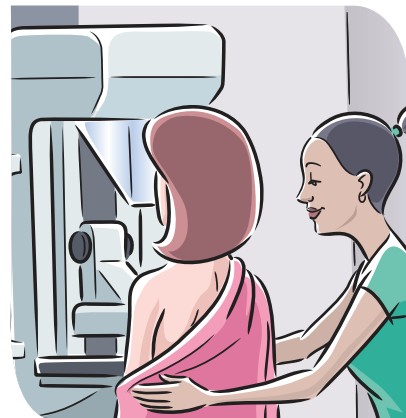
*Continued from page 38*

### EXAMINATIONS AND SCREENINGS:

Women should examine their skin every month for new moles or changes in existing spots or moles to detect early signs of skin cancer. Be sure to check all areas of the body, as skin cancer can appear just about everywhere. Some doctors perform skin cancer screenings as part of routine physical exams, or women can visit a dermatologist.

### BONE DENSITY SCREENING:

Those with a risk for osteoporosis, such as women with fractured bones or slender frames, should be screened earlier and more regularly than women without such histories or body types. Doctors generally recommend that women receive annual bone density screenings beginning at age



65. Healthy bones will show a T-score, or the measurement to determine bone density, of -1 or higher.

These suggested screenings and tests are based on general medical guidance. Women should work with their doctors to develop wellness schedules that promote their long-term health.

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## Dr. Alan P. Goldman: Treating And Relieving Arthritis Pain

There are a lot of people suffering with joint pain and arthritis, says **Dr. Alan P. Goldman**, a specialist in rheumatology (130 Brighton Beach Avenue, 718-946-7557), and they often believe that there is little that can be done to alleviate their pain.

They are wrong. There are many options available, Dr. Goldman says; the key is finding a physician who is knowledgeable in those treatment modalities.

As a rheumatologist, Dr. Goldman specializes in the treatment of arthritis; one of only a handful practicing in Brooklyn.

Rheumatoid arthritis is an inflammatory illness that causes joints to swell. Symptoms include morning stiffness and swelling, often in the hands, elbows, or wrists, he says. Perhaps because there are so few rheumatologists in the borough, when people experience these symptoms, they often "see a surgeon first," says Dr. Goldman. But this often doesn't make much sense, he explains.

"When you have stomach pains, you don't go to a surgeon before seeing a gastroenterologist," he explains. "When you have chest pains, you don't see a surgeon before seeing a cardiologist."

A surgeon is the expert to see when surgery is needed, he notes, and of course Dr. Goldman refers patients to surgeons when necessary. Still, Dr. Goldman believes that the majority of people who suffer with arthritis can be treated without surgery. Even those who suffer

enormously may find relief with Remicade IV infusion treatments, he says. "It has worked wonders."

Patients receive these treatments once every few months, and people who previously couldn't move well find that the "benefits are tremendous," he says. Those whose symptoms are less severe may find relief with pills or injections. This method has been used successfully for many years, says Dr. Goldman. And, "It still works."

When patients see Dr. Goldman they are assured of receiving expert evaluations. Dr. Goldman's office offers x-rays, and a number of in-office treatment procedures. Should patients need physical therapy, arrangements can be made for this, as well.

Dr. Goldman also recommends that people age 60 or older come in to be checked for osteoporosis. People who are thin or who smoke are especially at risk, he notes.

Dr. Goldman is a Harvard graduate who has studied at Bellevue Hospital-New York University Medical Center and Gouverneur Hospital in Manhattan. He is on staff at the New York Methodist Hospital, and he is a Fellow of the American College of Rheumatology, as well as a member of the American College of Physicians, Nassau County Medical Society, the New York State Medical Society, American Medical Association, and the New York Academy of Sciences.

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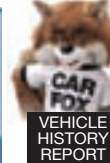
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# Sheepshead Bay! Reader's trip down memory lane

To the editor,

I decided to go shopping at Stop and Shop early this morning and walked past Sheepshead Bay. I did see a few ducks, which for some time had vanished. On my way home, to my amazement, I saw swans. What a pleasure to see them again. I guess they took a very long vacation, but they didn't tell me where.

Had the city been smart, instead of building condos and stores, Sheepshead Bay could have been a real tourist attraction with a real fishing village. In the 1970s it was not uncommon to see men and women waiting in the early morning on weekends to go fishing. One major complaint was there was no parking, even though there were many empty lots available. Those same empty lots were given to developers to build condos. Without off-street parking the number of people fishing declined. Another reason was boat-docking fees went up and many fishing boats went to Long Island.

Sheepshead Bay also had popular eating establishments, such as Lundy's with a capacity for 2,500 patrons, Tappan's, and Randazzo's. All of them were packed on Friday, Saturday, and Sunday evenings. For entertainment there was Pips Comedy Club, which featured Woody Allen, Rodney Dangerfield, Robert Klein, Lenny Bruce, Joan Rivers, Elaine Bosler, David Brenner, Andrew Dice Clay, Adam Sandler, Joe Piscopo, and Richard Lewis. By 5 pm the crowd started packing Pips, but like everything else, it's just a memory now.

**Jerry Sattler**  
Brighton Beach

## Abruzzo's assault

To the editor,

Shavana Abruzzo is an insult to her column ("A Britisher's View"). When a person is blinded by racial prejudice, he or she vomits insults against others without using their brain. Abruzzo's continuous assault against Islam and Muslims forced me to respond to her column, "Christians make the world a better place" (Dec. 25, 2015).

I fully believe that Christianity, as a religion, is a dynamic force for

## SOUND OFF TO THE EDITOR

### LETTERS AND COMMENTS FROM OUR READERS

good and its founder, Jesus Christ, is peace and love. However I disagree that the majority of Christians are peaceful people, as Abruzzo claims.

Looking at our past history, we find that Christians are the most violent group of people in the world. We learned the vicious killing and destruction done by the crusades in Palestine during the 11th century. If you want proof just read your history books. The crusaders came to the Middle East to rid Jerusalem of the infidel Muslims. In the process they killed every man, woman, and child. Is that peaceful?

Christians came to America and annihilated millions of native Americans just for who they were. We learned in school of the massacres committed by Christians against native Americans without remorse. Furthermore the enslavement of Africans was done by Christians. Black men, women, and children were sold on the auction block like animals. Africans were separated from the children in chains. They were treated like a piece of property. Is that peaceful?

Christians waged two world wars where tens of millions died, including the Holocaust where six million Jews died. Is that peaceful? The Christians occupied all of the Middle East: Spain in Morocco; France in Algeria, Syria and Lebanon; Italy in Libya; England in Egypt, Palestine, Iraq, Yemen, and Sudan. They plundered and destroyed the fabric of everything they touched. French Christians slaughtered a million Algerians, England split the whole of the Arab world into a small kingdom and supported every tyrant leader. They planted the State of Israel in a country they did not own. Millions of Palestinians were expelled, killed or jailed because of Christians. Is that peaceful?

President George W. Bush declared a crusader's war in Iraq, where he slaughtered more than two million Iraqis in an invasion that was based on lies. Is that peaceful? Most of the weapons of mass destruction are invented by Christians. Is that peaceful?

These are only short paragraphs to show how violent most Christians are. I know that Christianity as a religion has nothing to do with what the Christians are doing. If Christ comes now, he will be heartbroken to see what his so-called followers are doing to the rest of the world.

I believe all religions are good — Judaism, Christianity, Islam, and

many other beliefs. It is their respective followers who make them look bad. No religion calls its followers to kill and destroy and cause mayhem.

**M. Muthana**  
Bay Ridge

## Moving on

To the editor,

Your article "Big wheels keep on turnin': Checking up on the B44 Select Bus Service" (online Jan. 7) refers to the B44 Select Bus that runs on Nostrand Avenue.

Did you know that the dedicated bus lane it uses is only in effect three hours in either direction during morning or evening hours, and is only about four city blocks long from Avenue X to the Belt Parkway ramps? That is hardly two-thirds of a mile long and makes no impact at all on traffic flow in the neighborhood. However, it is very effective in extracting revenue from unsuspecting motorists.

**Shirley Ranz**  
Brooklyn

## Sounding Off

To the editor,

I'm one of those "survivors" everyone's been talking about, and while I didn't live on fried grasshoppers like my television counterparts, I am a New Yorker and one of those "real survivors" coined by news columnist Cindy Adams who, after moving to Manhattan, missed her old Brooklyn neighborhood, her vegetable garden, and her roomy apartment just a short ride away from Brighton Beach.

What sane person, I asked myself about 17 years ago, would trade Mrs. Stahl's knishes, the ocean breezes of Sheepshead Bay, and the quiet, tree-lined streets with fabulous views of the clear, blue sky, for the noisy, polluted streets of Manhattan, before I made my own journey across the East River? What finally convinced me to make the move was commuting to my job as a high-school librarian on crowded, dirty, smelly trains, and the long waits on smoky subway platforms. What drew me to the city was the thought of being catapulted into a world of high-rises, health nuts, vitamin shops, joggers, and bars with thin women looking for love. It seemed appealing compared to being held prisoner on trains in underground tunnels with sick passengers and panhandlers who recited bad poetry or assaulted my senses with wild drum solos and Lawrence Welk-like accordion music.

I soon found myself living on the Upper East Side in a shoebox-sized studio with my daughter and a dog, and an air shaft where the window was supposed to be. But for \$700 a month, who was I to complain about the lack of space or the paper-thin walls? The big city introduced me to new pleasures, including walks in Central Park, Jackson Hole burgers, thrift-shop bargains, and Mayor Koch's movie reviews in the New York Spirit, as well as new displeasures, including drug-addicted neighbors who played their stereos all night long, and crazed bus drivers sped across Central Park like ambulance drivers racing to their appointments.

All was well until the mice and roaches arrived, unannounced. I soon discovered the roaches had come to stay. I could tolerate the stream of bag ladies who picked through our garbage, but the armies of roaches played havoc on me. Getting rid of them seemed like a job for Napoleon or Crazy Horse. After several weeks my apartment began to take on a strange new look, with original glue-trap collages and criss-crossed adhesives pointing in various directions decorating walls where no artist had gone before.

I beat back the blues and reinvented myself at every turn, in order to survive roaches in a cold, fragmented world. Now, here I stand like New York's Finest, ready to pounce at a moment's notice, first on the trail (with glue traps and more). At night when I dream, in my mind's eye a note on the door to my apartment reads, "Beware woman warrior, little devils!"

Time has passed and I find myself retired and living in my beloved Brooklyn neighborhood once again, looking back on my roach invasion as the time I found the courage to confront the enemy. Why, I now wonder, do people not rebel against the horrors of oppressive regimes, where people are tortured for expressing their beliefs, where writers and librarians get prison sentences of up to 20 years in some nations for speaking their minds, and for daring to speak through literature, poetry, and editorials about injustice and abuse?

Here in this great nation of ours, where opinions can be heard and diversity rules, I took my place as a librarian, and now armed with a writer's voice, I, too, am an agent of protest and change.

**Joan Geller**  
Bath Beach

## 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.

# Are play dates the end of actual play?

As Brooklyn mom Tamara R. Mose was preparing for a play date with a mom and child she didn't know well yet, she paused to look at her home: "All the bathrooms are clean, dishes put away, beds made, floors Swiffered, laundry folded, garbage cans emptied, and toys put in their place and sorted for age appropriateness."

And then there was the food: "The kitchen is full of aromas, boiling pasta, simmering sauce, freshly sliced carrots, celery, and oranges, all displayed on sparkling white plates. Lined up are juice boxes boasting their 100 percent organic label, plastic forks and plates, and beside them some half-folded disposable white napkins."

Add to this some whole-wheat crackers, cheeses (three varieties), and the fact her daughter had straightened up her room, too, and Mose, a sociology professor at Brooklyn College, couldn't help but notice: This was not just about fun. This was a performance — "an effort to present ourselves as a decent black family."

From there it was just a hop, skip, and a jump — and a year



## RHYMES WITH CRAZY

Lenore Skenazy

of interviewing a broad swath of New York parents -- to writing, "The Playdate: Parents, Children, and the New Expectations of Play," which will be published by NYU Press this spring.

A play date, Mose argues, is really sort of a double date — "You're essentially dating the other parent. You're checking them out. What do they do for a living?" Parents arrange play dates ostensibly for their

children's fun and enrichment, but really, there's a lot more going on. Yes, they want their kids to make friends and play, but the parents want to make friends, too. And usually, Mose observed, they want to make friends with other parents demographically the same as them — friends who might even be able to help them in the job world.

At one play date Mose arranged at her son's request, she and her then-husband invited over two couples. One was a lawyer married to an artist, the other was a screenwriter married to the curator of a book lecture series. By the end of the play date, Mose and the curator realized that they knew someone in common and he invited Mose to give a lecture at his series.

"It was at this moment that I started to realize how many times the parents I had invited to a play date either knew someone I knew," says Mose, or they offered some kind of connecting: Come to this show with us, let me introduce you to so-and-so.

The upside is obvious: friendship, networking, even babysitting backup. But Mose's

book looks at the downsides, too, starting with the way play date culture perpetuates class stratifications. The parents who believe in organic hummus and no television are unlikely to have many play dates with the parents who put out soda and chips with Sponge-Bob in the background — even if the kids really like each other at school.

What's more, simply by perpetuating the play date imperative — that is, the idea that of course children need constant supervision either by parents or caregivers — the idea of kids running around on their own seems preposterous. When she was growing up, Mose recalls, she'd go down the street knocking on friends' doors, asking them to come out to play.

"Almost all the parents that I interviewed did the same thing," she says. Play was kid-driven and often out in public.

Now that kind of fun is considered too dangerous (even though crime is back to the level of 1963). The modern play date is organized, supervised, and private.

"So if Joe and John get in a fight and they're in the room

next door, they can come out and complain to me to make it better," says Mose. "Whereas if they're out on the street playing they need to figure it out." Play date-raised kids lose out on certain childhood lessons their parents got just as a matter of course: How to deal with a quarrel, or even a bully. Is this one reason we have so many anti-bullying assemblies today? Kids just don't get any real-world practice in standing up for themselves, or shrugging off an insult?

What's more, Mose says: Kids who are indoors, surrounded by amusements, may not learn how to make a sword out of stick, or a boat out of square of pavement. They do, however, learn how to speak to adults. And in the end, she says, that confidence and poise may serve them well in the business world.

In fact, play dates may help both generations in the business world. They just might not help children actually learn how to play.

*Lenore Skenazy is a keynote speaker and author and founder of the book and blog Free-Range Kids.*

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# Stan empties his pockets again

The following are some random thoughts written on the scraps of paper and backs of business cards I found while emptying my jacket pockets this morning.



## IT'S ONLY MY OPINION

Stanley P. Gershbein

My president really believes that crime will go away by passing more gun laws. Yeah, right! He also believes that he is protecting us by spending more time on weather changes than on a true inspection of the immigrants he is permitting to enter the United States. It isn't those immigrants that we find troubling. It is the bad guys who may be coming in with them that many of us are afraid of.

Carol and I are still enjoying life on the high seas. We are leaving next week, expecting seven wonderful days aboard the brand-new Norwegian Escape. This will be cruise No. 105 for us. We really believe that if we continue to travel, the angel of death will not know where we are when the time comes. That way, we can live to be 100. Great thinking, yes?

I was asked about our travels recently at a party. One very envious person with a bit more alcohol in him than he really should have consumed snipped, "Who can be as rich as you?"

Without a moment of hesitation and a great big grin on my face I snapped back, "Bill Gates, Warren Buffet, Jim Walton, Mark Zuckerberg, and me. That's about all." I received a nice pat on the back from everyone in the room. It seems that they approved of my verbal comeback.

Right now, only 26 percent of the 2,500 registered voters who were asked believe that this nation is heading in the right direction — 66 percent disagree. Can you imagine that? Two-thirds of Americans actually believe that the United States is going downhill, yet they are willing to stick with the same party that is in power, the same administrators that got us here, and the leadership that still hasn't changed anything for the better.

Bernie Sanders is quoted as saying, "Nobody who

works 40 hours a week should be living in poverty." Dr. E. Pratts responded to his comment by saying, "Then stop giving their money away to people who work zero hours a week." Nice comeback, doctor.

Hey Jeb, you were the best governor of Florida ever. Only Floridians know what you did for education and taxes. Instead of spending so much airtime blasting Trump, why don't you tell the world how great you were for the Sunshine State? It's only my opinion, but I do think you'd stand a better chance of getting the nomination that way.

Hey Marco, do you really believe that not showing up to vote is the same as voting nay? Yeah, right! The only way to vote nay is to be there and vote nay. Nice try.

If those accusing Bill Cosby are telling the truth, then Mr. Cosby is the dumbest animal on the planet. With all of his money and fame, Mr. Cosby could have had all the sex he wanted by reaching into his pocket for a few large bills.

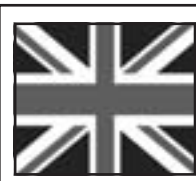
Those of us who watch MSNBC — and whether you believe it or not, I am one — learned this week that 49 percent of Americans are more angry with current events now than they were at this time a year ago. I am [StamGershbein@Bellsouth.net](mailto:StamGershbein@Bellsouth.net) asking, does that include you? Why?

# Jihad! Muslims need to crush religious terrorists

New year, same old Islamo-problems:

- Mayhem in the Muslim world.
- Round-the-clock holy war.
- Passing the buck to the West.

The battle-weary, blood-soaked years since 9-11 have shown that time cannot heal all wounds, that Westerners are trapped in an ideological abyss, and that only Muslims can destroy radical Islam and save the day. Yet many Muslims continue to believe oppressive sharia — the food of terrorism — is the word of God, making them volatile and unassimilating partners of the West and a drain on modern civilization. Their antiquated doctrines and ancestral feuds are antithetical to free-world values and show no sign of reform. The Muslim brand is further tarnished by nervy refugees committing



## A BRITISHER'S VIEW

Shavana Abruzzo

crimes and scandal in Europe. Ballsy asylum seekers are hauling German officials into court for not processing them quickly enough, but the masochistic nation — desperate to discard the shackles of its Nazi past — is downplaying the Islamo-pandemonium and pledging to accept half a million refugees a year for several years to speed-dial its Islamification.

Muslims need to be a lot more angry, distressed, contrite, ashamed, conscience-stricken, and spurred to heavy-duty action over their fellow faithful killing, maiming, and displacing innocent men, women, and children around the globe with impunity. They also need to consolidate their power and mobi-

lize their masses to crush a domestic enemy they insist is perverting Islam. They have the ways and means.

The world's 1.6 billion Muslims and 50 Muslim-majority nations collectively possess the largest army and land mass on the planet, control of global oil reserves, and sovereignty over important naval straits and airspaces. Yet they lack gumption — posting selfies with signs announcing "not in my name" doesn't begin to cut the mustard.

Contemporary Christians and Jews would never abide tens of millions of their believers turning violent holy warriors and masterminding vast global terror networks that held the world hostage through a perpetual state of emergency, fear, suffering, death, and destruction. What then gives Muslims the right to ignore Islamo-evil?

# Joanna's tragical mystery tour

It was more than 40 years ago when I attended the first Beatfest held at the Commodore Hotel in Manhattan in September, 1974. My best friend Mary and I had secured tickets for the weekend event.

As we walked through the weary hotel's faded halls and not-so-grand-anymore grand ballrooms, we were amazed at how our favorite group's memorabilia utterly surrounded us — not an inch of space was left uncovered.

One room had instruments the four lads from Liverpool donated, another contained books and photos, and yet another ran continuous loops of Beatles movies "A Hard Days Night" and "Help."

One of the screenings was of the very first stateside showing of "The Magical Mystery Tour" — a Beatles film that was never released in the U.S. that we, the adoring attendees of the very first-ever Beatfest, were privileged to see.

As a diehard fan, I stood in front of the small screen transfixed. I watched in amazement as the images flashed before



## NOT FOR NUTHIN'

Joanna DelBuono

me. The music, the band — what a thrill it was! I was mesmerized.

Decades later, I still recall how I danced along to "Your Mother Should Know," the performance that ran at the end of the 50-minute flick.

What, you may ask, sparked this walk down memory lane?

This past week, I was channel surfing at 3 am (don't ask), and what to my wondrous eyes should appear, but a screen-

ing of the mythical film "The Magical Mystery Tour" in my very own living room.

"Wow," I thought. "I have to stay up and watch this, but just in case my aged eyes don't stay open, I'll set the digital recorder, too."

After sitting through it all, all I have to say is "What utter tripe! What a waste of film!"

The sound track was the only redeeming factor. It only included a few songs, and my saving grace was having a digital recorder so I could fast-forward through the rest of the mess.

What had been a magical, mystical experience 40 years before was now only a psychedelic mash-up of skits and images that, in my dotage, only made me dizzy.

Only in my teenage adoration could I have ever enjoyed this movie.

Not for Nuthin™, but they ain't kidding when they say youth is wasted on the young. After all these years, I finally realized why it never premiered here.

Follow me on Twitter @ JDelBuono.

# Classic Carmine: Screecher breaks his fast

I'm madder than a turtle trying to get across the Belt Parkway on a Tuesday morning over the fact that this New Year is hardly original, and is bringing back the same old stories — like my inevitably break from plans to go on a diet.

Look, you all know that every New Years Eve I make a pledge to myself and my lovely wife Sharon that this is the year that I will lose 20 or 100 pounds.

And when I say it, I mean it. Really.

But something happens shortly after that ball drops at Times Square — someone pops open a bottle of bubbly and starts frying up sausage and peppers. And within 15 minutes into the New Year, I break my fast.

But you and I both know that, after pondering the problems of the world today, it becomes obvious that I shouldn't even bother getting in shape, because it's the tortoise's life for me — and those darn things live to be like 450 years old!

You know something? If



## BIG SCREECHER

Carmine Santa Maria

walking is so good for your health, then the postman would be immortal. And I'll tell you right now that he is not. And he's not the only example of how exercising and eating right isn't the bees' knees.

Look, a whale swims all day, only eats fish, drinks water instead of Sprite — and is full of blubber!

So you better believe that

I'm sticking to my "re-tired," lifestyle, which means I'm tired over and over again.

Because the only exercise I get is when I pull on *Tornado's* lever to zip pass you whippersnappers on the sidewalk. Oh, and typing these columns for your weekly enjoyment also makes me break a sweat.

And in other news you heard before, the scammers are back, and they are preying on the elderly. How do I know? Because they made the mistake of giving yours truly a call!

The other day the phone rang and my wife beat me to it (which is miraculous, because I am literally waiting by the phone for it to ring so I can tell whoever's on the other end just what I think). So she says hello, and the guy says he's calling from the bank, and that our funds have been locked. He gave her a different number to call, and told her she should give the person over there her account information.

Well, I told Sharon that

she should of, because the money we have is stored in places much safer than banks — like in mattresses and under floorboards (but that's a column for a different day!)

So Sharon did call the bank — to report these scammers!

A couple of days later my mother-in-law received a call from a someone who said he was a U.S. Customs House employee, claiming he had a package addressed to her that had \$500,000 cash and a \$500,000 check in it. Well, I guess he has some sort of X-ray vision or something, because how else would he know what was in the package? He told her that all she had to do was bring \$500 in, and he would release the money to her. Well, not surprisingly, we did not fall for this one, either.

Finally, I heard on the 1010 WINS that there were two guys claiming to be from Con Edison going around Bensonhurst and robbing seniors after lying about a "problem" in their

homes. So don't let anybody in *your* home that you don't know.

Lastly, the Bensonhurst West End Community Council which I am the president of, is fighting to get a traffic light on Harway Avenue and Bay 49th Street near PS 212 because the crossing guard there said it is dangerous. Well, the city surveyed it and said it didn't meet the Federal guidelines that require a traffic light.

I would like to point out that those are just guidelines, and if the city cared about keeping kids safe, it would put a light there. You don't need the federal government to make this very local decision. Jiminy crickets, will someone at the Department of Transportation open his eyes before a kid gets hurt?

Oh, and last but not least, let me remind you that it is income tax time again. Hey, did you ever notice: when you put the words "the" and "irs" together it spells "theirs?"

Screech at you next week!



Raisa Chernina  
**HONORED 2011**



Rene McClure  
**HONORED 2013**



Nicole Robinson-Etienne  
**HONORED 2013**



Nina Rodriguez  
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**SNOW KIDDING:** Soldiers of the New York Army Guards' 152nd Engineer Company uploaded video of their street-clearing efforts in Buffalo during the "Snovember" storm that dumped almost six feet of snow on the Western New York region on Nov. 17, 2014. 152nd Engineer Company

## Buffalo engineers win video contest

### HARBOR WATCH

A video produced by Buffalo's 152nd Engineer Company has been named winner of the New York National Guard's first unit video contest.

The 10-minute video was produced by New York Army National Guard 2nd Lt. Erin Morris, a platoon leader in the 152nd Engineer Company, from video and photographs she took, as well as those provided by other unit members.

The video recounts the highlights of the company's training and operations during federal fiscal year 2015, which includes the unit's response to the "Snovember" November 2014 snowstorm in Erie County, the company's annual training, and its annual "engineer rodeo."

The video can be seen on the New York National Guard's YouTube Channel: [www.youtube.com/watch?v=R6tTZNk3s7M](http://www.youtube.com/watch?v=R6tTZNk3s7M).

Maj. Gen. Patrick Murphy, the adjutant general of New York, decided to hold a video competition to capture the varied missions and activities across the 16,000 members of the New York Army and Air National Guard.

"Our units take pride in showing off the excep-

tional training they do and missions they accomplish throughout the year," Murphy said. "I want to encourage our young service members who shoot and edit video as a hobby to spend time capturing their unit in action to tell the unit story from inside the organization."

The 152nd Engineer Company video is an excellent introduction into what one Army National Guard unit accomplished in a year, he said.

The unit and 2nd Lt. Morris will receive Adjutant General Awards for their effort.

Morris, a Buffalo, New York, resident, works in the marketing department of the Buffalo News, and said she took on the additional duty of being the unofficial public affairs officer for the 152nd Engineers. A member of the New York Army National Guard for two and-a-half years, Morris brought a camera to unit activities and took still and video images.

She asked other members of the unit to provide her with their pictures as well. She was at her engineer officer basic course when the unit responded to the November 2014 snowstorm, for example.

# A first in history

Woman will serve commander role at West Point



**SHE IS IN COMMAND:** Brig. Gen. Diana Holland receives the colors from U.S. Military Academy Superintendent Lt. Gen. Robert L. Caslen as she assumes command of the U.S. Corps of Cadets on Jan. 5. Staff Sgt. Vito Bryant

### HARBOR WATCH

For the first time in its history, the Army has installed a female officer as the commandant of cadets at the U.S. Military Academy at West Point, New York.

Brig. Gen. Diana M. Holland, herself a 1990 graduate of the school, assumed the role of commandant of cadets during a ceremony there on Jan. 5. She is the 76th officer to hold the position.

Last year, when the announcement was made that Holland would assume the role, acting Army Secretary Eric K. Fanning said the officer was well-suited for the position.

"Diana's operational and command experiences will bring a new and diverse perspective to West Point's leadership team," Fanning said. "She is absolutely the right person for this critical position."

Lt. Gen. Robert L. Caslen Jr., the academy's superintendent, said Holland is "immensely qualified" for the position, which has a tremendous impact on the development of future Army officers.

"The commandant of cadets has such a significant role in our mission to train, educate,

and inspire leaders of character for service to the nation as Army officers, as they prepare to fight in America's wars," Caslen said. "The commandant is the 'M' in military in the United States Military Academy."

He said the job carries with it the burden of responsibility for the military, physical, character, and social development of more than 4,400 cadets.

Caslen said he felt that Holland's past performance in the Army demonstrates her suitability for leading so many young Americans in their training and development as Army officers.

"[She] has a phenomenal reputation throughout the Army," he said. "The Corps of Cadets is getting a great commander and an outstanding leader."

In the 1990 "Howitzer," the USMA yearbook, an entry for Holland, written by one of her peers, came near to predicting her assumption of the role of commandant. Caslen read that entry to show just how close to true the prediction came.

"We knew Diana was destined for greatness when she won the drill off in Beast," Caslen read. "And now she is

charge of the regimental drill. Look for her 5-foot-1 frame in her pickup truck back at West Point in a few years as a history [professor] and many years later as the [superintendent]."

Caslen pointed out that Holland does still drive a pickup truck, that she had returned to the school in 1999 to serve as a history instructor, and that she was now assuming the role as commandant.

"There is still some time for that Howitzer prophecy of one day becoming a superintendent — so it may just come true," he said.

Holland thanked her father, who she said had been instrumental early on in steering her toward West Point and an Army career.

"It was my dad who first suggested to me that I consider attending one of the service academies, back when they began admitting women. I was only 8 at the time," she said. "But remarkably, I had already expressed the desire to serve in the military. His suggestion immediately took hold. And it was he who dropped me off here almost 30 years ago to become a West Point cadet."

# Sparking engineering interest in kids

## HARBOR WATCH

The U.S. Army Corps of Engineers Far East District continued its partnership with Department of Defense Dependent Schools, or DoDDS, Korea promoting science, technology, engineering and mathematics, or STEM, with its third annual earthquake tower challenge competition at Seoul American Middle School on Dec. 16.

Students were tasked to build structures out of straw, paper clips, and straight pins, and district engineers tested their ability to hold sandbags and withstand an earthquake on a specially designed shaker table.

"The thing just exploded after eight [sandbags]," said Charles Floyd, a middle school student in the applied technology class. "Squares are bendable. Triangles aren't. Studying geometry helped me because I know the three-sided figures, the triangles, are sturdier. All this connects to engineering."

While Floyd's father was on hand for the competition,



**HOLD IT STEADY:** Seoul American Middle School student, center, Hannah Sullivan prepares to see if her tower can withstand the force of an earthquake.

Stephen Satkowski

both of his parents encouraged their son's interest in STEM-related activities and education.

"His mom is an engineer, so math and science are focal points of his education," said Charles's father, Sgt. 1st Class Daniel Floyd.

"He's definitely getting challenged," Floyd said. "Proj-

ects like this make me feel comfortable that my child is in a good place with his education. The teachers do a great job challenging him and pushing him harder."

Charles Floyd said his dream is to one day work for NASA, which is a goal that is fine with his father.

"Who doesn't want their son to be a rocket scientist?" he asked.

Seoul American Middle School student Hannah Sullivan also took part in the competition. Her tower held seven sandbags.

"I learned a lot about teamwork," Sullivan said. "My partner and I helped each other out quite a bit. This is definitely my favorite class."

Sullivan's mother, Kristi Sullivan, is an interior designer and took part in similar activities as a student while studying for her degree. She said many of her interests rubbed off on her daughter.

"She [Hannah] has a natural ability for seeing how things are put together and making things strong," she said. "My major was in commercial design and we had to do a lot of structural studies, so maybe she is going to come by it more naturally."

Pam Lovasz, STEM coordinator for the Far East District, said events like these will be incorporated into the school year all yearlong.

"Last month, we gave a presentation on earthquakes and provided tips on designing earthquake resistant structures to the students," Lovasz said. "In the spring, we will hold our toothpick bridge competition."

This is all part of the district's outreach to students to hopefully spark interest in STEM-related classes and eventually careers in STEM. We hope to provide the students with a fun learning experience."

The Far East District promotes STEM activities throughout all DoDDS schools in South Korea. Activities, such as these, are part of an education partnership agreement signed by the U.S. Army Corps of Engineers and DoDDS Korea. The partnership centers on support for the STEM initiative.

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## Fort snips ribbon on youth center

BY DENNIS LYNCH

Fort Hamilton's new Youth Center is reporting for duty.

Army base officials and family members cut the ribbon on the brand new Fort Hamilton's Child, Youth and School Services center for young members of military family on Dec. 16, replacing an older center on the premises. The new-and-improved facility will host academic, leisure, and athletic programs in its 10 classrooms.

Staff will help kids of all ages with homework in the homework and computer labs, and also run some extra-curricular science, performing arts, health, and home economics courses.

"[The center] will help to facilitate health and nutrition, sewing, and other self-help life skills," said Fort Hamilton's Director of Child and Youth Ser-



**GRAND OPENING:** Fort Hamilton officials and family members open up the new youth center with a ribbon cutting on Dec. 17.

Photo by Steve Schnibbe

vices Lorraine Brown. "The homework and computer labs are geared to support academic excellence and provide assistance to students daily."

Once they finish their scholarly duties, the base's young whippersnappers have a gymnasium — slightly bigger than the old one — at their disposal

for hoops or any other sports they can think up. The facility's state-of-the-art kitchen can feed and accommodate "at a minimum, 150 kids daily," according to a press release.

The facility also has three office spaces and a training area for staff and a trainer, according to the base's public information officer.

WHERE TO GO ■ WHAT TO DO  
**24** SEVEN  
 ARTS ■ DINING ■ MOVIES ■ ENTERTAINMENT



**Floating in a most peculiar way:**  
 This giant astronaut painting by  
 Kenneth E. Parris III is part of  
 the "Ars Nova" show at Tabla  
 Rasa Gallery. Work in the show  
 was chosen by gallery owners  
 Joseph and Audrey Anastasi.

Photo by Georgine Benvenuto

# Sunset goes Nova

## 'New Art' show highlights nabe that is blowing up

By Lauren Gill

**T**his local art scene is a hotspot! A Sunset Park gallery is putting a spotlight on the work of local artists in "Ars Nova," an exhibit of focused on fresh, forward-thinking art. The curator of the show, whose title simply means "New Art," says that a bright new perspective is representative of the area's flourishing creative community.

"We're a little bit out of the way but not anymore," said Audrey Anastasi, also the director of the Tabla Rasa Gallery. "People are kind of discovering Sunset Park. The art community here is vibrant."

To recruit artists for the show, Anastasi headed to the Brooklyn Army Terminal, where the group Chashama provides

affordable studio space for artists. She and her husband Joseph, with whom she owns the gallery, were struck by the work of Prospect Lefferts Garden painter Kenneth E. Parris III, known for his series of paintings of dancers. However, the gallery will display futuristic paintings from Parris's most recent body of work, part of a series titled "How we make it and survive while trying, struggling for an extraordinary and peaceful life," which explores the conflict between ideals and reality.

Parris will discuss his paintings during an afternoon talk at the gallery on Jan. 23, including details about his dancer series, which he worked on for five years. To create those images, Parris toured with

the Merce Cunningham Dance Company for two years, painting them from a back-stage perspective. He says that dancers are the ideal subjects for his work.

"Dancers are the perfect models not just because of the musculature, but because they have such an understanding of their bodies," he said.

His body of work captures private moments, celebratory dinners, and parties — moments that often go ignored, he said.

"I wanted to tell this story because it's a story that people don't necessarily think about when they see these beautiful dancers on stage," said Parris.

"Ars Nova" also showcases work from 10 other artists, and includes digital imag-

es given form with a three-dimensional printer, paintings focused on urbanization and migration, and a video project which displays more than 2,400 storefronts throughout New York.

But Anastasi says that visitors to the gallery, which has been a Sunset Park staple for ten-and-a-half years, can be assured that the work will seize their attention.

"We only show work that grabs us," said Anastasi. "We love all of this work."

"Ars Nova" at Tabla Rasa Gallery [224 48th St. between Second and Third avenues in Sunset Park, (718) 833-9100, [www.tablarasagallery.com](http://www.tablarasagallery.com)]. On display until Feb. 20. Open Thu-Sat, 1-5 pm. Kenneth E. Parris III talks on Jan. 23 at 2:30 pm. Free.

# SCHOOL DANCE

*Art academy opens with video show and party*

By Dennis Lynch

School is in! A radically free art school will celebrate its move to Sunset Park's Industry City with a new exhibit and a free dance party on Jan. 15. The queer arts collective House of Ladosha will christen the Bruce High Quality Foundation University's new space with "This is UR mind," an exhibition one member called an "experiential dive into the mind of Ladosha."

"It's a blow-up of the consciousness as a group" said collective member Neon Christina. "We're going to be showing video art pieces we all worked together on, with some sculptures, and portraits, all amounting into one installation."

The gender-bending group "puts self-expression via social media on the same level as more traditional mediums," according to its mission statement, and some of the show's videos were taken from their online presence. The Bruce High Quality Foundation approached the group because the collective, like the school, is "generative" and not "reactive," according to outreach director Sean Carney.



**Housewarming:** House of Ladosha members Doshia Devastation (left) and C--- Crawford will perform at the opening party for the Bruce High Quality Foundation University's new headquarters in Sunset Park. *House of Ladosha*

"When they see a lack of representation for their voices, they just create a world where those voices exist," he said. "And it made sense for us to work with a group whose practices are so rooted in social media, participation in nightlife. Their art represents areas where artists often feel at home, but that aren't necessarily part of the mainstream yet."

Members of the collective will play music alongside DJs at the opening's after-party, start-

ing at 10 pm.

The Bruce High Quality Foundation University, which starts its next semester of free, ten-week classes on Jan. 24, is open to anyone with an interest in art.

"It doesn't matter if you have a background in visual arts, or writing, or anything really," Carney said. "You can have people who have never had any formal arts education sitting in class next to someone with a terminal degree."

The Foundation has rented studio space in Industry City since 2012, running classes in two spaces in Manhattan. But with rent across the river "becoming a little preposterous," according to Carney, the group refitted its Brooklyn space to host the art school and gallery.

The new classroom can accommodate roughly 1,000 students per semester. The move to Brooklyn will further the group's mission to build an "other arts community" apart from the traditional, Manhattan-based scene, Carney said.

"We're trying to build this arts community that anyone can join," he said, "It doesn't feel like Chelsea — it's a lot more open and inviting



**High quality digs:** Bruce High Quality Foundation University's Andrea Arrubla and Sean Carney show off the school's enormous Industry City gallery space, which opens to the public on Jan. 15. *Photo by Jordan Rathkopf*

and more reflective of what New York actually looks like. We hope that a lot of the local artists get involved and that to the people in the community, that the 'New York City art world' is not parachuting down into their community."

*House of Ladosha at Bruce High Quality Foundation University (33 34th St., sixth floor, between Second and Third avenues in Sunset Park, www.bhqfu.org). Jan. 15 at 8 pm. Show available by appointment until Feb. 28. Free.*



**Running out of power:** Dancers Jenna Purcell and Kristi Cole will show the limits of technology in "Capture," premiering on Jan. 22. *Adam Iannozzone*

## Maze of our lives

By Allegra Hobbs

This show may leave you feeling lost.

A Park Slope dance company will send audiences into a literal labyrinth in order to experience "Capture," an hour-long interactive performance about identity in the age of technology. The show's twists and turns will encourage audience to contemplate online and real-life connections, says the show's choreographer.

"It's about the digital age, and our own understanding of our connections within the digital

age," said Taylor Donofrio, the founder of the Donofrio Dance Company. "And how our desire for acknowledgement and attention has created a disconnect within ourselves as well as our relationships."

Audience members must navigate an eight-foot-tall cardboard maze in order to see the dancers, who will perform to a strange mixed score that includes Patsy Cline, opera, and some far-out soundscapes. Sometimes the dancers will appear sometimes directly in front of onlookers,

*Continued on page 65*

## 'Moby-Dish'

*Dinner inspired by the whale tale*

By Colin Mixson

Call it Ish-meal.

A Park Slope foodie will host a literary supper featuring dishes inspired by Herman Melville's classic novel "Moby-Dick" at a Carroll Gardens gallery on Jan. 22. But the night's adventurous eaters should not expect any whale meat to grace their plates during the whaling-inspired feast, says the organizer.

"There's a pretty descriptive passage about eating whale meat in the book, but I wasn't about to go there," said Mackenzie Griffin. "I didn't even look into it."

Griffin has created two other literary dinners with her Table of Contents Supper Club, including one with food inspired by Ernest Hemingway's "The Sun Also Rises." She was shopping around for the club's next classic when a friend mentioned Melville's delectable description of clam chowder in "Moby-Dick," she said.

"It's a very detailed, mouth-watering description," said

Griffin.

After reading Melville's opus, the self-described foodie cobbled together a menu featuring squid with balsamic syrup, broiling fowl and dumplings, and beefsteak served rare, just like Ishmael's pal Queequeg likes it, according to Griffin.

"He prefers them rare for breakfast," said Griffin.

For those who have not read "Moby-Dick," or who need a refresher on Melville's notoriously dense classic, Griffin will provide place mats featuring passages from the novel that served as inspiration for the dishes.

The literary inspiration does not stop with the food — the Moby-Dick Dinner will also feature some period-inspired drinks, including a molasses and gin cocktail briefly mentioned in the book as a health remedy.



**Eating her words:** Chef Mackenzie Griffin drew inspiration from meals described in the classic novel "Moby-Dick" when preparing for her literary supper on Jan. 22 at Court Street Collective, including a clam chowder. *Photo by Jordan Rathkopf*

"I always try to do at least one cocktail," said Griffin. "The cocktail I made up was based on a brief reference to one of the characters drinking molasses mixed with gin, which apparently used to be a health remedy back in the 1800s, which they thought cured colds."

"Moby-Dick Dinner" at Court Street Collective [371 Court St. between Carroll Street and First Place in Carroll Gardens, (718) 422-7806, www.courtstreet.com]. Jan. 22 at 7:30 pm. \$60.



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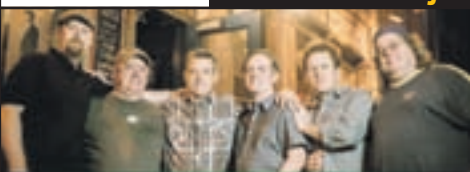
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# VOW OF VIOLENCE

*Celebration of pacifist monk gets punchy*

By Dennis Lynch

It is a World gone wild! A celebration of a famous Catholic monk erupts into a chair-hurling free-for-all in “The Glory of the World,” starting at the Brooklyn Academy of Music on Jan. 16. The play starts and ends long stretches of contemplative silence, but its central section is a surreal trip that includes a 14-minute fight scene, says the show’s writer.

“It’s quiet in the beginning and end, so we thought the middle better be crazy,” said Cobble Hill playwright Charles Mee. “There’s a big, incredible fantastic fight, there’s song, dance, [it is] just this wild, crazy thing.”

The play is set at a 100th birthday bash for the American monk Thomas Merton, who passed away in 1968. The 17 men at the party agree that Merton was a fantastic man, but each for different reasons, says the playwright.

“One man stands up and says ‘I would like to toast him for being such a great pacifist,’ and someone else says ‘Yeah he may have been a pacifist, but I’m a communist, I say he was a great communist,’ and so on,” said Mee. “As BAM put it, it comes together as a layered portrait of what it is to be a human being.”

Each speech, story, and punch thrown by the 17 celebrants adds to Mee’s portrait of Merton, a prolific writer and erudite mystic. The monk’s 1948 autobiography “The Seven Storey Mountain” made him a religious celebrity and inspired scores of young men to seek life in



**The whole gang: A cast of 17 men unpacks the mysteries and identities of prolific 20th century thinker, writer, and monk Thomas Merton in “The Glory of the World,” starting at the Brooklyn Academy of Music on Jan. 16.**

Bill Brymer

the abbeys. He wrote more than 70 other books, including poetry, biographies, and discussions of pacifism, Eastern religions, and spirituality. He traveled to meet the Dalai Lama and other Eastern spiritual leaders, and Pope Francis gave Merton a nod of his mitre during his address to Congress last year.

Mee wrote “The Glory of the World” for the Actors Theatre of Louisville to perform for Merton’s 100th birthday in 2015. The cloistered cleric lived at the Abbey of Gethsemani outside Louisville for the last 27 years of his life and wrote his most famous works during his time there.

The play would have stayed

in Louisville, but a former monk-turned-millionaire theater financier named Roy Cockrum caught the last performance and bankrolled the production’s move to Brooklyn. Cockrum won a \$259 million Powerball jackpot in 2014 and has been supporting theater productions with his winnings ever since.

The play runs through Feb. 6, and will perform on Merton’s 101st birthday on Jan. 31.

“*The Glory of the World*” at BAM’s Harvey Theater [651 Fulton St. between Ashland and Rockwell places in Fort Greene, (718) 636-4100, [www.bam.org](http://www.bam.org)]. Jan. 16–Feb. 6, Tue–Sat at 7:30 pm; Sun at 3 pm. \$28–\$75.



**Standing tall: The Nightcap Riot entertainment series in the Mombucha kombucha factory in Greenpoint will include a performance of “Destiny and the Little Man,” a new play about Napoleon based on a work by George Bernard Shaw.**

Photo by Stefano Giovannini

## A full Nightcap Drinks, music, and Napoleon

By Bill Roundy

Be their guest! A group of hotel and restaurant professionals are launching a smorgasborg night of entertainment inside a Greenpoint kombucha factory starting this weekend. “Nightcap Riot” aims to dazzle visitors with music, theater, drinks, and variety acts, creating the ultimate date night in one location, according to one of its producers.

“Instead of going from place to place, it’s a full evening,” said Alex Gruhin.

Each evening will start with a short performance from a comedian or magician, followed by a tutorial on making cocktails with kombucha, a short play, a tea service, and a musical act. The musical acts and individual performers will vary during the event’s month-long run.

“Beyond the mixology and theater component, everything is only going for one night, which is kind of scary and fun,” said Gruhin.

The play, “Destiny and the Little Man,” is a brand-new adaptation of George Bernard Shaw’s “The Man of Destiny,” about a battle of wits between a young Napoleon Bonaparte and a mysterious woman who may be a Viennese spy. But the actress who plays the Mysterious Woman says that even those familiar with the witty comedy may be surprised by the streamlined version from Brooklyn playwright Jim Knable.

“The end of the play turns political in the Shaw version, which is quite frankly very boring, and he’s made it his

own,” said Ariel Reid, who is also a producer of the event.

“And we go out with a bang.” Audiences will carry their drinks into a space transformed into an Italian tavern, and sit beside characters in the play.

“It will be performed amongst and amidst the audience, but in a non-intrusive way—we’re not going to pull them onstage,” said Bruce Levitt, the play’s director.

The night will also include some snacks to soak up the booze, but not a full meal, said Reid, adding, “It’s not dinner theater.”

The night’s final portion will be a music concert, with acts during the run that will include Broadway performers, acoustic singer-songwriters, and funk bands. The opening weekend will feature rhythm and blues performer Jeremy Tromburg, of the Chicago act JC Brooks and the Uptown Sound.

Gruhin says that the group’s background in hotel and restaurant service will help them to juggle all of the night’s moving parts.

“We have hospitality people involved who have knowledge of how to orchestrate table service and how to orchestrate events,” said Gruhin. “It’s really about creating pillars of an evening and making sure everything has transitions and everything will flow.”

*Nightcap Riot at Magick City (37 Box St. between Manhattan Avenue and McGuinness Boulevard in Greenpoint, [www.nightcapriot.com](http://www.nightcapriot.com)). Shows Thu–Sat, Jan. 15–Feb. 14, with some Sunday shows. 8 pm. \$50.*

## Bay Ridge Nights has you covered

By Dennis Lynch

It is all about the throw-back tunes this week!

It may be cold out there, but do not stay home under your covers—go out and catch some!

We are going to fully disclose where we think you should be on Friday night: at the **Greenhouse Cafe** (7717 Third Ave. between 77th and 78th streets) for some rock ‘n’ roll covers from Full Disclosure. The trio goes on at 10 pm and promises tunes ranging from the 1960s to the latest chart-toppers.

On Saturday, start your evening at **Schnitzel Haus** (7319 Fifth Ave. between 73rd and 74th streets) for bratwurst, beer steins, and the Brooklyn band Backtrax (not to be confused with the Long Island cover band of the same name). These locals



go on at 9:30 pm with their repertoire of rock tunes from the last 40 years.

Then bundle up and make your

way to the **Wicked Monk** (9510 Third Ave. between 95th and 96th streets) for a heaping helping of Screaming Broccoli, voted the best cover band on Staten Island in 2014, which qualifies them to leave that bucolic island behind and keep the Monk rockin’ from 11 pm until 3 am.

But do you yearn for the standards of an older era? Head down to **Hunter’s Steak and Ale House** (9404 Fourth Ave. between 94th and 95th streets) at 7 pm on Thursday, Jan. 21 to catch Bay Ridge crooner Martin McQuade and pianist Pete Sokolow, who pay a musical tribute to classic Metro-Goldwyn-Mayer movie soundtracks. The pair has selected tunes from ageless films including “Singing in the Rain,” “The Wizard of Oz,” and “Anchors Aweigh.”

WHERE TO GO WHAT TO DO SEVEN EVENTS

**ART, "AGITPROP!":** This exhibit explores the legacy and continued use of power and politically engaged art, through more than 50 contemporary projects and artwork from five moments of historical urgency, in mediums ranging from photography, film, banners, songs, to web platforms. \$16 museum admission. 11 am–6 pm. Brooklyn Museum [200 Eastern Pkwy. at Washington Avenue in Prospect Heights, (718) 638-5000], www.brooklynmuseum.org.

**ART, "AMERICAN HOME":** Nadine Boughton's collage pieces combine 1950s pulp adventure images with immaculate images of suburban homes from the same era. Free. 11 am–6 pm. United Photo Industries (16 Main St. at Water Street in Dumbo), www.unitedphotoindustries.com.

**ART, "ISLANDS THAT APPROACH ALONE":** A solo exhibit of drawings and sculptures of organic figures by Molly Valentine Dierks. Free. 11 am–5 pm. Guddahl Gallery (362 Columbia St. between Seabring and Commerce streets in Red Hook), www.guddahgallery.com.

**ART, "MUD AND TOYS":** An exhibition of work by artist Michael Ballou. Free. 11 am–6 pm. Pierogi Gallery [177 N. Ninth St. between Bedford and Driggs avenues in Williamsburg, (718) 599-2144], www.pierogi2000.com.

**ART, TAT IT UP:** An art show where tattoo and street artists create their interpretation of tattoo art on canvas and on Boundless Brooklyn's water tower kits. Free. 12–6pm. Grumpy Bert [82 Bond St. between Atlantic Avenue and State Street in Boerum Hill, (347) 855-4849], www.grumpybert.com.

**ART, "ROIL" AND "WHITE SHOES":** Two exhibits: "Roil" is a video projection that evokes the building's history as a steam plant. "White Shoes" is a photo exhibit of spaces in New York City that are associated with slavery. Free. Noon–6 pm. Smack Mellon [92 Plymouth St. at Washington Street in Dumbo, (718) 834-8761], www.smackmellon.org.

**ART, "ANAMORPHOSIS":** A psychogeographic video and photo installation that seeks to make visible the physical and social lines that divide and connect a community. Free. 2–6 pm. Open Source Gallery [306 17th St. at Sixth Avenue in Park Slope, (646) 279-3969], www.open-source-gallery.org.

**DANCE, "ARENA":** Choreographer Walter Dundervill and his dancers utilize costumes, fabrics, and various everyday materials to build an interior landscape in a continual state of flux. The audience is encouraged to come and go as they please. \$15. 6–9 pm. Jack (505 Waverly Ave. between Fulton Street and Atlantic Avenue in Clinton Hill), www.jackny.org.



**World of war-craft: The Cardboard Robot Battle at Standard Toykraft on Jan. 23 will feature a bunch of human-powered boxes boxing each other.** Jess Davis Photo

**YOUNG PROFESSIONALS SUSHI SHABBAT:** Young professionals in their 20s and 30s begin 2016 with kosher sushi options and enjoyable company. \$15. 6:30 pm. Bay Ridge Jewish Center [8025 Fourth Ave. between 80th and 81st streets in Bay Ridge, (718) 836-3103], www.brjc.org.

**MUSIC, 31ST ANNUAL GOLDEN FESTIVAL:** More than 60 bands play Balkan music during this two-day festival. Tickets are \$35 for Friday, \$55 for Saturday, or \$80 for both days. \$35–\$80. 7 pm. The Grand Prospect Hall [263 Prospect Ave. between Fifth and Sixth avenues in Park Slope, (646) 844-4653], www.goldenfest.org.

**FAMILY, "LEGEND HAS IT":** A children's play set in a mystical realm of goblins, wizards, swords, and magic. The story's hero is pulled from the audience and their decisions decide the trajectory of the entire show. \$18. 7 pm. BAM Kids [30 Lafayette Ave. at Ashland Place in Fort Greene, (718) 636-4129], www.bam.org.

**THEATER, PLAYS OF DOMESTICITY:** An evening of 10-minute plays on domestic themes, performed throughout the theater. \$15 suggested donation. 8 pm. Glasshouse (246 Union Ave. between Scholes and Meserole streets in Williamsburg), www.glasshouseproject.org.

**THEATER, "LONGYARN":** A folktale about a woman raised by cows who becomes a riverboat pirate, a professional wrestler, and a crack addict. \$18. 8 pm. Bushwick Starr (207 Starr St. between Irving and Wyckoff avenues in Bushwick), www.thebushwickstarr.org.

**MUSIC, ONAJE ALLAN GUMBS' TRIO PLUS:** Now in its 16th season, BAM-café Live performance series presents free music from a variety of genres. Free. 9 pm. BAM Café (30 Lafayette Ave. between Ashland Place and St. Felix

Street in Fort Greene), www.bam.org/programs/bamcafe-live.

SAT, JAN. 16

**MUSIC, ONAJE ALLAN GUMBS AND NEW VINTAGE:** Free. 9 pm. BAM Café (30 Lafayette Ave. between Ashland Place and St. Felix Street in Fort Greene), www.bam.org/programs/bamcafe-live.

**MAKING AND PLAYING THE SHAKUHACHI:** Learn to build and play the Japanese bamboo flute in this six-hour class, which includes a brief flute concert. \$75. 10 am–4 pm. Zen Center [500 State St. between Third Avenue and Nevins Street in Boerum Hill, (718) 875-8229], zcnyc.mro.org.

**READING, "THE BUTT BOOK":** Children's book author Artie Bennett, creator of "The Butt Book," "Poopendous!," and "Belches, Burps, and Farts—Oh My!" reads from his butt-centric books. Free. 10:30 am. Edamama [568 Union Ave. between Frost and Richardson streets in Williamsburg, (718) 388-3663], edamama.com.

**FAMILY DAY:** Lloyd Miller, Together in Dance and the staff provide a fun Saturday with crafts, singing and moving and grooving. Suitable for families with children that are 3 to 7 years old. \$5. 11 am. Brooklyn Historical Society [128 Pierrepont St. at Clinton Street in Brooklyn Heights, (718) 222-4111], www.brooklynhistory.org.

**PET ADOPTION EVENT AT PETCO BENSONHURST:** Animal Care Center's Mobile Adoption Center will be at Petco Bensonhurst with great cats and dogs looking for loving homes. Adoptions include vaccinations, spay or neuter, a pre-registered microchip, an identification tag, and a collar. Adoption fees vary. Noon–4 pm. Petco Bensonhurst (2601 86th St. at Stillwell Avenue in Bensonhurst), www.nycacc.org/events.htm.

**FREE FAMILY DAY AT WYCKOFF FARMHOUSE:** Wyckoff Farmhouse hosts a day of kid-friendly tours, hands-on activities, scavenger hunts, and more. Special activities for kids younger than 10 before 2 pm. Free. 1–4pm. Wyckoff House Museum [5816 Clarendon Rd. at E. 59th Street in Canarsie, (718) 629-5400].

**BIRD WATCHING:** Families with children 15 and younger join with a ranger and identify the more than 250 species of birds in the park. Free. 1 pm and 3 pm. North end of Esplanade (East Drive and Ocean Avenue in Prospect Park), www.nycgovparks.org.

**SCAVENGER HUNT HIKE:** Join with urban rangers as they introduce you to the treasures hidden in the park. For tweens and teens. Free. 1 pm. Fort Greene Park Visitor Center [Enter park at Myrtle Avenue and Washington Park in Fort Greene, (718) 722-3218].

**TALK, "ACTIVATING YOUR ACTIVISM — COLLAGE CRITIQUE":** Artist and archivist Kameelah Janan Rasheed guides people in using found images and text to create a collage that imagines a better future. Presented in conjunction with the Agitprop! exhibition. \$16 (includes museum admission). 2 pm. Brooklyn Museum [200 Eastern Pkwy. at Washington Avenue in Prospect Heights, (718) 638-5000], www.brooklynmuseum.org.

**"CINDERELLA":** Laugh, sing along, and enjoy. A hip-hop tale. \$15. 2 pm. Boss Children's Theatre [515 Rogers Ave. between Rutland Road and Midwood Street in Prospect Lefferts Gardens, (929) 352-6771].

**DANCE, "ARENA":** Noon–3 pm and 7–10 pm. See Friday, Jan. 15.

**MUSIC, 31ST ANNUAL GOLDEN FESTIVAL:** 7 pm. See Friday, Jan. 15.

**THEATER, "LONGYARN":** 8 pm. See Friday, Jan. 15.

**"LEGEND HAS IT":** 2 pm and 7 pm. See Friday, Jan. 15.

**READING, "ELSE JOURNAL":** The Transart MFA program presents a collection of international art, literature, theory and creative media. Free. 6 pm. PowerHouse Arena [37 Main St. at Water Street in Dumbo, (718) 666-3049], www.powerhousearena.com.

**FILM, "THE EXORCIST":** A screening of the director's cut. Includes food. \$20. 8 pm. Bay Ridge Jewish Center [8025 Fourth Ave. between 80th and 81st streets in Bay Ridge, (718) 836-3103], www.brjc.org.

SUN, JAN. 17

**TALK, "THIS IS BROOKLYN!":** Learn the history of Brooklyn through the lens of the Brooklyn Historical Society building in this hour-long tour. Longtime Brooklyn residents and first-time visitors alike will learn details about the



**Welcome to Brooklandia: Keep your eyes out! The hipsters of the Portland Trail Blazers may try to blend in with the Brooklyn scene after their inevitable defeat to the Nets on Jan. 15.** Associated Press / Kathy Kmonicek

COMING SOON TO BARCLAYS CENTER

FRI, JAN 15

**SPORTS, BROOKLYN NETS VS. PORTLAND TRAIL BLAZERS:** \$20–\$3,000. 7:30 pm.

MON, JAN 25

**SPORTS, NEW YORK ISLANDERS VS. DETROIT RED WINGS:** \$55–\$1,500. 7 pm.

SAT, JAN 16

**SPORTS, DEONTAY WILDER VS. ARTUR SZPILKA:** A heavyweight championship bout. \$29–\$450. 6 pm.

TUE, JAN 26

**SPORTS, BROOKLYN NETS VS. MIAMI HEAT:** \$25–\$3,000. 7:30 pm.

SUN, JAN 17

**SPORTS, NEW YORK ISLANDERS VS. VANCOUVER CANUCKS:** \$70–\$1,750. 4 pm.

WED, JAN 27

**MUSIC, MUSE:** \$45–\$75. 7:30 pm.

WED, JAN 18

**SPORTS, OPEN SKATE:** Bring your own skates for a spin on the ice! \$5. 9 am and 11 am.

MON, FEB 1

**SPORTS, BROOKLYN NETS VS. DETROIT PISTONS:** \$45–\$3,000. 7:30 pm.

WED, JAN 20

**SPORTS, BROOKLYN NETS VS. CLEVELAND CAVALIERS:** \$69–\$4,000. 7:30 pm.

TUE, FEB 2

**SPORTS, NEW YORK ISLANDERS VS. MINNESOTA WILD:** \$55–\$1,500. 7 pm.

THU, JAN 21

**MUSIC, KYGO:** With Mo and Conrad Swell. \$35–\$85. 8 pm.

WED, FEB 3

**SPORTS, BROOKLYN NETS VS. INDIANA PACERS:** \$25–\$3,000. 7:30 pm.

FRI, JAN 22

**SPORTS, BROOKLYN NETS VS. UTAH JAZZ:** \$20–\$3,000. 7:30 pm.

FRI, FEB 5

**SPORTS, BROOKLYN NETS VS. SACRAMENTO KINGS:** \$20–\$3,000. 7:30 pm.

SAT, JAN 23

**SPORTS, NEW YORK ISLANDERS VS. PHILADELPHIA FLYERS:** \$90–\$2,500. 7:30 pm.

SUN, FEB 7

**SPORTS, NEW YORK ISLANDERS VS. EDMONTON OILERS:** \$15–\$1,050. 2:30 pm.

SUN, JAN 24

**SPORTS, BROOKLYN NETS VS. OKLAHOMA CITY THUNDER:** \$45–\$4,000. 3:30 pm.

MON, FEB 8

**SPORTS, BROOKLYN NETS VS. DENVER NUGGETS:** \$20–\$3,000. 7:30 pm.

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

Continued on page 64

# STEP AFRIKA!

Sat, Jan 23, 2016 at 2pm

Tickets: \$20

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Continued from page 63

building and borough. Free. 1 pm. Brooklyn Historical Society [128 Pierreport St. at Clinton Street in Brooklyn Heights, (718) 222-4111], www.brooklyn-history.org.

**THEATER, "LA LUZ":** A modern take on the story of the Three Kings, this play will take families on a journey to a mythical place where divided people come together through an understanding of their shared histories and collective power to bring peace and "light" into their world. Free. 1 pm and 5 pm. El Puente [850 Grand St. at Bushwick Avenue in Bushwick, (718) 387-0404], www.elpuente.us.

**MUSIC, XIXA, BUYEPONGO:** Union Hall presents a taste of Colombia's folkloric music, Cumbia. \$10. 7 pm. Union Hall [702 Union St. at Fifth Avenue in Park Slope, (718) 638-4400], www.unionhallny.com.

**DANCE, "DISCLOSURES":** Dancers share their stories, fears, and confidences as they strip away their clothes, erasing barriers of vulnerability and privacy. \$15. 8 pm. Jack [505 Waverly Ave. between Fulton Street and Atlantic Avenue in Clinton Hill], www.jackny.org.

**BROOKLYN SOUP TAKE-DOWN:** Home chefs compete for the best batch of soup, stew, chowder, bisque, or bouillabaisse. Slurp down a sample of each and vote for your favorite. \$20. Noon-2 pm. Royal Palms Shuffleboard Club [514 Union St. between Nevins Street and Third Avenue in Gowanus], www.royalpalmsshuffle.com.

**ART, "LOOK TO THE RAINBOW":** Once incarcerated and limited to a ballpoint pen to draw, artist Guy Woodward now exhibits his talent exploring photorealism with the simple medium. Free. 12:30-2 pm. Gallery 136 Milton, Greenpoint Reformed Church [136 Milton St. between Manhattan Avenue and Franklin Street in Greenpoint], www.greenpointchurch.org.

**NEW YORK RIVETERS VS. BUFFALO BEAUS:** The women's hockey team plays a home game. \$18. 7 pm. Aviator Sports and Events Center [3159 Flatbush Ave. in Floyd Bennett Field in Marine Park, (718) 758-7500].

**WASABASSCO'S PAJAMA PARTY:** The burlesque troupe presents a sexy slumber party. \$20 (\$35 VIP). 8 pm. Bell House [149 Seventh St. at Third Avenue in Gowanus, (718) 643-6510], www.thebell-houseny.com.

## MON, JAN. 18

**DANCE, JOSHUA BEAMISH MOVE THE COMPANY:** The dance company performs as part of the Excognito Dance Festival. \$30. 9:30 am. Actor's Fund Center [160 Schermerhorn St. between Smith and Hoyt streets in Downtown], www.excognitodance.com.

30TH ANNUAL BROOKLYN

# WHAT TO DO 24 SEVEN EVENTS

**TRIBUTE TO MARTIN LUTHER KING:** Borough President Adams hosts a tribute to the civil rights leader, with a keynote speech from author Michael Eric Dyson and a performance from the Brooklyn Interdenominational Choir and Kimberly Nichole. Free. 10:30 am. BAM Howard Gilman Opera House [30 Lafayette Ave. between Ashland Place and St. Felix Street in Fort Greene], www.bam.org.

**FREEDOM SONGS AND STORIES:** Tammy Hall shares diverse tales from around the world to celebrate Martin Luther King Jr., \$3. 2 pm and 3 pm. Lefferts Historic Homestead [452 Flatbush Ave. between Empire Boulevard and Eastern Parkway in Park Slope, (718) 789-2822], www.prospectpark.org.

**CANDLELIGHT VIGIL FOR PEACE:** The Bay Ridge Interfaith Peace Coalition holds a candlelight vigil to protest gun violence and encourage the regulation of deadly weapons. Free. 7 pm. Good Shepherd Lutheran Church [7420 Fourth Ave. at 75th Street in Bay Ridge, (646) 824-5506], www.panys.org/br.

**COMEDY, "NIGHT TRAIN WITH WYATT CENAC":** Hosted by Brooklyn-based comedian Wyatt Cenac, "Night Train" is a weekly show that features comedy from the best local and international stand up comedians. \$5. 8 pm. Littlefield [622 Degraw St. between Fourth and Fifth avenues in Gowanus, (718) 855-3388], www.littlefieldnyc.com.

## TUES, JAN. 19

**SENIOR SALSA:** Free salsa classes for seniors. Free. 10:30 am. Park Slope Senior Center [463A Seventh St. at Seventh Avenue in Park Slope, (718) 832-3726].

**TALK, "A PLACE AT THE TABLE":** Director Lori Silverbush talks about her award-winning documentary, which exposes the realities of hunger in the United States through the stories of three families who struggle daily to secure the source of their next meal. Free. 6:30 pm. Brooklyn Historical Society [128 Pierreport St. at Clinton Street in Brooklyn Heights, (718) 222-4111], www.brooklynhistory.org.

## WED, JAN. 20

**TALK, COLORECTAL CANCER HEALTH SEMINAR:** Learn about the latest advances in colorectal cancer treatment and gastroesophageal reflux disease. The speaker is Karlene Lawrence, NP-C. Lunch and refreshments will be served. Free. 12:30 pm. SUNY Downstate at

Bay Ridge [9036 Seventh Ave. at 92nd Street in Bay Ridge, (718) 270-4772], www.downstate.edu/bay-ridge.

**TALK, A CONVERSATION WITH PAT LAFONTAINE:** With a truly New York career that took him from the New York Islanders to the Buffalo Sabres to the New York Rangers, join the conversation with Pat LaFontaine, a legendary American hockey player who has left a lasting impact on the sport and the state. \$10. 6:30 pm. Brooklyn Historical Society [128 Pierreport St. at Clinton Street in Brooklyn Heights, (718) 222-4111], www.brooklynhistory.org.

**TALK, MEN OF TEAL MEET-UP:** Husbands, brothers, and sons meet to discuss how ovarian cancer has affected their lives. Free. 6:30 pm. Teal. [533 16th St. at Fifth Avenue in Park Slope], www.tealwalk.org.

## THURS, JAN. 21

**MUSIC, "UNDER THE TANGLE":** An original dance-play about an adolescent girl who becomes ensnarled in a labyrinth after the sudden loss of her parents. As a metaphor for adolescence, this visual and artistic adventure is a journey of obstacles, relationships, and discoveries, strengthening the heroine's character, and setting her free. \$35 (\$20 in advance). 11 am. BAM Fisher [321 Ashland Pl. between Hansen Place and Lafayette Avenue in Fort Greene], www.bam.org/visit/buildings/bam-fisher.

**TALK, CANCER SUPPORT GROUP:** NYU Lutheran Family Health Centers hosts a monthly cancer support group for patients and survivors. Discussions include health education, physical therapy, exercise, and more. Free. 1 pm. [5610 2nd Ave. between 56th and 57th streets; Room 106 in Sunset Park, (718) 630-7155].

**"JAPANESE WINTER FEAST":** In honor of the 100th anniversary of the Botanic Garden's Japanese Hill-and-Pond Garden, chef Yuhi Fujinaga will prepare a celebratory four-course meal of authentic Japanese food. \$150. 6 pm. Brooklyn Botanic Garden [1000 Washington Ave., at Eastern Parkway in Crown Heights, (718) 623-7220], www.bbg.org.

**ART, THURSDAY NIGHTS AT THE BROOKLYN MUSEUM:** Free admission to the museum's many exhibits and galleries every Thursday evening, sponsored by Squarespace. Free. 6-10 pm. Brooklyn Museum [200 Eastern Pkwy. at Washington Avenue in Prospect Heights, (718) 638-5000], www.brooklynmuseum.org.



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**DANCE, SALES PARTY:** Spice up your Thursday evening with some of Brooklyn's best salsa dancers. The party begins with a dance lesson and continues with salsa dancing and performances by professional dance teams. Free. 6-9:30 pm. Brooklyn Museum [200 Eastern Pkwy. at Washington Avenue in Prospect Heights, (718) 501-6326], www.brooklyn-museum.org.

**READING, SCOTT BARRY KAUFMAN AND CAROLYN GREGOIRE:** Come learn about "Wired to Create," an empowering manifesto for creative people by Scott Barry Kaufman and Carolyn Gregoire. Free. 7 pm. PowerHouse Arena [37 Main St. at Water Street in Dumbo, (718) 666-3049], www.powerhousearena.com.

**DANCE, FLIC FEST:** Each night of this dance festival features two full-length dance performances from different companies, followed by a short performance cabaret. \$25 (\$20 students). 7 pm. Iroindale Center [85 S. Oxford St. at Lafayette Avenue in Fort Greene, (718) 488-9233], www.ironindale.org.

**MARTIN MCQUADE:** The crooner pays tribute to Broadway musicals with renditions of "Singing in the Rain," "High Society," "The Broadway Melody" and many others. He is accompanied by Pianist Pete Sokolow. No cover or minimum. 7 pm to 10 pm. Hunters Steak and Ale House [9404-Fourth Ave. at 94th Street in Bay Ridge, (718) 238-8899].

**TALK, DIABETES WORKSHOP:** NYU Lutheran Family Health Centers' Services for Older Adults hosts a workshop to explain managing diabetes, preparing well-balanced meals, and working with your doctor. Free blood pressure screenings will be available. Free. 7 pm. Our Lady of Solace Church [2866 West 17th St. at Mermaid Avenue in Coney Island].

**FILM, BROOKLYN ISRAELI FILM FESTIVAL OPENING NIGHT:** Following an opening reception, the festival screens "A Borrowed Identity," about a gifted Arab teenager struggling to fit into Israeli society. \$18. 8 pm. Kane Street Early Childhood and Family Life Center [236 Kane Street Brooklyn, NY 11231, 718-875-1550].

**COMEDY, LITERATI — A NIGHT OF SELECTED WORKS FROM THE GREATEST AMERICAN NOVELS NEVER WRITTEN:** Comedians in character (and sometimes in wigs) perform readings of previously-unknown books by famous authors. With Josh Gondelman, Nate Fernald, Alex French, Mo Fry Pasic, and more. \$8 (\$6 in advance). 9:30 pm. Union Hall [702 Union St. at Fifth Avenue in Park Slope, (718) 638-4400], www.unionhallny.com.

**FRI, JAN. 22**

**MUSICAL SHABBAT:** A musical Shabbat service with guitar, violin and accordion. All ages are encouraged. Free. 6:30 pm. Bay Ridge Jewish Center [8025 Fourth Ave. between 80th and 81st streets in Bay Ridge, (718) 836-3103], www.brjc.org.

**MUSIC, MR. CARMACK:** \$15. 8 pm. Music Hall of Williamsburg [66 N. Sixth St. between Kent and Wythe avenues in Williamsburg, (718) 486-5400], www.musichallofwilliamsburg.com.

**MUSIC, COLLABORATIVE DUETS WITH GELSEY BELL:** Bell performs with her sister, choreographer and dancer Biba Bell, and with John King. \$25 (\$20 in advance). 8 pm. Roulette [509 Atlantic Ave. at Third Avenue in Boerum Hill, (917) 267-0363], www.roulette.org.

**COMEDY, GARBAGE FARTS:** The comedy group Garbage Farts premieres six new comedy videos, along with performances from local comedians. Free. 9:30 pm. Videology [308 Bedford Ave. at S. First Street in Williamsburg, (718) 782-3468], www.videology.info.

**MUSIC, MARIAMI:** Free. 10 pm. BAM Cafe [30 Lafayette Ave. between Ashland Place and St. Felix Street in Fort Greene], www.bam.org/programs/bamcafe-live.

**SAT, JAN. 23**

**DANCE, STEP AFRIKA!** The dancers of Step Afrika! use their bodies as instruments, combining traditional step choreography with other styles including tap, modern, and hip-hop to create a high-energy performance. \$20. 2 pm. Brooklyn Center for the

dancers are," she said.

The hour-long experience — which Donofrio developed out of an initial 10-minute performance over the past year and a half — will premiere on Jan. 22 at Fort Greene's Feature-Length Independent Choreography Fest at the Ironindale, a six-day festival that showcases two feature-length dance projects plus a cabaret performance every night.

"Capture" at FLICfest 2016 at Ironindale [85 S. Oxford St. at Lafayette Avenue in Fort Greene, (718) 788-0607, www.ironindale.org]. Jan. 22 and Jan. 28 at 7:30 pm. \$25 (\$20 students).

**MUSIC, THE AMERICANS:** \$10. 8 pm. Union Pool [484 Union Ave. at Meeker Avenue in Williamsburg, (718) 609-0484], www.union-pool.com.

**MUSIC, "ACCIDENTS WILL HAPPEN":** In a tribute to Elvis Costello, a number of artists and bands come together to bring the artists' songs to the stage. Free. 8 pm-midnight. Freddy's Bar [627 Fifth Ave. between 17th and 18th streets in Greenwood Heights, (718) 768-0131], www.freddysbar.com.

**MUSIC, DINA REGINE:** Free. 9 pm. BAM Cafe [30 Lafayette Ave. between Ashland Place and St. Felix Street in Fort Greene], www.bam.org/programs/bamcafe-live.

**DONUT FEST NYC:** The first-annual festival and Food Bank benefit will feature a selection of the city's best bakeries and restaurants serving their most superlative ring, cruller, or long-john. \$35 (\$50 VIP). 9:30-11 am, 11:30 am-2 pm, 2:30-5 pm. Verboten [54 N. 11th St. between Kent and Wythe avenues in Williamsburg, (347) 223-4732], www.verboten-newyork.com.

**TALK, HOW DO WE SAFEGUARD WOMEN'S REPRODUCTIVE RIGHTS?:** The Brooklyn Queens National Organization for Women commemorates the 43rd anniversary of the Roe v Wade decision with speakers and a discussion. Free. 4:30 pm. The Church of the Gethsemene [1012 Eighth Ave. between 10th and 11th streets in Park Slope, (718) 769-8901], brooklynqueensnow.org.

**CARDBOARD ROBOT BATTLE:** Robots clash in this evening of cardboard carnage! Nine card-bots slug it out in four matches, with shows between each bout, ring girls, drink specials with a sci-fi twist, and celebrity hosts. \$18. 8 pm. Standard Toykraft [722 Metropolitan Ave. between Manhattan and Graham avenues in Williamsburg, (718) 388-3163], www.standardtoykraft.org.

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**CAPTURE**

*Continued from page 60*

but sometimes they will be viewed behind windows in separate rooms.

The winding nature of the labyrinth and the relative isolation of the dancers from the spectators is a comment on the difficulty of forming and understanding persona at a time when people live online and craft their images on social media, said Donofrio — and the audience gets to explore that disconnect themselves, in a hands-on way.

"The audience is as big a part of it as the

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U.S. BANK NATIONAL ASSOCIATION, AS TRUSTEE, ON BEHALF OF THE HOLDERS OF THE CREDIT SUISSE FIRST BOSTON MORTGAGE SECURITIES CORP., HOME EQUITY PASS THROUGH CERTIFICATES, SERIES 2007-1; Plaintiff(s) vs. SHEILA JONES if living, or if either or all be dead; 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 August 28, 2015, I will sell at Public Auction to the highest bidder at public auction in Room 224 of Kings County Supreme Court, 360 Adams Street, Brooklyn, New York 11201. On January 28, 2016 at 2:30 pm. Premises known as 3421 SNYDER AVE, BROOKLYN, NY 11203 Block: 4888 Lot: 33, 31 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, known and designated on a Certain Map filed in Register Office of Kings County on 06/01/1887 entitled "Map of Trustees of Reformed Dutch Church of the Town of Flatbush" situated in the Town of Flatbush, Kings County surveyed January 1887 by Charles Crooke as and by Lots 293, 294, 295, 296, 297 & 298 in Block 7. 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 \$560,615.81 plus interest and costs. INDEX NO. 23934/09 Fred Lutzen, Esq., REFEREE

**LEGAL NOTICE**

**SUPREME COURT** - COUNTY OF KINGS MARIE HOLDINGS, INC., Plaintiff -against- HYACINTH BLUE, et al Defendant(s). Pursuant to a Judgment of

**LEGAL NOTICE**

Foreclosure and Sale entered herein and dated June 23, 2014, I, the undersigned Referee will sell at public auction at the Kings County Courthouse 360 Adams Street, Room 224, Brooklyn, NY on February 4, 2016 at 2:30 p.m. 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, known and designated as Block 4883 and Lot 35. Said premises known as 4623 CHURCH AVENUE, BROOKLYN, NY Premises will be sold subject to provisions of filed Judgment and Terms of Sale. We are a debt collector attempting to collect a debt. Any information obtained will be used for that purpose. Index Number 4249/2008. HELENE BLANK, ESQ., Referee STAGG, TEREZNI, CONFUSIONE & WABNIK, LLP Attorney(s) for Plaintiff 401 Franklin Avenue, Suite 300, Garden City, NY 11530 [\* FLATBUSH L\*]

**LEGAL NOTICE**

**SUPREME COURT COUNTY OF KINGS, THE BANK OF NEW YORK MELLON, AS TRUSTEE UNDER THE INDENTURE OF TRUST DATES AS OF OCTOBER 1, 2006, Plaintiff, vs. RUACH CHAIM INSTITUTE, ET AL., Defendant(s).** Pursuant to a Judgment of Foreclosure and Sale duly filed on November 13, 2015, I, the undersigned Referee will sell at public auction at the Kings County Supreme Court, Room 224, 360 Adams Street, Brooklyn, NY on January 28, 2016 at 2:30 p.m., premises known as 1187 & 1189 East 29th Street, Brooklyn, NY. 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, Block 7629 and Lot 6 & 10. Premises will be sold subject to provisions of filed Judgment Index # 13213/14. Gregory M. Laspina, Esq., Referee Berkman,

**LEGAL NOTICE**

Henoah, Peterson, Peddy & Fenchel, P.C., 100 Garden City Plaza, Garden City, NY 11530, Attorneys for Plaintiff

**LEGAL NOTICE**

**107 East 56 LLC** Arts of Org. filed SSNY 12/13/13. Office: Kings Co. SSNY design. agent of LLC upon whom process may be served & mail to 146-01 89th Ave Jamaica NY 11435 General purpose

**LEGAL NOTICE**

**245 N8th Street LLC**, a domestic LLC, filed with the SSNY on 8/27/15. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to The LLC, 245 North 8th St., Brooklyn, NY 11211-2113. General purpose.

**LEGAL NOTICE**

**2882 BRIGHTON 3 STREET LLC** Art. Of Org. Filed Sec. of State of NY 9/15/2015. Off. Loc.:Kings Co. SSNY designated as agent upon whom process against it may be served. SSNY to mail copy of process to The LLC, 2882 Brighton 3rd St, Brooklyn NY 11235. Purpose: Any lawful act or activity.

**LEGAL NOTICE**

**29 JORALEMON, LLC.** Art. of Org. filed with the SSNY on 12/09/15. Office: Kings County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 346 2nd Street, Apt 5-F, Brooklyn, NY 11215. Purpose: Any lawful purpose.

**LEGAL NOTICE**

**315 92nd Realty LLC**, a domestic LLC, filed with the SSNY on 11/25/15. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to The LLC, 9118 Third Ave., Brooklyn, NY 11209. General purpose.

**LEGAL NOTICE**

**375 LLC**, a domestic LLC, filed with the SSNY on 12/10/15. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to Nicholas Kallergis, 159 92nd St., Brooklyn, NY 11209. General purpose.

**LEGAL NOTICE**

**5703 New Utrecht LLC**, a domestic LLC, filed with the SSNY on 1/16/03. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to Jacob Freund, 5703 New Utrecht Ave., Brooklyn, NY 11219. General purpose.

**LEGAL NOTICE**

**913 Franklin Avenue LLC**, a domestic LLC, filed with the SSNY on 11/12/15. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to Mohammed Mustafa, 905-13 Franklin Ave., Brooklyn, NY 11225. General purpose.

**LEGAL NOTICE**

**Ajoa Holdings LLC**, a domestic LLC, filed with the SSNY on 12/31/15. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to The LLC, 1786 East 49th St., Brooklyn, NY 11234. General purpose.

**LEGAL NOTICE**

**Beards Member of Delaware LLC**, a foreign LLC, filed with the SSNY on 12/3/15. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to The LLC, 43 East 16th St., Brooklyn, NY 11226. General Purposes.

**LEGAL NOTICE**

**Beards of Delaware LLC**, a foreign LLC, filed with the SSNY on 12/3/15. Office location: Kings County. SSNY is designated as agent upon whom process

**LEGAL NOTICE**

against the LLC may be served. SSNY shall mail process to: The LLC, 43 East 16th St., Brooklyn, NY 11226. General Purposes.

**LEGAL NOTICE**

**Booked By Shine LLC**, a domestic LLC, filed with the SSNY on 11/17/15. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to The LLC, 455 Marlborough Rd., Brooklyn, NY 11226. General purpose.

**LEGAL NOTICE**

**CCNAHUB, LLC.** Art. Of Org. Filed Sec. of State of NY 11/23/2015. Off. Loc.: Kings Co. SSNY designated as agent upon whom process against it may be served. SSNY to mail copy of process to The LLC, c/o Imad Daou, 559 80TH Street - 3R, Brooklyn, NY 11209. Purpose: Any lawful act or activity.

**LEGAL NOTICE**

**CCW Union LLC**, a domestic LLC, filed with the SSNY on 12/9/15. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to The LLC, 748 67th St., Brooklyn, NY 11220. General purpose.

**LEGAL NOTICE**

**Dalygonzalez LLC** Arts of Org. filed SSNY 12/1/15. Office: Kings Co. SSNY design. agent of LLC upon whom process may be served & mail copy to 81 Prospect St Brooklyn, NY 11201 General purpose

**LEGAL NOTICE**

**Hackett Media, LLC** Arts of Org. filed SSNY 12/21/15. Office: Kings Co. SSNY design. agent of LLC upon whom process may be served & mail to 100 Congress St #502 Brooklyn NY 11201 General purpose

**LEGAL NOTICE**

**HI TECH AUTO REPAIR LLC.** Art. of Org. filed with the SSNY on 05/27/15. Office: Kings County. SSNY designated as agent of the LLC upon whom process against it

**LEGAL NOTICE**

may be served. SSNY shall mail copy of process to the LLC, 1304 Utica Avenue, Brooklyn, NY 11203. Registered agent address is c/o Leslie Grant, 1304 Utica Avenue, Brooklyn, NY 11203. Purpose: Any lawful purpose.

**LEGAL NOTICE**

**House of Waris Tea and Spice Company, LLC**, a domestic LLC, filed with the SSNY on 10/21/15. Office location Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to Waris Ahluwalia, 159 Bay Ridge Ave., Brooklyn, NY 11220. General purpose.

**LEGAL NOTICE**

**Kuhnke, LLC**, a domestic LLC, filed with the SSNY on 1/7/16. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to Sean Kuhnke, 355 Linden St, Apt. 3D, Brooklyn, NY 11237. General purpose.

**LEGAL NOTICE**

**LEROI NYC LLC** Art. Of Org. Filed Sec. of State of NY 7/6/2015. Off. Loc.: Kings Co. SSNY designated as agent upon whom process against it may be served. SSNY to mail copy of process to The LLC, 45 Main St., 818, Brooklyn, NY 11201. Purpose: Any lawful act or activity.

**LEGAL NOTICE**

**Limnos General Contracting LLC**, a domestic LLC, filed with the SSNY on 11/19/15. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to The LLC, 264 92nd St., Ste. 2F, Brooklyn, NY 11209. General purpose.

**LEGAL NOTICE**

**MILLE NEXT DOOR LLC** Art. Of Org. Filed Sec. of State of NY 10/7/2015. Off. Loc.: Kings Co. SSNY designated as agent upon whom process against it may be served. SSNY to mail copy of

**LEGAL NOTICE**

process to The LLC, c/o Lounge, 301 Clifton Pl, Brooklyn, NY 11216. Purpose: Any lawful act or activity.

**LEGAL NOTICE**

**NOTICE OF APPLICATION** for Authority of BODIES BY BROWNIE WELLNESS INSTITUTE LIMITED COMPANY, a foreign limited liability company (LLC). Application for Authority filed with Secretary of State of New York (SSNY) on 09/28/2015. LLC organized in NEW JERSEY on 11/04/2012. 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: THE LLC 70 SOUTH MUNN AVE EAST ORANGE, NJ 07018. Office address in jurisdiction of organization: 70 SOUTH MUNN AVE EAST ORANGE, NJ 07018. Copy of Articles of Organization on file with Secy. Of State of NEW JERSEY, PO BOX 302, TRENTON, NY 08646. Purpose of LLC: any lawful act or activity.

**LEGAL NOTICE**

**NOTICE OF APPLICATION** for Authority of LDR BRANDS LLC, a foreign limited liability company (LLC). Application for Authority filed with Secretary of State of New York (SSNY) on 10/06/2015. LLC organized in CALIFORNIA on MAY 1, 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: THE LLC 225 SCHERMERHORN ST SUITE 3L BROOKLYN, NY 11201. Office address in jurisdiction of organization: 3668 MENTONE AVE, APT 16, LOS ANGELES, CA 90034. Copy of Articles of Organization on file with Secy. Of State of California, 1500 11th Street, Sacramento, CA 95814. Purpose of LLC: any lawful act or activity.

**LEGAL NOTICE**

**Notice of Formation** 599 Sutter Avenue LLC Arts. of Org. filed with SSNY 10/23/15. Off. Loc.: Kings Cnty. SSNY designated as agent of LLC whom process may be served. SSNY shall mail process to: c/o The LLC, 1816 Palmetto St, Ridgewood, NY 11385. Purpose: all lawful activities.

## LEGAL NOTICE

**Notice of Formation** of 32 Court St Associates LLC, Art. of Org. filed with Sec'y of State (SSNY) on 8/4/15. 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 32 Court St., Brooklyn, NY 11201. Purpose: any lawful activities.

## LEGAL NOTICE

**Notice of Formation** of Ames Industries LLC, Art. of Org. filed with Sec'y of State (SSNY) on 6/26/15. 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 Raich Ende Malter & Co., 1375 Broadway, 15th Fl., NY, NY 10018. Purpose: any lawful activities.

## LEGAL NOTICE

**Notice of Formation** of DECK ATLANTIC - 1993, LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 11/06/15. Office location: Kings County. Princ. office of LLC: 1993 Atlantic Ave., Brooklyn, NY 11233. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Corporation Service Co., 80 State St., Albany, NY 12207-2543. Purpose: Quick serve restaurant.

## LEGAL NOTICE

**Notice of Formation** of DECK LAFAYETTE - 573, LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 11/06/15. Office location: Kings County. Princ. office of LLC: 573 Lafayette Ave., Brooklyn, NY 11216. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Corporation Service Co., 80 State St., Albany, NY 12207-2543. Purpose: Quick serve restaurant.

## LEGAL NOTICE

**Notice of Formation** of DECK MYRTLE - 1443, LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 11/06/15. Office location: Kings County. Princ. office of LLC: 1443 Myrtle Ave., Brooklyn, NY 11237.

## LEGAL NOTICE

SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to Corporation Service Co., 80 State St., Albany, NY 12207-2543. Purpose: Quick serve restaurant.

## LEGAL NOTICE

**Notice of formation** of DICARO PROPERTY MANAGEMENT SOLUTIONS, LLC. Art. of Org. filed with the Secty of State of NY (SSNY) on 11/23/15. Office in Kings County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to the LLC, 1820 East 2nd St Brooklyn, NY 11223. Purpose: Any lawful purpose

## LEGAL NOTICE

**Notice of Formation** of FOREST CITY FLATBUSH MERGER CO., LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 11/13/15. Office location: Kings County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to c/o Corporation Service Co., 80 State St., Albany, NY 12207-2543. Purpose: Any lawful activity.

## LEGAL NOTICE

**Notice of Formation** of FOREST CITY NY GROUP MERGER CO., LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 11/13/15. Office location: Kings County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to c/o Corporation Service Co., 80 State St., Albany, NY 12207-2543. Purpose: Any lawful activity.

## LEGAL NOTICE

**Notice of Formation** of HomeUnion NY LLC. Arts. of Org. filed with NY Dept. of State on 11/10/15. Office location: Kings County. Princ. bus. addr.: 2010 Main St., Suite 250, Irvine, CA 92614. Sec. of State designated agent of LLC upon whom process against it may be served and shall mail

## LEGAL NOTICE

process to: National Registered Agents, Inc., 111 8th Ave., NY, NY 10011. Purpose: any lawful purposes.

## LEGAL NOTICE

**NOTICE OF FORMATION** of limited liability company (LLC). Name: ATC PHOTOGRAPHY, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 06/17/2015. 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: C/O UNITED STATES CORPORATION ADENTS, INC. 7014 13TH AVE., STE. 202 BROOKLYN, NY 11228. Purpose: any lawful purpose.

## LEGAL NOTICE

**NOTICE OF FORMATION** of limited liability company (LLC). Name: BARBER & FRIEND, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 10/23/2015. 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: THE LLC 242 DEKALB AVE FLOOR 3 BROOKLYN, NY 11205. Purpose: any lawful purpose.

## LEGAL NOTICE

**NOTICE OF FORMATION** of limited liability company (LLC). Name: 323 MAIN STREET, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 10/13/2015. 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: 323 MAIN STREET, LLC 231 NORMAN AVE STE 407 BROOKLYN, NY 11222-1559. Purpose: any lawful purpose.

## LEGAL NOTICE

**NOTICE OF FORMATION** of limited liability company (LLC). Name: TRANSED E2S LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 04/13/2015. Office location: Kings County. SSNY designated as agent of LLC upon whom process

## LEGAL NOTICE

against it may be served. SSNY shall mail copy of process to: DEIRK L. KEITT SR. 775 ST. JOHNS PL BROOKLYN, NY 11216. Purpose: any lawful purpose.

## LEGAL NOTICE

**NOTICE OF FORMATION** of limited liability company (LLC). Name: SAN REMO IMPORTS, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 09/14/2015. 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: SAN REMO IMPORTS, LLC 231 NORMAN AVE STE 407 BROOKLYN, NY 11222. Purpose: any lawful purpose.

## LEGAL NOTICE

**NOTICE OF FORMATION** of limited liability company (LLC). Name: BOWS BY CHY AND LI, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 09/16/2015. 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: C/O UNITED STATES CORPORATION AGENTS, INC. 7014 13TH AVENUE, SUITE 202 BROOKLYN, NY 11228. Purpose: any lawful purpose.

## LEGAL NOTICE

**NOTICE OF FORMATION** of limited liability company (LLC). Name: T & J REALTY MANAGEMENT LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 12/14/2015. 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: T & J REALTY MANAGEMENT LLC, 21 MONROE ST, 3D, NEW YORK, NY 10002. Purpose: any lawful purpose.

## LEGAL NOTICE

**NOTICE OF FORMATION** of limited liability company (LLC). Name: FIVE MANAGING LLC. Articles of Organization

## LEGAL NOTICE

filed with Secretary of State of New York (SSNY) on 12/16/2015. 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: FIVE MANAGING LLC, 24 LYNCH STREET, SUITE 6A, BROOKLYN, NY 11206. Purpose: any lawful purpose.

## LEGAL NOTICE

**NOTICE OF FORMATION** of limited liability company (LLC). Name: BRIDGES CUBA, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 10/26/2015. 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: THE LLC 90 STATE STREET ALBANY, NY 12207. Purpose: any lawful purpose.

## LEGAL NOTICE

**NOTICE OF FORMATION** of limited liability company (LLC). Name: CLASS ACT OR HACK LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 12/03/2015. 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: CARALIE CHRISCO, 279 SOUTH SECOND STREET, APARTMENT 2, BROOKLYN, NY 11211. Purpose: any lawful purpose.

## LEGAL NOTICE

**NOTICE OF FORMATION** of limited liability company (LLC). Name: PERSIMMON RES, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 01/23/2015. 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: PERSIMMON RES, LLC 50 COURT STREET SUITE 708 BROOKLYN, NY 11201. Purpose: any lawful purpose.

## LEGAL NOTICE

**NOTICE OF FORMATION** of limited liability company (LLC). Name: 631 E 18TH STREET, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 08/20/2015. 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: TK CONSTR LLC 2753 CONEY ISLAND AVENUE BROOKLYN, NY 11235. Purpose: any lawful purpose.

## LEGAL NOTICE

**NOTICE OF FORMATION** of limited liability company (LLC). Name: 55HERKIMER, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 09/01/2015. 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: C/O UNITED STATES CORPORATION AGENTS, INC. 7014 13th AVENUE, SUITE 202 BROOKLYN, NY 11228. Purpose: any lawful purpose.

## LEGAL NOTICE

**NOTICE OF FORMATION** of limited liability company (LLC). Name: STUDIO WUMPUS, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 07/31/2015. 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: GEOFFREY D SUTHERS 707 ST. JOHNS PLACE APT 2R BROOKLYN, NY 11216. Purpose: any lawful purpose.

## LEGAL NOTICE

**NOTICE OF FORMATION** of limited liability company (LLC). Name: AARON GREINIA LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 09/17/2015. 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: AARON GREINIA 93 S. 3RD STREET, APT 5C BROOKLYN, NY 11249. Purpose: any lawful purpose.

## LEGAL NOTICE

**NOTICE OF FORMATION** of limited liability company (LLC). Name: YONNETTE A. PERSAUD, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 07/20/2015. 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: YONNETTE A. PERSAUD, LLC 1562 ST JOHNS PLACE BROOKLYN, NY 11213. Purpose: any lawful purpose.

## LEGAL NOTICE

**Notice of Qualification** of AV Decatur Owner LLC. Authority filed with NY Dept. of State on 12/17/15. Office location: Kings County. Princ. bus. addr.: One Post Office Square, Ste. 3150, Boston, MA 02109. LLC formed in DE on 12/11/15. NY Sec. of State designated agent of LLC upon whom process against it may be served and shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, regd. agent upon whom process may be served. DE addr. of LLC: c/o The Corporation Trust Co., 1209 Orange St., Wilmington, DE 19801. Cert. of Form. filed with DE Sec. of State, 401 Federal St., Dover, DE 19901. Purpose: all lawful purposes.

## LEGAL NOTICE

**Notice of Qualification** of BEACHMONT LLC Appl. for Auth. filed with Secy. of State of NY (SSNY) on 12/09/15. Office location: Kings County. LLC formed in Delaware (DE) on 11/30/15. Princ. office of LLC: 71 Midwood St., Brooklyn, NY 11225. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to c/o Corporation Service Co., 80 State St., Albany, NY 12207-2543. DE addr. of LLC: 2711 Centerville Rd., Ste. 400, Wilmington, DE 19808. Cert. of Form. filed with DE Secy. of State, DE Div. or Corps., John G. Townsend Bldg., 401 Federal St., Ste. 4, Dover, DE 19901. Purpose: Any lawful activity.

● 'We are trying to be the best sisters to go to college together.'

— Destiny Philoxy on sister Selena's teamwork.

● 'We just said we had to get it going.'

— Jefferson's Shamorie Ponds on win.

## Ponds seals Jefferson rally

BY JOSEPH STASZEWSKI

Thomas Jefferson's Shamorie Ponds is really living up to the nickname "Slick."

The senior guard made key offensive and defensive plays in the final seconds of the Orange Wave's 96-93, Brooklyn AA boys' basketball comeback win against rival Abraham Lincoln in front of a standing-room only crowd on Jan. 6.

The St. John's signee snagged an inbound pass off of Lincoln's Rakym Felder, drew a foul, scored one off the ensuing free throw, and helped teammate Curtis Smith swipe the ball from the Railsplitters's Caheim Brown to tamp down a last-ditch fast break — all in the game's last six seconds.

"That's why we call him Slick, man," said Jefferson coach Lawrence "Bud" Pollard. "If you leave that refrigerator open, he will steal every thing you have in there



**STRONG FORCE:** Jefferson's Shamorie Ponds was a key player in the school's win over rival Lincoln on Jan. 9.

Photo by Jordan Rathkopf

to snack and drink on."

It was a huge moment in one of the season's most hotly anticipated match-ups, Pollard said.

"Everyone has been looking at this game since the season started," Pollard said. "Everyone was calling me about the [Jan. 9]. You couldn't ask for more on a Saturday night. We should have charged \$25."

The Orange Wave trailed 83-76 with four minutes left when Ponds, Smith and fellow senior Rasheem Dunn led the charge back. Ponds and Dunn, who is headed to St. Francis College, scored 31 points each. The victory keeps Jefferson alone in first place and ends a five-game losing streak that included a fall to South Shore two days earlier.

"We just stepped up as leaders," Ponds said. "We just said we had to get it go-

*Continued on page 71*



**ONE SCOOP:** Bishop Loughlin's Lynette Taitt drives in for a layup against the Hilltoppers.

Photo by Robert Cole

## Play in second half does in Loughlin girls

BY TROY MAURIELLO

Bishop Loughlin couldn't keep up with Mary Louis's dynamic duo in the second half.

The Lions trailed by just four going into halftime, but the team couldn't get on top after big second-half performances from Hilltoppers Danielle Patterson and Jasmine Brunson, so Bishop Loughlin coughed up a 70-56 loss in Brooklyn-Queens girls' basketball at Holy Cross on Jan. 9. The team, now third in the division behind Christ the King and Mary Louis, failed to keep the momentum going, its coach said.

"They didn't play with in-

tensity," said Loughlin coach Chez Williams regarding his team's second half. "You have to sustain the same intensity into the second half, and they didn't do that."

Patterson (25 points) poured in 15 in the second quarter, and future Minnesota player Brunson (20 points), sunk 12 points for Marie Louis (9-2, 2-0) after the break.

Lions senior Skydajah Patterson scored 21 points to lead Bishop Loughlin, which placed second in the league last season. The Hilltoppers held junior Milicia "Mimi" Reid, the Lions' leading scorer, to just 10 points — with only two in the

second half.

"She just didn't get the shots that she normally gets," Williams said of Reid. "We didn't play well."

Loughlin (8-5, 2-2) was lucky to be trailing by only four at the half. The Lions struggled to score and gave up too many turnovers in the first quarter — though it outscored Mary Louis 18-15 in the second frame.

Loughlin's sloppy play continued in the third quarter, when Marie Louis's four-point lead blossomed into a 14-point advantage heading into the final frame. And Loughlin

*Continued on page 71*

# Philoxy duo excels in rout of Francis Lewis

BY JOSEPH STASZEWSKI

Sisters Destiny and Selena Philoxy didn't always play this well together.

The South Shore girls' basketball pair, who are a year apart, used to bicker on the court growing up and were counter-productive to their team's success. Selena, a center, spent her first two high-school seasons playing at Academy for Careers in Television and Film in Queens even though the family moved to Brooklyn, and Destiny entered South Shore as a freshman a year ago.

"We usually never had fun, because we argued on the court," said Selena, a junior. "We never had fun with each other."

Their contentious relationship changed last summer — the two realized how much better they were together, and now they want to play for the same team even after their time with the Vikings is up.

"We stopped arguing," Destiny said. "It's childish now. We are trying to be the best sisters to go to college together. We



**GETTING HER PHIL:** Destiny Philoxy drives through the Francis Lewis defense. Photo by William Thomas

want to be the best two."

The duo formed a perfect pair in a 64-44 win over rival and host Francis Lewis in Public School Athletic League

girls' Class AA basketball on Jan. 8. Selena scored 21 points — including seven in the first quarter — and grabbed 17 re-

*Continued on page 71*

# Kangaroos' Konare nurturing her potential after injury

BY JOSEPH STASZEWSKI

The first one hurts the most.

Boys & Girls' center Fatoumata Konare's most trying first since coming to the U.S. three years ago is dealing with her first injury. The 6-foot-7 junior bumped knees with another player and tore her anterior cruciate ligament and meniscus in her team's season opener as a sophomore — causing her to miss an entire year of games and development. Konare emigrated from Mali to pursue a college education, and she considered never playing basketball again because of the long recovery time.

"It was because she never got hurt before," Boys & Girls coach Laron Mapp said. "When the first injury of your life is ACL, [it's] a major injury, and you are not used to it. You have to have good sup-



**COMING BACK:** Boys' and Girls' player Fatoumata Konare missed the entire season last year because she tore her anterior cruciate ligament. But she's back on the court this season and leading her team to wins.

Photo by Louise Wateridge

port around you."

She had to wait until last December for surgery, because it took so long for her knee's heavy swelling to subside. Konare slowly worked her way back with encouragement from her coach, teammates, and advisor Charles Barkley — an assistant with the Kangaroos, not the former National Basketball Association star of the same name.

"For her it is just the fear factor — 'I can play, and there is nothing wrong with the knee,'" Barkley said.

Konare hesitated at first, even as she began light jogging, water workouts, and using resistance bands back in April and May. But 2016 is a new year — Konare has lost the 10-15 pounds she put on after surgery and said she is at 95 percent physically. Still,

*Continued on page 71*

# Tripp turns page with Rutgers commitment

What a 10 months it has been for the Lincoln forward Jahlil Tripp.

The senior is fighting to play another for the Railsplitters, and even though he doesn't know what school he'll attend next week, he knows where he's going next year. Tripp announced last weekend that he verbally committed to play at Rutgers next season, choosing the Scarlet Knights and coach Eddie Jordan over Siena and Quinnipiac.

But he's unsure if he will remain at Lincoln for the rest of the school year after exhausting all his options for gaining a fifth year of eligibility in the Public School Athletic League.

Waiting this long makes heading to a prep school more difficult — second semesters are underway, and hoops season is already in progress.

"I'm disappointed, but God has a better plan for me," Tripp said. "I'm going to see what the future holds. I'm still deciding with my family."

Tripp earned the scholarship playing just two full varsity seasons. He missed nearly his entire sophomore year at Brooklyn Colligate after he caught a stray bullet to the right calf two years ago and a month later broke his left tibia in two places taking a layup while warming up for the game that was supposed to mark his return.

"I think I am blessed, because I don't think a lot of people would have got a Division I scholarship not playing a whole season of high-school basketball," Tripp said. "For me, to get one and be able to commit is just a blessing."

He appeared certain all spring and summer that he would return to the court for Lincoln, but officials kept pushing back



**JOE KNOWS**

by Joe Staszewski

the final decision.

Lincoln is a city title favorite with him on the court, but without him, it has suffered three league losses for the first time since 2012 and just the third time in the last 15 years.

For now, Tripp is happy to have one future destination set at Rutgers — even as he contemplates his immediate next move.

"They made me feel like it was a family over there, real comfortable over there," Tripp said. "I felt like that was the best choice for me and my family. I went to the game, liked the style of play. The campus was lovely."

His teammates and Lincoln fans have rallied around him. Many of them, including senior Cahiem Brown, wore T-shirts that said "Do It 4 Tripp" on the back. They know how difficult it has been for him and admire his loyalty.

"He still cheers for us, even though he's not playing, so we have to do it for him," sophomore guard Tyler Bourne said.

Tripp won't be playing for Lincoln, but he is staying positive.

"I'm just hoping the future is brighter," he said.

Landing at Rutgers could be the first step to that future.

# JEFFERSON

Continued from page 69

ing. We got to get our team a W.”

The fourth-quarter comeback started with a Ponds three-pointer and a Dunn three-point play. Lincoln's Tyler Bourne sunk a trey, and Smith answered with his own three to tie the score at 85 with 2:42 remaining in the contest. The Orange Wave (7-1) took the lead for good at 91-90 with 90 ticks left.

“C.J. came up big for us down the stretch,” Dunn said of Smith.

Lincoln (6-3) turned the ball over four times against Jefferson's full-court pressure in the game's waning moments. Its only points came on a Felder three-pointer. The senior shooting guard drew a foul but missed his free throw. Lincoln got the rebound and called time out, setting up Ponds's steal.

Felder paced the Railsplitters with 25 points, Donald Cannon Flores scored 20 points, and Bourne chipped in 18. Lincoln, who will be without the ineligible Jahlil Tripp all season, has still made major strides after losing to George Westinghouse and Paul Robeson before the holidays.

“The first two [league] losses we had — those were bad loss,” Bourne said. “This is a good loss, because we all played together.”

Jefferson seemed happy to get a win for assistant and former Lincoln coach Kenny Pretlow, who made a rocky and unexpected exit from the Railsplitters' program when former headman Dwayne “Tiny” Morton returned from coaching at Seton Hall and replaced his 12-season assistant as head coach. Pollard praised Pretlow's contributions to



**POINT MAN:** Rasheem Dunn scored 31 points for Jefferson. Photo by Jordan Rathkopf

the Orange Wave.

“Having him is like taking [Duke's] Mike Krzyzewski and putting him on the North Carolina bench,” Pollard said. “He's a great asset.”

Ponds used one of his greatest assets to make sure he, Pretlow, and the rest of the Orange Wave went home happy — he knew where Felder intended to throw the inbound pass and didn't miss collecting it, he said.

“I kind of knew where it was going for a little bit,” Ponds said. “He just telegraphed his pass. I read his eyes.”

# KONARE

Continued from page 70

she was scared upon first returning.

“It was hard, but you just have to work hard to comeback,” she said.

And her work is far from done. Old Dominion, Mississippi State, Virginia Tech, and a host of other mid-major colleges have expressed scholarship interest in Konare, who is averaging 4.5 points and 12 rebounds per game in Public School Athletic League play. She has plenty of potential but must now raise her skills to meet her athletic ability.

The injury limited her to just one full season of organized ball. Mapp is thinking of Konare's first games this season as an exhibition rather than a true show of her prowess. He wants her to be a defensive shot-changer and rebounder for now — the rest will come in time.

“I believe she will be the best big man in the city,” Kangaroos senior guard Kathryn Kanhoye said.

Konare is waiting for a doctor's OK to remove a knee brace she says slows her down — and she hopes there are no more roadblocks between her and the college scholarship she desires.

“I can do it,” Konare said.

# LOUGHLIN

Continued from page 69

never cut the Mary Louis lead to any less than 12 in the fourth.

This loss was a clear setback for Loughlin, which also lost to defending champ Christ the King, after winning five of its last seven coming in. The

Lions rebounded to a 53-26 victory against New Jersey's Immaculate Conception on Sunday, but Williams was still disappointed in his team's effort in the key league game against Marie Louis two days prior.

“You have to come to play,” Williams said. “There's always a target on our back, and you have to realize that you can't take off any games.”

# Riveters hockey player suspended

BY MAX JAEGER

Here's one thing Rosie the Riveter *can't* do.

National Women's Hockey League officials suspended the New York Riveters's Elena Orlando for one game on Jan. 8 after the defender jumped off the bench and repeatedly slugged an opposing player amid a melee during the Riveters' 6-1 loss to the Connecticut Whale at Aviator Sports on Jan. 3.

The team is named for Rosie the Riveter — a World War II-era feminist symbol meant to encourage women to join the war effort whose slogan was “We can do it.”

Whale Micaela Long porpoise-fully leveled Riveters defender Ashley Johnston six seconds after a ref's whistle in the game's third period, igniting an on-ice brawl that drew



three Brooklyn players, including Orlando, from the bench, officials said.

But the league didn't suspend the other riveters, because they didn't go as buck-wild as Orlando, honchos said.

“The Player Safety Committee has determined that their actions, while illegal, are not worthy of a suspension, as they were not as actively involved in the altercation as Orlando,” a press release states.

A video shows Orlando flying into the fracas, throwing more than a dozen jabs, and taking at least one to the chin before officials could quell the scrum.

Both Long and Orlando had to sit out a Jan. 9 rematch where the Whale (11-1) beat the struggling Riveters (3-8) in Connecticut 4-3.

# PHILOXY

Continued from page 70

bounds. Destiny added 15 points, six rebounds, and five assists.

The game reminded coach Anwar Gladden of how the two played to open the year.

“Early on, they had a good connection and then they kind of lost it at some point,” he said. “I don't know. They are sisters. Maybe someone stole socks or something, but who knows. They have gotten it back.”

The two shared control of the first half, with Selena dominating the first quarter and Destiny controlling the second. South Shore adapted its game to a smaller unit with Selena on the bench in the second and grabbed the advantage behind Destiny's driving ability.

The Vikings, the defending city champions, closed the frame on an 8-0 run and took a 29-17 lead into the break. Dominique Williams scored 18 points to lead Francis Lewis (9-2, 8-1).

The momentum continued after halftime with Selena back in the game and Destiny continuing to shut down Lewis star Sierra Green on the defensive end. The senior scored five of her 12 points in the first half.

“My coach just told me to keep my eyes on her and forget about the ball,” the younger Philoxy said.

The Vikings (10-1, 8-0) scored the first seven points of the third quarter and never looked back. When Lewis tried to rally, Selena quickly put an end to it with a three-point play along the baseline that gave South Shore



**CENTER OF ATTENTION:** South Shore's Selena Philoxy dominated the paint against Francis Lewis. Photo by William Thomas

a 40-24 lead with 4:02 to play in the frame.

The team started out a little sloppy, but it settled and exceeded Gladden's expectations, he said.

“Teams don't have the talent that we have — there is no reason why games should be as close,” Gladden said. “We want to start to build some type of dominance now that we got over the hump of winning a championship.”

**LEGAL NOTICE**

**Notice of Formation of Mind The Gap Hospitality LLC.** Arts. of Org. filed with NY Dept. of State on 11/19/15. Office location: Kings County. Sec. of State designated agent of LLC upon whom process against it may be served and shall mail process to: CT Corporation System, 111 8th Ave., NY, NY 10011, regd. agent upon whom process may be served. Purpose: all lawful purposes.

**LEGAL NOTICE**

**Notice of Formation of NAH Group Holdings, LLC.** Arts. of Org. filed with NY Dept. of State on 12/15/15. Office location: Kings County. Princ. bus. addr.: 310 S. Grandview Ave., Monsey, NY 10952. Sec. of State designated agent of LLC upon whom process against it may be served and shall mail process to: Corporation Service Co., 80 State St., Albany, NY 12207-2543. Purpose: all lawful purposes.

**LEGAL NOTICE**

served. SSNY shall mail process to the LLC, 180 Lenox Rd 5 J Brooklyn, NY 11226. Purpose: Any lawful purpose

**LEGAL NOTICE**

**Notice of Formation of RRG CASTLE CENTER MERGER CO., LLC** Arts. of Org. filed with Secy. of State of NY (SSNY) on 11/13/15. Office location: Kings County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to c/o Corporation Service Co., 80 State St., Albany, NY 12207-2543. Purpose: Any lawful activity.

**LEGAL NOTICE**

Office location: Kings County. Sec. of State designated agent of LLC upon whom process against it may be served and shall mail process to: Alex Shulman, MS, PT, United Healthcare Management, 445 Kings Hwy., 2nd Fl., Brooklyn, NY 11223, principal business address. Purpose: any lawful activity.

**LEGAL NOTICE**

**PAC Street, LLC,** a domestic LLC, filed with the SSNY on 12/2/15. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to Hanah Dankman, PO Box 340233, Brooklyn, NY 11234. General purpose.

**LEGAL NOTICE**

**Poseidon NY LLC,** Arts of Org filed with SSNY on 12/15/15. Office Location: Kings County, SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to: The LLC, 8680-84 18th Ave., Brooklyn, NY 11214. Purpose: to engage in any lawful act.

**LEGAL NOTICE**

**Revolution Tutors LLC,** a domestic LLC, filed with the SSNY on 11/9/15. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to Ariel Cohen, 2161 E. 12th St., Brooklyn, NY 11229. General purpose.

**LEGAL NOTICE**

**S&B Industries, LLC,** a domestic LLC, filed with the SSNY on 11/10/15. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to George Sales, 188 E. 54th St., Brooklyn, NY 11203. General purpose.

**LEGAL NOTICE**

**Shyne Cleaning Services, LLC,** a domestic LLC, filed with the SSNY on 11/2/15. Office location Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to The LLC, 16 Fairview Pl., Brooklyn, NY 11226. General purpose.

**LEGAL NOTICE**

**TE.I.L.S., LLC.** Arts. of Org. filed with SSNY on 10/20/15. Off. Loc.: Kings Co. SSNY desig. as agt. upon whom process may be served. SSNY shall mail process to: The LLC, 674 47th St #3F, Brooklyn, NY 11220. General Purposes.

**LEGAL NOTICE**

**Torre Hill LLC.** Arts. of Org. filed with SSNY on 11/2/15. Off. Loc.: Kings Co. SSNY desig. as agt. upon whom process may be served. Reg. agent upon whom and at which SSNY shall mail process: US Corp Agents, Inc. 7014 13th Ave #202, Brooklyn, NY 11228. General Purposes.

**LEGAL NOTICE**

**YAD 26 LLC,** a domestic LLC, filed with the SSNY on 11/10/15. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to The LLC, 1396 E. 21st St., Brooklyn, NY 11210. General purpose.

**LEGAL NOTICE**

**Notice is hereby given** that a license, number (PENDING) for tavern wine has been applied for by the undersigned to sell wine and beer at retail in a restaurant under the Alcoholic Beverage Control Law at 1178 Bushwick Avenue, Brooklyn, NY 11221 on premises consumption. 1178 Cafe LLC

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**Notice is hereby given** that an on-premise license, #TBA has been applied for by JP Concepts LLC to sell beer, wine and liquor at retail in an on premises establishment. For on premises consumption under the ABC law at 166 Flatbush Avenue Brooklyn, NY 11217.

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**Notice is hereby given** that an on-premise license, #TBA has been applied for by Shortys Flatbush LLC d/b/a Shorty's to sell beer, wine and liquor at retail in an on premises establishment. For on premises consumption under the ABC law at 229 Flatbush Avenue Brooklyn, NY 11217.

**LEGAL NOTICE**

**Notice of Qualification of I.C. Pharmacy, LLC.** Authority filed with NY Dept. of State on 11/27/15. Office location: Kings County. Princ. bus. addr.: 34 35th St., Brooklyn, NY 11232. LLC formed in DE on 11/10/15. NY Sec. of State designated agent of LLC upon whom process against it may be served and shall mail process to: c/o CT Corporation System, 111 8th Ave., NY, NY 10011, regd. agent upon whom process may be served. DE addr. of LLC: 160 Greentree Dr., Ste. 101, Dover, DE 19904. Cert. of Form. filed with DE Sec. of State, 401 Federal St., Dover, DE 19901. Purpose: all lawful purposes.

**LEGAL NOTICE**

**Sharifa Management Company, LLC,** a domestic LLC, filed with the SSNY on 8/11/15. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to Incorp Services, Inc., One Commerce Plaza, 99 Washington Ave., Ste. 805-A, Albany, NY 12210-2822. General purpose.

**LEGAL NOTICE**

**Notice of formation of REDSTONE180 LLC.** Art. Of Org. filed with the Secty of State of NY (SSNY) on 07/29/15. Office in Kings County. SSNY has been designated as agent of the LLC upon whom process against it may be

**LEGAL NOTICE**

**Notice of Formation of RRG STEINWAY MERGER CO., LLC** Arts. of Org. filed with Secy. of State of NY (SSNY) on 11/13/15. Office location: Kings County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to c/o Corporation Service Co., 80 State St., Albany, NY 12207-2543. Purpose: Any lawful activity.

**LEGAL NOTICE**

**Notice of Formation of S & K New York Consulting LLC.** Arts. of Org. filed with NY Dept. of State on 9/23/15.

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