

DEAD IN THE WATER

Calls for big resiliency upgrades – but city, state can't agree on small ones

BY JULIANNE CUBA

Is it money down the drain?

Officials must make good on state-funded coastal resiliency projects promised in the wake of Hurricane Sandy, locals are demanding. Residents griped to city reps for failing to enact major sewer and flood-barrier projects following the historic storm at a Manhattan Beach Community Group meeting on Feb. 24. The mayor's office is more interested in building a streetcar in gentrifying Brooklyn than pushing forward resiliency improvements locals have demanded, such as a tidal barrier on Plumb Beach and sewer backflow-prevention valves for homes, one frustrated Manhattan Beach man said.

"You don't need a trolley line—spend

the money here," shouted the resident, who declined to give his name. "What they've done in many places where literally you have to build a [flood] barrier. For starters, we need a very low-tech situation — it's called a check valve."

Residents demanded major infrastructure improvements, but Manhattan and Albany can't even agree on small projects, such as some sidewalk planters locals picked for a state-funded storm redevelopment grant. Community members selected the \$500,000 project — which includes planters and drainage improvements on Emmons Avenue — as part of the state's New York Rising program, which allocated \$13.3 million to Sheepshead Bay and Gerritsen Beach

Continued on page 12



Photo by Jordan Rathkopf

PROTECT THE BAY: Community Board 15 chairwoman Theresa Scavo is frustrated nothing has been done to protect coastal areas such as Sheepshead Bay. Photo by Jordan Rathkopf



Stuffing the ballet box

Gelsey Kirkland Ballet, which came to Brooklyn seeking refuge from Manhattan last year, is debuting its first full-story original production at Kelsey Kirkland Arts Center in Dumbo next week. For more, see page 64.

Travis Magee

A bazaar accusation

BY DENNIS LYNCH

She's got this market cornered!

A Brighton Beach property owner exploded at the leader of a neighborhood business group during Community Board 13's Feb. 24 meeting, publicly accusing the commerce honcho of using her influence to try and shutter his tenants' grocery business as a favor to members of her trade group.

"You're a crook!" property owner Aron Bronstein shouted at community board member and Brighton Beach Business Improvement District director Yelena Makhnin before the board's chairman had him removed from the meeting.

Bronstein owns the Brighton Beach Avenue building housing the Master Theater and the Gourmanoff supermarket. A sliver of the structure — about 10 percent — is actually zoned for residential rather than commercial uses, and Bronstein wants the community board to support his

Continued on page 12

Boughed to pressure

Con Ed removes new utility pole after tree-lover's outcry

BY JULIANNE CUBA

She planted the seed of doubt.

A Marine Parker's passionate plea got Con Edison workers to move a utility pole from a tree bed in front of her house just three days after the electrical company planted it. Workers installed the pole on Feb. 29, damaging the woman's beloved Linden tree in the process, she said.

"I religiously cared for that street tree and it's in front of my house," E. 33rd Street resident Robin Marion said on March 1. "I came home and I found out that Con Edison planted a big pole in the street and cut apart my little tree and I'm just so upset."

Marion took a class with the Parks Department to become a "tree steward" and got the city's Million Trees Project to plant the Linden tree in front of her home near Quentin Road about three years ago, she said.

Con Ed was just going



IT'S SAVED! Tree steward Robin Marion is all smiles after Con Edison workers removed a pole that damaged a tree right outside of her home.

Photo by Steve Schnibbe

about its typical business of replacing worn-down wooden poles in the area to stand up to seasonal heavy rains and strong winds, but workers broke one of the young tree's

limbs in the process.

Marion was so visibly distraught by the solid wooden pole cutting through her Linden tree's home that the Con Ed workers agreed to move it,

a supervisor said.

"I understand why she was upset — she's real passionate about her trees," said Jason Gorman of Con Ed. "It will be moved for her."

The arboreal caretaker sat outside nearly all day on March 1, from 6:30 am into the afternoon, just to see if Con Ed would make good on its promise to remove the pole, she said.

"I've been sitting out here since 6:30 am, went to the bathroom once and ate a banana," Marion said around noon that day.

All Marion wants now is for her tree to survive its near brush with death, once Con Ed removes the pole, she said.

"It grew up a lot. It was little and I took care of it and I was so upset. I loved that tree. I just hope that if they remove the pole, I can nurse it back to health," she said.

Workers removed the pole on March 2.



The mystery tour

This 'Pericles' becomes a fairy-tale travelogue

Theatergoers who have seen the play 'Pericles, Prince of Tyre' at the Metropolitan Opera House will be pleased to know that the play is being performed at the New York Shakespeare Festival at the Public Theater. The play is a comedy of errors, a story of a prince who is shipwrecked and ends up in a foreign land, where he is mistaken for a dead man and then a madman. The play is a classic of the English Renaissance, and it is one of the most popular plays in the Shakespeare canon. It is a story of love, loss, and redemption, and it is a play that has inspired countless adaptations over the years. The New York Shakespeare Festival is proud to present this production, which is directed by Michael Kahn. The cast is made up of some of the best actors in the world, and the production is a masterpiece of theater. It is a play that is both entertaining and thought-provoking, and it is a must-see for anyone who loves the theater.

Your entertainment guide **Page 45**

Police Blotter 8
 Standing O 18
 Letters..... 24
 Columns..... 26
 Rhymes with Crazy 27
 Sports..... 71

HOW TO REACH US

Mail:
 Courier Life Publications, Inc.,
 1 Metrotech Center North
 10th Floor, Brooklyn,
 N.Y. 11201

General Phone:
 (718) 260-2500

News Fax:
 (718) 260-2592

News E-Mail:
 editorial@cnglocal.com

Display Ad Phone:
 (718) 260-8302

Display Ad E-Mail:
 jstern@cnglocal.com

Display Ad Fax:
 (718) 260-2579

Classified Phone:
 (718) 260-2555

Classified Fax:
 (718) 260-2549

Classified E-Mail:
 classified@cnglocal.com

Holy rollers!

Parishioners: Proposed bus stop a sin

BY JULIANNE CUBA

This church's doors are always open — just not for a new bus stop.

The Metropolitan Transportation Authority must repent and put the brakes on a plan to put a bus stop outside of a Utica Avenue church, parishioners are demanding. The authority wants to create a B46 Select Bus service stop in front of the Mamre Seventh-day Adventist Church at the corner of Avenue H. But the constant come-and-go of straphangers would make it tough for worshippers to keep

focused, the flock's leader said.

"Every time a bus comes in, people standing at the bus stop, that kinds of distracts your service," said pastor Kenneth Jones. "If you're going to worship God, you need to give him the respect he deserves."

Officials picked the spot because it's close to the existing stop and can accommodate the service's sidewalk ticket kiosks, transit officials said.

Plans are still in the works but transportation honchos believe "the corner in front of



NO STOPPING HERE: The city wants to put a new Select Bus service stop right outside of a church on Utica Avenue.

Photo by Jordan Rathkopf

the church is the best location for the SBS bus stop for both the safety and convenience of our customers," according to an authority statement.

But the idea is a sin, because it would hamper church, funeral, and wedding services and even endanger the most

vulnerable of the church's 600 congregants, Jones said.

"When we have weddings — you can't have the limo. We have funerals. And we have a lot of children. So a bus stop right in front, you never know what could happen," said pastor Kenneth Jones.



CEO: Les Goodstein

PRESIDENT & PUBLISHER:
 Jennifer Goodstein

COURIER LIFE PUBLICATIONS

BAY NEWS • KINGS COURIER • BAY RIDGE COURIER • MILL MARINE COURIER • BROOKLYN GRAPHIC

GENERAL INFORMATION (718) 260-2500 • CLASSIFIED INFORMATION (718) 260-2555

PUBLISHER: Clifford Luster • V.P. OF ADVERTISING: Ralph D'Onofrio • CLASSIFIED DIRECTOR: Amanda Tarley
 EDITOR: Vince DiMiceli • DEPUTY EDITOR: Max Jaeger • ASSIGNMENT EDITOR: Courtney Donahue • ARTS EDITOR: Bill Roundy
 REPORTERS: Julianne Cuba, Allegra Hobbs, Dennis Lynch • EDITORIAL ASSISTANTS: Shavana Abruzzo, Joanna DeBuono
 ART DIRECTOR: Leah Mitch • ASSISTANT LAYOUT MANAGER: Yvonne Farley • WEB DESIGNER: Sylvan Migdal
 PRODUCTION ARTISTS: Arthur Arutyunov, Gardy Charles, Earl Ferrer, John Napoli, Connie Sulsenti, Jean Walsh

This newspaper is not responsible for typographical errors in ads beyond the cost of the space occupied by the error. All rights reserved. Copyright © 2016 by Courier Life Publications, Inc., a subsidiary of News Community Newspaper Holdings, Inc. The content of this newspaper is protected by Federal copyright law. This newspaper, its advertisements, articles and photographs may not be reproduced, either in whole or part, without permission in writing from the publisher except brief portions for purposes of review or commentary consistent with the law. Postmaster, send address changes to Courier Life Publications, Inc., One MetroTech North, 10th Floor, Brooklyn, NY 11201.

ONLINE AT:
BROOKLYN DAILY.com

MEMBER:
 NEW YORK PRESS ASSOCIATION
NYPA



IT'S GETTING DEPRESSING: A sinkhole the length of three cars and half as wide as the street opened on 56th Street on March 1, prompting the city to shut down the block. Sunset Parkers now have to contend with two sinkholes just seven blocks away from each other. Photo by Steven Schnibbe

Hole new problem

Sunset Park's second massive sinkhole in less than a year opens on Fifth Avenue

BY DENNIS LYNCH

Meet Sunset Park's other giant sinkhole!

A mass of asphalt three car-lengths long fell into 56th Street near Fifth Avenue on the morning of March 1, forming Sunset Park's second great sinkhole in the last nine months. Emergency responders reacted quickly closing off the street to traffic, but the city needs to act pro-actively to prevent future cave-ins, a local leader said.

"It keeps happening, I think they're not taking care of our infrastructure," said Sunset Park Business Improvement District director Renee Giordano. "It's frustrating for us and hopefully they work on this a little faster, the sinkhole on 64th street hasn't been given priority or emergency status."

The chasm opened sometime before noon, neighbors said.

Workers from gas-provider National Grid, electricity-provider Con Edison, and the city's Department of Environmental Protection — which presides over both

sewers and drinking water supply — descended on the breach and cut the block's gas supply on Tuesday afternoon.

Erosion from leaks in two residential tap water pipes caused the cave-in, Department of Environmental Protection officials said.

The writing was apparently on the wall, said one neighbor who lives directly in front of the hole. Seemingly clean water began flowing into her basement through an electrical conduit to the

street two weeks ago.

Water continued to trickle in on Tuesday, and the woman fears the problem will negatively impact her family and kids in her building before it gets any better, she said.

"I hope they fix it as soon as possible, before it gets worse because we don't know what could happen if that water keeps coming in," 31-year resident Milly Velez said. "I just want them to fix it as soon as possible so we have electricity and water for the babies — I worry about them."



ALL THE CITY'S MEN: The sinkhole prompted a response from the fire and police departments, the Department of Environmental Protection, Con Edison, and National Grid. Photo by Steven Schnibbe

Cause for paws

Video released of alleged Bay Ridge cat killer



FOR THE BIRDS: This guy poured what appears to be anti-freeze over bird feed after he knocked down a feeder from a tree on 93rd Street. Locals said the goon has been terrorizing the neighborhood since August. Brian Baglioni

BY DENNIS LYNCH

Bay Ridge animal lovers released a video this week of the man they believe is responsible for poisoning neighborhood cats, dogs, and birds. It appears to be the first footage of the poisonings that locals have reported since August — but it does not ease the fears of neighbors, said the man who captured the cruel act on camera.

"The whole neighborhood is in a stir, they're paranoid that their dogs will get a whiff of something and then you have a dead dog on your hands and you don't even know why," Brian Baglioni said.

Baglioni bought and set up his own surveillance camera on his fire escape in October after police told him he'd need to catch the poisoner or poisoners in the act. Video released this week shows a man using a long pole to knock a bird feeder out of a 93rd Street tree, dumping its contents out, and pouring what appears to be anti-freeze around the food for birds to mistakenly eat in late January.

Baglioni and his neighbors suspect the man in the video is part of an animal-killing cabal in southern Bay Ridge, because residents have seen a handful of different individuals acting suspiciously around cat food locals leave out for the 'hood's feral felines.

First, the group of neighbors noticed someone was poisoning food they put out for the local fauna — then

they realized one of the fiends was leaving out his own tainted treats. One neighbor even claimed to see someone trespassing onto her property to plant contaminated cat food.

Locals thought that putting bird feeders high in trees would discourage the killer, but the video shows the apparent culprit is determined to foul the fowls' food — though his motivations perplexed Baglioni.

"Maybe they think the animals are a nuisance or they just don't like animals, whether that's for aesthetic purposes or they're just annoyed with them, we don't know," he said.

Baglioni does not recognize the man in the video and would not point fingers, but hoped others might come forward to help law enforcement identify him, he said.

Police have the video and are investigating, a department spokesman said, noting that no one has actually produced any dead animals as evidence of the supposed pattern.

"Allegations of animal abuse are taken very seriously by the department and we encourage anyone that has discovered a dead animal and suspects criminality to report that to the police," he said.

Police are offering a \$2,500 reward for information about the spate of alleged poisonings and are asking anyone with information to call Crime Stoppers at (800) 577-8477.

Hall-right already!

Alumni to the city: Don't let the Erasmus Hall landmark fall

BY JULIANNE CUBA

Call it a lesson in preservation.

The Department of Education must save the 200-year-old landmarked Academy Building at Erasmus Hall High School that it has let crumble for more than a decade, alumni demanded in a recent letter to Mayor DeBlasio urging the city to take action.

"Our main problem is the Department of Education," said Robin Sherman-Epstein (Class of 1968). "It's terrible, how could they let this happen? This is history."

Property owners may not demolish landmarked buildings without the city's blessing, but some intentionally let landmarks fall into such disrepair that the city condemns the structures. The practice is called "demolition by neglect." The commission can sue negligent landlords to prevent demolition by neglect — it did so recently to force the sale of Sunset Park's landmarked 68th Precinct Sta-



Photo by Steve Schibbe

DEZZY: Dutch scholar Desiderius "Dezzy" Erasmus, for whom the school was named, guards the decrepit Academy Building at Erasmus Hall High School.

tion House and Stable — but the commission does not sue other city agencies, including the Department of Education, a spokeswoman said.

Alumni's 1,800-signature petition urges Mayor DeBlasio to take the building from the Department of Education and give it to an agency that can appropriately repair the historic landmark.

Officials refused to provide exact plans for the Acad-

emy Building, but spokespeople for both the education department and landmarks commission said the agencies are working together to figure something out — the same thing a schools spokeswoman told the New York Times in a 2009 article.

The building, erected in 1787, is the state's oldest secondary school and the first the Board of Regents chartered, according to a commission report. Builders named the hall for Dutch scholar Desiderius Erasmus, and it served as an active school until 1895, later housing administrative offices. The city landmarked the structure in 1966. The Department of Education left the building to rot about 15 years ago, and the agency's inaction inspired grads to take up the building's cause, an alumna said.

"The Department of Education has not taken a stand on this building at all," said Amy Krakow ('67). "We have taken it upon ourselves to help move this along."



SAVE THE ACADEMY!: Erasmus Hall High School alumna Robin Sherman-Epstein is trying to save the historic — but decrepit — Academy Building.

Photo by Steven Schibbe

Krakow and other alumni will visit the school this fall for the 1966 and 1967 classes' 50-year reunions. The two classes want to see a Dutch History museum in the Academy Building to maintain its historical Dutch significance, Krakow said.

"Our two classes at our re-

union are going to help raise funds to start a museum of Dutch history in New York," she said. "This building needs to be restored. We see that as part of our life, part of our experience in high school, and part of the history of New York and the United States. That's a big deal."

Great rates like ours are always in season.



24-Month CD
1.30% APY¹
\$5,000 minimum deposit

36-Month CD
1.50% APY¹
\$5,000 minimum deposit

To qualify you must open a **Flushing Bank Complete Checking Plus** account. Get the complete access and control you desire with a competitive interest rate and banking on-the-go with our **Flushing Bank Mobile²** app.

For more information and to find out about our other great offers, visit your local Flushing Bank branch, call **800.581.2889** or visit **www.FlushingBank.com**.

FLUSHING
Bank
Commercial ■ Business ■ Consumer

¹New money only. APY effective February 12, 2016. Annual percentage yield assumes principal and interest remain on deposit for a full year at current rate. Minimum deposit balance of \$5,000 is required. Funds cannot be transferred from an existing Flushing Bank account. Premature withdrawals may be subject to bank and IRS penalties. Rates and offer are subject to change without notice. A new Complete Checking Plus account with a \$5,000 minimum initial deposit is required to receive the CD with the advertised rate. Certain fees and restrictions may apply. For new IRA and rollover accounts, the minimum deposit balance is \$5,000. A new checking account is not required for IRA accounts. Speak with a Flushing Bank representative for more details. ²Flushing Bank Mobile Banking is available to all Flushing Bank online banking users. Flushing Bank is a registered trademark



It's a new year!

You don't have to suffer with your
BACK, NECK OR KNEE PAIN!

Pain from:

- ✦ herniated discs
- ✦ degenerated discs
- ✦ arthritis
- ✦ spinal stenosis
- ✦ torn meniscus
- ✦ bone on bone
- ✦ sciatica

*Tried drugs,
physical therapy,
chiropractic,
acupuncture,
or even surgery
without relief?*

Join the thousands of people
who regained their quality of
life with our very successful
treatment.

**WE WOULD LIKE TO HELP YOU, YOUR FAMILY
AND FRIENDS MAKE THIS NEW YEAR PAIN-FREE**

A.N.L del Castillo, M.D.

The most experienced Board Certified Pain Specialist
in Brooklyn & Staten Island

FREE
consultation
with this ad

718-966-8120

9731 4th Ave., Brooklyn, NY 11209 • 126 Wieland Ave., Staten Island, NY 10309

Dodgers' historian Tom Knight dies

BY SHAVANA ABRUZZO

Sports columnist and Brooklyn Dodgers' chronicler Tom Knight, who shared his passion for the team with generations of sports lovers and was instrumental in forming its hall of fame, died on Feb. 17 at the age of 89.

The affable Bay Ridgeite authored the popular nostalgia column "Diamond Reflections" for The Brooklyn Eagle, The Record of Staten Island, the Staten Island Advance, and The Spectator, enjoying an illustrious career that spanned more than 30 years. His gift of the gab and deep knowledge of the team, whose players' autographs he collected as a boy, made him a coveted guest speaker at Society of Old Brooklynites' annual luncheons, local podcasts, and community tributes.

The Park Slope native, whom then-Brooklyn Borough President Sam Leone appointed Brooklyn Dodgers'

historian in 1976, knew many baseball greats personally, but his chief interest remained the average Joes and Janes who went to see the team play.

"The Dodger fans were more rabid than the average fan, and more informed," he wrote in "When Baseball Returned to Brooklyn" by Ed Shakespeare.

Knight helped Marty Adler, the late assistant principal of Jackie Robinson Intermediate School 320, create the Brooklyn Dodger Hall of Fame after the team headed west, donating memorabilia to the Brooklyn Historical Society and the baseball gallery at MCU Park in Coney Island, and keeping Dem Bums' flame alive with annual induction ceremonies at Grand Army Plaza. He was the guest speaker when the Brooklyn Cyclones hosted a memorial service for former Brooklyn Dodger Duke Snider in 2011.

Knight grasped every oppor-

tunity to take a trip down memory lane, sharing with sports fans and historians that he attended his first baseball game at Ebbets Field in 1936 at age 10, paying 55 cents for a bleacher seat to see the Dodgers lose to the New York Giants, 8-3.

He attended up to 50 games a season, before the arrival of radio, television, or commercial breaks between half-innings, he added.

"We used to go to Sunday doubleheaders and leave the house at noon for a one o'clock start, and we'd be home at six for dinner," Knight recalls in "When Baseball Returned to Brooklyn."

The never-married, dyed-in-the-wool Brooklynite relished sharing stories about Ebbets Field and its unique characters, said borough historian Ron Schweiger. One side-splitter involved a man he once saw stomp on a woman's foot while wading through the aisles to get some refresh-



WHATTA SPORT: Affable Brooklyn Dodgers historian Tom Knight was a coveted guest speaker at local borough events.

Brooklyn Media Group / Brooklyn Spectator

ments, making her squeal in pain. The man — according to Knight, says Schweiger — returned a few minutes later with a beer in one hand and a hot dog in the other, and asked the woman if he had stepped on her foot a short while ago, and when she nodded, said, "Good, this is the right row!"

"Tom loved telling that

story!" Schweiger said with a laugh. "He was a very warm and gentle man with a big sense of humor, and he loved promoting Brooklyn and the Brooklyn Dodgers."

Thomas Knight, who was cremated, is survived by nephew Harold J. Johnson and nieces Catherine Kubasak and Elizabeth Manocchio.

LOSE 20-40 POUNDS IN 40 DAYS GUARANTEED!

Change Your Life!

- **No Hormones**
- **No Shots**
- **No Drugs**
- **No Surgery**
- **No Crazy Diets**

ALL NATURAL

DOCTOR SUPERVISED



40 lbs gone in 40 days!

Ultimate Fat Loss System

Dr. Melinda Keller
(718) 234-6212

5911 16 Ave., Brooklyn, NY 11204

Singing praises

Ridge civic honors 'unsung heroes'

BY DENNIS LYNCH

They're unsung no more!

Bay Ridgites awarded 15 of the neighborhood's quiet do-gooders at the Bay Ridge Community Council Hidden Treasure Awards at Shore Hill Neighborhood Center on Feb. 23. The honor came as a "beautiful surprise" for one Saint Anselm Catholic Academy teacher honored for influencing kids in the classroom over the last 20 years.

"I feel very blessed and I didn't expect it — I think that I'm the one who's been blessed to be a part of the Bay Ridge community," eighth-grade math teacher Janet Batista said. "I didn't realize I was nominated until I got a call that I was getting the award."

The council also honored Batista's colleagues Christine Deem and Pat Riley. Their fellow honorees were Eileen LaRuffa with the Fort Hamilton Citizens Action Committee, Rabbi Dina Rosenberg at the Bay Ridge Jewish Center, Roseanne Miller with the Knights of Columbus, Elizabeth Connors with the Daughters of the American Revolution, Dorothy Garuccio with Community Board 10, Kathleen Sinagra and Jill Rizzi with Saint Bernadette Church, Dr. Robert Flanzer and Eleanor Rosenblatt with the Bay Ridge Mental Health Council, and Richard Haugland, Jessica Amato and James Johnson with the Narrows Botanical Garden.

Community council member Alex Conti detailed each recipient's work in the community and presented each with a plaque.

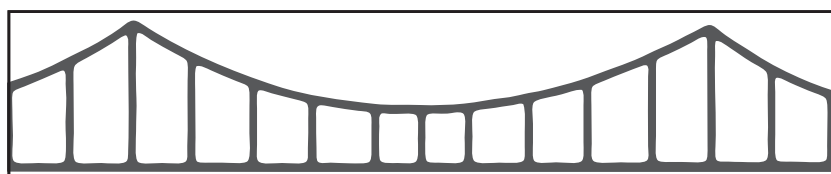
HEROES, THE LOT OF THEM!: (Top) Jessica Amato, who runs a poetry open-mic series at Narrows Botanical Garden, was honored alongside (right) Janet Batista of the Saint Anselm Catholic Academy Home-School Association and (below) Kathleen Sinagra of Saint Bernadette Church. Sinagra's kids Vincent and Sofia cheered their mom on.

Photos by Arthur De Gaeta

And the honors did not stop there — Councilman Vincent Gentile (D-Bay Ridge) and a proxy for state Sen. Martin Golden (R-Bay Ridge) handed out their own awards alongside the council's recognizing the honorees.

The secret to building a thriving community like Bay Ridge is being ambitious and wanting good for the people around you, according to one honoree awarded for founding an open-mic poetry series at Narrows Botanical Garden.

"All the people that do this great work, we're really rooted in the community," Jessica Amato said. "It was a great honor to be among those great and talented people who give back to the community — that's what keeps us so strong."



DAVID BIRO, M.D., PH.D.

COSMETIC & LASER CENTER OF BAY RIDGE

Join us every Tuesday for Cosmetic Dermatology

- Botox/Dysport, & Facial Fillers injected by Dr. David Biro
- Hair Laser Removal, Chemical Peels, Microdermabrasion
- Consultations for Fractional Resurfacing, Tattoo Removal, Sclerotherapy

Gift Certificate
Available

Voted New York City's Super Doctors 2013

The New York Times Magazine

9921 Fourth Avenue • Brooklyn, NY 11209

COSMETIC: 718.833.2793 • ALTERNATE: 718.833.7616

WWW.BAYRIDGEDERM.COM

Murder Mystery Dinner

Of Sound Mind and Dead Body

When a magical mishap leaves a million dollar inheritance up for grabs, the next trick will be figuring out who the lucky winner is, and who will end up behind bars for malicious magical mayhem!

May 21ST, 2016

Doors at 6:00pm Starts at 7:00pm

This event will last between 2.5 and 3 hours.

Cost: \$50 per person

Register at
AviatorSports.com/Murder-Mystery-Dinner

Aviator Sports and Events Center
3159 Flatbush Avenue, Brooklyn NY 11234 • (718) 758-7500
AviatorSports.com f t i



60TH PRECINCT

CONEY ISLAND—BRIGHTON BEACH—SEAGATE

Conned Edison

Police arrested a callous woman who they say robbed an elderly lady at knife point in her W. 24th Street home on Feb. 28 after posing as a Con Edison employee, a police report said.

The woman answered a knock at her door around 3 pm from the phony electrical worker, but as soon as she unlocked her door, the brute allegedly forced the door open, put two knives to her throat, and said “Cry and I’ll kill you,” according to police. Then she taped the victim’s mouth shut and took a gold watch off her wrist, according to the report.

Then — apparently in no rush — she started eating some of the woman’s food, but in the meantime her victim managed to get out of the apartment and run down to the security desk in her building’s lobby, where she called police.

The robber fled and took \$18, some electronics, and some jewelry with her. Police later found one of the knives and a piece of partially bitten chocolate she left behind.

Appliance thief

A freebooter broke into a Neptune Avenue home on Feb. 12 and managed to steal a refrigerator and a stove from the basement.

The thief broke in through a rear basement window at the home between W. 35th and W. 36th streets around midnight, but broke open a cellar door to get his heavy haul out, police said.

Over and in

Someone broken into an office at a public housing building on W. 23rd Street on Feb. 23, according to police.

An employee locked up the office between Mermaid and Neptune avenues around 4 pm and came back the next morning to find someone had broken open the ceiling tiles outside his office and used a ladder to get up and then into his office.

The cat burglar broke open a desk and stole a Samsung tablet and a clock, according to police.

Van-ished

A carjacker stole a man’s van from a parking lot on Murdock Court on Feb. 24, police said.

The man parked his van in the parking lot between Avenue Z and Ocean Parkway around 7 pm, but when he returned it was gone without a trace. The man kept two sets of keys in the van and there was no broken glass or other signs of forced entry, according to a police report.

— Dennis Lynch



POLICE BLOTTER

68TH PRECINCT

BAY RIDGE—DYKER HEIGHTS

Pepper sprayed

A brutish robber pepper sprayed a woman and stole her purse on 92nd Street on Feb. 25, police said.

The victim was walking towards Colonial Road when the thief approached her from up ahead.

He sprayed her and pushed her into a nearby car, then grabbed her purse and fled down 92nd Street towards Third Avenue, she told police.

Emergency responders had to rush the victim to Lutheran Medical Center for treatment following the attack. The thief got away with just \$12 and some credit cards, according to a police report.

Tires and toys

A thief stole some children’s toys and one tire and rim from a car parked on 101st Street on Feb. 25, police said.

The victim parked his car between Fort Hamilton Parkway and Jackson Court around 7 pm and returned in the morning to find his front driver’s-side tire and rim missing and the lock removed from the driver’s-side door of his car.

Along with the rim and tire, the thief took a “Star Wars” toy and a stuffed teddy bear, police said.

Left on cinder blocks

Another Bay Ridge driver was the victim of a tire-and-rim theft on 94th Street sometime between Feb. 25 and Feb. 29, according to a police report.

She parked her car near Ridge Boulevard around 4 pm on Feb. 25 and returned four days later to find both the front and rear driver’s-side wheels removed.

Razor raid

A shoplifter managed to make off with \$1,600 worth of shaving razors from a Third Avenue drugstore on Feb. 25, according to police.

The razor-robbing rascalion walked into the store between 71st and 72nd streets around 8:50 am and stuffed dozens of packages of razors and refill blades into his pockets. An employee spotted him leaving the store with his take on camera, police said.

61ST PRECINCT

SHEEPSHEAD BAY—HOMECREST—MANHATTAN BEACH—GRAVESEND

Busy day

Cops cuffed a teen who they say committed three different burglaries on Feb. 26. Here’s the rundown:

•A woman told police she was just about to her house on E. 27th Street and Shore Parkway at 1:30 pm when she saw someone climb out of a side window. She approached the alleged trespasser and asked what he was doing but he fled, according to a police report. He stole the woman’s jewelry, which was later recovered by police, according to a police report.

•Another victim told authorities someone broke into her home at Avenue Y and E. 27th Street after she had left for work around 7:30 am. The woman told police the allegedly unsuccessful thief entered her house through a rear window in her basement, rummaged through her belongings, and left out her front door. Nothing was stolen, the woman told police.

•A third victim told police someone entered her home at Avenue Y and E. 28th Street sometime between 9:45 am and 1:30 pm. She told officers the alleged intruder entered through an unlocked rear window in her home and stole several designer watches, a Chanel purse, and white metal earrings. All of the jewelry and the woman’s purse was successfully returned to the woman, according to a police report.

Officials say a 17-year-old man was arrested for the three break-ins later that day at 9:55 pm.

Luxury looter

A burglar swiped pricey jewelry and clothes from a woman’s E. 21st Street home while she was away Feb. 25–Feb. 28.

The woman told police she returned to her home near Voorhies Avenue after a few days of visiting her daughter to find someone had taken off with her black suede wallet, a bejeweled gold ring, a yellow and white-gold necklace, and an Italian fur coat with a fur collar, according to a police report.

The woman also told police the back window of her bedroom was opened and the screen was broken, but she can’t remember if she left the window unlocked. Her front door was still locked when she re-

turned home, she told police.

Grocery pointe blank

A miscreant robbed a man on E. 17th Street on Feb. 23 — and made the man buy him groceries.

The victim was near Avenue Z at around 9:15 pm when the lout approached him, simulated reaching for a gun in his pocket, and demanded the man hand over his wallet. The thief took \$60 and a MetroCard out of the wallet, but decided it wasn’t enough — forcing the man go to a nearby grocery store to buy him a few goods and take out another \$20, police reported.

The baddie then fled down Avenue Y towards E. 17th Street, officials said.

Got nothing

A nogoodnik attempted to rob a man on a B44 bus on Nostrand Avenue on Feb. 24, then attacked him when he found out he had no cash.

A man told police a stranger approached him on a B44 bus at Nostrand Avenue and Avenue U on Feb. 24 at 3 pm and demanded he run his pockets for money.

The victim was on the bus near Avenue U at 3 pm when the scoundrel demanded he empty his pockets. When the man told the crook he didn’t have any cash, the lout knocked the victim’s glasses right off of his face, punched him in the stomach, and hit him on the head with an unknown object, according to a police report. The brute then fled toward Flatbush Junction at 3:30 pm, according to a report.

Masked mugger

A group of eight guys held a teen at gunpoint for his cellphone on Nostrand Avenue on Feb. 25.

The adolescent told authorities he was at a bus stop near Avenue X at 5:05 pm when the brutes, one wearing a mask, demanded his cellphone. But when the teen refused, the masked marauder took out a black gun with silver paint showing underneath, according to a police report.

The teen still refused to fork over his phone, even as the brute pushed the firearm into his left cheek.

When the bus arrived about five minutes later, all of the guys hopped on and the teen was not hurt, according to a police report.

Tool thief

A bandit broke into a car parked on Emmons Avenue some time between Feb. 19 and Feb. 22.

The vandal broke into the 2009 GMC commercial vehicle near Plumb Third Street by drilling through the passenger-side door and snatched a selection of tools, according to a police report.

— Julianne Cuba



Did You Know?

An individual retirement account, or IRA, is a type of account men and women who meet certain eligibility requirements can open to save money for their retirement.

Unlike a 401(k), a type of retirement account that is provided by an employer, an IRA must be opened by an individual.

Another difference between a 401(k) and an IRA is that men and women can withdraw money from their IRAs before they reach retirement age to pay medi-

cal expenses without incurring the penalties that apply when 401(k) account holders prematurely withdraw money from these accounts. One similarity between 401(k) accounts and traditional IRAs concerns taxation. Account holders of both types of accounts do not pay taxes on their contributions to those accounts until they begin to withdraw money in retirement (prematurely withdrawing money from a 401(k) will incur taxes and fees). But men and women who open a Roth IRA pay their taxes up front, mean-

ing they won't be paying taxes down the road when they withdraw money in retirement.

Each type of IRA comes with its own set of rules and restrictions, including contribution limits and eligibility requirements based on earned income.

In addition, men and women with a traditional IRA must begin to withdraw their money by the time they reach age 70.5, while those with a Roth IRA can leave their money in their accounts as long as they please.



Member
FDIC

DISCOVER THE PONCE DIFFERENCE: HIGHER RATES

5 Year IRA CD
2.36%_{APY*}

5 Year CD
1.85%_{APY*}



Discover
Ponce De Leon
FEDERAL BANK | SINCE 1960

Brooklyn Locations
www.poncebank.com

169 Smith Street
2047 86th Street
1900 Ralph Avenue

*APY is Annual Percentage Yield, effective as of February 8, 2016. To qualify for the promotions, \$1,000 minimum balance is required to open the account and obtain the APY. \$500,000 maximum. Other restrictions apply. Early withdrawal fees may apply. Offers are subject to change without prior notice. For more information, visit your nearest branch or contact 718-931-9000.

EFFICIENT CARE TRAINING CENTER

Home Health Aid Training
EKG & Phlebotomy
CNA Courses
Your Future Starts NOW!



Every course you need to be certified is offered daily

- Home Health Aid
- EKG & Phlebotomy
- CNA Course
- Day and Evening Courses
- Experienced instructors
- Job assistance provided



54-06 Myrtle Avenue, 2nd Fl.
Ridgewood, NY 11385
718-307-7141



EFFICIENT CARE TRAINING CENTER

Su Futuro Empieza
AHORA!

Cada curso tiene que necesitas para estar certificado se ofrece diario.

- Asistente de Salud domiciliaria
- Electrocardiogram y flebotomia
- Auxiliar de Enfermeria
- Cursos de Dia y de Noche
- Instructores con experiencia
- Assistimos en buscar trabajo



54-06 Myrtle Avenue, 2nd Fl.
Ridgewood, NY 11385
718-307-7141



By the people, for the people

She films community board meeting for seniors

BY JULIANNE CUBA

Finally — a community board meeting you can watch over and over again!

The excitement never has to end now that Gravesender Clare Kopelakis is filming Community Board 15 meetings and putting them online for locals who cannot make it to the monthly gatherings. The citizen journalist felt pressed into service because the board's Manhattan Beach meetings are so far from her Gravesend home — now she hopes to inject some fresh blood into the group by availing a wider audience to its very existence, she said.

"I don't think half of the people in my immediate neighborhood even know it exists," said Kopelakis, a self-avowed avid reader of this paper. "I want to see more people involved in Community Board 15. It's very narrow opinions there. It's not a wide cast of characters. My neighbors don't even know about it."

The board holds meetings



Photo by Louise Wateridge

CITIZEN JOURNALIST: Gravesend resident Clare Kopelakis films Community Board 15 meetings to get people interested in local goings-on.

at Kingsborough Community College, but that's too far for many Gravesenders, Kopelakis said. Getting to that bastion of democracy, nestled on the eastern tip of Manhattan Beach, is a roughly 20-minute drive for residents living in more central parts of the

district — and by the time the meetings end, many older folks already need to be in their pajamas, Kopelakis said.

"My issue is with getting there at 7 pm — you usually catch me in my feety pajamas watching TV. I'm not a night person, and a lot of elderly people are not," the 60-year-old Kopelakis said.

For the people, Kopelakis recently captured videos of board members' reports and of Councilman Chaim Deutsch (D-Sheepshead Bay) talking about pressing issues such as area roads' disrepair and an unpopular mayoral plan to re-zone portions of the neighborhood. She posted the video on Facebook for her friends to watch, and it has gotten more than 200 views so far, she said.

One viewer has lived in Sheepshead Bay for 10 years but had no idea she was even allowed at the meetings.

"I didn't really know that it was possible," said Lori Birnbaum, who connected with



Photo by Louise Wateridge

ALWAYS ROLLING: Kopelakis travels from her Gravesend home to Kingsborough Community College on the tip of Manhattan Beach to film Community Board 15 meetings for people who can't make the trek.

Kopelakis on Facebook. "I assumed that it was for politicians."

But the civic shindigs are open to all, and holding the meetings at Kingsborough is just a cost-saving measure, Scavo said.

"Kingsborough Community College, out of the goodness of their heart, gives us that room," said Scavo, also a Gravesend resident. "If we

had to go to different locations, where would we go? If you had to rent out a public school, you would have to pay for that."

Kopelakis plans to keep filming the meetings when she can make it, but she hopes the board will begin rolling its own cameras and posting footage online.

"I would love to see it put on YouTube," she said.



AdvantageCare Physicians welcomes

DR. DAPHNE SACK-RIVER

to its Bay Ridge Medical Office

- Board-certified Pediatrician and Certified Health Coach
- Completed pediatric training at Long Island College Hospital and Beth Israel Medical Center
- Specialty in pediatrics. Clinical focus includes well child, newborn health, development and ADHD, asthma, food allergies, growth, nutrition and obesity

To make an appointment with Dr. Sack-River, call

646-680-4227

or visit the AdvantageCare Physicians Bay Ridge office at

740 64th Street, Brooklyn, NY 11220

Monday through Thursday from 8 am - 8 pm

Friday from 8 am - 5 pm

Saturday from 9 am - 1 pm

Same day appointments and valet parking available.

Most insurance plans accepted.

acpny.com



"All children are different, and they need to be treated as individuals with compassionate care."

FREE DELIVERY

Anthony's BUTCHER & DELI

YOUR BAY RIDGE BUTCHER SHOP

Order Your Corn Beef Today!



We Carry Queen Ann Ravioli

Fresh Italian Bread

SALE

Boar's Head Chicken

\$6.99 LB.

SALE

Rump Roast

\$4.99 LB.

SALE

Swiss Cheese

\$5.99 LB.

SALE

Ham

\$7.99 LB.

Try Our Famous Grilled Angus Steak Hero!

We Sell Fresh Legs of Lamb

7324 THIRD AVENUE | BAY RIDGE (718) 748-4184

Store Hours: Monday - Friday: 8:00am - 7:00pm | Saturday: 8:00am - 6:30pm | Sunday: 8:00am - 4:00pm

Attention

LANDLORDS

Are Your Tenants Creating A Nuisance? • Do They Owe You Rent? Need Them Evicted? • Commercial & Residential

OVER 35 YEARS EXPERIENCE

For A FREE Consultation, Call 718-788-5052

HAGAN, COURY & Associates
908 4th Ave. • Brooklyn



(718) 354-3834

*Mention this ad when you place your order and receive an additional 3¢ off per gallon

Refer a new customer to us and take an additional 3¢ off per gallon on your next order

PAY C.O.D. PRICES & SAVE!!*

Prompt Delivery • Easy Online Ordering
Metered Delivery • Premium Heating Oil

www.CODOIL.com

*Cannot combine with any other offers.

Lic. #74-1810078



WHAT TO DO

WHERE TO GO **24** SEAS

ARTS ■ DINING ■ MOVIES



Brooklyn's Premier Entertainment Guide

LESTER'S

CLOTHING | SHOES | ACCESSORIES

BROOKLYN WAREHOUSE OUTLET

JUST ARRIVED
A HUGE NEW SELECTION

60-85% OFF

The Most Wanted Styles of Clothing, Footwear & Accessories From The Most Wanted Brands

CONTEMPORARY | JUNIORS | YOUNG MEN | KIDS | INFANTS | BABY

OPEN SEVEN DAYS A WEEK

1106 AVE U, BROOKLYN 718-375-7337 x16

JOHN J. HEALEY FUNERAL HOME

"Serving Brooklyn Since 1904"



- Affordable Costs
- Newly Renovated Facilities
- Ample Parking
- Personalized Attention
- Fully Handicapped Accessible
- New Showroom
- Exceptional Quality & Care

2005 West 6th Street
718-743-1388

Visit us at: www.JohnJHealey.com
Manager: John LaGreca

John J. Healey Funeral Home is owned by Service Corporation International
1929 Allen Parkway, Houston Tx. 77019 713-522-5141

RESILIENCY

Continued from cover

for storm resiliency in March 2014. But locals have seen bupkis in the two years since, an area leader said.

"All of this money, we have not seen anything proceed," said Community Board 15 chairwoman Theresa Scavo, who also sat on the state-impaneled committee that dreamed up the street-scaping. "We specifically allocated funding for plantings. It should be a no-brainer — go out on Emmons Avenue and do the planting — but we have not seen anything done."

Citizens created the plan — which includes planters called "bioswales" that feature water-hungry plants and additional sewer drains — and the state signed off on it, but the city's Department of Environmental protection put the kibosh on the project because it is too small — and now the story is on indefinite hold, a state representative said.

"As it stands now, the funds allotted to it in the planning process, it would fund 12 bioswales, and it wouldn't have an effective impact," the regional head of the Governor's office's New York Rising program Chelsea Muller told this paper.



Photo by Jordan Rathkopf

BUILD THE PLANTERS ALREADY! Community Board 15 Chairwoman Theresa Scavo points to where the community would like to see a bioswale — a combination planter and storm water drain — on Emmons Avenue.

The news really riled Scavo, who found out the project was on hold after a reporter from this paper called seeking additional comment.

"Unbelievable, absolutely unbelievable," she said. "The amount of time that we put into this committee — and this is what we get out of it? There were professionals at the meetings that stated it would be a great idea. Pathetic."



MASTER BLASTER: The owners of 1029 Brighton Beach Ave., home of the Master Theater, and members of Community Board 13 traded jabs at a board meeting on Feb. 24 over the theater's plans to legalize a food market on its first floor.

Photo by Jordan Rathkopf

BAZAAR

Continued from cover

request for a city variance letting the grocery store operate despite the zoning quirk.

Makhnin suggested the board table the ask until tenants finish upgrading a fire-sprinkler system covering the upstairs theater and a ground-floor lobby the venue shares with Gourmanoff.

Bronstein contends that Makhnin is obstructing the process because the business improvement district's president owns an adjacent building that houses a competing supermarket. But Makhnin denied political motivation and said she is only interested in making the building safe.

"I don't have any objections to any business or any landlord — the only

objection I have is I believe crucial violations and issues such as fire safety should be cleared before any application with the city is cleared," Makhnin said.

Bronstein is upgrading the building's fire system "above and beyond" what law requires, he said. But Fire Department inspectors would not approve the new system during a December inspection — and that's cause enough to wait, Makhnin said.

The board ultimately voted on the proposal, but members didn't render enough affirmative votes, so the motion died, according to officials from Borough President Adams's office that the board had to call in to officiate the contentious tally.

Bronstein's attorney can still ask the city for the variance — but without a letter of approval from the board, the lawyer said.

At our small charter high school,
We're focused on preparing our scholars
for success in college, career & beyond.

That means focusing on **college and career** from day one, creating **customized academic success plans** for each student, rigorous instruction and providing support for all **English Language Learners** and **students with IEPs**.

In our supportive environment, we know students can't success without parent support, and it shows: our **family approval rating is at 93%**.



New Visions Charter
High School for Advanced
Math & Science III

3000 Avenue X, Brooklyn, NY 11235



APPLY
ONLINE

www.newvisions.org/AMS3



ATTEND AN
OPEN HOUSE

March 19th, 11 am – 2pm

Check Engine Light On?

Winterize Your Vehicle
FREE Diagnostic
Towing Available
Extended Warranties Welcome
4x4 Specialist



Fleet
Accounts
Welcome

12 MONTH WARRANTY
UNLIMITED MILES ON
TRANSMISSION REBUILT

Excludes Commercial & TLC Vehicles • Expires 12/31/16
CANNOT BE COMBINED WITH ANY OTHER OFFERS

SAL'S TRANSMISSIONS
Quality & Honesty

2092 Stillwell Ave., Brooklyn, NY • 718-714-4117

www.salstrans.com

FACTORY EYEGLASS OUTLET

"SPRING into Spring with a new look."
At these prices you can!

ALL PACKAGES

FRAME WITH LENSES STARTING AT...

SINGLE VISION	BIFOCAL
\$59⁹⁵	\$89⁹⁵

PROGRESSIVE No-Line Multi-Focal	VarILUX[®] & Kodak LENS PROGRESSIVE
---	---

\$109⁹⁵	\$199⁹⁵
---------------------------	---------------------------

HUNDREDS OF FRAMES ON DISPLAY
AT THESE PRICES.



\$20 OFF ON EVERY \$100 YOU SPEND
Spend \$200 - get \$40 off,
Spend \$300 - get \$60 off, Spend \$400 - get \$80 off.

Offer Ends: 4/30/16 cng(5) COUPON MUST BE PRESENTED AT THE TIME OF PURCHASE. ALL PURCHASES MUST BE MADE FOR THE SAME PERSON, AND RX. DOLLAR AMOUNTS WILL NOT BE ROUNDED. DISCOUNT IS CALCULATED BY TOTALING ALL PURCHASES, BEFORE APPLICABLE TAXES. MAY NOT BE COMBINED WITH OTHER COUPONS/PROMOTIONS, OR INSURANCE AND THIRD PARTY PLANS. NOT VALID FOR EYE EXAMS, AND CONTACT LENSES.

Marine Park 3040 Nostrand Ave ♦ Between Ave. P & Quentin Rd. ♦ 718-258-0517

Eye Exams available with our Independent Doctor of Optometry - Call for an appointment.

Bensonhurst 210 Kings Highway ♦ Corner of West 10th Street ♦ 718-946-0440

We Accept &



Visit [Facebook.com/Factory.Eyeglass.page](https://www.facebook.com/Factory.Eyeglass.page) or
www.FactoryEyeglass.com for additional locations, pricing, directions and Rx limitations.



Coney fetes black history

BY DENNIS LYNCH

Coney Island's white sands are full of black history.

Locals celebrated African- and Caribbean-Americans' contributions to the neighborhood with song, poetry, and awards during a Black History Month party at Liberation Diploma Plus High School on Feb. 23. One of the sea-side do-gooders honored said he could not have been more proud to receive a proclamation from organizer Councilman Mark Treyger (D-Coney Island) recognizing his work in the neighborhood.

"It's a great feeling to be

honored," said Keith Suber of the Suber Foundation, which provides free "pre-apprenticeship" construction industry training to troubled youth and recently released convicts. "Overall, the whole night was really entertaining too, there was a lot of spirit going around.

The councilman also presented local activist and Community Board 13 member Queenie Huling with an award for campaigning to open a local medical center quickly after Hurricane Sandy shuttered it in 2012.

Students from area schools including PS 188 and IS 303 read poems by Maya Angelou, Tupac Shakur, and Langston Hughes. Other student groups sang black history-themed songs. Young members of local community groups including Coney Island Generation Gap and Coney Island Youth Alive also performed skits and musical numbers, and a Coney rap duo also performed.

Students from PS 90 sang the classic civil rights protest song "We Shall Overcome" along with "A Song of Peace," and "America the Beautiful."



HE'S FOR THE KIDS: (Above) Councilman Mark Treyger honored Keith Suber for his work providing Coney Island's youth job-training. (Left) Local rappers Reaper The Genius and Lendos Beatz performed.

Photos by Georgine Benvenuto

It was the chorus' first public performance — and one to remember, the group's music teacher said.

"They were very excited, and I think that was very impressionable event in their minds," Phyllis Hoffman said.

How does the BROOKLYN PAPER sound?

Hear it Mondays

The Community News Group is proud to introduce **Brooklyn Paper Radio**. Join Brooklyn Paper Editor-in-Chief **Vince DiMiceli** and the New York Daily News' **Gersh Kuntzman** every Monday at 4:30 pm for an hour of talk on topics Brooklynites hold dear.

Each show, featuring in-studio guests and call-out segments, can be listened to live or played anytime at your convenience.

SPONSORED BY



JOSEPH LICHTER, D.D.S.

Brooklyn Paper RADIO

WITH



VINCE DIMICELI



GERSH KUNTZMAN

Listen every Monday at 4:30pm on BrooklynPaper.com/radio





PRIME & CHOICE
CUSTOM CUTS
FULL-SERVICE

ATLAS MEAT MARKET

WE DELIVER

387 AVENUE X, BKLYN
(347) 915-2000
OPEN EVERY DAY
10AM-7PM

**CHICKEN
THIGHS**



\$1.99
lb.

LAMB • BEEF • VEAL • POULTRY

BEEF

KEBOB MEAT



\$4.99
lb.

BEEF PATTIES



\$4.99
lb.

**CHUCK
STEAK**



\$5.79
lb.

SIRLOIN



\$6.99
lb.

POULTRY

**CHICKEN
BREAST**



\$2.59
lb.

TURKEY



\$2.59
lb.

**CORNISH
HEN**



\$2.59
lb.

DUCK



\$3.29
lb.

PORK

**BONELESS
CHOPS**



\$2.99
lb.

**BABY BACK
RIBS**



\$4.79
lb.

**GROUND
PORK**

MADE TO ORDER



\$2.99
lb.

POTROAST



\$2.99
lb.

LAMB

**CROWN
ROAST**



\$12.99
lb.

LOIN CHOP



\$6.99
lb.

**GROUND
LAMB**

MADE TO ORDER

\$2.99-6.99
lb. lb.

BREAST



\$4.99
lb.

LAMB

LEG



\$5.49
lb.

VEAL

**VEAL
CUTLETS**

MADE TO ORDER



**VEAL
CHOPS**

MADE TO ORDER



SHOULDER



\$5.99
lb.

HOUSE CALLS

SERVING BROOKLYN AND THE ENTIRE TRI-STATE AREA

SAME DAY SERVICE AVAILABLE

TOP \$ PAID FOR JUDAICA COLLECTIBLES

ANTIQUES & ESTATE BUYERS

We Pay **\$CASH\$** For

Paintings, Clocks, Watches, Estate Jewelry & Fine China, From Single Items to Entire Estates!



Military Collections Wanted
Swords, Knives, Helmets, etc.

Top \$ Paid for Antique Sterling!

- Coin & Stamp Collections
- Costume Jewelry
- Antique Furniture • Lamps
- Bronzes • Paintings • Prints
- Chinese & Japanese Artwork & Porcelain
- Sports Collectibles
- Comic Books • Old Toys • Records
- Cameras • Sterling Flatware Sets

MOVING or DOWNSIZING? CALL US!

HUMMELS & LLADROS

SEE OUR AD IN THE SUNDAY POST

516-974-6528

ASK FOR CHRISTOPHER

ANTIQUA & ESTATE BUYERS

We buy anything old. One piece or house full.

WILL TRAVEL ENTIRE TRI-STATE!

WILL TRAVEL. WE MAKE HOUSE CALLS. 173 N. WELLWOOD AVENUE, LINDENHURST, N.Y.

FREE Estimates!

Experts: Seniors in need of healthy food

BY ALLEGRA HOBBS

A whopping 77 percent of old folks in Brooklyn cannot afford the healthy food they need — and the famine is creating a crisis of chronic health conditions in the borough's wizened residents.

That was the headline figure from a forum about the growing disaster at a Bedford-Stuyvesant community center on Feb. 23, where health gurus, local leaders, and seniors gathered to discuss solutions to the catastrophe — a problem that is particularly dire in the host neighborhood, according to one expert.

"Bed-Stuy has some of the highest rates of chronic conditions in the state and in the country," said Maria Alvarez of the Brooklyn-wide Interagency Council of the Aging, who sat on the symposium hosted by Bedford-Stuyvesant Restoration Corporation and advocacy group Ageing in New York Fund. "We know people who do not eat properly have higher incidences of chronic disease."

Deaths from diabetes in the area are more than twice the citywide rates, while the 'hood ranks eighth-highest in stroke hospitalizations, according to a study from the city's Department



HELPING HAND: Activist Maria Alvarez of the Brooklyn-wide Interagency Council of the Aging wants to make sure seniors in Bedford-Stuyvesant and across the borough have access to healthy food.

Photo by Louise Wateridge

of Health — both conditions linked to poor nutrition.

Fortunately, the problem is at least partially preventable, the experts said — many low-income seniors are going without the food that could keep them healthy despite there being government programs in place to help them

Continued on page 23

1.50%

APY**

36 Month IRA CD

2.00%

APY**

60 Month IRA CD

RETIREMENT SAVINGS YOU CAN BANK ON.

- One of the safest ways to save for your retirement.
- Steady growth.
- Special 3 year and 5 year bump up options available.
- Potential tax benefits.*



multiply the good

Visit your local branch or call 1(877) 417-6547 to get started.

*Consult your tax advisor. **Annual Percentage Yields (APYs) are effective February 1, 2016 and are subject to change without notice. Minimum deposit is \$500. Offer may be withdrawn at anytime. Early withdrawal penalties may apply. Fees may reduce earnings. Other fees and restrictions may apply. Offers subject to change and early termination without prior notice at any time.





**50 YEARS OF PROVIDING STYLE,
 COMFORT & SERVICE TO HOMEBUYERS**

• Who We Are •

Baker Residential was formed 50 years ago based on a commitment to quality, excellent personalized customer service and creativity in each home design. This mindset has enabled the company to create hundreds of new home communities of great distinction and uniqueness that are home to thousands of families in New York, New Jersey, Connecticut, Pennsylvania and the Carolinas.



VISIT BAKERRESIDENTIAL.COM FOR MORE INFORMATION ON OUR ACTIVE COMMUNITIES!

**New York Eye and Ear Infirmary
 of Mount Sinai is in
 Brooklyn**

New York Eye and Ear Infirmary of Mount Sinai, nationally recognized for specialist eye, ear, nose and throat care, has three satellite Brooklyn offices providing the highest quality ophthalmologic, ear, nose and throat and plastic and reconstructive surgery services.

Bay Ridge (B) 9020 5th Avenue, 3rd Fl.
718-333-5120

Midwood (M) 1630 East 15th Street, Suite 203
718-375-6933

Williamsburg (W) 101 Broadway, Suite 201
718-384-6933

Ophthalmology

- General Ophthalmology (B,M,W)
- Diseases of the Retina (B,M,W)
- Vitreo-Retinal Surgery (B,M,W)
- Cornea and External Disease (B,M,W)
- Cataract Surgery (B,M,W)
- Pediatric Ophthalmology and Strabismus (B,M,W)
- Ocular Trauma (B,M,W)
- LASIK Consult (B,M)
- Ocular Immunology and Uveitis (M)
- Oculoplastic and Reconstructive Surgery (B,M,W)
- Glaucoma (B,M,W)

Ear-Nose-Throat

- General Otolaryngology (B,M)
- Pediatric Otolaryngology (W)
- Cancer and Non-Cancer Head and Neck Conditions (B)
- Otology (B)
- Allergy (B,W)
- Balloon Sinuplasty (W)

Plastic Surgery

- Aesthetic Plastic Surgery (B)
- Injectables, Fillers and Tattoo Removal (B)



**New York
 Eye and Ear
 Infirmary of
 Mount
 Sinai**


Learn more about
 New York Eye and Ear
 Infirmary of Mount Sinai at
www.nyee.edu

310 East 14th Street
 New York, NY 10003
212-979-4000

Please Join Us!

Lenten Mission

Sponsored by Brooklyn Deanery 1



March 8, 9, 10

7 pm

Evening Prayer
 with reflections by
Dr. Joann Heaney-Hunter
 Professor of Theology,
 St. John's University

12-18-2015 YEAR OF MERCY 11-20-2016

at Our Lady of Mount Carmel
 275 North 8th Street • Brooklyn, NY 11211

*For more information,
 please call 718-384-0223*



SUNSET PARK

99 rainbow balloons

Gather those balloons for **Vida Davis**, the birthday girl celebrated her 99th birthday on Feb. 23 with friends and staff at the **Bay Ridge Sunset Park Dialysis Center**.

Vida was born on Feb. 28, 1917 in Brooklyn, where she still lives today. At 99 she lives alone, and has the help of only two aides.

The spark-plug senior has been coming to the center for the past five years, said center social worker **Bonnie Spence Burke**.

"Vida is very strong, and has great spirit," said Bonnie. "We wanted to celebrate this birthday with her."

Vida has many hobbies, including sewing her own clothes and making jewelry. Bonnie told Standing O that Vida made the dress that she is wearing in our photograph.

The staff made sure that Vida had the biggest cake ever with loads of candles to blow out. When our photographer snapped Vida with her cake and asked her secret to longevity, she replied modestly, "It's good to be alive!" Amen to that. Standing O wishes Vida many more happy birthdays.

Bay Ridge Sunset Park Dialysis Center [140 58th St. #65 at Second Avenue in Sunset Park, (718) 567-0255].

SHEEPSHEAD BAY

Smile!

Dentist **Leonard Umanoff** is offering a day of free dentistry on April 20, providing free fillings, extractions and cleanings to the first 50 people.

Dr. Leonard Umanoff [2277 Homecrest Ave. between Avenues V and W in Sheepshead Bay, (718) 382-3444].

BOROUGH WIDE,

Sing, sing, sing

It's the third annual Brooklyn Sing on March 12. The **inter-sing competition** will pit students from **Madison High School, Midwood High School and Murrow High School** in a high-stakes sing-off to benefit the American Cancer Society. The battle begins at 6 pm at James Madison High School. Tickets are on sale now at <http://madisonhs.seatyourself.biz>

James Madison High School [3787 Bedford Ave., and Avenue P in Marine Park, (718) 758-7200].

Irish eyes are smiling brightly

GREENPOINT

Raise a glass and toast slàinte to Virginia "**Gina**" **Marie Bernadette Sheehan**, 86, who has been named as the aide to the grand marshal of this year's **St. Patrick's Day Parade**.

The octogenarian will be marching right alongside Grand Marshall **George Mitchell** on grand Fifth Avenue on March 17.

The Greenpoint daughter is a graduate of **St. Anthony of Padua School** and **St. Joseph's High School**. She worked at **Western Electric** for 33 years and later retired from **Lucent Technologies**. She is well known throughout her neighborhood for her volunteer and charity work at many organizations, including the **Ladies Ancient Order of Hibernian** and **St. Vincent de Paul Society**.



"Gina's love of Ireland has been a constant throughout her life, and a gift she's shared with her many family members," said **Neil Sheehan**, also of Greenpoint, one of her 36 nieces, nephews, great-nieces and great-nephews, and great-grand-nieces and great-grand-nephews.

Neil said Gina has helped put together Irish history displays at local banks and libraries, and loves to take part in Irish lectures and walking tours. She's made several trips to Ireland and served as a volunteer for many years at the Great Irish Fair in Brooklyn. She is one of the original volunteers at the New York Irish Immigration Center, and also belongs to the Knights of Columbus, Don Bosco Counsel, and the American Legion's St. Stan's Post in Greenpoint. In addition, Gina maintains her membership with the Telephone Pioneers, a group of telephone retirees who do charity work.

Standing O says, "May the road rise up to meet you, and may the sun shine warm upon your face, Gina."

BOROUGH WIDE

Answering the call

Hats off and welcome to **Lauren Profeta** for being named director of development at the **New York Police and Fire Widows' and Children's Benefit Fund**. Lauren has served as associate director of development for the past three years and will be



THE GREEN TEAM: From left, Ralph D'Onofrio, VP of advertising at Community News Group; Jack P. Calareso, president of St. Joseph's College; Christopher Carroll, Esq. Board Secretary; board members Sister Helen Kearney and Sister Kathleen McKinney; Shantey Hill, athletics; board member Sister Angela Gannon; and Jay Pelc, account executive at Community News Group, celebrate the green certification.

Photo by Louise Wateridge

Green building gets the gold

CLINTON HILL

Green thumbs up for the Hill Center at St. Joseph's College.

President **Jack P. Calareso** let Standing O know the eco-friendly athletic facility was awarded a prestigious **LEED Gold Certification**. The **Green Building Certification** is the gold standard for the U.S. Green Building Council rating for buildings, homes, and communities designed, constructed, maintained, and operated for improved environmental and human health performance.

The dedication ceremony was held at the campus on Feb. 25, with members of the board, Community News Group's advertising veep **Ralph D'Onofrio** and account executive **Jay Pelc** in attendance.

"We are delighted that the Hill

Center is **LEED-certified to the gold level**," said Dr. Calareso. "From the drafting of the initial plans, we sought to ensure that the Hill Center would have as minimal of an environmental impact as possible; the recognition confirms our success in accomplishing that goal, and serves as an example of our commitment to sustainability as an institution."

The Hill Center is the first new building constructed at the college since 1965. It has conference rooms, a cardio-weight training center, a dance studio, an outdoor terrace, a sports medicine suite, and a regulation basketball and volleyball court.

Here's a well-earned shout-out to the Hill Center and St. Joseph's!

St. Joseph's College [222 Clinton Ave. in Clinton Hill, (718) 636-6240].

a great team player in her new post, said Answer the Call President **Philip Moyles, Jr.**

"We couldn't be more excited for Lauren's new role here at our organization," he said. "Since joining us three years ago, she has been a great asset to our board, staff, and most importantly, the families we serve."

The Brooklyn daughter is the sister of three New York City first responders and will help lead efforts of Answer the Call,



which provides assistance to the families of fallen police officers and firefighters.

"I am proud to be part of this wonderful organization and remain committed to helping the families of our fallen heroes," said Lauren, who will be responsible for coordinating fund-raising efforts, and managing day-to-day functions relating to staff, the board of directors, and the beneficiary families. She will continue to serve as the main liaison with the FDNY, NYPD, and Port Authority.

Standing O says, "Serve long and prosper."

New York Police and Fire Widows' and Children's Benefit Fund [156 W. 56th St. in Manhattan, (646) 731-9630].

FEATURED LISTINGS



Bed-Stuy

Custom Built 3 Family Brick, 7 Over 7 Over 6 Feat: 4/4/3 Bdrms, Mod Kits & Baths, 3 Rm Fin Bsmt. New Boiler, New Roof, Largest 3 Fam in Bed Stuy! Priced to Sell.
Kings View Realty
718-692-4020



Gerritsen Beach

3 Bdrm Detached Duplex, LR, DR, Den, Finished Bsmt, Detached Garage, Private Drive, Front Yard. PL1551
Tracey Real Estate
718-376-4994



Kensington

Beautifully renovated co-op studio, desirable neighborhood, refin. HW floors, new kit., Corian counters, SS appliances, new bathroom, convenient to all. Move right in!
DiTommaso RE
Patricia Beniquez
718-954-0247



Mill Basin

SD 2 Family House in the Middle of Mill Basin, 3BR over 3 w/ Fin Bsmt & Sep Entr. Shared Drvwy & Prvt Parking for 2 Cars. Priced to Sell. Call for Appt.
Kings View Realty
718-692-4020

Here's a dazzling duplex in Canarsie

Now is your chance to own a home in the center of it all

TRACEY REAL ESTATE

Our House of the Week is one of the largest one-family homes in Canarsie — a residential and commercial neighborhood in southeast Brooklyn bathed in gentle breezes from nearby Jamaica Bay, and framed by houses on leafy streets with meticulously tended gardens.

The area is named for the Canarsie Indians, its first inhabitants, but early settlers were quick to tap its real estate value. The home of Dutchman Peter Claesen Wyckoff — Canarsie's first European settler — still stands today at the corner of Clarendon Road and Ralph Avenue.

Modern-day homeowners continue to seek out the region's attractive properties, and our "oversized" House of the Week — a semi-detached duplex located on a quiet block and listed at \$599,000 — possesses enough



TRACEY REAL ESTATE

Our semi-detached duplex is located on a quiet block, and possesses enough unique appeal to tempt the savvy buyer and investor.

unique appeal to tempt the savvy buyer and investor:

- Three bedrooms larger than the average master bedroom.
- Two bedrooms can easily accommodate a king-sized bed.
- Large living room with bow window.

• Eat-in kitchen with sliders opening onto a metal deck.

- Wooden cabinetry.
- Lower level contains a huge room with high ceilings and sliders leading onto a large back yard.
- Oversized, built-in garage

with interior access from the house.

- Private driveway.
- Central air conditioning.
- New windows and siding.
- New hot-water heater.

Our featured property is accessible to shopping and public transportation — and a nature wonderland! — making our Home of the Week a desirable property.

Gateway Center shopping mall, the Flatlands Avenue commercial corridor, and the Belt Parkway are minutes away, and the L train is within walking distance. Paerdegat Basin on the west, Jamaica Bay on the southeast, and Fresh Creek Basin on the east provide abundant wildlife-viewing opportunities. Canarsie Beach Park features ball fields, basketball courts, cricket fields, skate parks, and dog-friendly areas.

For more information call Tracey Real Estate at (718) 376-4994.

REAL ESTATE PROFESSIONALS



BOB TRACEY

Licensed RE Broker
Office: Marine Park
3619 Ave S, Brooklyn, NY 11234
Office: (718) 376-4994
Fax: (718) 998-4922
Email: traceyrel@aol.com



JOHN TURIS

Licensed RE Broker
Office: Marine Park
4713 Ave N, Brooklyn, NY 11234
Office: (718) 692-4020
Fax: (718) 252-1922
Email: jturisent@aol.com



ANTHONY NASTI

Licensed RE Broker
Office: Sheepshead Bay
3041 Ave. U, Suite 3, Brooklyn, NY 11229
Office: (718) 646-3600
Fax: (718) 646-7939
Email: anthonymasti@yahoo.com



MICHAEL FRAULO

Licensed RE Broker
Office: Marine Park
2934 Ave R, Brooklyn, NY 11229
Office: (718) 504-6442
Cell: (347) 739-0407
Fax: (718) 238-6080
Email: mfraulo1@aol.com



JEAN-PAUL HO

Licensed RE Broker
Office: Downtown Brooklyn
389 Atlantic Ave, Brooklyn, NY 11217
Office: (718) 875-8899
Fax: (718) 875-8895
Email: jphore8888@aol.com

BROOKLYN REAL ESTATE

To have your business profile featured in the Real Estate Professionals, call 718-260-2555



classified@cnglocal.com
718-260-2555
www.brooklyndaily.com



BEN BAY REALTY CO.
2934 AVE R. BK, 11229
718-504-6442

- SHEEPSHEAD BAY:** 5 Rms, 2 BR, Modern Apt:..... \$1,500
- BELLE HARBOR:** 3 Rms, 1 BR, Tile throughout:.....\$1,350
- SHEEPSHEAD BAY:** 1 Studio, Walk In, Pvt Entr:.....\$1,050
- BERGEN BEACH:** 3 Rms, 1 BR, Lots of Closets:..... \$1,300
- MARINE PARK:** 4 Rms, 2 BR, Across Park:.....\$1,750
- BENSONHURST:** 4 Rms, 2 BR, New Ren:.....\$1,600
- SHEEPSHEAD BAY:** 3 Rms, 1 BR Parking/Bkyd:.....\$1,450
- BENSONHURST:** 4 Rms, 2 BR, Renovated:..... \$1,650
- MARINE PARK:** 3 BR, 6 Rms, Newly Reno:.....\$2,500
- BERGEN BEACH:** Walk in, 3 BR, 1 BR, Modern:.....\$1,300
- BENSONHURST:** 6 Rms, 3 BR, Modern:\$2,000
- MILL BASIN:** 6 Rms, 3 BR, Parking space extra:.....\$2,100
- DYKER PARK:** 6 Rms, 3 BR, New Reno.....\$2,200

**FREE APPRAISAL OF YOUR HOME,
 CALL US TODAY! NO OBLIGATION.**

**MANY MORE APARTMENTS AVAILABLE!
 ATTENTION LANDLORDS:
 Wanted: 1, 2 & 3 Bdrm Apartments**



**BED-STUY
 OPEN HOUSE
 SUN. 3/06, 1-4PM
 561 QUINCY STREET
 (Marcus Garvey & Lewis Ave.)**
 Custom Built 3 Family Brick,
 7 Over 7 Over 6 Feat:
 4/4/3 Bdrms, Mod Kits &
 Baths, 3 Rm Fin Bsmt,
 New Boiler, New Roof,
 Largest 3 Fam in Bed Stuy!
Priced to Sell.
Agents on Premises

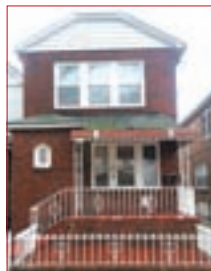
HOUSES FOR SALE



MILL BASIN
 Semi-det 2 family house in the middle of Mill Basin. 3 BR over 3 w/fin bsmt & sep entr. Shared drvwy and prvt prking for 2 cars.
**Priced to Sell
 Call for Appt.**



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



FLATBUSH
 East 40s & Foster Fully Det. 1 Family Brick, 7 Room Duplex
 Feat: 3 Lrg Bdrms, New Mod EIK, 2.5 Bths, New Parquet Flooring, 3 Rm Full Fin Bsmt, Drvwy & 1 Car Det. Garage. Mint Cond.
Only \$479,000



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

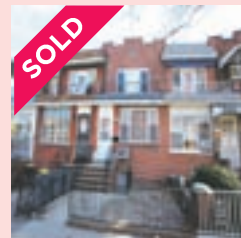


**4713 Ave N, Brooklyn
 718-692-4020**

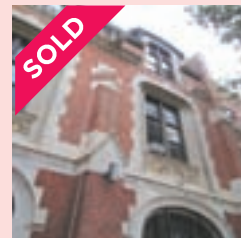
RECENTLY SOLD



Brighton Beach
 Legal 3 Fam. brick face home. 5 rms / 6 rms/ 6 rooms. Total of 8 BR and 4 Bths, legal 2nd flr back deck/patio, new heating system, win, roof is 5 y.o., updated plumbing & electric, built-in A/ Cs, custom kitch. w/ s.s. appls, custom closets, new bath w/ Bidet, shared drive. \$800,000
 718-621-1446
Pullini Realty & Development



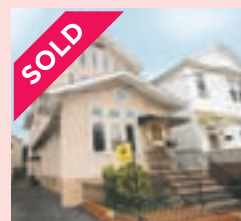
Dyker Heights
 1 fam. brick beauty. 3 bedroom duplex over full basement. 1 Full bathroom. 1st flr enclosed porch, LR, FDR, & EIK. 2nd flr has 3 nice sized bedrooms, 1 full bathroom. Community driveway in back w/ 1 car garage. Steps to 86th St shopping and public transportation. \$758,000
 718-680-6442
Ben Bay Realty Company



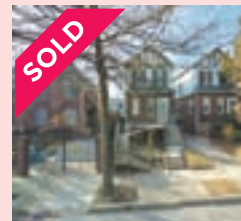
Fort Greene
 600 square foot condo 1 bedroom, 1 bath. Building has doorman, elevator, patio and garden. Gated entry. Near transportation. \$500,000
 718-483-5522
EXIT Realty Today



Gravesend
 Semi-attached single family brick. 2 bedroom, 2 bath. 2 blocks from train, shopping & school. Property can be use as a duplex single family, or 2 simplex apartments as 2 family. Front and rear yards, parking space for one car. \$670,000
 718-921-0500
HOUSE-N-KEY



Gravesend
 Detached, completely rebuilt at 1996 and legally extended huge, over 3,000 SF 1 Family House. 5 big BR, 5 Italian tile bths + full fin. bsmt. Solid maple kitchen w/ energy efficient appliances. Vaulted ceiling, Andersen win, central air. Tankless water heater-hot water on demand. Tons of storage. House is fully insulated. \$890,000
 718-376-0606
Wilk R.E.



Manhattan Beach
 Bright and Spacious Brick, 1 Family det. 4 bedroom duplex. LR, DR, EIK. Side entrance to newly fin. bsmt, high ceiling & side entrance, & bathroom. 30 x 100 lot. Drive way, garage. 4 Blocks to trains, very close to the beach, shopping. \$999,000
 917-992-7239
Superior Realty



Have your
RECENTLY SOLD
 listings featured in our
 next issue.

Please call 718-260-2555

Make your **HOT** listing part of our Featured Listings section

CALL **718-260-2555** OR EMAIL **CLASSIFIED@CNGLOCAL.COM**



WINDSOR TERRACE OPEN HOUSE SAT. 3/5, 1-3PM
 610 17th Street
 Legal 3 Fam, 2 BR over 2 BR over Walk-In, Lg Rear Yd, Walk to F Train... LG 1549



MARINE PARK OPEN HOUSE SUN. 3/6, 1-3PM
 1875 Ryder Street
 1 fam. det. 3 BR duplex, EIK with breakfast nook, 3 baths, full finished basement, shared drive.PL1544



GERRITSEN BEACH OPEN HOUSE SUN. 3/6, 1-3PM
 41 Gotham Ave.
 3 Bdr Det Dup., LR, DR, Den, Fin. Bsmt, Detached Garage, Private Drive, Front Yard.PL1551

MARINE PARK: Marine Parkway Det. 3 BR, 2 Bth dup., lg full bsmt, pvt drv rear gar, hdwd flrs, new roof, and flrs just refin.PL1533

STATEN ISLAND: 3 BR SD. Frame Dup in Annadale, 4 Bths, Full Fin Bsmt, Pvt Drv, Deck. "L" shaped property.RG1563

BERGEN BEACH: No Expense Spared! 2 Family Att. Brick Top Flr: 3 BR/3 BR Rev. Dplx, Hdwd flrs, fplc, lg LR, DR, full EIK, top of the line applis, rear yd, patio, private dv, garage.PL1564

SHEEPSHEAD BAY: Brigham Park! Nice 2 Bdr Apt in an attractive and financially secure co-op. Nr shpng and trans, rec rm and fitness ctr loc. on property. 24 Hr Security.RW1529

OLD MILL BASIN: 1st Flr - 2 BR Apt. MIC!! Lg LR, New Kit., Bth. Won't Last!PL1518

GERRITSEN BEACH: Nice 1 BR Apt, Large LR, Kit., Lots of closets, hookups for washer and dryer.PL1486

GERRITSEN BEACH: 3 BR Det. Duplex on Double Lot! LR, EIK, beaut side yd, 1 car gar, pvt drv, full bsmt.PL1559

FLATBUSH: Top Flr! Views of All! 1 BR, Lg LR, Kit, Full Bth, DR - 24 Hr Drman.PL1511

SHEEPSHEAD BAY: 2 Fam Att. Brk Dup, 2 BR, Full Bth over 3 BR, Kit., 1 1/4 bths, utility rm, courtyd, gar.PL1550

GERRITSEN BEACH: 3 BR, 1.5 Bth Det. dup., New H.W. Htr/Furn, new flooring, Walk-in Closet in MBR, plenty of closets thruout home, freshly painted.PM1552

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

REAL ESTATE CLASSIFIEDS

To place your AD call 718-260-2555

REAL ESTATE NOTICES

PUBLISHER'S NOTICE

All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination because of race, color, religion, sex, handicap, familial status, sexual orientation or national origin, or intention to make any such preference, limitation or discrimination." We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.



BROOKLYN APT UNFURNISHED

BENSONHURST: 3rms \$975, 4rms \$1500 6rms \$1700 Agent 917-805-8324

BENSONHURST, Brand new 2 bedrm apt, near all. Owner 917-365-0193

BENSONHURST: Modern elevator apt building. Near Transportation & Shopping. 1 Fare Zone. 4 Rm Apt. CALL: 718-449-8930 or 347-837-4785

Bergen Beach, By Owner Lrg 3 bedrm apt, balcony, eat-in kitchen, move-in condition, attic storage, credit check, non-smoking, \$1950/mo. 718-531-6878

BROOKLYN APT UNFURNISHED

BENSONHURST Ultra-modern 2 bedroom. Stainless steel applis, Granite countertops. New kitch/ bath. Parquet flrs, Laundry in bsmt. No pets.

\$1650 By Owner: 917-921-6574

Bergen Beach/Georgetown: Renovated 1, 2 & 3 Bedrooms. AGENT: 917-676-7644

East New York- Walk in 3 bedrm apt, LR, DR, EIK, Full bath, includes heat & parking. Back porch, hardwood floors. **Welcome Home Realty** 718-513-0240

BROOKLYN APT UNFURNISHED

Brooklyn All Areas
 Shares \$750-\$850,
 Studios \$900-\$1100
 1 br Coney Island
 \$1100 All incl
 3 br \$1800-\$2000
 Broker 718-996-8938

BROOKLYN APT UNFURNISHED

EAST FLATBUSH
 Beautiful 3 Bedrm Apt
 Free Electricity & Gas
 Included. Credit Check/
 References Required.
 Near Buses. Non-Smoking.
 \$2400/month
Call REALTY SVCS
646-600-2981

BROOKLYN APT UNFURNISHED

Flatlands/ Kings H'way,
 Large one bedrm plus
 small 2nd bonus rm, hdwd
 flrs, Living rm, dinette,
 Kitchen, walk in. \$1575
Welcome Home Realty
 718-513-0240

MANHATTAN BCH
 Spacious 2 BR apt, 2nd flr,
 prvt ent, new eat-in kitchen
 w/ new appliances, new
 windows, parquet flrs, large
 LR/DR, full bathrm, conven
 location. \$2300/Month
COLDWELL BANKER
LABARCA R.E.
 718-258-1222

MANHATTAN BEACH
 Large 2 BR House,
 finished basement, fire-
 place, fully air condi-
 tioned, patio & garden,
 parking, asking \$3,200.
ALSO 4.5 Room Upper
 Excellent Location
 asking \$2,000.
JON SOBEL -
BROKER 718-646-5300

Marine Park/ Flatlands
 One bedroom, 2nd floor,
 modern kitchen, living rm
 full bath! \$1400
Welcome Home Realty
 718-513-0240

Midwood- Spacious 2 bdrm
 apt on 2nd flr of bldg. LR,
 EIK, full bath. H & HW incl.
 \$1,750/mo. Century 21
 Homefront, 718-252-6060

BROOKLYN APT UNFURNISHED

MARINE PARK
Hendrickson
& Fillmore
 2 BR, H.W.F, Porch.
\$1,700/mo.
Patti @ Fillmore
RE:718-258-5616

Marine Park- Near Ave U
 Newly renovated 3 bdrm
 apt, 2nd fl of prvt house.
 New kit w/quartz counter &
 full marble bathrm. Good
 closet space. Skylights.
 Hdwd flrs. H & HW incl. No
 pets. Non-smoking. \$2,100
 Century 21 Homefront,
 718-252-6060

MILL BASIN
Mill Ave & Ave U
 2 BR, New Kit & Bath,
 H.W.F. Porch, Drwry.
\$1,700/mo. (Gas Incl.)
Patti @ Fillmore
RE:718-258-5616

Mill Basin (Prime), 3 bdrms
 1.5 baths, terrace, renovat-
 ed, small pet OK. \$1850.
Broker 917-342-4475

Mill Basin (Prime), 3 rms,
 all modern, heat & hot
 water included. \$1100.
Broker 917-459-5780

BROOKLYN APT UNFURNISHED

OLD MILL BASIN: 3 bed-
 rooms. 1.5 bath, 2 balcon-
 ies. Fresh paint. Updated
 kitch. \$2100 neg. heat incl.
 No pets. Credit check.
 Owner 917-418-8678

Prospect-Lefferts Gardens
 Spacious 1st fl 1 bdrm apt.
 H & W included. Walk to
 2/5 trains, SUNY Down-
 state & Kings County Hosp
 \$1,300/mo. Century 21
 Homefront, 718-252-6060

Sheepshead Bay- Huge 2BR
 apt on 1st fl of prvt house.
 LR, DR, EIK w/dw, den, full
 bath w/sep shower. Many
 closets, parquet flrs & high
 ceilings. H & HW incl.
 \$1,750/mo. Century 21
 Homefront, 718-252-6060

Sheepshead Bay- Spacious
 3 bdrm apt on 2nd fl. of
 prvt house. Kitchen, dining
 area, full bath. No pets.
 Tenant pay H. G. E.
 \$2000/mo. Century 21
 Homefront, 718-252-6060

Sheepshead Bay
East 18th & Ave U
 2 Bedroom,
 Renovated.
\$1,500/mo. (+ Heat)
Patti @ Fillmore
RE:718-258-5616

BROOKLYN APTS UNFURNISHED



8416 3rd Avenue
RESIDENTIAL DEPARTMENT
Bay Ridge/Dyker Heights

Studios.....2 rooms.....\$900 + up
3 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!!!

BROOKLYN APT UNFURNISHED

Sheepshead Bay
East 22ND & Ave Y
6 Rooms, 2 BR,
Renovated, H.W.F.
\$1,800/mo.
Patti @ Fillmore
RE:718-258-5616

BROOKLYN APT. FURNISHED

SHEEPSHEAD BAY:
Large Studio Apt.
Gas, Electric, Cable, Air
Conditioning Included.
NO: Smoking or Pets.
CALL: 718-934-6772

BROOKLYN APT. WANTED

LANDLORDS!
APARTMENTS NEEDED AT NO CHARGE TO YOU
East Flatbush • Canarsie
Midwood • Old Mill Basin
Marine Park
WE DO FULL TENANT SCREENINGS
Apartments Available
3 BR.....\$1,800 & up
2 BR.....\$1,600 & up
1 BR.....\$1,200 & up
HOW TO SELL REALTY
718-942-5133
718-377-3795

BROOKLYN APT. TO SHARE

Rents too high?
Why not share?
-Bensonhurst \$750-\$800
all inc.
- Sheepshead Bay
750-\$800 all inc
-Gravesend unfurnished rm
\$800 all inc.
Broker 718-996-8938/
718-998-4368

BROOKLYN HOUSE RENTAL

CONY ISLAND (Neptune Ave/West 22ND St.): Fully Furnished Private House. 2 Floors, 4 Bdrm/2 Full Bath, LR/DR, EIK, Huge Backyard & 2 Parking Spaces. \$2,650/mo. OWNER: 917-805-4001

FLATBUSH (Ave L/ East 35TH St.): 2 Floors, 4 Bedrooms, Full Bathroom, Large LR, DR, EIK, Backyard with Garage. \$2,900/mo. CALL/TEXT OWNER: 917-805-4001

BROOKLYN ROOM FURNISHED

All Local Areas
Pvt Entry, Bath, Cooking
1 Person \$125/wk/ up
2 Person \$150/wk/ up
Studios \$90/mo/ up
AGENT
212-697-3598
LANDLORDS:
List your rental FREE

BROOKLYN CO-OP FOR SALE

SHEEPSHEAD BAY
2212 BRIGHAM ST.
#4H
Front, Spacious 1 Bedrm
Sunny Co-op, 820 sq ft,
Move-in Condition, Closets
Galore, Make This Your
Home! Make Offers.
\$137,900
SUSAN N. 718-646-3600



BROOKLYN HOUSE FOR SALE

BAY RIDGE - 74TH ST
Fabulous 2 family home for sale, newly renovated, all original details, 6 bedrms, 3 full baths, semi-fin bsmt, 20x55 & 20x148.5. \$1.650 mil. For viewing, call
Angelica 718-490-5971
14 Apollo Real Estate

BROOKLYN HOUSE FOR SALE

Mark Geller
Broker Owner
Reliable Sale
& Buy Realty
1727 W 8th St.
2266 E. 15 St.
917.588.0099
MARINE PARK: 1 Fam
.....Ask \$499K
MADISON: 2 Units, Huge
.....Ask \$899K
OCEAN PARKWAY/MIDWOOD:
1 Fam.....Ask \$1.1M!
OLD MILL BASIN: 3 Units, Brk,
Split Level, Pkng, Huge, Ask \$649K
1 Fam. Must See.....Only \$379K

BROOKLYN HOUSE FOR SALE

OLD MILL BASIN
S/D 1 fam beauty. Lrg LR,
FDR, EIK w/S.S appls.
Hdwd flrs. 3 BR duplex w/
newly reno full bth/jacuzzi,
sep shower. Storage attic.
Reno fin bsmt w/ full bath,
laundry & exercise rms.
Rear ext entrance. Lrg
bkrd. Fully alarmed.
Prvt drive. Mid \$500's
CENTURY 21
HOMEFRONT
718-252-6060

BROOKLYN OPEN HOUSE

BAY RIDGE
OPEN HOUSE
SUN. 3/06, 12-2PM
544 74th Street
(Off 5th Ave.)
MUST SEE!
Fabulous 2 family home
for sale, newly renovated,
all original details,
6 bedrms, 3 full baths,
semi-fin bsmt, 20x55
& 20x148.5. \$1.650 mil.
For more info, call
Angelica 718-490-5971
14 Apollo Real Estate

BAYRIDGE

Sunday, March 6
12 PM - 2 PM
123 86TH St.
(Off Colonial Road)
1 Family Detach.
3 Bedroom Duplex.
Lot: 20 X 125.
Full Basement
& Garage.
ASKING:
\$1.1 Million
(Negotiable)
Hugawall Realty:
917-204-0301

BROOKLYN HOUSE FOR SALE

GERRITSEN BEACH
Ultra modern spacious All new 1 fam
det with open floor plan, 3 bdrm
duplex featuring 2 baths, yard.
ALSO
Single family with double lot on quiet
Gerritsen Beach
block. 4 bedrms, 2 baths over a
partially finished basement.
Very large yard.
Doreen Greenwood Real Estate
Licensed Real Estate Broker
718-769-4448
www.dgbrooklyn.com

BROOKLYN OPEN HOUSE

Marine Park
OPEN HOUSE
SUNDAY 3/06
12-2 PM
1574 EAST 37TH ST.
Semi-Det 1 FAM, 3 BDR
Duplex, 2 BATH, excellent
condition. Full Finished
basement. New brick
exterior, windows, doors,
boiler, roof and waterline.
Shared driveway.

WILK R.E.
Michael 917-940-2212

BROOKLYN OPEN HOUSE

Marine Park
Open House
Sun, March 6th
12:00-2:00pm
3400 Fillmore Ave
(E. 34th & Fillmore Ave.)
1 Family semi-det
corner property
6 rooms, 3 beds + fin
bsmt w/ extra 1/2 bath
private drive & garage
Asking \$559,000
George L. Clark Inc
718-266-3900

BROOKLYN OPEN HOUSE

Park Slope
OPEN HOUSE
Saturday 1pm-2pm
Sunday 1pm-2pm
150A 30th Street
Huge potential for
investors or anyone
looking to create their
perfect home. Legal two
Family house for under a
million! Located in historic
Park Slope Brooklyn.
Sitting on a 17x100 ft lot,
three story, 17 x 45 ft.
Asking \$999K
Agt. Tony 718-290-0808
tonym@bbrhomes.net

BROOKLYN HOUSE FOR SALE

BROOKLYN OPEN HOUSE

Sheepshead Bay
OPEN HOUSE
SUN. 3/06, 1-3 PM
3186 AVENUE V, #A
(Burnett St & Stuart St)
1,962 SF, 2 BDR/ 2.5 BTH
duplex Condo with bsmt.
Huge backyard. Parking
for 2 cars. Asking \$569K.
Also, 3 BDR/ 2 BATH,
1180 sf, balcony, parking.
Asking \$559K
Tax Abatement
WILK R.E.
718-376-0606

STATEN ISLAND HOUSE FOR SALE

Grasmere
Staten Island
1 family detached home,
3 BR's, 2 baths, 4 flrs
w/ fin bsmt & attic. Loc on
Park like property w/ lake
rights and many extras.
Ask. \$1,050,000
347-423-8739

VACATION HOME FOR RENT

OCEAN CITY, MARY-
LAND. Best selection of af-
fordable rentals. Full/ partial
weeks. Call for FREE
brochure. Open daily. Holi-
day Resort Services.
1-800-638-2102. Online
reservations: www.holiday-
oc.com

CATSKILLS LOTS & ACREAGE

ABANDONED CATSKILL
MOUNTAIN FARM! Farm-
houses, barns, streams,
views! 5 to 40 acres! Under
\$100K! 2 1/2 hrs NY City!
Financing avail!
888-905-8847
newyorklandandlakes.com

BUILDINGS FOR RENT

BUILDING FOR
SALE OR LEASE
1159 Flatbush Ave
Bet. Clarendon Rd. &
Vanderveer Pl.
Prime Crnr 2 Story + full
bsmt. Property 24 x 100
\$3M or \$14,000 /Month
Contact Owner:
718-346-0369

SUMMER RENTALS

Outer Banks, NC - Vacation Rentals

- Over 600 vacation homes in all price ranges!
- Kitty Hawk, Kill Devil Hills, Mags Head, & Southern Shores to Corolla's 4th area
- 2 to 16 bedrooms, most with a private pool hot tub
- Linens and towels are provided year-round

Recreate your family vacation today!

877-642-3224 . www.brindleybeach.com

FLORIDA HOUSE FOR SALE

NEW FLORIDA HOMES
FROM THE \$170s

On Top of the World

On Top of the World in Ocala is Florida's Premier Active Adult Community

- Over 250,000 sq. ft. of amenities
- 54 holes of golf on three courses and much more

Call us at 1.855.458.7447 or visit OnTopoftheWorld.com

On Top of the World Communities Inc., Ocala, Florida is a 55+ community. On Top of the World Communities reserves the right to change or withdraw any offer at any time. Prices, features and specifications are subject to change without notice. Certain conditions may apply. Not where prohibited by law. NY Registration #95-004, NJ Registration #09-04-000 and #02C-04-000.

OFFICE FOR RENT

MIDWOOD
Avenue O
& Coney Island Ave
4 RM Office Space
Newly Renovated
Call Owner
917-567-6123

SHEEPSHEAD BAY Office Space for Rent

Approx 1,500 sqft.
Corner Building.
Separate Entrance.
Suitable for
Professional.
Call: 718-377-6220

MEDICAL OFFICE RENTAL

MARINE PARK
Off Ave U/ Nr Kings Plaza
Medical Office for Rent
Newly renovated. 600+ sq
ft or can combine w/unit
next door to make total
1200+sq ft. \$1,000/m each
CENTURY 21
HOMEFRONT
718-252-6060

PROFESSIONAL OFFICE FOR SALE

MARINE PARK
Nr Flatbush Ave/ Ave U
Medical professional office
for sale in condo bldg.
Newly renovated. 600+ sq
ft. Reception area, 1/2 bth,
exam rm, space for add'l
exam rm. New boiler & hot
water htr. Could be used
as medical billing office.
Near transp. \$169,000
CENTURY 21
HOMEFRONT
718-252-6060

We've Got The Boroughs Covered

Caribbean Life

Courier Life
PUBLICATIONS

Brooklyn Paper

BRONX Times
REPORTER INC.

TIMES Ledger
NEWSPAPERS

Call us at
718-260-2555

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

Full-Service contractors specializing in violation removal and remediation

(718) 836-3400 | keycitybuilders.com

HEALTH

Continued from page 16

out, both because they don't know about them and the stigma attached to the programs.

"They might think it's embarrassing," said Alvarez. "Sometimes it can be a denigrating experience for the person."

The pro-aged activists are now working to break down the shameful associations — one group has gussied up its Bedford-Stuyvesant food pantry to resemble a regular grocery store so folks feel proud to browse their aisles.

"Sometimes there is a stigma attached to going to a food pantry, so we converted ours to a supermarket-style client-choice model," said Lisa Boyd of the Northeast Brooklyn Housing Development Corporation, which oper-

ates the fancy pantry out of its Throop Avenue center. "It's a dignified way for them to shop."

The center also hosts cooking classes for seniors to further promote healthy eating.

And the Bedford-Stuyvesant Restoration Corporation — both a long-standing community group and a local neighborhood hub — is also providing resources for low-income seniors unsure of how to take advantage of food programs. The center helps old-timers sign up for food stamps and screens them for other government benefits, said the panel's host, who was thrilled to see a flood of local seniors show up at the rainy day of the panel to learn more.

"It was amazing on a cold and dreary afternoon the number of people who came out," said Tracey Capers. "So many people came out in full force."

HUNGER KEEPS UP ON CURRENT EVENTS, TOO.

**1 IN 6 AMERICANS
STRUGGLES WITH HUNGER.**

**TOGETHER
WE'RE**

**FEEDING
AMERICA**



Hunger is closer than you think. Reach out to your local food bank for ways to do your part. Visit FeedingAmerica.org today.

ISLANDERS FAN OF THE WEEK



Photo by Jason Speakman

**Denise Manzella,
Bay Ridge**

"They're our home team!"

Get spotted in your NY Islanders gear by our photographers, and we'll put your picture in the paper!



TRADITION'S NEW HOME

Call 800.745.3000 OR visit islanders.nhl.com to purchase tickets to the next New York Islanders game!

Reader relives Bernie's Brooklyn memories

To the editor,

Democratic presidential candidate Bernie Sanders returned to his Brooklyn home on the CBS nightly news. He took Scott Pelley on a brief tour of E. 26th Street in Midwood. Bernie could have been someone I knew way back when. His apartment house was in walking distance of mine. Bernie's description of his childhood was so much like my own. Once we left our front door the world was ours to explore. He spoke of stickball and Spaldings, and decision making and rules during games that were defined by kids, not parents.

I, too, grew up in that atmosphere where I rushed down the steps of my apartment house and met my friends to run, play and do whatever felt right. His description of a Saturday afternoon back in the late 1950s took me back in time to candy stores and comic books, squash courts and tricycles. I became heartfelt for the simplistic time, when life was whatever you made of it that day. When did childhood become so hectic? When did parents decide their kids' every move?

Midwood was instrumental in creating a generation of creative, intellectual, self-assertive truth seekers. Ruth Bader-Ginsberg, Bernie Sanders, Woody Allen, Barry Manilow, Marisa Tomei, Arthur Miller, and me!

Did they all play in my remarkable park on Avenue L? Did they place a penny on the ground and try to hit it with the magic pink ball, wait for the Good Humor truck, and ride their bikes up and down the avenue? Did they decide to come home at the right time, choose the right friends, and determine their destiny? Did the streets of Midwood make them independent? It seems that the art of street smarts is of real value.

A new study reveals that when kids are left on their own to make choices they become more creative. They are more apt to make big changes in the world, whereas those who are told what to do become successful, but never come close to reaching that one-in-a million level of greatness. My parents gave me

SOUND OFF TO THE EDITOR

LETTERS AND COMMENTS FROM OUR READERS

guidelines to follow, but they gave me the confidence to open my front door and take matters into my own hands. I had their trust.

So Bernie, you truly made me homesick for a world I used to know more than 50 years ago. That world is long gone. I wish there was some way to bring it back.

Phyllis Weinberger
North Woodmere N.Y.

Stop-n-go

To the editor,

I see that yet another traffic light is about to spring up in Marine Park ("New stop a go! Traffic signal coming to Marine Park intersection" by Julianne Cuba, online Feb. 23).

I guess that our police department has finally given up on scofflaws zooming past stop signs to the peril of anyone driving or crossing the streets. Riding around the neighborhood today is a maze of zigzag turns one must take to get home, avoiding as many of these lights as possible. A red light nowadays is no guarantee the drivers will stop either!

I remember a time, pre 1965, when there only were lights on main thoroughfares, such as Flatbush and Nostrand avenues. Drivers respected traffic signs, and police were quick to pull over and issue tickets to anyone passing a stop sign. But that was a time when police actively patrolled our neighborhoods and drivers respected police officers, drivers spoke English, knew what "stop" meant, and really cared about safety.

The very first traffic light in the neighborhood appeared in the fall of 1965 after a convertible loaded with teenagers blew a northbound stop sign on E. 36th Street. A cement truck was traveling westward legally on Avenue S. The carnage at the intersection made the newspapers, ushering in the new light.

The way things have deteriorated in the city, I believe that by 2020, just about every corner will have a traffic light, the mayor's "Vision Zero" will be complete, and traffic will be at a virtual stand still.

Robert W. Lobenstein
Marine Park

J-Smart

To the editor,

Bravo to Dennis Lynch for his article about Jmart ("Asian market to

replace Bensonhurst Waldbaum's," online Feb 1). We still live in a capitalist country. If a store does not carry what the customers want, the store goes out of business. If the store carries what the customers want, it becomes a success. From your article it seems Jmart will be a success

Name withheld upon request

'Lyn' Hillary

To the editor,

Hi, Shavana Abruzzo! I loved your Hillary Clinton column ("Lyn' Hillary for prez? Not on yer nelly," A Britisher's View, Feb. 19). It was right on target for me!

Ira Wolfe
Brooklyn

Speed hogs

To the editor,

I have one question about building a footbridge over Flatbush Avenue near the Kings Plaza shopping mall ("Panel says footbridge top priority," By Julianne Cuba, Feb. 26): What happens to the senior citizen shoppers who cannot climb stairs to get on and off the bridge?

Hundreds of seniors go to Kings Plaza every day, as do other shoppers using crutches, wheelchairs, and canes. Young mothers push baby carriages and strollers throughout the mall. What are all these people supposed to do, if they have to cross Flatbush Avenue on foot and are unable to access the bridge? I do not think a footbridge is the solution to the traffic problem near Kings Plaza. What we need is a reduction in the speed limit near the plaza, and traffic control agents, guards or other policing of the traffic on Flatbush Avenue. It would probably be profitable to the merchants in Kings Plaza, as well as to those on the other side of Flatbush Avenue, to pay at least part of the cost for crossing guards to help potential customers cross the avenue and, thereby, be able to walk from one store to another on either side of the street.

It could be financially profitable for the city to station school crossing guards at shopping malls, senior centers and hospitals where there are dangerous crossings. These guards could prevent innumerable accidents and save the city a fortune in the costs of caring for injured accident victims. Patients going to and from Coney Island Hospital, for example, have to cross Ocean Park-

way. This street is one of the most dangerous in Brooklyn. Hospital patients cannot be expected to climb onto a footbridge. They need guards to help them cross the street.

The only place where footbridges would be really useful is near schools and playgrounds where healthy children and students can easily cross them. The rest of us need crossing guards and slower speed limits.

Elaine Kirsch
Gravesend

MTA boondoggle

To the editor,

Another gasoline tax to help pay for infrastructure repairs will never solve the problem, if left up to the Metropolitan Transportation Authority to correct the transportation situation ("Time for pols to fix this city up," Political Spin Cycle by Tom Allon).

The Verrazano Bridge tolls paid for its construction 50 times or more over, but the tolls are still rising. In Sheepshead Bay the new express bus to Barclays Center has been a real boondoggle, totally wasting taxpayers' money, not to mention the aggravation caused to riders of the B44 bus having to wait double or triple time only to see totally empty new buses passing them by — sometimes two at a time!

Had they kept the old system and didn't change it until Flatbush Avenue, it would have adequately served its purpose of pleasing the politicians who needed to fill up Barclays Center with patrons.

Name withheld upon request

Shav's readers

To the editor,

I am appalled and shaken up, by what M. M. Abdullah wrote in Sound off to the Editor (Feb. 12) about Shavana Abruzzo's "A Britisher's View" columns on Muslims.

He says she verbally attacks Muslims and "encourages violence." Is Abdullah's head in the sand? Duh?

Tell this person to read the Holy Quran, damn it! Tell this person to watch public videos of Islamic State dogs slicing off the heads of non-Muslims, and committing other cruel and horrific acts. I, too, "encourage everyone to read about Islam with an open mind..." Then the world will know why we have these religious fanatics.

Name withheld upon request

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.

Looks like NY values will descend on White House

Like any proud New Yorker, I was outraged a few months ago when the sniveling senator from Texas, Ted Cruz, used the loaded term “New York values” in his attempt to smear liberal New Yorkers like me. He was attempting to bloody his main Republican presidential opponent, Donald Trump, by linking his native roots to liberal political beliefs.

Well, how did that turn out, Sen. Cruz?

So, what have we learned and what can we expect over the next nine months?

We have learned to expect the unexpected. Anybody who tells you with confidence that he can predict this topsy-turvy year is either a frustrated pundit or someone who’s been taking too many controlled substances.

That said, and with a clean mind and body, I venture the following observations:

It goes without saying that a growing slice of America is pissed about the economy and the huge economic inequality gap. In the same way that the Civil Rights movement animated the 1960s, feminism surged in the 1970s and ’80s,



POLITICAL SPIN CYCLE

Tom Allon

and gay rights broke through in the aughts, I believe economic justice has become the singular theme of the teens.

Minimum wage, paid sick leave, maternity and paternity leave. Worker rights, more progressive taxation, and limiting executive pay. Corporate social responsibility, sustainability, pay equity, and real company diversity. Free public college tuition, student loan amnesty, and university accountability for return on investment.

These are just some of the highly charged issues that the next president and the next Congress will have to contend with. Like the fictional anchor Howard Beal in the famous 1970s movie “Network” the public has said: “We’re mad as hell, and we’re not going to take it anymore.”

That’s why a supreme long shot like Vermont Sen. Bernie Sanders has touched a nerve with young America and has made Hillary Clinton work hard for the Democratic nomination. Sanders is absolutely right: money has ruined our Democratic process. Billionaires have made this country into an oligarchy that must be tamed. College debt is ruining the hopes of millennials. And on and on.

His loud voice — and the passionate crowds who have attended his rallies — has dragged the party and Clinton to the left. The presumptive nominee must address these economic issues if she wants to keep Bernie’s base fired up for the November elections.

It is probably way too early to discuss Hillary’s potential running mate, but Bernie or Elizabeth Warren or Ohio Sen.

Sherrod Brown would probably be good selections to keep the growing ultraliberal wing of the Democratic Party happy.

On the Republican side, well, at least we no longer have the dozen or so clowns who were in the race in late 2015 polluting our airwaves anymore.

But, we still have the 800-pound Gorilla from Fifth Avenue, Donald Trump, on an even bigger stage than before. Despite some bruising playground scrapes with Ted Cruz and the not-ready-for-primetime senator from Florida, Marco Rubio, Trump will emerge as the last man standing in the GOP primary campaign. Like the skunk at the garden party, he will continue (bless his soul) to make the Republican establishment mighty uncomfortable. Could he be the Trojan Horse that finally blows up the regressive venom and obstructionism of the radical right?

Like almost everyone with manners, I find Trump’s style and rhetoric to be unacceptable and he has debased our culture. His xenophobia may have gotten him the Republican nomination, but that won’t fly in a

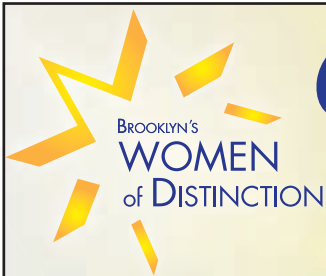
general election where he will need intelligent independent voters who want a leader they can trust with his or her finger on the nuclear button.

But there are two things he has espoused that I believe are more progressive than Hillary’s stances: staying out of Middle Eastern civil wars and repealing the unfair carried interest tax on hedge fund millionaires. Trump has spoken out about both of these issues and Hillary has, unfortunately, been strangely silent.

If nothing else, perhaps Sanders and then Trump can make Hillary a better candidate, a better leader and a more progressive president. She has almost all the right experience and beliefs — but her two blind spots are intervention in the Middle East and coziness with Wall Street.

No matter what, it seems that America is about to get at least four years of New York values. And that sounds just fine to me.

Tom Allon, president of City & State NY, was a mayoral candidate in 2013 before he left to return to the private sector. Reach him at tallon@cityandstateny.com.



Congratulations to Brooklyn's 2016 Women of Distinction

HONOREES

Regina Andriolo, Esq.	Lenore Friedman	Ingrid P. Lewis-Martin	Bazah Roohi
Anna Becker	Bonnii Gargano	Dr. Amy Lipnicki	Carmen Gloria Rosario-Olmedo
Nancy Colt	Laura Glazier-Smith	Diane Marino	Dawn Simon
Sybil DeVeaux	Lynn Harris	Maria Teresa Nitti	Stephanie Thompson
Audrey Doorn	Nataly Isikli	Angelika Pisakhova	Hafida Torres
Pamela Esposito-Amery	Michele Jerry, LCSW	Chinita Pointer	Shirley Young
Nancy Falco	Dr. Sandra Johnson	Beareather Reddy	

Our Honorees will be celebrated in a Keepsake Publication May 20, 2016

To congratulate and thank Brooklyn's Women of Distinction, please call Jennifer Stern at 718-260-8302 or email jstern@cnglocal.com

Join Us!

Gala Dinner & Award Ceremony

Tuesday, June 7, 2016

Our Keynote Speaker

Ophira Eisenberg



Ophira Eisenberg is a standup comic, writer, and host of NPR's hit trivia comedy show, Ask Me Another. She has appeared on The Late Late Show, The Today Show, Comedy Central, and VH-1.



8023 13th Avenue, Brooklyn, NY 11228

\$100 per person

Stan wants revenge on Montezuma

"Americans of all political persuasions are coming to the sad realization that our First Lady — a woman of undoubted talents who was a role model for many in her generation — is a congenital liar." —William Safire, *New York Times*, 1996



IT'S ONLY MY OPINION

Stanley P. Gershbein

According to the front page of the *New York Daily News*, Donald Trump and those Americans who exercised their rights in New Hampshire by voting for Donald Trump are "brain dead." Really? What does the newspaper have to say about the Americans who used their time and energy, attempted to stay warm in the cold snowfall, and drove in traffic to vote for a woman who was called a "congenital liar" in a column written by William Safire, the Pulitzer Prize-winning writer for the *New York Times*?

I asked my readers to Google the column to truly understand who we were dealing with and prove that very little has changed about her in 20 years. She continues to lie and lie and lie. Volumes have been written by many writers about this fabricator. Obviously, Mr. Zuckerman prefers a liar in the oval office? If he and others really want to learn about the Lying Queen, hop on over to the library and take out the book "Unlikeable" by Edward Klein. It is very fast reading and, as it says on the cover, you will learn about "The problem with Hillary."

Hey there Gov. Christie, congratulations on your pyrrhic victory. You did a great job delivering a knockout punch to Sen. Marco Rubio but you didn't seem to do anything to help yourself. Instead of wasting time and effort beating up on Marco, you would have done a lot better if you worked over Hillary. You would have been given credit for Sanders's big win over her. There is a whole lot left to say about the Lying Queen, but you said nothing. For a smart guy,

you lacked common sense. Maybe next time.

This was all over the news a week ago, but just in case you were away, here's a bit of information you might have missed:

Sen. Chuck Schumer is calling Republicans "obstructionists" for threatening to block President Obama's lame-duck Supreme Court nominee. This is the same Chuck Schumer who, a few years ago, called for Democrats to block any new Supreme Court nominations by President Bush — a full 19 months before he left office. Hey there Mr. Senator, it was a great idea then, and it is just as good now. Oh, I understand — the shoe is on the other foot, and that gives you the right to change your mind. Yea! Right!

Nobody really likes wars, but if I had to find something good to say about them, it would be that we learn a bit about geography. Be honest. Up until now, how many of you knew where Falluja, Mosul, and Benghazi are? Sad to say, even though they've been in the news quite a bit, so many of us still don't know. But I did learn, after singing about it all of my life, where "the shores of Tripoli" are. I am StanGershbein@Bellsouth.net looking forward to learning where "the halls of Montezuma" are.

Feminists silent over vagina butchery

International Woman's Day on Monday March, 8 is a great opportunity for grotesque gynecologists Kavita Shah Arora and Allan



A BRITISHER'S VIEW

Shavana Abruzzo

Jacobs to stop dehumanizing women and railroading Westerners into swallowing barbarous, foreign customs — hook, line, and sinker.

The U.S.-based doctors' potty proposal in the *British Medical Journal* calls for a "compromise solution" to female genital mutilation, a life-threatening, non-medical procedure that butchers the clitoris and lobotomizes a woman's sexuality to appease the whims of sadistic men. The rite is outlawed in America, but Muslims, Coptic Christians, and Ethiopian Jews continue to mangle vaginas with impunity — just because.

Physicians such as Shah Arora and Jacobs should be healing the harmed and enlightening the ignorant, not pushing amendments they claim will stop Westerners from being "culturally insensitive and

supremacist and discriminatory towards women" and prevent "vacation cutting," a trend where girls are taken to their homelands during summer months to have their most intimate part sliced and diced like a turkey. The torturous practice — often done in unsanitary conditions without anaesthetic, using rusty blades, knives, broken glass, and thorns — leaves victims with lifelong pain, suffering, and unhappiness.

Somali-born activist Ayaan Hirsi Ali, who was genitally mutilated at age 5, says mangleers are usually family, adding to the defenseless victim's helplessness.

"The people who are doing this are fathers, mothers, grandmothers, aunts," she says.

Feminist banshees are oddly silent over the rotten rite practiced in dozens of African

countries, and in Malaysia, Indonesia, Egypt, Yemen, Iraqi Kurdistan, Oman, Jordan, and the Palestinian territories, plus in the diaspora communities in America, Europe, and Australia.

Female genital mutilation bastardizes a woman at her core, and should be reviled and criminalized everywhere, but obtuse obstetricians Shah Arora and Jacobs are too busy exploiting it for personal gain to care much about civil liberties or Western ideals.

By their diabolical reasoning we should let immigrants from Madagascar dance with corpses on national feast days, allow Indian-Americans to toss newborns off roofs to hail a 500-year-old tradition, and permit Shiite Americans and their kids to publicly cut themselves with razors until they bleed to celebrate the death of Mohammed's grandson.

What bull.

Follow me on Twitter @BritShavana

Jo saw one Oscar-nominated movie — but she knows they're all terrible

Okay, Leo won. Can we finally quit the boo-hoo crying act now and get on with it?

I'm so glad he finally got the nod and won the little gold man, although "The Revenant" was the only movie I saw, it was, sad to say, far too violent for me, and I didn't like it all.

As for the other movies nominated, how does "Mad Max" even rate a vote? But, hey, if the members of the academy liked it, who am I to say different?

All I can say is that this year's show was a dud. I'm really so confused. Is the Oscars about awarding people in the industry for putting on a good film? Or is it a space for every Tom, Dick, and Lady Gaga to address their own personal agendas and spout away? One would think that the show is only there for the oh-so important celebrities to share their issues.

The foggy old members even took away the joy of finding out what designer designed which outfit for which actress. The



NOT FOR NUTHIN'

Joanna DelBuono

it — no African-American actors were chosen, no African-American directors' films were chosen. But you can't say the show was totally devoid of diversity. I didn't find it racist — I found the nominations to be classless.

Can we get back to the days when Oscar was just Oscar? When an award show was just a night of dress-up and entertainment? I am tired of all the political, ecological, sexist, racist, and gender issues that abound at every award extravaganza.

List the movie, the star, the script, the sound track, who the winners are, and be done with it.

I have better things to do than to wade through the muck and mire of what Oscars night has become.

Not for Nuthin'™, but I just might boycott next year's Oscars — unless they bring Billy Crystal back. Until then I'm flipping the channel to the Shopping Network.

Follow me on Twitter @JDelBuono.

talking heads were not allowed to ask, "Who are you wearing?" Why? Is it not politically correct any longer? My goodness, how I miss Joan and Melissa.

Chris Rock did an okay hosting job — for about 10 minutes. He needed to address the race matter, which he did with some humor, but then, like a 4-year-old with a poop joke, he dragged the rant for far too long. We get



ATTENTION: Capt. Patrick Murphy speaks to Iraqis during his deployment to Baghdad in 2004. Under Secretary of the Army Patrick Murphy

Murphy is the new Under Sec. of Army

HARBOR WATCH

Patrick J. Murphy, a third-generation veteran and the first soldier from the Iraq War elected to Congress, was officially sworn in as the 32nd under secretary of the Army in a Pentagon ceremony on Feb. 24.

Murphy had been confirmed by the Senate as under secretary on Dec. 18, and legally sworn into the post on Jan. 4. Three days later, on Jan. 7, he was appointed as acting secretary of the Army, effectively giving him dual-hat responsibility.

This week before the 42-year-old Murphy took the oath administered by Army General Counsel Alissa M. Starzak, hosts Army Chief of Staff Gen. Mark A. Milley and Eric K. Fanning addressed the packed auditorium.

Fanning, who has been nominated by President Obama to be the next Secretary of the Army but not yet confirmed by the Senate, opened his remarks by explaining how he first met Murphy.

Fanning was a newly minted under secretary of the Navy when he met Murphy for the first time. Murphy was in Congress leading

the charge for the repeal of “don’t ask, don’t tell.”

“It wasn’t at all clear that the repeal would pass,” Fanning said. “It took the incredible leadership of Patrick and a small group of others willing to lead this charge to ensure repeal. Patrick, there are more people than you know grateful for your courage, thank you.”

Fanning also addressed Murphy’s father, a former sailor who served 22 years with the Philadelphia Police Department.

“Jack, Patrick tells us that you taught him that you have to stand for something or you’ll fall for anything, so you damn well better stand for something,” Fanning continued. “It’s clear Patrick has taken these words to heart. I don’t think anyone doubts his positions or his convictions.”

Murphy is a 1996 graduate of Kings College in Pennsylvania, where he was captain of the hockey team and student government president as well as a graduate of the Army Reserve Officer Training Corps at the University of Scranton.

Following graduation, he was commissioned a second
Continued on page 30

Desert Storm Day

Veterans remember the 25th anniversary

HARBOR WATCH

Exactly 25 years ago from Feb. 24 to 28, 1991, U.S. and coalition ground forces rolled across the desert from Saudi Arabia with the goal of routing Iraqi occupiers out of Kuwait. That mission took just 100 hours.

A Desert Storm veteran recounted his experiences in the Gulf War.

Lt. Col. Mark Cassel was a second lieutenant when he received orders to Saudi Arabia during Desert Shield, the buildup phase to Desert Storm.

In August, the tank platoon leader, assigned to the 2nd Armored Brigade, 24th Infantry Division, arrived with four M-1 Abrams tanks, each manned by four soldiers for a total of 16.

Normally, a second lieutenant would need to rely on his senior non-commissioned officer for a lot of advice on how things are done, he said. However, Cassel was a former enlisted soldier with the Nebraska Army National Guard, so he already had a lot of experience “shooting and driving tanks.”

In the months that followed, he would get to know his men very well, and they him.

Their first priority when they arrived, he said, was setting up a defensive line in Saudi Arabia, because, as the thinking went at the time, the Iraqis would not stop with the capture of Kuwait. They would try to take Saudi Arabia and push the U.S. forces out to sea or neutralize them.

That, of course, didn’t happen, so soldiers spent months practicing drills and going out on maneuvers, “but, you can only do so much of that,” Cassel said, adding that “everyone was eager for action.”

Then a rumor went around that “we’d be out before Christmas,” he said. “Soon, people were saying ‘Let’s just go get this over with.’ That was the prevailing attitude.”

They didn’t go home for



DESERT STORM REMEMBERED: Soldiers from the 11th Air Defense Artillery with a stringer launcher during Operation Desert Shield.

SSGT F. Lee Corkran; USAF

Christmas, but did welcome Christmas presents: brand-new M1A1 Abrams tanks out of Fort Stewart, Ga., to replace their weary M-1 tanks. The nice thing about the M1A1s, he said, is that they sported 120mm guns that could shoot farther and more powerfully than the 105mm guns that were on the M-1s.

So they took a two-day training class on how to take the new 120s apart, clean the breach, and so on, he said. They were soon ready to go again. When the air and naval bombardment phase of the war began on Jan. 17, heavy equipment transporters arrived and the men loaded their tanks on them.

“You’re basically sitting in your tank on a low-boy trailer, going down the road,” toward the border with Kuwait, he said, adding that it was pretty neat.

For the next five weeks, they just sat at the border waiting for the word to cross the line of departure (LD).

Then on Feb. 24, they were ordered to cross the LD into Iraq. The brigade’s 56 tanks, which included his four, swept far to the left across the desert in an effort to outflank and cut off the Republican Guard, Cas-

sel said. Infantrymen in Bradley Fighting Vehicles were also in the formation.

From the time they crossed the LD to the end of the first day was a surreal experience, he said. They were literally driving blind through a ferocious sandstorm where no one could see anyone else, were it not for their thermal sights.

“You don’t really appreciate those sights until you need them,” Cassel said.

For the first two days they drove deep into Iraq, driving about five or six hours. Then they stopped for the fuel tankers to catch up. The tanks with plow and mine roller attachments gobbled up more fuel than the other tanks, he said, so when they were down to a quarter of a tank, “we’d stop until they’d fueled us up and then we’d keep going.”

At the time, GPS wasn’t in use so “when I talked to a buddy who was doing the fuel mission, he said they just followed our tracks [through the sand] until they caught up to us. We drove a long ways and used lots of fuel.”

From time to time, they heard small splattering sounds outside their tanks.

Continued on page 30

Career opportunities after service

Capitol Hill subcommittees meet to discuss military and veteran affairs

HARBOR WATCH

As the Army draws down to 490,000 soldiers, many will be looking for civilian careers, and Sgt. Maj. of the Army Daniel A. Dailey said the service has “invested heavily” in ensuring they are successful.

On Capitol Hill on Feb. 26, Dailey met with lawmakers of the House Appropriations Committee, subcommittee on military construction, veterans affairs, and related agencies to discuss quality-of-life issues. One reoccurring topic of discussion was credentialing for soldiers.

When a soldier drives a truck in the Army, or has been trained as an electrician, for instance, that soldier may want to eventually take those skills out of uniform and into the private-sector workforce. Often that requires some form of credentialing in the state he or she hopes to live in.

Lawmakers were interested in what could be done to make that credentialing process easier for soldiers — as credentialing requirements vary from state to state, and also cost money.

“This is something the Army has invested heavily in over the past several years,” Dailey told lawmakers. “We have made great strides. The Army has become 88 percent



AFTER ARMY: Sgt. Maj. of the Army Daniel Dailey, left, talks with Master Chief Petty Officer of the Navy Mike Stevens, Sgt. Maj. of the Marine Corps Ronald Green, and Chief Master Sgt. of the Air Force James Cody.
C. Todd Lopez

compliant with the VOW Act in the last three years, and we have had great help through Congress.”

The Army has made great strides with regards to credentialing, Dailey said, adding that it is helping communities recognize the value of military experience.

The Army has already credentialled more than 30,000 soldiers with the help of Con-

gress, Dailey said. But more could be done. Tuition assistance, he said, might be used to help soldiers get access to credentials, for instance. That would make the skills they learned in the Army more valuable in the private sector.

Dailey said so far he’s seen “great improvement” in the efforts to prepare soldiers for civilian employment. Between 2012 and 2015, “the Army

alone has reduced its non-employment compensation from over \$512 million to \$250 million,” he said.

“We have to open our aperture on things like tuition assistance, and allow our young men and women who deserve those credentials — the great skills that they hone while they are soldiers, sailors, and airmen and Marines can be added upon with these credentials, and they will be more valued ... when they become soldiers for life in the future.”

Dailey said such an investment would be small. Credentials, he said, cost anywhere from \$150 to \$500.

“There is no reason we can’t invest in them,” he said. “We have proven that investing in them now is a great investment for us in the future.”

Regular Army soldiers typically live on or near a military installation — a Nexis of services for uniformed personnel. But Army National Guard and Army Reserve soldiers don’t always live near a military installation, Dailey said. For them, accessing the resources provided to regular Army soldiers — things like mental health services, for instance — is more difficult.

The Army’s been trying to stem suicides among soldiers

for years now — and has made great strides in that effort. But this year, Dailey said, the Army has seen an increase in suicides.

“This year was a tough year for the U.S. Army,” he said. “We actually saw an increase in suicides and some of that was in our Guard and Reserves.”

The Army has expanded the availability of Behavioral Health Teams to levels “greater than we have ever seen,” Dailey said. Already there are 58 such teams embedded down to the unit level. But for Reserve soldiers, that’s not enough.

“We can do more,” Dailey said. “And where you can help us is getting that help out to the National Guard and Reserves. They are dispersed throughout the U.S.”

Dailey also outlined top Army priorities for lawmakers. The first of those is readiness, he said — as it is for Chief of Staff of the Army Gen. Mark A. Milley.

“As we draw our Army to historic lows ... readiness will always be our No. 1 concern,” he said. “That’s where we need to focus our attention. We do need predictable resources to make sure our soldiers are prepared to do the mission we ask them to do.”

SECRETARY

Continued from page 1

lieutenant in the Army Reserve, but remained on inactive duty while attending law school from Widener University, earning his juris doctor in 1999.

In 2000, Murphy went on active duty serving with the Judge Advocate General Corps and teaching constitutional law at West Point. Following the 9-11 attacks, Murphy volunteered for overseas deployment, serving in Bosnia in 2002 and in Baghdad as a JAG lawyer with the 82nd Airborne Division from 2003 to 2004. Murphy worked to reconstruct the justice system from some 1.5 million Iraqis and also prosecuted two high-level terrorists in Iraq’s highest court.

The Army’s chief of staff expressed his support for Murphy, saying the secretary has

the traits of Army leadership taught from the beginning of any Army career: competence, commitment, and character.

He said Murphy has an “exceptional level” of confidence, “from what I have seen day in and day out many hours a day.”

“Commitment — it comes through in spades, every day, in every meeting on every issue — he has an incredible amount of commitment,” said Milley.

“He’s also got a huge amount of character, which is a lot of different things, but one part of character that I look to the most is integrity — that portion of your character, which means you’re going to stand tall in the breach, that you’ve got a spine of steel and you’re willing to tell truth to power no matter the personal consequences — that level of courage I see in Secretary Murphy.”

Milley said Murphy also

possessed “enormous compassion” that was selfless and focused on soldiers, their families, and the Army civilian corps.

“This is a secretary who has tremendous amount of talent and energy, and this is a secretary that I personally am very proud to serve alongside — so thank you Secretary Murphy for doing what you’re going to do for the country and for what you’ve already done,” he said.

After the swearing-in, Murphy was presented a presidential commission signed by Obama, then he took a few minutes to address the audience, thanking family, friends, and Army leadership, past and present.

“This is such an awesome, awesome honor to be back with the Army family. I joined it at age 19 when I was a student at Kings College,” he said, explaining the Army would be doubling down on Soldier for Life.

ANNIVERSARY

Continued from page 1

“At the time, we thought people were test firing their 50-cals,” he said. “We found out we were taking enemy artillery and mortar fire. It just wasn’t impressive” and there was not much in the way of damage and no injuries.

Their objective was the Jalibah Airfield in Iraq, Cassel said, some 80 miles west of Basra. They reached it the night of the third day.

The brigade’s tanks formed a defensive line and throughout the night the U.S. artillery and Multiple Launch Rocket Systems “just pounded the airfield,” he said.

The next morning, they engaged the Iraqi tanks, which were the old Soviet ones, dating back to World War II.

“Ours was a fairly easy op-

eration,” he said. The Iraqis had their tanks dug in facing south in a defensive line. “We came around from the west and tore them up. They didn’t have the range to get us and weren’t oriented to shoot us,” he said.

One of the most interesting parts of the war, he said, was that some tanks in his unit shot at Iraqi fighter jets on the airfield, in an attempt to take them out before they became airborne and posed a threat.

“People were calling in SITREPS [situation reports]: ‘This is White Platoon. Destroyed three enemy tanks and one jet fighter.’” Higher headquarters was incredulous, he said.

The battle lasted maybe half an hour, he said. “That was it for us.” His unit was ordered not to cross the Euphrates River and continue northward.

Whether you're buying or selling a car, If You Can't Make It To Us, V


CONVERTIBLES
 33 IN-STOCK


COUPES
 46 IN-STOCK


HATCHBACKS
 25 IN-STOCK


MINIVANS
 179 IN-STOCK

DON'T GIVE UP

MAJOR WORLD WILL DOUBLE YOUR TAX REFUND AMOUNT TOWARD THE PURCHASE OF A VEHICLE^{\$}

OVER 3000 CARS TO CHOOSE FROM ON OUR LOT!

NEVER GET STUCK IN THE SNOW AGAIN! MAJOR WORLD



'07 ACURA MDX
\$7,995
 BUY FOR: PLUS TAX & TAGS
 104k miles, Stk#10125



'12 FORD ESCAPE
\$8,995
 BUY FOR: PLUS TAX & TAGS
 72k miles, Stk#7278



'11 TOYOTA RAV4
\$9,500
 BUY FOR: PLUS TAX & TAGS
 48k miles, Stk#1066



'12 HONDA CR-V
\$11,995
 BUY FOR: PLUS TAX & TAGS
 57k miles, Stk#13914



'14 NISSAN ROGUE
\$14,000
 BUY FOR: PLUS TAX & TAGS
 5k miles, Stk#13407



'13 NISSAN PATHFINDER
\$17,995
 BUY FOR: PLUS TAX & TAGS
 42k miles, Stk#10534



'10 TOYOTA COROLLA
\$6,995
 BUY FOR: PLUS TAX & TAGS
 Stk# 1042, 37k mi.



'13 HYUNDAI ELANTRA
\$7,995
 BUY FOR: PLUS TAX & TAGS
 28k miles, Stk#3640



'14 HYUNDAI SONATA
\$8,995
 BUY FOR: PLUS TAX & TAGS
 42k miles, Stk#17885



'14 NISSAN SENTRA
\$8,995
 BUY FOR: PLUS TAX & TAGS
 4k miles, Stk#12691



'13 TOYOTA CAMRY
\$8,995
 BUY FOR: PLUS TAX & TAGS
 28k miles, Stk#17946



'12 HONDA ACCORD
\$9,500
 BUY FOR: PLUS TAX & TAGS
 32k miles, Stk#1223



'14 FORD FUSION
\$9,995
 BUY FOR: PLUS TAX & TAGS
 10k miles, Stk#10024



'13 NISSAN ALTIMA
\$9,995
 BUY FOR: PLUS TAX & TAGS
 15k miles, Stk#9724



'11 MAZDA 3
\$9,995
 BUY FOR: PLUS TAX & TAGS
 Stk# 15906, 55k mi.



'12 HONDA CIVIC
\$9,995
 BUY FOR: PLUS TAX & TAGS
 31k miles, Stk#5650



'13 MAZDA 5
\$10,000
 BUY FOR: PLUS TAX & TAGS
 52k miles, Stk#16941



'09 INFINITI G37x
\$10,000
 BUY FOR: PLUS TAX & TAGS
 52k miles, Stk#1255



MAJORWORLD.COM

1-888-625-6766 43-40 NORTHERN BLVD. LONG ISLAND CITY, QUEENS, NY 11101

Prices include all costs to be paid by the consumer except for license, registration & taxes. Used vehicles have normal wear, tear & mileage, some may have scratches & dents. ††All applications will be accepted. Severity of credit situation may affect down payment, APR & terms. Bankruptcies and liens must be discharged. \$Will match maximum refund up to \$3,000 must show proof of tax return. See dealer for details. Offers cannot be combined. NYC DCA#2003442, DMV#7117189. Publication date: 3/04/2016. Offers expire 48 hours after publication.

WE ARE SURE TO HAVE A CAR TO FIT YOUR BUDGET • EASY FINANCING! BEST CHANCE TO GET APPROVED IS HERE! ††

Party & Prom

GUIDE | 2016

Hair perfection

*How to get the look of
your dreams for your
big celebration*

Feet don't fail me now!

Avoid painful shoe drama

Follow the path to *prom*

*Use our checklist to help prepare
for the biggest dance of the year*



Photo courtesy of Faviana

IDEAS FOR SWEET 16s | PARTIES | PROMS | WEDDINGS | & MORE

Let us make your Wedding, Prom, Sweet 16, Quinceañera, or Bat Mitzvah
“the” glamour event, by outfitting your entire party
Now Featuring Tuxedo Rentals, Christening, and Communion too!

Ultimate Fashions

Woodbridge Center

Upper Level, JCPenney Wing • Woodbridge, NJ 07095
(732) 750-1174

Staten Island Mall

Lower Level, Macy's Wing • Staten Island, NY 10314
(718) 370-2984

www.ultfash.com • ultfash@optonline.net

**Ultimate Fashions has been recognized as one of the ‘Top 10 Prom®’ stores
in the United States**

Featuring styles from these manufacturers, and more:

www.angelaandalison.com
www.alyceparis.com
www.blushprom.com
www.bonny.com
www.colorsdress.com
www.clarisse.us
www.davincibridal.com
www.daveandjohnny.com
www.elenieliass.com
www.helensheart.com
www.houseofwu.com
www.impressionbridal.com
www.jaszcouture.com



www.jovani.com
www.karishmacreations.com
www.lafemmefashion.com
www.madison-james.com
www.marysbridal.com
www.moncheribridals.com
www.morilee.com
www.rachelallan.com
www.sherrihill.com
www.sydneyscloset.com
www.teranicouture.com
www.tonybowls.com
www.viennaprom.com
www.xciteprom.com

Christening/Communion

www.calabresegirl.com • www.christiehelene.net
www.litonline.com • www.sweetiepiecollection.com

We register every dress we sell!
Our expert seamstress is available for that perfect fit!

THE 2016
A.F. BENNETT
SALON & WELLNESS SPA

PROM

RUNWAY SHOW

"ONE OF A KIND RUNWAY PROM SHOW"

GET A SNEAK PEAK AT ALL NEW 2016
BEAUTY & FASHION TRENDS!

**MONDAY MARCH 14TH
7PM AT A.F. BENNETT**



MENTION THIS AD AND RECEIVE ONE OF THE FOLLOWING
PROM PACKAGE SPECIALS

Prom Hair, make up & false eyelashes \$150

Prom Hair, Make Up \$ French Manicure \$125

Prom Hair, Make Up, False Eyelashes \$ Gel Nails \$250



All Attendees SAVE 20% OFF on Prom Hair
& Makeup and get a Complimentary
Gift Bag equipped with beauty
essentials and an A.D. BENNETT Gift Card!

Aspiring Model?

Send your photo & contact
info to Katie@afbennett.com

All models chosen receive
1/2 OFF HAIR & MAKEUP
FOR PROM PLUS
A SALON PACKAGE!

Dresses by Ivory & Co

Music By



Dance Performance by
Miss Brandy's Studio

A.F. BENNETT
SALON & WELLNESS SPA
350 NEW DORP LANE, STATEN ISLAND NY
718.979.9000 AFBENNETT.COM



Check off the boxes as you prepare for the biggest dance of the year

Planning for the prom can be stressful. Between getting the best rate for a limousine, deciding which after-prom to attend and saving money to do it all, you'll need advice on how to make it all work. We've put together a simple time line with reminders and suggestions for tasks you may not even be aware of. We hope this puts you on a path to a successful prom night, minus the stress!

3 months before the prom

- Scour fashion magazines for dress inspiration! Tear out pages that excite you and gather them in a folder. Whether it's the style or color you love in the photograph, at least you're narrowing down options.
- Ask friends who might be interested in sharing a ride. Keep a running list of confirmations.
- Start calling limousine companies

to inquire about rates and availability. Keep a list of "possibilities."

- Pay attention to your favorite celebrities for hair styles you love. Clip pictures from magazines.
- If you have an after-school job, consider picking up more hours if you can. Jobless? Get out there and submit some applications. It'll be helpful when saving money for the big night.
- Create a budget. Try to stick with it.

2 months before the prom

- Hit the stores with your dress inspiration folder. Try on as many dresses as you can. Start to narrow down to your top-five choices. Bring friends and family for opinions if necessary.
- Gather up after-prom party options. Call companies and see what incentives they offer for bringing

a group. Share information with friends and pick your favorite so you can budget accordingly!

- Collect a down payment from friends who will be sharing a ride with you. At this point you should be seriously considering at least one company you felt offered a good deal. Place a down payment on your ride of choice.
- Price out some hair stylist options if you are getting your hair done professionally. If not, start trialing hair styles yourself and keep notes of which product(s) worked best.
- Update your budget if necessary. Don't forget to add in the ticket to your prom. Ask around at school to find out what the cost per person will be.
- Work, work and work some more to save money! Ask family and friends if they have any opportunities for you to make some extra

money — babysitting, dog walking, anything!

1 month before the prom

- If you haven't purchased your dream dress — do it now! Arrange for alterations if needed.
- Start shopping for accessories: bag, shoes, and jewelry. Consider borrowing items from family and friends to save some money!
- Schedule all beauty appointments — hair, nails, and teeth whitening. Remember to schedule early appointments as to not get behind schedule on the big day.
- Hopefully you started paying for after-prom tickets already and are knee-deep in payments from friends. Keep the momentum going and place a deadline to encourage commitments.
- Continue paying for your transpor-

Continued on page 38



ATLAS STEAKHOUSE

*Reserve now for
Graduation Day
& Sweet 16's*

*The perfect food,
the perfect mood*

*Whatever your event,
we've got it covered!*

*We offer
a generous amount of food
for a reasonable price*

*Pick a Party Plan
that works for you!*

*You have an event?
We have the ideal location
and menu to make it unique
and special!*

646-494-7227

www.Atlassteak.com

943 Coney Island Avenue

Brooklyn, NY 11230



tation, finish up the payments if possible.

- Purchase prom dinner ticket at school.

3 weeks before the prom

- Do a trial run of the dress, shoes, purse, hair and make-up to see if the look is everything you'd hoped for.
- Check in with your date. Discuss any seating arrangements or transportation dilemmas that you need help working out.
- Finish up after-prom ticket purchases!

2 weeks before the prom

- Start wearing your shoes around the house to break them in.
- Exfoliate in the shower with a good body scrub and loofah. Your skin will glow just a bit more in photographs!
- Give up snacks for the next two weeks. You'll be surprised what a difference it will make. Drink lots of water instead!

1 week before the prom

- Try on the dress and accessories again — this is your last chance for changes!
- Call to confirm all beauty appointments.
- Do a little "at home" facial with some friends. Use products you've used before but relax a bit with a



- mask to cleanse your pores.
- Get your camera in order — does it work? Consider borrowing one if yours is not up to par.
- Place the order for your date's boutonniere. Select a color that complements your dress.

1 day before the prom

- Charge camera and cellphone
- Pack your purse with necessities (gum, lipstick, ID, extra cash, cellphone and tickets to the prom and after-prom)
- Pick up your date's boutonniere

- and keep refrigerated.
- Have an "in-house" spa evening. Pamper yourself a bit with a mask, relaxing music and lotion. Be sure to only use products you've used before to decrease the risk of any breakouts or allergic reactions.
- Go to sleep EARLY! You want to be well rested and look your best for tomorrow!

Prom day

- Get up early and do some light stretching exercises to get your blood pumping.

- Wear a button down shirt to get your hair done so you won't have any issues while changing into your dress.
- Call your limousine company to confirm the arrival time and pick up location.
- Drink lots of water. All the running around will dehydrate and tire you out.
- Check in with friends to ensure they are on schedule as well.
- Relax! You've got everything covered. Now go dance, take pictures, laugh with friends and enjoy!



\$50.00 OFF
any prom rental

**BOOK PRIOR TO MARCH 31, 2016
AND GET AN ADDITIONAL \$10.00 OFF**

**Large Selection of "Slim Fit Tuxedos"
in Black, Navy, Grey, Royal, White
Red, Powder Blue, plus others**

TUXEDOWORLD

Tuxedos, Ties, Shirts, Shoes & Vests Since 1985

2791 Richmond Avenue, Staten Island, NY (Near the mall)

718-698-4859



Unforgettable Events

2049 Flatbush Ave. — 718-377-4535 —

*"Your Ideas,
Our Creations"*



Sweet 16
Quinceañera
Weddings
Bridal & Baby
Showers
Bar/Bat
Mitzvah
Corporate
Events
& More

**Ask us about our
Sweet 16
Candelighting Display,
Cakestand, and
Custom Centerpieces
for a Sweet 16
to Remember**

Photo by Arthur De Gaeta

Invitations by:

- Arlene Segal Designs
- Cést Papier
- Birchcraft Studios
- Carlson Craft
- Our own custom-made invitations

We carry a full line of favors & gifts including:

- Lenox ♦ Debora Carlucci ♦ Juliska
- Italian Imports ♦ D'Lusso and many more!



Jadah's Sweet 16
Visit us at Big Apple Props
for 3D Signs, Scenic Decoration,
Characters, Foam Props
718-951-0150
BIGAPPLEPROPS@GMAIL.COM
www.bigappleprops.com



Rentals • Wishing Wells • Umbrellas • Candy & Cake Displays • Centerpieces • Trees etc

Unique Seating Displays • Customized Candy Tables



unforgettable2049@gmail.com



Unforgettable_Events_NY



BigApplePropsNYC



Favors • Invitations • Decorations • Gifts & More

COME
SEE OUR
2016
MODELS!

Many to
choose from.

RDD

Romantique Double Diamond
LIMOUSINES



Cadillac DTS



Hummer H2



Chrysler 300

MON-TUE
PROM
SPECIAL

RDD-MTSPECIAL



Infiniti QX 56



Hummer H2

3 HRS
FREE
+ 2 HRS
FREE
ON BUSES

35 Years of Experience | Immaculate Vehicles
Fully Trained Professional Chauffeur Dressed in a Tuxedo

TLC #B01846 • DOT #1270781 • MC #496549C 

888.546.6946 • rddlimos.com



We are committed to providing a level of service and experience that will exceed your expectations!

Over 30 vehicles on premise to choose from!

Stretch Limousines • Stretch SUV Limousines • Luxury Coach Buses



Escalade



Navigator



Expedition



Luxury Coach Bus



Luxury Coach



Tandom Bus

28-50 PASSENGER LUXURY LIMOUSINE BUSES

BROOKLYN
1421-86th Street
Brooklyn, NY 11228 **718.232.7273**

STATEN ISLAND
2041 Hylan Blvd.
Staten Island, NY 10306 **718.351.7273**

How comfortable are your

SHOES?

Don't let footwear ruin a big night

Most young women looking forward to prom or their Sweet 16 party are most excited about the chance to dress up and have their hair and makeup done. However, it can be difficult to be the life of the party or have fun at special events when uncomfortable footwear spoils the day.

For centuries, women have been renowned for the fashions they wear on their feet. But such fashion often comes with a steep price: pain. In fact, in ancient Chinese tradition, it was customary for girls' feet to be bound to inhibit the growth of feet and show off impossibly small shoe creations. The ideal length for a bound foot was roughly three inches. These small feet were seen as desirable and generally guaranteed a successful, wealthy husband.

Most women do not sub-

ject themselves to this sort of foot manipulations today, but there are plenty who squeeze into uncomfortable shoes in an effort to look taller, more elongated, or beautiful. Though uncomfortable footwear might be bearable for short periods of time, when hours are spent standing or dancing, uncomfortable shoes can prove torturous.

To avoid pain during your special day, choose shoes that will marry comfort with beauty. Here are some considerations:

Grab a platform. Instead of stiletto heels, consider shoes that add height by way of a platform heel. The flat sole will mimic walking in flat shoes, but the platform will offer the desired height.

Go shorter. Choose a shorter dress that works well



with flats or low heels. Many women gravitate toward high heels when wearing floor-length gowns to avoid hemming the dress or to make it easier to maneuver around without the bottom of the gown puddling on the floor. When that obstacle is removed by way of a shorter dress, it opens up the possibilities for lower-profile shoes.

Think about wearing flashy flip-flops or sandals. There are many sandal styles that have been made more glamorous by way of rhine-

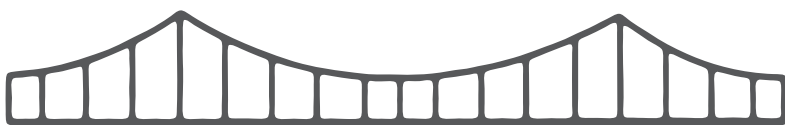
stones and other embellishments. These can look just as beautiful as other styles and be more comfortable for dancing. Plus, they'll enable the feet to breathe.

Strive for comfort. If you must wear heels, spend a little more and select a brand known for emphasizing comfort in its designs. Many manufacturers are well-known for creating comfortable designs that feature flexible, lightweight soles and for adding padding to the shoes to cradle the feet. Other shoes can be enhanced with

gel inserts and other custom orthotics.

Bring a spare pair of shoes. Different brands now offer foldable flat ballet shoes that can be stowed in a purse or bag and thrown on in a pinch — especially when the pinch comes by way of uncomfortable heels.

Pack a first-aid kit for your feet. To alleviate aches and pains, create an emergency kit with bandages, moleskin, a topical anesthetic, and even soothing foot powder to revive feet plagued by pain or blisters.



DAVID BIRO, M.D., PH.D.

COSMETIC & LASER CENTER OF BAY RIDGE



Get perfect skin for your special day

**Chemical Peels • Microdermabrasion
Laser Hair Removal • Tattoo Removal • Acne Care**



9921 Fourth Avenue • Brooklyn, NY 11209

COSMETIC: **718.833.2793** • ALTERNATE: **718.833.7616**

WWW.BAYRIDGEDERM.COM Most Insurances Accepted

Hollywood Service Since 1989!

MILA Limousine Corp.



Limo - Kareta ▶
◀ Interior

718.232.8973

www.MilaLimo.com | Milalimo2010@gmail.com



Get the Best Smile on Campus

Bad Breath? We Have Solutions!

Discolored Teeth? We Do Whitening & Veneers!

Never underestimate the power of a bright and beautiful smile.

Whether your teeth need straightening, whitening or a routine cleaning, we offer complete dental care services to keep your smile healthy and sparkling.

Easy Financing & Student Discounts • Call today for a FREE Smile Consultation

See our latest smile makeovers on Facebook! 



Your smile is our priority.

Call Today to Schedule a Convenient Appointment

718.339.7878

JOSEPH LICHTER, DDS

1420 Ave. P, 2nd Fl., Brooklyn, NY 11229
(Between East 14th and 15th)

Mon. & Wed. 8am-6pm • Tues. 9am-8pm • Thurs. 8am-8pm

Fri. 8am-2pm • Alternating Sun. 9am-3pm



bleaching
\$395



\$3,995

We call our office State-of-the-Art Dentistry because we keep our technology and techniques up-to-date to provide you the best experience possible. We accommodate families of all ages with strict sterilization techniques.



HEALTHY BROOKLYN PROFILE

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 profession,” 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.

WE ARE NOW THE DENTISTS FOR THE NEW YORK RIVETERS.



DATE

with destiny

Finding the right partner for prom

Prom night is a momentous occasion for high school students. It is marked by tradition and serves as an opportunity for students to get together with friends for a final school-sponsored party before everyone embarks on life after high school. Prom may be the social event of the season, and students often take preparation quite seriously, with careful thought given to wardrobe and transportation.

But finding the right partner on prom night is also part of the prep work.

Kids will look back on prom night for years to come, and ensuring the night is memorable for all the right reasons often involves finding the right person to partner up with on prom night.

Students in established re-

lationships won't have much trouble picking their prom date. But many high school students are not in such relationships, making their choice of a prom night partner a little more complicated.

The following are a few pointers prom-goers can consider when finding a date:

Proms make poor first dates. Prom night is probably not the best time to go on a first date. Not that a new romance is impossible on prom night, but prom carries with it added pressure and the night may prove more enjoyable if you go with someone who knows you and your friends. Proms also are expensive, and you would put a relative stranger into an awkward spot to spend a great deal of money for a relationship that may never flourish.



ish. Dates may also be uncomfortable when asked to mingle with people they don't know, so avoid turning prom night into a first date.

Prom doesn't have to be a

romantic date. Students may feel pressured to take a potential romantic interest to the prom. But sometimes it can be much more enjoyable to take a friend. This way you can let

loose and enjoy the festivities without feeling the pressure of making the night romantic.

Know your school's rules on couples. Some schools employ a laissez-faire attitude with regard to prom couples, allowing students to bring anyone along as their dates, while others restrict dates to current students. Confirm any restrictions regarding dates before asking anyone to prom or spending any money on tickets and other prom-related necessities.

Begin the search early. Don't wait until the last minute to ask someone. Prom can be a competitive time of year, and you may rest easier knowing your date is already secured. Start testing the waters early to see who might be interested in going as your date.

Be open-minded. Circumstance may find you and a fellow student without a date for the prom. Rather than attending alone, you may consider teaming up. The results may be better than you had expected when both of you have a nothing-to-lose attitude. Keep in mind that going with a date does not mean you have to remain glued to this person's side the entire time. If it's not working out, mingle with other friends.

SIMPLY ELEGANT

Grand Plaza

Exquisite Ambiance, Superb Service
& Gourmet Cuisine

GRAND-PLAZA.COM

718.967.4034
23 A Nelson Avenue, Staten Island

Henry's Florist

*The Finest
in
Floral Design
for Your
Sweet 16
&
Quinceañera*

**Specializing
in Theme Party Decor!**

**8103 Fifth Avenue
Brooklyn, NY 11209**

**800.543.6797
718.238.3838**

HenrysFloristWeddingEvents.com

HenrysFlorist.com

Henrysflorist@gmail.com



Eleven steps to perfect

PARTY HAIR



Once you have chosen your beaded gown, party-worthy hair is next on the priority lists. A fresh haircut or an intricate updo can perfectly complement a well-planned wardrobe. Some party-goers will dabble in styling techniques and products at home, but many will be visiting salons to perfect their luxurious locks.

For girls, the big night presents an opportunity to indulge in a complete grooming package that will include hair, makeup, nails, and faux tanning.

During prom season, salons are bound to fill appointments quickly, so teens should start planning their looks early on. The following tips can help you look your best come party night:

1 Select your dress and jewelry first. Choosing your dress and jewelry first allows you to customize your hairstyle to complement the rest of your look. Many girls want to follow a theme, such as romantic or sleek, come the big night, and hairstyle is an important element of such themes.

2 Book a trial appointment at the salon. When booking your hairstyle appointment, which should be done at least a month in advance of party night, book a trial appointment as well. Bring photos of your gown to your trial appointment and ask the stylist to make suggestions on which looks will complement the gown.

3 Keep your hair texture and cut in mind when choosing a hairstyle. Although great stylists often can work magic with your hair, they can't do the impossible. If you have short hair and want a long, cascading style, you will need to invest in extensions. Ladies with naturally curly hair may have to spend more time in the chair having their hair straightened if they want a sleek bob. Sometimes it's in your best interest to work with your hair's natural texture.

4 Get a grasp of your role in crafting your hairstyle. Speak with your stylist about how long before the party you should undergo any chemical processes, including perms, coloring, straightening, or relaxing treatments. Do not make drastic changes right before the the big night. Any modifications should be made a few months before the big night so you can get acclimated to your new hair and make any necessary adjustments.

5 Take care of your hair so that it is healthy. Stick to a regular hair maintenance schedule, including trims every four to six weeks, so your locks look healthy on party night. Depending on your hair texture, a stylist may recommend deep-conditioning treatments. Always be gentle with your hair, avoiding tugging or harsh brushing while it is wet, as such treatment can lead to breakage.

6 Practice, practice, practice if you are going it alone. Make several trial runs if you plan to do your own hair, asking a friend or family member for help if you have difficulty working on your own hair.

7 Don't go crazy cleaning your hair. Oftentimes, complicated styles are more easily achieved with slightly "dirty" hair. Do not wash your hair the day of the party; do so the day before so your hair has more grip and will be less likely to slip out of pins or other hair accessories on the big day. Adding a little texturizer or pomade to hair can thicken it up and give it more hold as well.

8 Have a backup plan at the ready. A backup plan covers you if your hair simply isn't cooperating or if the weather is not conducive to the style you selected. A sleek chignon or a messy French twist can reign in problem hair.

9 Call the salon before you leave the house to ensure the stylist is running on time. Call ahead so you aren't left twiddling your thumbs as you wait for a tardy stylist at the salon. In addition, wear a shirt that can be removed easily without disrupting your newly styled hair as you change into your dress.

10 Don't forget hair accessories. Ask your stylist to recommend any accessories you may need to keep your hair looking great through the night and don't forget them at home.

11 Keep your makeup artist in the loop. If a makeup artist will be doing your makeup, be sure he or she is brought up to speed on your party night hairstyle and the type of dress you will be wearing.

Prom night and your Sweet 16 are chances for teens to add some glamour to their lives. Hairstyles are a big part of the finished look, so consideration should be given to styles and the work necessary to keep hair looking great through the night.

VIP Limos

SVC., INC.

"The Name Says it All"



**ONE OF A
KIND**

Cadillac Escalade

26 Passengers • 6 Doors

Raised Roof



LIMOS

- 16 Passenger Infiniti QX-56
- 12 Passenger Lincoln Navigator
- 37 Passenger Party Bus (With VIP area)
- 12 Passenger 5th Door Lincoln Super Stretch
- Coach Bus available from 40-56 Passengers

**ASK US ABOUT OUR
"REFER A FRIEND
PROM PROGRAM"**



**2 Hours
FREE**

If You Book By
April 15, 2016

516-488-LIMO (5466)

www.viplimosvc.com

info@viplimosvc.com

NYS & US D.O.T. AUTHORIZED

LICENSED AND INSURED

One gift card outshines them all

"Throughout the year of endless gift cards, there is the one that she prefers the most - a gift card from Pilo Arts."

Pilo Arts Salon
Member of
Intercoiffure Mondial
Paris Tokyo London Roma
New York Berlin

Cut & Style

Colour

Hi-Lights

Make-Up

Up-Dos

Massage

Body Wrap

Facial

VOTED 1ST PLACE
BEST SALON
2012 & 2013



RANKED TOP 5
OF 20,000 SALONS



SELECTED TOP 200
BKLYN COMPANY



38 YEAR ANNIVERSARY
SERVICING N.Y.C.
1978 - 2016

Pilo Arts Salon

8412 Third Ave. • Bklyn. N.Y. • 718.748.7411

WWW.PILOARTS.COM



EL 2012-:FLUX Collection. Images provided courtesy of Schwarzkopf Professional

We'll Pick You Up. Call 877-625-6766 For Complimentary Pick Up.

- SEDANS
1105 IN-STOCK
- UNDER \$10,999
50 IN-STOCK
- SUVs
720 IN-STOCK**
- TRUCKs
37 IN-STOCK



YOUR TAX REFUND!

MAJOR SAYS KEEP IT!

CARS STARTING AS LOW AS \$3,995! *2008 Dodge Caliber, 91k mi, STK#17934

D SUV CENTER! OVER 700 SUV'S IN OUR INVENTORY!

<p>'12 TOYOTA HIGHLANDER \$18,995 BUY FOR: PLUS TAX & TAGS 33k miles, Stk#15667</p>	<p>'14 HONDA PILOT \$19,995 BUY FOR: PLUS TAX & TAGS Auto, 6 cyl, A/C, p/s, p/b, 9k miles, Stk#10085</p>	<p>'12 MERCEDES ML-350 \$24,995 BUY FOR: PLUS TAX & TAGS 63k miles, Stk#18809</p>	<p>'13 BMW X5 \$28,995 BUY FOR: PLUS TAX & TAGS 47k miles, Stk#13791</p>	<p>'12 MERCEDES GL-450 \$30,995 BUY FOR: PLUS TAX & TAGS 32k miles, Stk#6794</p>	<p>'13 RANGE ROVER SPORT \$33,995 BUY FOR: PLUS TAX & TAGS Stk# 12925, 32k mi.</p>
<p>'14 TOYOTA COROLLA \$10,995 BUY FOR: PLUS TAX & TAGS 14k miles, Stk#15152</p>	<p>'13 DODGE GR CARAVAN \$10,995 BUY FOR: PLUS TAX & TAGS Stk# 3793, 43k mi.</p>	<p>'12 DODGE CHARGER \$11,995 BUY FOR: PLUS TAX & TAGS 8k miles, Stk#1030</p>	<p>'11 TOYOTA SIENNA \$12,995 BUY FOR: PLUS TAX & TAGS 15k miles, Stk#1034</p>	<p>2014 HONDA ACCORD \$13,995 BUY FOR: PLUS TAX & TAGS Stk# 8569, 11k mi.</p>	<p>'11 BMW 3 SERIES \$14,995 BUY FOR: PLUS TAX & TAGS 55k miles, Stk#15964</p>
<p>'14 NISSAN MAXIMA \$14,995 BUY FOR: PLUS TAX & TAGS 30k miles, Stk#18077</p>	<p>'13 ACURA ILX \$15,995 BUY FOR: PLUS TAX & TAGS 38k miles, Stk#15579</p>	<p>'13 TOYOTA SIENNA \$17,995 BUY FOR: PLUS TAX & TAGS 26k miles, Stk#11973</p>	<p>'14 MERCEDES C CLASS \$19,995 BUY FOR: PLUS TAX & TAGS 28k miles, Stk#20433</p>	<p>'13 MERCEDES E CLASS \$19,995 BUY FOR: PLUS TAX & TAGS 52k miles, Stk#17256</p>	<p>'13 LEXUS GS350 \$23,995 BUY FOR: PLUS TAX & TAGS Stk#16079, 48k mi.</p>

TIRED OF YOUR CAR? WE'LL BUY IT FROM YOU!

Don't Make Your Next Payment Until You Speak To Us! **1-877-625-6766**

43-40 NORTHERN BLVD. LONG ISLAND CITY, QUEENS, NY 11101

TAKE THE R M SUBWAY TO 46TH ST STOP IN QUEENS

Prices include all costs to be paid by the consumer except for license, registration & taxes. Used vehicles have normal wear, tear & mileage, some may have scratches & dents. ††All applications will be accepted. Severity of credit situation may affect down payment, APR & terms. Bankruptcies and liens must be discharged. \$Will match maximum refund up to \$3,000 must show proof of tax return. See dealer for details. Offers cannot be combined. NYC DCA#2003442, DMV#7117189. Publication date: 3/04/2016. Offers expire 48 hours after publication.

WE ARE SURE TO HAVE A CAR TO FIT YOUR BUDGET • EASY FINANCING! BEST CHANCE TO GET APPROVED IS HERE! ††

LEGAL NOTICE

SUPREME COURT - COUNTY OF KINGS
RETAINED REALTY, INC., Plaintiff -against- HERBERT E. KOENIG, SUSAN R. KOENIG, et al Defendant(s). Pursuant to a Judgment of Foreclosure and Sale entered herein on February 11, 2016, I, the undersigned Referee will sell at public auction at the Kings County Courthouse 360 Adams Street, Room 224, Brooklyn, NY on April 7, 2016 at 2:30 p.m. premises 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. Block: 7715 Lot: 27. Said premises known as 1733 E. 32ND STREET, 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 6061/2007. SOL NEEDLE, ESQ., Referee STAGG, TEREZI, CONFUSIONE & WABNIK, LLP Attorney(s) for Plaintiff 401 Franklin Avenue, Suite 300, Garden City, NY 11530
{* BAY NEWS*

LEGAL NOTICE

3030 Brighton 2 Street, LLC, a domestic LLC, filed with the SSNY on 1/4/16. 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, 3030 Brighton 2nd St., Brooklyn, NY 11235. General purpose.

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: MAHWEH, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 07/23/2015. 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 1959 85TH STREET BROOKLYN, NY 11214. Purpose: any lawful purpose.

LEGAL NOTICE

71 Mott Avenue LLC, a domestic LLC, filed with the SSNY on 2/10/16. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to Leon Golden CPA, 1600 Sheepshead Bay Rd., Brooklyn, NY 11235. General purpose.

LEGAL NOTICE

8001 Fifth Avenue, LLC, a domestic LLC, filed with the SSNY on 2/10/16. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to Jim Bantis, 7732 Narrows Ave., Brooklyn, NY 11209. General purpose.

LEGAL NOTICE

A. Friedman, LLC, a domestic LLC, filed with the SSNY on 1/14/16. 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, 414 Elmwood Ave., Ste. 6C, Brooklyn, NY 11230. General purpose.

LEGAL NOTICE

Auntie Grandview LLC Arts of Org. filed SSNY 2/16/16. Office: Kings Co. SSNY design agent of LLC upon whom process may be served & mail to Joel Goldschmidt Esq Morse, Zelnick, Rose & Lander LLP 825 3rd Ave New York, NY 10022 General Purpose

LEGAL NOTICE

Brooklyn Creative Group LLC, a domestic LLC, filed with the SSNY on 9/14/15. 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, 9101 Shore Rd., Ste. 116, Brooklyn, NY 11209. General purpose.

LEGAL NOTICE

7517 6th Ave LLC, a domestic LLC, filed with the SSNY on 1/25/16. 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 Coleen Kumar, 7517 6th Ave., Brooklyn, NY 11209. General purpose. Latest Date to Dissolve: 01/22/2046.

LEGAL NOTICE

CLEAR PATH ADVISORS GROUP, LLC Art. Of Org. Filed Sec. of State of NY 1/19/2016. 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, 110 Livingston St., Ste 11G, Brooklyn, NY 11201. Purpose: Any lawful act or activity.

LEGAL NOTICE

CLOSER TICKETS LLC. Art. of Org. filed with the SSNY on 02/03/16. 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, 1139 Prospect Avenue, Apartment 4H, Brooklyn, NY 11218. Purpose: Any lawful purpose.

LEGAL NOTICE

EVEN KEEL LLC Art. Of Org. Filed Sec. of State of NY 10/9/2015. 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 En Qi Tsao, 35 Meadow St., Ste 206, Brooklyn, NY 11206. Purpose: Any lawful act or activity.

LEGAL NOTICE

Ilite Management, LLC, a domestic LLC, filed with the SSNY on 1/19/16. 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, 35 Brighton 1st Path, Brooklyn, NY 11235. General purpose.

LEGAL NOTICE

Imaging Consultants and Billing of NY LLC, a domestic LLC, filed with the SSNY on 1/19/16. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be

LEGAL NOTICE

served. SSNY shall mail process to The LLC, 2152 Ralph Ave., Ste. 230, Brooklyn, NY 11234. General purpose.

LEGAL NOTICE

JSZ PROPERTIES LLC. Art. of Org. filed with the SSNY on 06/22/10. 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, 1412 Ave M, Brooklyn, NY 11230. Purpose: Any lawful purpose.

LEGAL NOTICE

Land Resource LLC. Articles of Org. Filed NY Sec. of State (SSNY) on January 28, 2016, Office in Kings Co. SSNY Desig Agent of LLC upon whom process may be served. SSNY shall mail copy of process to 388 Bridge Street, #43H, Brooklyn, NY 11201. Purpose: Any lawful purpose or activity.

LEGAL NOTICE

MARTHA'S COUNTRY BAKERY 3 LLC. Art. of Org. filed with the SSNY on 12/03/15. 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, 263 Bedford Avenue, Brooklyn, NY 11211. Purpose: Any lawful purpose.

LEGAL NOTICE

Notice of Formation of 321 Woodbine, LLC, Art. of Org. filed with Sec'y of State (SSNY) on 11/24/15. 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 417 Flushing Ave., 7B, Brooklyn, NY 11205. Purpose: any lawful activities.

LEGAL NOTICE

Notice of Formation of 926 PRESIDENT STREET LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 01/21/16. Office location: Kings County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process

LEGAL NOTICE

to Christopher M. Manno, 311 Garfield Pl., Brooklyn, NY 11215. Purpose: Any lawful activity.

LEGAL NOTICE

Notice of Formation of AORTA Films LLC, Art. of Org. filed with Sec'y of State (SSNY) on 12/1/15. 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 355 Stockton St., Apt. 3A, Brooklyn, NY 11206. Purpose: any lawful activities.

LEGAL NOTICE

Notice of Formation of A Play Date Everyday LLC. Arts. of Org. filed with NY Dept. of State on 2/3/16. Office location: Kings County. Sec. of State designated agent of LLC upon whom process against it may be served and shall mail process to: 2 Seeley St., Brooklyn, NY 11218, principal business address. Purpose: all lawful purposes.

LEGAL NOTICE

Notice of Formation of Black Lexington Group, LLC. Arts. of Org. filed with NY Dept. of State on 11/2/15. Office location: Kings County. Sec. of State designated agent of LLC upon whom process against it may be served and shall mail process to: Lippe Mathias Wexler Friedman LLP, 665 Main St., Suite 300, Buffalo, NY 14203. Purpose: all lawful purposes.

LEGAL NOTICE

Notice of Formation of DMH Holdings LLC. Arts. Of Org. filed w/ Secy. of State of NY (SSNY) on 12/16/15. Office in Kings County. SSNY designated agent of LLC upon whom process against it may be served. SSNY shall mail process to c/o CT Corp. System, 111 8th Ave., NY, NY 10011, registered agent upon whom process may be served. Purpose: Any lawful act/activity.

LEGAL NOTICE

Notice of Formation of Five & Dime, LLC, Art. of Org. filed with Sec'y of State (SSNY) on 11/12/15. Office location: Kings County.

LEGAL NOTICE

SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to John Moskowitz, 149 Grand St., Apt. 4, Brooklyn, NY 11249. Purpose: any lawful activities.

LEGAL NOTICE

Notice of formation of HEART IS RED LLC. Art. Of Org. filed with the Sec'y of State of NY (SSNY) on 02/22/16. 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, 443 Court St #2R Brooklyn, NY 11231. Purpose: Any lawful purpose

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: BEMBERG & BEMBERG, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 11/02/2015. 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 STE 202 BROOKLYN, NY 11228. Purpose: any lawful purpose.

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: MOKNOWSHAIR, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 01/11/2016. 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: HOME GROWN BOOKS, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 10/23/2015. Office

LEGAL NOTICE

location: Kings County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: KYLA RYMAN 1000 DEAN STREET, #327 BROOKLYN, NY 11238. Purpose: any lawful purpose.

LEGAL NOTICE

Notice of Qualification of A-T International Consultants, L.L.C. Authority filed with NY Dept. of State on 1/22/2016. Office location: Kings County. LLC formed in MO on 10/7/1994. 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. MO and principal business address: 7700 Forsyth Blvd., Ste. 1800, St. Louis, MO 63105. Cert. of Form. filed with MO Sec. of State, 600 W. Main St., Jefferson City, MO 65101. Purpose: all lawful purposes.

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: ESDC REALTY LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 02/01/2016. 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: ESDC REALTY LLC 7314 13TH AVENUE BROOKLYN, NY 11228. Purpose: any lawful purpose.

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: ALTBUSH WORKS LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 12/18/2015. 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 395 GRAHAM AVE APT 3F BROOKLYN, NY 11211. Purpose: any lawful purpose.

Eldercare

TODAY



NUTRITION & AGING GO HAND-IN-HAND

Nutrition is important for people of all ages, but it's especially important for men and women over the age of 50, who can dramatically improve their quality of life by eating a well-balanced diet filled with vitamins and nutrients. Though that may seem like common sense, research has shown that men and women in this age group, who are often referred to as baby boomers, are not necessarily as healthy as they may seem.

While the baby boomer generation, which is generally regarded as those people born between 1946 and 1964, boasts longer life expectancies than any generation that came before them, some of that can likely be chalked up to advancements in medical care, including a booming pharmaceutical industry that seemingly has an antidote to every ailment. But a 2013 study from researchers at the West Virginia University School of Medicine found that baby boomers are less healthy than the generation that immediately preceded them, tending to be more likely to have higher levels of hypertension, diabetes and high cholesterol. While that news might be sobering, it's never too late for men and women over 50 to start eating healthier diets, which can reduce their risk of a wide range of ailments, including heart disease, stroke and osteoporosis.

The following are a few ways men and women over 50 can alter their diets so their bodies are getting what they need to live long and healthy lives well into their golden years. As is always the case, men and women should discuss any potential changes to their diets with their physicians to ensure the changes will be both effective and healthy.

Balance your diet. Kids hear of the benefits of a balanced diet seemingly from the moment they enter a classroom for the first time, but many adults fail to heed that basic advice as they get further and further away from kindergarten. When changing your diet, be sure to include plenty of protein and carbohydrates. Protein maintains and rebuilds muscles, which is especially important for aging men and women who might find themselves unable to keep up with the physical demands of everyday life as well as they used to. Including ample low-fat protein, which can be found in fish, eggs and low-fat dairy among other foods, will aid in muscle recovery, benefiting aging athletes as well as those men and women over 50 who recently started exercising as a means to regaining their physical fitness. A diet lacking in sufficient protein can contribute to muscle deterioration, arthritis and even organ failure, so it's important for men and women to prioritize including protein in their diets.

Carbohydrates are also an important part of a balanced diet, as they are a great source of energy that can help men and women stay active well past the age of 50. Carbohydrates found in fruits, grains and vegetables are the

Continued on page 60

Attention New Yorkers who want better hearing, your next stop is...

HearUSA

America's Most Trusted Name in Hearing Care.

Bay Ridge, 8115 5th Avenue
Brooklyn, NY 11209

COMING
SOON

We're excited to announce the opening of our
2nd Location in Brooklyn!

We're excited to provide you with the highest quality hearing care and introduce revolutionary hearing aids designed to help you hear better!

- **100% SATISFACTION GUARANTEED**
- **FULL RANGE OF HEARING AIDS** for every need
- **FREE DEMONSTRATION** of the latest hearing aid technology
- **RISK-FREE 60-DAY TRIAL** on all purchases

FREE Hearing Check-up

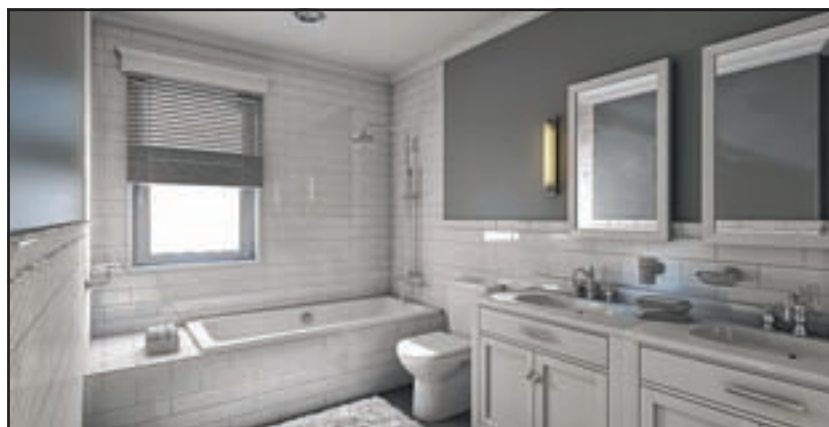
FREE Dunkin' Donuts Gift Card

Must have hearing loss. Call for details. Offers cannot be combined. Limit one per customer per year. Offer expires 3/31/16.



 **HearUSA**
America's Most Trusted Name in Hearing Care.

8115 5th Avenue, Brooklyn
Call Toll Free: 855.203.1173



This bathroom can be made safer with the addition of grab bars, a bath seat, non-slip flooring, and a transfer bench.

Home renovations to ensure senior safety

As adults approach their golden years, the homes they once thought of as sanctuaries can become unsafe. Families wrestle with the decision to keep parents and grandparents in their homes or move them into assisted living facilities or other senior residences.

Modifying seniors' homes to make them safer is another option. The National Institute on Aging says that families may be able to have a senior stay at home by helping older relatives remain independent but safe. The following are a few ways to do just that:

Remove fall hazards

The Institute reports that six out of 10 falls happen at home, where people spend the most time and fail to think about their safety. Seniors who want to be independent may overestimate their physical abilities. Because falls can be so dangerous, leading to cuts, abrasions, broken bones, and more, seniors and their families must take steps to prevent falls in homes.

Improve lighting, especially at night when sight may become diminished. Install hand rails and grab bars where possible. Pick up clutter and remove tripping hazards, such as slippery rugs or electric cords. Install an electric stair climbing seat to make traversing stairs less risky.

Improve visibility and ability to communicate

Vision loss may accompany aging, but technology can help mitigate such losses. Use big-button phones, remote controls, and even keyboards so seniors can keep in touch. Voice-activated thermostats or smart home technology also can make it easier for seniors to voice their needs.

Modify fixtures and other features

Dexterity may wane with age, and

arthritis can make grasping or turning doorknobs and faucets more challenging. Take inventory of areas of the home that present the biggest obstacles to seniors.

Replace knobs in the shower or on faucets with lever handles, which are easier to maneuver. Install new cabinets and doors that freely glide open and self-close. Replace toggle light switches with easier paddle-type switches that can be pushed with a hand or even arm. Motion-sensor lights also can be handy. Push-button oven controls may make cooking easier.

Prepare for medical emergencies

Invest in medical alert systems, such as necklaces or bracelets, that can be used to contact police or emergency medical personnel directly. Make phones available in commonly used rooms in the home, such as bedrooms, the living room, bathrooms, and the kitchen.

Install ramps and nonslip flooring

Ramps can make it easier to reach the front door or cross over elevated doorway thresholds. Nonslip flooring also can prevent falls around the house, offering more traction for feet, walkers, or canes.

Repair cracks in walkways and driveways

Safety should also extend to the outdoors. Be sure to repair cracks or uneven pavement. Replace loose patio blocks or bricks with a more stable design or with concrete or asphalt. While outdoors, trim back bushes and make sure there are no tripping hazards outside as well.

A few modifications can make it possible for seniors to live comfortably in their homes for many years.

Learning to live on a fixed income

Difficult financial times have forced many people young and old to alter their lifestyles in order to stay afloat financially. Though unemployment has garnered most of the headlines as the economy has struggled the last several years, it's not just men and women of working age who have felt the pinch.

In a 2010 study from the University of Michigan Law School, researchers found that people age 65 and older are the fastest-growing segment of the U.S. population seeking bankruptcy protection. While there's no single culprit for the rise in bankruptcy filings among seniors, the state of Florida could offer valuable insight as to why the nation's older citizens are increasingly filing for bankruptcy.

Many retirees call Florida home, and in the past such retirees could tap into their home equity whenever they began to struggle financially. However, like most of the country, Florida's housing market is depressed, making it less viable for seniors to tap into their home equity to solve their financial problems. In fact, according to a study by the Administrative Office of the U.S. Courts, bankruptcy filings in-



For many seniors fearful of financial struggles, living on a fixed income can be a helpful way of ensuring their future does not involve filing for bankruptcy.

creased by 118 percent in states where the home price index decreased.

For many seniors fearful of financial struggles, living on a fixed in-

come can be a helpful way of ensuring their future does not involve filing for bankruptcy. Though living on a fixed income is a definite challenge and cer-

tainly offers no guarantee that bankruptcy can be avoided, it does provide a framework seniors can rely on to keep their heads above water during difficult economic times.

Make an honest assessment

Living on a fixed income involves being honest with yourself and admitting what your resources truly are. Write down any sources of income, including Social Security payments, pension payouts, investments, etc. Then write down how much money you have in savings or print out a statement of all savings accounts.

Once you have an accurate figure of both income and savings, write down all your monthly expenses, including all expenses, no matter how minute they may seem. From here you can determine just how much you can spend each month.

Prioritize spending habits

Some expenses, including medications and monthly utility bills, will always remain a top priority. However, those who must begin living on a

Continued on page 56

EXCEPTIONAL RECOVERY

The Institute for Orthopedic Medicine and Surgery at New York Methodist Hospital offers comprehensive treatment for orthopedic disorders including sports injuries and joint replacement. An exceptional team of specialists provides a broad range of services and focuses on helping patients heal, often resulting in a full recovery and a life that's pain-free.

nym
NEW YORK METHODIST HOSPITAL

Member
NewYork-Presbyterian Healthcare System
Affiliate: Weill Cornell Medical College

Helping Brooklyn Thrive
nym.org • 866-ORTHO-11



Kiss Your Dentures Goodbye

...and say hello to the comfort and convenience of dental implants that look and function just like your natural teeth!

Senior Special

IMPLANT

\$1,250

(abutment and crown additional \$1,250)

VENEER SPECIAL

Cosmetic Porcelain

\$750

Per Veneer

Call us today for the extreme makeover you have always wanted

Call 718-339-7878 today to schedule your private consultation with an experienced dentist in the latest dental implant technology.



OFFICIAL DENTIST OF NEW YORK RIVETERS



- Cosmetic dentistry / extreme makeovers
- Pain-free treatment
- Implants
- Needle-free drilling
- Laser diagnosis
- Velscope, for early detection of oral cancer
- Digital intraoral photography
- Digital, low-radiation x-rays
- Soft tissue laser for recontouring gum tissue
- Zoom! in-office whitening for safe, immediate results
- Diagnodent, a noninvasive diode laser that can detect decay while it's still small
- TMJ & endodontic therapy

Call Today to Schedule a Convenient Appointment

718.339.7878

Your smile is our priority.

JOSEPH LICHTER, D.D.S.

1420 AVENUE P • SECOND FLOOR • BROOKLYN, NY 11229 (BETWEEN EAST 14TH AND 15TH)

Take **B** or **Q** Train to Kings Highway  B68, B82 & B7

Mon. & Wed. 8am – 6pm • Tues. 9am – 8pm

Thurs. 8am – 8pm • Fri. 8am – 2pm



Like us on **facebook**

Types of home care

BY JOANNA R. LEEFER

Your mom can no longer live independently and needs help with many activities of daily living. You know she requires some home care, but are not sure if you should hire an aide through an agency or find someone independently. The choice is personal, but there are factors that should be carefully weighed. Below is a list of essential factors that should be considered.

Home health care agencies

The advantages of a certified agency are in the details. Private home care agencies typically offer a broad range of services including skilled nursing care, home attendant service, and companionship. A certified agency, i.e. an agency that has been licensed by the state, must conform to a strict set of regulations. All aides must go through formal training in dressing, bathing, nutrition, and helping with basic activities of daily living. An agency will replace an aide if you are not happy with her performance or will find a substitute if your aide is ill or needs time off. The agency's job is to insure you have an aide that fits your personal, as well as health care, needs. Even more importantly, an agency will cover any liabilities if there is an injury on the job.

Some "boutique" agencies offer services such as bill paying, correspondence writing, geriatric care management, transportation services, and other conveniences. These services come with a higher price tag but can be worth the expense.

Any aide hired through an agency goes through an extensive screening process. Her name is run through an FBI database to insure she is in the United States legally and has no criminal record. She must also come with personal references. Once an aide is hired, a certified agency is responsible for continuing her training through regular workshops on such topics as Alzheimer's disease, mental illness, and new developments in care.

Independent home health aides

Many certified home care aides prefer to work independently rather than through an agency. By doing so they can negotiate their own terms and rates.

There are some appealing advantages to going this route. These aides are usually considerably less expen-

sive to hire because they are cutting out the middleman. A portion of agency costs covers payroll expenses, insurance, and overhead costs.

An independent aide is also not restricted to certification regulations. The biggest difference regards administering medicine and medical responsibilities. Agency aides are not permitted to give medication, change bandages, or treat wounds. This is often frustrating for the client. This is not an issue for an independent aide. An aide can perform any of these tasks. But be cautious if you decided to permit this route. Many medications look alike and you don't want someone who might make a mistake.

An equally important issue regards accountability. If you hire someone independently you must forgo all the security checks that you get through an agency. In addition you will not be confirmed of training, screening, or liability insurance. There are no set procedures if the aide or family member is injured at home or if something in the home is broken or stolen.

Finally, there is the legal issue. Many people and aides prefer to work "off the books." Both family and the aide may see this as a win-win situation. However, this can cause complications, particularly if a family hopes to make their loved one Medicaid eligible. Medicaid is the federal government's health program for people with limited income and assets. If a person wants to become income eligible, he must "spend down" his savings to a set level. However, all this money that is being spent must accounted for. An aide who is paid off the books cannot be declared, which could cause complications and hold up the application process.

Whether you hire an aide independently or through an agency, you must weigh the pros of making your own rules with the cons of no accountability. Every family must weigh these facts against their own personal situation and make a choice that best fits their needs.

Joanna R. Leefer is a senior care advisor, advocate, and founder of ElderCareGiving, a service that helps families make difficult care decisions for aging loved ones when family care is no longer enough. She also teaches advocacy skills to caregivers who want to insure their loved ones get the best care. For more information visit her website www.joannaleefer.com.

To advertise in this section, call Jennifer Stern at (718) 260-8302 or email jstern@cnglocal.com

The early warning signs of Alzheimer's disease



Alzheimer's disease is the most common form of dementia. It is a progressive, degenerative disorder that attacks neurons and essentially robs people of their memory and language skills. Although there is no cure for Alzheimer's, there are therapies that can slow its neurological impact. Recognizing the early warning signs of Alzheimer's can encourage people to begin treatments that can stave off some of the more debilitating symptoms of this disease.

Millions of people in North America are estimated to have Alzheimer's disease and many others will be diagnosed. The following are the most common early signs and symptoms of the disease:

Memory loss: According to the Alzheimer's Organization, early memory loss can include forgetting important dates or re-

peatedly asking for the same information. Forgetting recently learned information and having to rely increasingly on memory aids is another potential indicator of Alzheimer's.

Declining cognition: Impaired reasoning or judgment, trouble finding the right words, and visual and spatial issues also may be early indicators of Alzheimer's.

Difficulty completing familiar tasks: Those with Alzheimer's sometimes have trouble driving to a familiar location or remembering the rules to a favorite game. People who were once good with numbers may now have difficulty balancing their checkbooks, while those who love to cook may have trouble following recipes.

Time confusion: Another indicator of Alzheimer's disease is losing track of time. One may have trouble understanding some-

thing that isn't happening in the present. Alzheimer's sufferers often forget where they are and how they got there.

Misplacing items: Everyone loses something at a point in time, but those with Alzheimer's may put items in unusual places. They may sometimes accuse others of stealing when they cannot retrace their steps and find items.

Decreased judgment: Decision-making abilities may be compromised. A person with Alzheimer's may take unnecessary risks or give away sums of money.

Mood changes: People with Alzheimer's may suffer from confusion, suspicious feelings, depression and anxiety. A person may upset easily or become anxious outside of his or her comfort zones.

Age and family history of Alzheimer's disease are the biggest risk factors.

Recognizing the early warning signs of Alzheimer's can encourage people to begin treatments that can stave off some of the more debilitating symptoms of this disease.

"There was only one place that could match my sister's love for life during her final days: Calvary Hospital."



"My sister Eileen possessed an incredible love and enthusiasm for life. With her keen sense of style, she loved fashion, shopping, traveling to Europe, and finding new and exciting restaurants. So when we realized that there was no cure for her terminal cancer, there was no better place that she spend her final days than where her quality of life would never be compromised: Calvary Hospital. The staff at Calvary – in fact, every employee who we were in contact with – relieved the pain, as well as the incredible stress that we were experiencing. Eileen was treated with the integrity, dignity and grace that she deserved...even to her very last day. Her hair was kept properly coiffed, her nails done just right, and her nurse even applied her signature make up. Eileen said the pampering made her feel loved. The staff was extraordinary in their care, as if God had hand-picked them to work there. Eileen always believed that you should never give up on life as long as you have a breath in you. Well, Calvary Hospital celebrated her life until the very end in a way that only Calvary can. Thank you, Calvary. And God bless you."

- Michael W. Conway

For more information call 718-518-2300 or visit www.calvaryhospital.org.

**CALVARY
HOSPITAL**

Where Life Continues

1740 Eastchester Road, Bronx NY 10461 • (718) 518-2300 • www.calvaryhospital.org
Brooklyn Satellite at Lutheran Medical Center • Calvary@Home (Home Care/Hospice)
The Dawn Greene Hospice at Mary Manning Walsh Home in Manhattan
(Calvary@Home programs are Medicare-certified and contract with most major insurances)

Understanding aortic stenosis

"One day, my dad picked up the phone and I heard him breathing really hard on the other end," said Mary. "I asked him what was wrong and my dad said he was just out of breath these days. I knew something wasn't right."

When her father, 80-year-old Conrad, a typically vibrant and active person, began to experience a marked decrease in energy, he didn't think anything of it until Mary pointed out his shortness of breath. Conrad thought his symptoms were the normal signs of aging, but he soon discovered they were actually caused by a problem with one of the valves in his heart.

In your golden years, you've probably come to expect that your hair will turn gray and that you may lose a step or two in your tango. But did you know that feeling extremely tired or short of breath may signal a deeper, underlying problem? Aortic stenosis may be the culprit.



Up to 1.5 million people in the United States suffer from this progressive disease where the aortic valve in the heart narrows. This can be caused by a variety of reasons, including the buildup of calcium in the heart valve, a birth defect, rheumatic fever, or radiation therapy. Approximately 250,000 people suffer from the most severe form of aortic stenosis.

Aortic stenosis symptoms are often mistaken for signs of "normal" aging and may cause you to experience the following:

- Chest pain or tightness.
- Fatigue.

- Shortness of breath.
- Lightheadedness, dizziness, and/or fainting.
- Heart palpitations.
- Swollen ankles and feet.
- Difficulty walking short distances or exercising.
- Sensations of a rapid fluttering heartbeat.
- The need to sleep sitting upright instead of lying flat in bed.
- Unable or unfit to engage in physical activities that you used to enjoy.

If you experience any of these symptoms, talk to your doctor right away as they may be signs of a serious health issue.

The American College of Cardiology and the American Heart Association guidelines recommend treatment quickly once a person is diagnosed with severe aortic stenosis. Once people begin experiencing symptoms, studies indicate that up to 50 percent of those with severe symptomatic aortic stenosis will not survive more than an average of two years.



INCOME

Continued from page 53

fixed income need to prioritize how they spend their discretionary funds. For instance, a membership at the local country club can cost several thousands of dollars per year, whereas the local public golf course only charges players each time they play. While the country club might have a better course, it could be more prudent to choose the public course and save the cost of a private membership instead.

Find it for free

People pay for many services each month that they could very well find for free. For example, in addition to books, many local libraries now allow members to check out CDs and DVDs at no cost. The same also goes for mag-

azines. Instead of paying a monthly subscription cost, visit the local library and read the magazines there for free. If the local library does not have your favorite periodical, the content could very well be available for free online.

Expect the unexpected

One of the worst things that can happen to a person on a fixed income is to encounter an unexpected cost. This can include an unforeseen hospital visit, a costly auto repair or even inflation that wasn't factored into your initial fixed income budget. Men and women on fixed incomes should expect such emergencies and save accordingly each month. Saving money should never go out of style, and those on fixed incomes should still attempt to save money each month. Coming in under budget and making the most of it can make the difference between capably handling an emergency or being forced to consider unattractive alternatives such as filing for bankruptcy.

For more information on living on a fixed income, visit the AARP at www.aarp.org.

MARCH IS MULTIPLE SCLEROSIS AWARENESS MONTH

Multiple Sclerosis Diagnosis Now More Accurate Than Ever

So we ask, what do you know about multiple sclerosis? Often times the common answer is very little. Approximately 2.5 million people around the world have MS and many don't know what the symptoms are or even what the condition itself is.

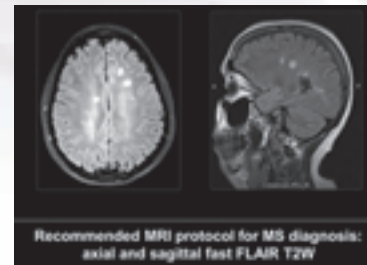
For starters, MS is a disease of the central nervous system. It is an autoimmune disease, which means the immune system attacks itself. MS is not a hereditary condition and is most common in adults ages 20 - 40, with a higher risk of development in women.

Now, diagnosing MS can be complicated. A series of neurological tests are conducted in order to diagnose a patient with MS since no one test can conclusively indicate the presence of the disease. MRI scanning however has been proven to be the most common test, diagnosing approximately 90% of people with the disease, due to its superior positive predictive value for the disease.

Experts agree that magnetic resonance imaging (MRI) scans are the most sensitive non-invasive way of imaging the brain, spinal cord, or other areas of the body. Demyelination, or the destruction of myelin - the fatty sheath that surrounds and protects nerve fibers - causes nerve impulses to be slowed or halted and produces the symptoms of MS. MRI is particularly useful in detecting central nervous system demyelination, which makes it especially beneficial in establishing a diagnosis of MS. 3T MRI has been proven to be the most sensitive test for MS and early detection of MS.

Subsequent scans, following a positive MS diagnosis, may prove useful in tracking the progress of the disease, or possibly helping to establish a prognosis—a prediction of the course of a disease.

Symptoms for MS can include: vision problems, balance problems/dizziness, bladder problems, bowel problems, cognitive problems, stiffness and or spasms. Majority of people however will not experience all of these symptoms, or have them at the same time.



Recommended MRI protocol for MS diagnosis: axial and sagittal fast FLAIR T2W

Bay Ridge Medical Imaging, P.C was the first to offer GE 3.0T Wide Bore MRI in the US. BRMI provides quality imaging with State of the Art technology. 3T MRI is ten times more powerful than the typical Open MRI and twice the strength of the 1.5 Tesla MRI, our product offers faster scan times and more detailed imaging with better visualization of lesions. Subsequent scans, following a positive MS diagnosis, may prove useful in tracking the progress of the disease, or possibly helping to establish a prognosis—a prediction of the course of a disease.

BRMI is proud to introduce the new Discovery MR750w 3.0T silent at our 3802 14th Ave. facility

Bay Ridge Medical Imaging (BRMI) provides the finest diagnostic imaging services available in the Tri-State Area. We participate in most insurance and managed care plans. Extended office hours are available if needed. Please inform our staff of any special scheduling needs and we will try our best to accommodate you.

SCHEDULING: (718) 238-7000

BRMI Offers Diagnostic Imaging Services in a Comfortable Outpatient Setting:

MRI/MRA - 1.5T & 3.0T High Field • Open MRI • MR/CT Arthrogram • SPECT/CT • PET/CT • CT Angiography (CTA) Coronary CT Angiography (CCTA) • 64 Slice CT Scanner • Cardiac Scoring • Nuclear Medicine • Nuclear Cardiology Ultrasonography • 3D/4D Doppler Ultrasound • Echocardiogram • Digital Mammography • DEXA Fluoroscopy General X-Ray • Breast/Thyroid Biopsy • Cyst Aspiration • I-STAT • Intra-Articular Steroid Injection • MSK Ultrasound



Bay Ridge
Medical Imaging
brmi.org

BAY RIDGE MEDICAL IMAGING, P.C.: 7601 4th Ave., Brooklyn, NY 11209 • 718.238.7000
BRMI at NARROWS: 9920 4th Avenue, Brooklyn, NY 11209 • 718.921.0333
BRMI at DYKER HEIGHTS: 7117 13th Avenue, Brooklyn, NY 11228 • 718.880.3060
BRMI at MIDWOOD: 1220 Avenue P, Brooklyn, NY 11229 • 718.375.1300
BRMI at BORO PARK: 3802 14th Avenue., Brooklyn, NY 11218 • 718.854.5400
BRMI at 5th AVENUE: 9020 5th Avenue, Brooklyn, NY 11209 • 718.880.3066



Identifying and Treating Sleep Issues in the Elderly

The average adult over the age of 65 needs seven to eight hours of sleep a night to function during the day. That's fewer hours of sleep than are recommended for younger adults (seven to nine hours), and fewer still than are recommended for children (nine to ten), and infants (twelve to sixteen hours a day).

Unfortunately, the continually diminishing requirements for nightly sleep do not make it easier to get the sleep that is needed. In fact, physiological changes that occur over a lifetime, and health conditions that may develop with age, make it difficult for many older patients to get the restful sleep they need.

"Insomnia disproportionately impacts seniors," says Jeremy Weingarten, M.D., chief of pulmonary, critical care and sleep medicine at New York Methodist Hospital (NYM) and medical direc-

tor of NYM's Center for Sleep Disorders (CSD). "Pain due to arthritis, the frequent need to urinate, changes in circadian rhythms that contribute to reduced production of melatonin (the sleep hormone), and even medications used to treat chronic conditions such as hypertension and high cholesterol can all contribute to insomnia. Furthermore, seniors still contend with the same issues that can cause insomnia in younger patients. These can include depression, stress, physical conditions like obstructive sleep apnea and behavioral factors like a lack of exercise, consumption of caffeine, cigarette smoking and a poorly managed sleep schedule. In short: the obstacles to a good night's sleep keep piling up! But the good news is that insomnia is almost always treatable, no matter what its cause, and individualizing treatment improves the chances of success."

Dr. Weingarten notes that patients who benefit from evaluations at the Center for Sleep Disorders include those who regularly have difficulty getting to sleep or staying asleep, who gasp for breath during sleep, whose legs are "active" at night, who are tired when they wake up in the morning and cannot function normally during the day, or whose sleepiness and fatigue persists for more than two or three weeks.

"The Center specializes in sleep studies, also known as polysomnograms," says John Cunningham, technical director of the CSD. "A typical polysomnogram takes place over a 12 hour period, and utilizes computer software and specialized devices that monitor a patient's eye movement, breathing, leg movements, lung function, cardiac function and other vital physiological processes during sleep. If a physical sleep disorder such as obstructive sleep apnea is

found to be the cause of insomnia, there are numerous surgical and non-surgical options to address it. Other disorders that a sleep study can help to pinpoint include restless legs syndrome/periodic limb movement disorder, REM (rapid eye movement) behavior disorder, narcolepsy and seizure during sleep."

Those whose insomnia is behavioral may benefit from cognitive behavioral therapy, which can help patient to identify the "triggers" that are causing the behavior causing insomnia. Relaxation training, stimulus control, and working to craft a healthy routine are common components of cognitive behavioral sessions. Seniors whose sleep may be impacted by a circadian rhythm disorder can often successfully be treated with bright light therapy, in which a high-intensity "light box" is used at precise times during the day to "reset" a pa-

tient's circadian clock. Medications and supplements containing melatonin may also be used to treat sleep disorders in adults.

"No matter what one's age, getting enough restful sleep each night is vital," said Dr. Weingarten. "The pitfalls of insufficient sleep include decreased ability to concentrate, delayed reaction time, impaired decision-making, forgetfulness, mood disorders and other conditions. Long-term sleep deprivation may also be associated with an increased risk for heart disease, stroke and Alzheimer's disease. By taking the steps to confront insomnia, a patient can minimize the risk that sleeplessness will become a big problem."

To make appointment with an NYM physician who specializes in the diagnosis and treatment of sleep disorders, call 718-780-3017.

—New York Methodist Hospital

Thank you GuildNet.



Now that Mom is safe at home, my job is more secure, too.

As parents age, caretaking often falls to their adult children and families, especially if they are visually impaired.

With **GuildNet's long term care plans** loved ones can get the help they need to stay safe in their homes. **Please call us. We speak your language.**

Call 888-722-4040

TTY 800-662-1220

or visit

www.GuildNetNY.org



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.

**EXCLUSIVE NEW DIAGNOSTIC METHOD:
Musculoskeletal Ultrasound. Positive diagnosis of bursitis,
tendinitis, rotator cuff and meniscal tears without MRI!**

ARTHRITIS & FIBROMYALGIA

You Just Learn To Live With It, Right?

WRONG!

Dr. Alan P. Goldman

Board-Certified Arthritis Specialist

Has The Latest NON-SURGICAL Treatments:

Treatments May Include Medicines, Injections & Other Therapies.

"Caring, Not Just Curing"

- Rheumatoid Arthritis
- Tendonitis
- Neck Pain
- Osteoarthritis
- Lyme Disease
- Shoulder Pain
- Bursitis
- Gout
- Lupus
- Carpal Tunnel Syndrome
- Low Back Pain
- Psoriasis Arthritis

New portable ultrasound technique from Israel!

Excellent for intractable tennis elbow and achilles tendinitis!

DR. ALAN P. GOLDMAN

718-946-7557

By Appointment Only

130 Brighton Beach Ave.

(Cor. Of Ocean Pkwy. & Brighton Beach Ave.)

Brooklyn, NY 11235

**FREE
Transportation
Available**

**Medicare
And Most Other
Insurance
Assignments
Accepted**

Alan P. Goldman, A.B. Cum Laude Harvard University; A.M., Harvard University; M.D.,

Albert Einstein College Of Medicine; Internal Medicine Training, N.Y.U. Bellevue; Rheumatology Fellowship - N.Y.U.;

Member, American College Of Physicians; Fellow, American College Of Rheumatology

Colon & Stomach Cancer Screening & Prevention

PREVENTION IS BETTER THAN CURE

**HAVE YOU EVER BEEN TESTED FOR COLON CANCER?
DO YOU HAVE HIGH BLOOD PRESSURE OR DIABETES?
DO YOU HAVE A FAMILY HISTORY OF THESE MEDICAL ISSUES?**

Call Us For An Evaluation or For a Second Opinion
Do Not Put It Off For Tomorrow

All Testing at One Office: (Blood Work, X-Ray, Sonogram, Colonoscopy & Bone Density)
Sunday Hours Available



DR. STEVEN C. TAWIL
Double Board-Certified Specialist In Internal Medicine & Gastroenterology

Has the latest **PAINLESS** techniques to diagnose and treat:

- Diabetes
- Stomach Ulcers
- Acid Reflux
- Arthritis
- Colon Polyps
- Hemorrhoids
- Stomach/Colon & Liver Disease
- Colitis
- High Cholesterol
- Total Medical Care
- Constipation / Diarrhea
- High Blood Pressure
- Hepatitis



DR. STEVEN C. TAWIL

718-946-7557

By Appointment Only

130 Brighton Beach Avenue

(Corner of Ocean Pkwy. & Brighton Beach Ave.)

Brooklyn, NY 11235



Dr. Steven C. Tawil, BS: Brandeis University, MD, Syracuse University, Board Certified in Internal Medicine and Gastroenterology, Albert Einstein College of Medicine

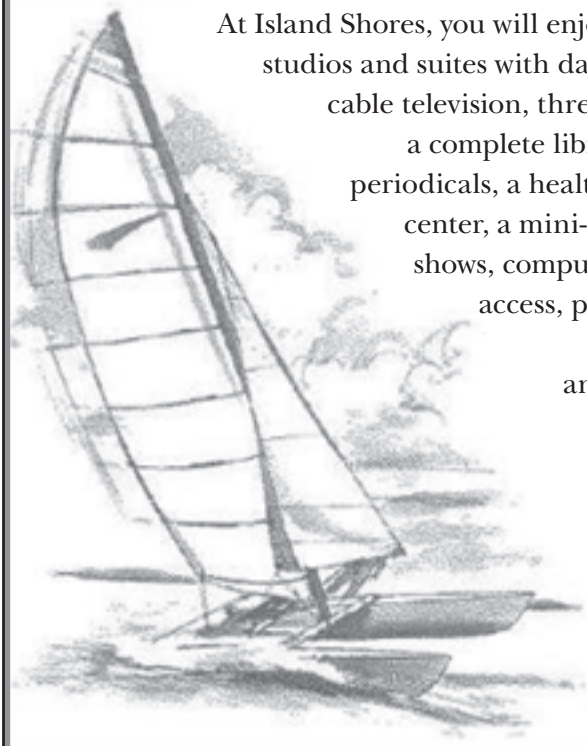


Island Shores

Senior Residences on the Beach

Island Shores is a place you can call home at a price you can afford.

At Island Shores, you will enjoy fully furnished studios and suites with daily housekeeping, cable television, three gourmet meals, a complete library of books and periodicals, a healthy living exercise center, a mini-theatre with daily shows, computers with Internet access, plus planned trips, walking tours, and so much more!



*Newly renovated bathrooms with walk-in marble showers!
Must see!*

**No Community Fee
& Free Flat Screen TV**



1111 Father Capodanno Blvd. • Staten Island, New York 10306

(718) 667-0666

www.islandshores.org

*All services, amenities, and utilities included – no additional fees.

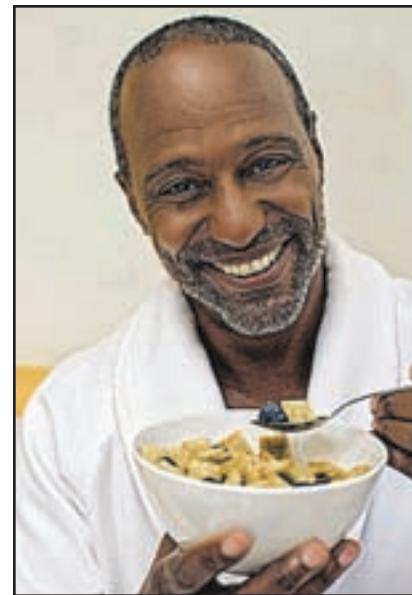
NUTRITION

Continued from page 51

most beneficial, as these contain valuable vitamins, minerals and nutrients.

Don't denounce dairy. Dairy is a great source of calcium, which promotes strong bones and teeth. Men and women over the age of 50 want their bones to be as strong as possible because aging is one of the strongest risk factors for osteoporosis, a potentially debilitating medical condition in which loss of tissue causes bones to become brittle and fragile. Vitamin D is necessary to effectively absorb calcium, and vitamin D can be found in certain dairy products, including pasture-raised eggs and grass-fed cow's milk, and can be generated when men and women get enough sunlight. Other healthy sources of vitamin D include salmon, light tuna packed in oil, sardines, and sun-grown mushrooms.

Cut back on sodium intake. Cutting back on sodium intake can be very beneficial, especially for men and women over the age of 50, who are at greater risk of diabetes, hypertension and chronic kidney disease. But cutting back on sodium intake takes more than just throwing the salt shaker away. Processed foods, soups, canned goods, salad dressings, condiments such as mustard and ketchup,



and breakfast cereals are just a few of the many products that may contain alarming amounts of sodium. That's important to note, as excess sodium increases blood pressure by holding excess fluid in the body. That excess fluid puts an added burden on the heart, potentially increasing a person's risk of stroke, heart failure, osteoporosis, cancer, and kidney disease. The problem with cutting back on sodium is that salt is so often relied on to make foods taste better, and many people find salt-free foods bland.

Body language can tell you all sorts of things. Like someone is having a stroke.

F FACE DROOPING

A ARM WEAKNESS

S SPEECH DIFFICULTY

T TIME TO CALL 911

strokeassociation.org

Together to End Stroke. Know the sudden signs. Spot a stroke F.A.S.T.

Relieve Shoulder Pain WITHOUT SURGERY



Your shoulder —
an important joint with a
large range of movement —
is susceptible to injury,
and shoulder pain.

HealthQuest is using the
latest techniques to ensure a
maximum recovery.

Thankfully, an established health care center in New York can now provide effective non-surgical treatments for shoulder pain including medication, physical therapy, and shoulder joint injections.

People with shoulder pain often become frustrated at the lack of progress in their condition when using traditional methods of treatment. Recent research suggests that the combination of physical therapy with injection therapy provides some of the most effective relief of symptoms and positive patient outcomes.

One recent study, published in *Annals of Internal Medicine* in 2014, was conducted on 104 patients with shoulder pain. They were divided into two groups, with each group receiving either injections or manual PT. Both groups experienced significant improvement in symptoms after one month, with both treatments reducing patient scores on pain and disability by half.

In the *Journal of Rehabilitation Medicine* (2005), outcomes further demonstrated that with this type of treatment approach, pain was significantly reduced and function was increased.

At **HealthQuest** in Sheepshead Bay, Brooklyn, our team of pain-management

experts diagnose and treat a wide range of shoulder conditions. Joint injections (are guided via ultrasound to provide our physicians and patients with the most accurate placement of the medication) are used in conjunction with physical therapy exercises, rehabilitation, and medications to treat a variety of conditions. Additionally, our trained team uses electrical nerve stimulation, ice and heat treatment, and ultrasound to reduce pain and get shoulders back in action.

Conditions treated include chronic shoulder pain, frozen shoulder, sprains and strains, rotator cuff tendonitis, rotator cuff tear, shoulder dislocation, arthritis, and bursitis.

HealthQuest's team is dedicated to providing personalized care through the various stages of diagnosis, treatment, and recovery.


At **HealthQuest**, the focus is on providing minimally invasive solutions for shoulder conditions. To set up an appointment, call **(718) 769-2521** or send an e-mail to **info@hqbk.com**.

HEALTHQUEST

3500 Nostrand Avenue (between Avenues U & V)

Monday–Friday 9am–7pm • Saturday 9am–2pm
Most Insurances Accepted • Auto & Work Injuries

Train: 

 B3, B44, B36

718.769.2521 • www.HQBK.com

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



Doctor Enrico Ascher

treatment for an aneurysm 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 pa-

tient 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 diffi-

cult, 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 second location is now in Brighton Beach, 2993 Ocean Parkway Brooklyn, NY 11235] Call or go the website to make an appointment.



There is no place like home

***Licensed Home Health Care Agency
Joint Commission Accredited***

***WELCOME CARE has been serving
Manhattan, Brooklyn, Queens, Bronx,
Staten Island & Nassau County since 2003***

- ***Skilled Nursing /Home Health Aide/Personal Care Aide***
- ***24/7 Services, Multiple Languages***
- ***Most Managed Long Term Care Plans Accepted***
- ***One Can Get Paid For Taking Care of Their Family Members, Friends and Neighbors, No Certificate Needed with CDPAP***

WELCOME CARE INC.

1090 Coney Island Ave., 3rd Floor, Brooklyn NY 11230

718-232-4850 • www.welcomecareinc.com

WHERE TO GO ■ WHAT TO DO
24 SEW
 ARTS ■ DINING ■ MOVIES ■

As he likes it: In the Polonsky Shakespeare Center's production of "Pericles" the title character (Christian Camargo, right) meets his bride-to-be Thaisa (Gia Crovatin). Henry Grossman



The mystery tour

This 'Pericles' becomes a fairy-tale travelogue

By Crowther Bosley

The little-produced Shakespeare play "Pericles" is pretty much bonkers, and this new production leans right into it.

"Pericles" feels more like an fore-runner of an action movie than the poetic drama we expect from the Bard of Avon. The production currently running at the Polonsky Shakespeare Center, from celebrated British director Trevor Nunn, working with an American cast for the first time, fills every inch of the stage with vivid colors and original music.

The plot is packed: During the show's two hours and 45 minutes, we get three

shipwrecks, two foiled assassinations, a joust for the hand of a princess, a pirate kidnapping, the 17th-century equivalent of trafficked sex workers, a burial at sea, a famine, an incestuous king struck by lightning, and a hero constantly on the run from would-be killers. The poet Gower (Raphael Nash Thompson) sonorously narrates the action as if it were a Grimm's fairy tale. Nunn has reassigned some dialogue and added a few lines — which stuck out a bit, to my ear — to make the poet a master of ceremonies, guiding the action with a cluster of musicians at his beck and call. The narration and the music give the evening an archetypal, folk-tale feel.

The actors, led by Thompson and Christian Camargo's Pericles, have a fine sense of when to keep it simple and when to indulge in a little scenery-chewing for comic or melodramatic effect. Two of the villains, the incestuous Antiochus (Earl Baker) and a wicked foster mother (Nina Hellman) are deliciously bombastic.

The boldly colored costumes, live music, and clever design give the piece a bright freshness. But there is so much journeying hither and yon, and so much parallel action in different locations, that any deeper themes get obscured. Still, there are plenty of incidental pleasures: the parade of knights vying in the jousting tourney; the genuinely touching

reunion between Pericles and his daughter after 16 years of separation; and the racy brothel scenes — especially a terrifically entertaining sequence in which a madam (Patrice Johnson Chevannes) and her enforcer (John Keating) attempt to turn the virtuous Marina (Lilly Englert) into a prostitute, but are defeated by her implacable goodness.

It hardly feels like Shakespeare, but it is thoroughly enjoyable.

"Pericles" at the Polonsky Shakespeare Center [262 Ashland Pl. between Lafayette Avenue and Fulton Street in Fort Greene, (212) 229-2819, www.tfana.org]. Through March 27, Tue-Fri at 7:30 pm, Sat at 2 pm and 7:30 pm, Sun at 2 pm. \$75-\$100.

NO HOLDS BARD

Lost play 'a greatest hits of Shakespeare'

By Dennis Lynch

It's a new show from a 452-year-old writer.

The little-known play "Double Falsehood" — possibly written by Shakespeare — will make its Brooklyn debut at the Irondale Center on March 5. The pastoral play, about the schemes of a villainous Spanish noble, has everything a lover of the Bard wants in a play, its director said.

"There's four young lovers and involved fathers, there's a sword fight, they go to the mountains, girls dress up as boys, people go crazy, there's talk of marriage — it almost feels like a greatest hits of Shakespeare," said Andrew Borthwick-Leslie.

If the Bard of Avon did in fact write "Double Falsehood" — which recent linguistic analysis suggests is true — the play is an all-star collaboration. Editor Lewis Theobald produced the play in 1727, claiming it was a collaboration between William Shakespeare and John Fletcher, based on a story in Miguel de Cervantes's "Don Quixote."

The story is driven by a rich, spoiled young man named Henriquez, who uses his position to take advantage of women — including the girl his friend Julio is in love with — along with assorted other crimes.

Borthwick-Leslie called it the work of an older and wiser Shakespeare. It revisits many themes of his earlier plays, but is darker and more sophisticated. And though the source material is more than 400 years old, its



Creepers: The potentially-written-by-Shakespeare play "Double Falsehood" features several men who prey on young women, including the "Master of the Flock" (Nolan Kennedy) seen here targeting Violante (Poppy Liu).
Theik Smith

treatment of rape culture, identity, and redemption are deeply relevant to today's audiences, says the director.

"The play is unapologetic about how men treat women and about men who don't think of themselves as villains," he said. "The speeches by the women feel very proto-feminist and the play as a whole speaks to how class and gender relate to each other."

The Letter of Marque Theater Company will perform the script exactly as written — whoever did write it — but it is not a straight-and-narrow period piece. Older characters, like Henriquez's father the Duke, are dressed in period garb, but the younger characters wear modern sneakers and hoodies. The music is a

similar mash-up of period and modern pieces, all of it performed live by the actors.

The company will also host a series of "Full Frontal Panel Discussions" before three of the Saturday performances, speaking with experts on Shakespeare themes, and using the play's themes to address equality for women, and men's roles in creating a more safe culture for women.

"Double Falsehood" at the Irondale Center [85 S. Oxford St. between Lafayette Avenue and Fulton Street in Fort Greene, www.lomtheater.org, (718) 246-2211]. March 5-April 9 at 7:30 pm, April 14 at noon. \$20 (free with online reservation, \$50 VIP).



Carried away: Dawn Milatin gets a lift in the Gelsey Kirkland ballet "Stealing Time," opening on March 15.
Travis Magee

Pas de new

Gelsey Kirkland Ballet debuts original dance

By Julianne Cuba

It has a new home and a new show!

An acclaimed ballet company that made the grand jeté from Manhattan to Dumbo last year will debut an original production this month. Creating the piece "Stealing Time," which opens on March 17, is a bold new step for the Gelsey Kirkland Ballet, said its founder.

"It's the first time we've had a full story ballet, original story," said Gelsey Kirkland, who is also the show's co-artistic director. "It's of course our mission to grow and create new works."

Kirkland, once the principal dancer for the American Ballet Theatre, has danced the lead in ballets including "The Nutcracker" and "Romeo and Juliet" for audiences across the globe. She now teaches at her own studio in Dumbo, along with her husband, dancer Michael Chernov, who created the scenario of "Stealing Time." The new ballet uses the music of German composer Kurt Weill in a surreal comedy about love, time, and conflict, said Chernov.

"It's about people who have trouble with time," he said. "It's time itself, like when you're born and when you die. And love has no time, so it's this conflict in human beings, between love and structure."

Kirkland and Chernov moved the Gelsey Kirkland Academy of Classical Ballet and its associated ballet company to Dumbo last June, into the space previously occupied by St. Ann's Warehouse. The

dancing duo love the space they now have to accommodate all of their programs, they said.

"Dumbo is probably one of the most exciting areas in New York and we love St. Ann's Warehouse," said Chernov. "You can't get space like this in Manhattan, it's not possible. This is the most perfect space."

Chernov, a dancer and choreographer for more than 45 years, is excited for his show's debut, though he hopes everything comes together smoothly, he said.

"I'm nervous as hell. It's a lot of work, trying to make everything happen at the same time is very complex," he said. "It's very rare there is a new full-length ballet that gets put on, and there is a return to story ballet with narrative, so this is an important event."

Working on the show has been a great learning experience for 22-year-old Dawn Milatin, who plays Venus, the wife of the main character in "Stealing Time."

"Since it's a new work, we're working together with the directors and choreographers figuring out everything for the first time. There's a lot of trial and error, and so you grow with each process," said Milatin.

"Stealing Time" at Gelsey Kirkland Arts Center [29 Jay St. between Plymouth and John streets in Dumbo, (212) 600-0047, www.gelseykirlandacademyofclassicalballet.org]. March 17-20. \$20-\$59.

The beat goes on

By Lauren Gill

This band wants you moving — but they are staying in place!

Brooklyn afrobeat band Antibalas has returned to its Williamsburg roots with a monthly residency at Brooklyn Bowl. The 12-piece outfit aims to spend the final three months of its performance series freeing crowds from their everyday worries and getting their feet moving, says the crew's leader.

"We're committed to the idea of making music you can lose yourself in and you can find yourself in," said Martin Perna, who founded the band in Williamsburg in 1998 — though he notes that no one in the band can afford to live in the neighborhood anymore.

Since November, Antibalas — which is Spanish for "bulletproof" — has used its residency to perform with special guests, such as Grammy-winning singer-songwriter Angelique

Kidjo. A typical gig includes original material from the band and its guest, improvised music, and covers, but each performance is unique, says Perna.

"Every artist has a different relationship with collaboration," he said. "Anybody that goes to the Brooklyn Bowl will get to see the beginning of this new musical friendship formed right before their eyes."

The band is also using the shows to test out material from its new record, due out this summer. Antibalas's music blends jazz, funk, and Nigerian rhythms, and usually carries themes of change and social justice, just like the band's influences — African icon Fela Kuti and the legendary James Brown.

"There's so much uncertainty and fear going on in the world so we want to replenish people's spirits and give them the energy to go out and fight another day," said Perna.

For this month's show, on March 9, the band will welcome jazz and soul



Leading the charge: Antibalas lead singer Amayo belts out one of the band's songs about freedom and activism at its monthly show at Brooklyn Bowl.
Tinabee

musician Brian Jackson, best known for his collaborations with Gil Scott-Heron in the 1970s. Perna said they have an extra-special show planned for their April edition, which falls on international stoner day (April 20), and he vows it will be the freakiest show yet.

Antibalas with Brian Jackson at Brooklyn Bowl [61 Wythe Ave. at N. 12th St. in Williamsburg, www.brooklynbowl.com, (718) 963-3369] March 9 at 8 pm. \$15.



**FULL BAR
SICILIAN COMFORT FOOD**

Featuring
Our Famous 200 Year Old
Pizza Recipe!!

Closed Monday;
Open for Dinner Tuesday – Sunday starting at 5pm
Saturday & Sunday Brunch 11 – 3

209 4th Avenue /corner of Union St./
347-223-4176 • BellaGioiaNYC.com



Perfection On A Plate
Extraordinary Food
Impeccable Service
Rave Reviews

Enjoy Premium Hand-Cut Steak Nightly,
Prepared To Perfection
For A Classic Steakhouse Experience.

Live Entertainment

THURSDAYS

Guitar Nite 6pm - Close

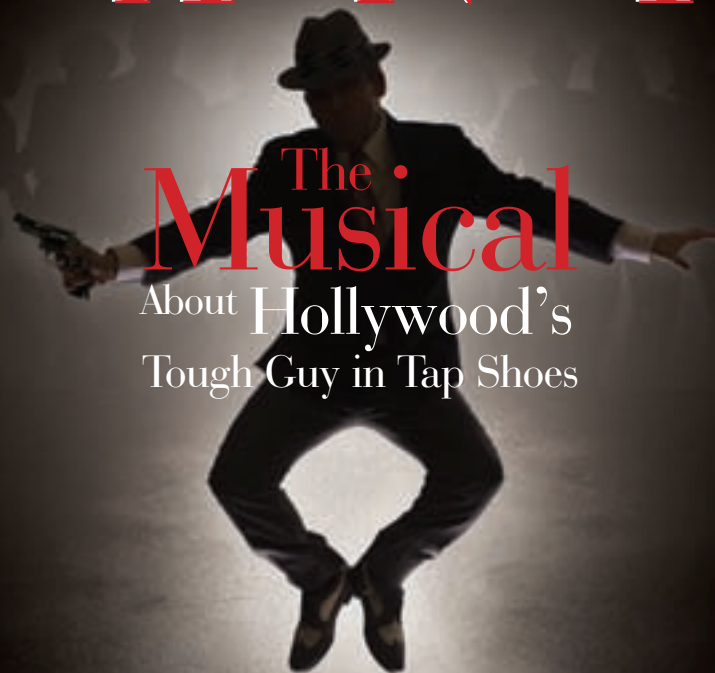
FRIDAYS

Saxophone Nite 7pm - Close

“**SHOWSTOPPING!** Pure hallelujah moments.”

MUSICAL

CAGNEY



The
Musical
About Hollywood's
Tough Guy in Tap Shoes

Photo: Carol Rosegg

Telecharge.com 212-239-6200 - Westside Theatre 407 W 43rd St. NYC
CagneyTheMusical.com



**Now
Serving**

Saturday & Sunday
11am – 3pm

See menu @
www.AtlasSteak.com

**Champagne
Brunch**

**ATLAS
STEAKHOUSE**

943 Coney Island Ave. • 646.494.7227
Hours

Mon–Wed, 5-10:30pm, Thurs–Fri, 4-11:30pm, Sat–Sun, 11am-11:30pm

Transportation **F** To **Q** **B** **B8**
18 Ave.

f LAW ENFORCEMENT & MILITARY DISCOUNTS

ART APPRECIATION

Sunset Park exhibit is keeping it real estate

By Allegra Hobbs

Gentrification isn't all bad! A Sunset Park art exhibit will use the visual techniques and language of real estate to tackle the effects of rapid development on urban communities. The goal is to explore the ups and downs of development — without getting too preachy, said the show's curator.

"It's not really meant to take a very overt political tone," said Katherine Gressel, who will unveil the "Artistic Developments" exhibition at the New York Art Residency and Studios Foundation on March 11. "But I think most artists in their work are critical of the newest developments going on and the way they are marketed. Studio and living spaces for artists are becoming more and more unaffordable."

Eight artists have contributed paintings, sketches, and other visual pieces that reflect the surge of real estate development that seems likely to put a tower the size of the Chrysler building in Downtown.

One contributing artist has documented the changes to her native Greenpoint over the last decade, taking photos of the shifting skyline to keep tabs on the transformation.

"Tearing down the old and making the new became a theme throughout everything that I do," said Cheryl Molnar.

For the show, Molnar created a brochure that explains the changes, as well as a digital piece for that



Building up: Cheryl Molnar's glossy brochure documents the rapid-fire real estate development in Williamsburg and Greenpoint, offering commentary on the pros and cons of the changes. Photo by Jason Speakman

overlays Greenpoint's current low-rise streetscape with the projected, far taller developments soon to take over.

While she laments the rising skyline blocking out sunlight and destroying the nabe's low-rise charm, there are plus sides to the changes, says Molnar. Development often brings new places to hang out, including green space like Williamsburg's East River State Park.

"I remember on N. Seventh street there was a hole in the chain link fence you could crawl through and

get out to the docks by the river," she said. "That was nice, but having a formal park is nice too."

Molnar says that her work traces the changes without making a value judgement.

"I'm just documenting what I see going on in front of me," she said.

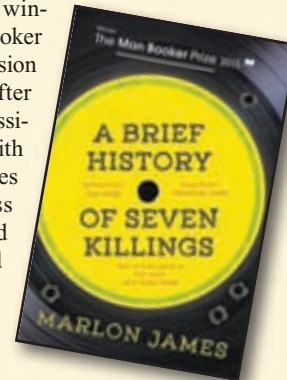
"Artistic Developments: Artists and the language of real estate" at the NARS gallery [201 46th St. at Second Avenue in Sunset Park, (718) 768-2765, www.narsfoundation.org]. Opening reception on March 11 at 6 pm. Exhibit runs through April 8. Free.



The best reads — handpicked by some of the best Bklyn bookstores

Word's pick: "A Brief History of Seven Killings" by Marlon James

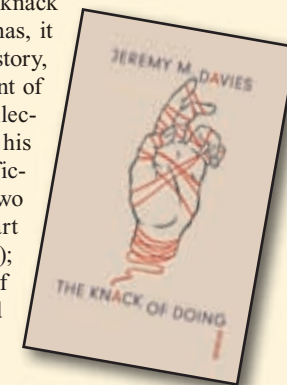
This acclaimed novel, winner of the 2015 Man Booker prize, follows the collision of many different lives after the 1976 attempted assassination of Bob Marley, with a story that spans decades and stretches across Kingston, Miami, and New York. A frenzied read, it blends the plot with an examination of geopolitics, gender, and the War on Drugs.



— Kelly Stacy, Word [126 Franklin St. at Milton Street in Greenpoint, (718) 383-0096, www.wordbrooklyn.com].

Community Bookstore's pick: "The Knack of Doing" by Jeremy M. Davies

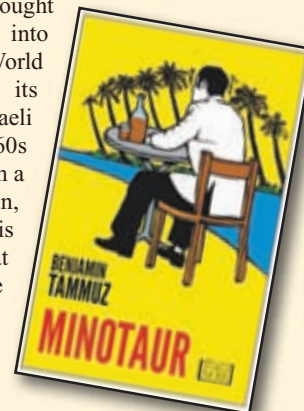
If there is a certain knack that Jeremy M. Davies has, it is for breaking apart a story, guts and all, right in front of the reader. In his first collection, Davies shows off his brilliant, bizarre short fiction, including a tale of two young lovers torn apart (literally, by falling glass); a lynch mob in pursuit of a magical tax man, told from the perspective of the mob; and the story of an executioner with a penchant for breeding mice. These 13 heady, hilarious stories reaffirm the author's place as one of the best and brightest of modernist writers.



— Hal Hlavinka, Community Bookstore [43 Seventh Ave. between Carroll Street and Garfield Place in Park Slope, (718) 783-3075, www.communitybookstore.net].

Greenlight Bookstore's pick: "The Minotaur" by Benjamin Tammuz

Europa Editions brought this lost classic back into print as part of its "World Noir" series. Despite its spy-story trappings (Israeli spy in London in the 1960s develops obsession with a young English woman, tradecraft ensues), it is really a love story that unfolds over the course of decades, evoking all the great literary questions of love, fate, and the consequences of deceit. Graham Greene loved it. I loved it. You will love it.



— Christien Shangraw, Greenlight Bookstore [686 Fulton St. between S. Elliott Place and S. Portland Avenue in Fort Greene, (718) 246-0200, www.greenlightbookstore.com].

Bay Ridge is ready to sing out

By Dennis Lynch

Songs are in the air this weekend! And in Bay Ridge, there is something for everyone — classic crooning, opera, and of course plenty of rock 'n' roll.

On Friday, **Zitelli's Italian Kitchen** (8530 Third Ave. between 85th and 86th streets) will host the second of its "Jazzy Fridays" starting at 7 pm with Danny and Kristy Dalelio on keyboards and vocals, respectively. The pair will play some older tunes from Frank Sinatra and Dean Martin, alongside newer songs from artists including Alicia Keys and Adele.

The Regina Opera Company opens its 2016 season on Saturday afternoon at **Our Lady of Perpetual Help School** (5902 Sixth Ave. between 59th and 60th streets) with "Lucia Di Lammermoor," a dramatic tale of love and familial feud in 17th century Scotland. Yes, you will have to step a few blocks outside of the Ridge



proper, but as we noted last week, it is the perfect introduction to opera, for yourself or a friend. The show starts at 3 pm and tickets are \$25.

Meanwhile, Full Disclosure will

be rockin' at **Red, White, and Brew** (8910 Fifth Ave. between 89th and 90th streets). The trio goes on at 4 pm and their repertoire spans the last 60 years of rock and pop, encompassing Frankie Valli and Maroon 5.

There are a couple of options for late on Saturday night. At 10 pm, house yourself at the **Greenhouse Cafe** (7717 Third Ave. between 77th and 78th streets) for a trip back to the 1980s with James Quigley and Radio Daze. Or get your tonsured head over to the **Wicked Monk** (9510 Third Ave. between 95th and 96th streets) for a more varied set of tunes from Breaking Crazy. The seven-piece cover outfit goes on at 11 pm and stays on until 3 am.

The **Greenhouse Cafe** keeps it coming on Sunday night at 6 pm, when you can enjoy veteran local crooner Sal Casta's ballads, doo-wops, and soul numbers for a super-smooth transition back into your week.

Nandini Islam and José Older discuss the changing Brooklyn that is a focus of their work. Free. 7 pm. Brooklyn Museum [200 Eastern Pkwy. at Washington Avenue in Prospect Heights, (718) 638-5000], www.brooklynmuseum.org.

Continued from page 67

DAILY NEWS 89th Annual GOLDEN GLOVES

THIS SHOW SUPPORTS THE NYC HOMELESS SHELTERS,
SO PLEASE BRING A SWEATER TO DONATE



THURSDAY MARCH 10, 2016 | DOORS OPEN AT 5PM



**1029 BRIGHTON BEACH AVENUE
BROOKLYN, NEW YORK 11235**
SPECIAL GUESTS PERFORMANCES BY

 TALIB KWELI "GET BY"	 JERU THE DAMAJA "COME CLEAN"
 LORD JAMAR & SADAT X BRAND NUBIAN "PUNKS JUMP UP"	 SLICK RICK "MONA LISA"
 MUSIC BY DJ DREWSKI	 MUSIC BY DJ JAHMEDINE

SPECIAL TRIBUTE TO DJ BIG KAP

ALL AGES | 21 TO DRINK

DONT MISS THE FINALS
Monday, April 18 &
Tuesday, April 19



620 Atlantic Avenue, Brooklyn, NY 11217



FOR SEATING & TICKETING INFORMATION

WWW.MASTERTHEATER.COM

HTTP://DAILYNEWSGOLDENGLOVESLICKRICK.BROWNPAPERTICKETS.COM

TICKET PRICES: \$10.00 \$20.00 & \$30.00 SEATS

WED, MARCH 9
READING, LITERARY DEATH MATCH: Talented comedians and writers converge for the 250-Word Bookmark Contest, judged by the inimitable Daniel Handler (also known as Lemony Snicket). \$10. 8:15 pm. Bell House [149 Seventh St. at Third Avenue in Gowanus, (718) 643-6510], www.thebellhouse.com.

MODERATELY DIFFICULT TRIVIA: Every Monday, the Lodge hosts a session of its 14-week trivia league, with a mega-prize at end and weekly prizes as well. Drop-ins and teams welcome. Free. 8 pm. Sycamore [1118 Cortelyou Rd. between Stratford and Westminster roads in Ditmas Park, (347) 240-5850], www.sycamorebrooklyn.com.

TUES, MARCH 8

TALK, WHY NEW YORK? OUR SEGREGATED SCHOOLS EPIDEMIC: Stories from the frontlines of school segregation, with journalist Nikole Hannah-Jones, local parents and school principals. \$10. 6:30 pm. Brooklyn Historical Society [128 Pierrepont St. at Clinton Street in Brooklyn Heights, (718) 222-4111], www.brooklynhistory.org.

MUSIC, BRIGGAN KRAUSS: Krauss celebrates the release of his album "Art of the Saxophone Vol. 1: The Tunnel Recordings." Free. 7 pm. Soup & Sound House [292 Lefferts Ave between Nostrand and Rogers avenues in Lefferts Garden], www.briggankrauss.com.

MUSIC, MARY HALVORSON WITH AMBROSE AKINMUSIRE AND CRAIG TABORN: The famed jazz guitarist continues her residency with special guests. \$20 (\$15 students and seniors). 8 pm. Roulette [509 Atlantic Ave. at Third Avenue in Boerum Hill, (917) 267-0363], www.rou-

FRI, MARCH 11
LEARNER'S MINYAN: Learn the meaning behind prayers and how to pronounce them in Hebrew. 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.

SAT, MARCH 12

MUSIC, "LUCIA DI LAMMERMOOR": 3 pm. See Saturday, March 5.
MUSIC, RENEE MANNING SEPTET: \$15-\$30. 6 pm. The Hall at MP [470 Driggs Ave. between N. 10th and N. 11th streets in Williamsburg, (718) 387-4001], the-hallbrooklyn.com.

COMEDY, COMEDY AT POSTMARK CAFE: 7:30 pm. See Friday, March 4.

NIGHTLIFE, BE CUTE BROOKLYN: With Matty Beats and Horrorchata, a queer night of music and dancing. \$5. 11 pm. Littlefield [622 Degraw St. between Fourth and Fifth avenues in Gowanus, (718) 855-3388], www.littlefieldnyc.com.

READING, READ BROOKLYN AUTHORS BOOK FAIR: The inaugural fair features over forty Brooklyn-based authors of newly published fiction and non-fiction with topics ranging from science fiction and graphic novels to cooking and artist books. With signings. 1-5 pm. Brooklyn Museum [200 Eastern Pkwy. at Washington Avenue in Prospect Heights, (718) 638-5000], www.brooklynmuseum.org.

MUSIC, MICHAEL PETROSINO'S PETRIO LIVE JAZZ TRIO: Free. 8 pm. The Room at Dizzy's [230 Fifth Ave. at President Street in Park Slope].

THURS, MARCH 10

"THE VERY HUNGRY CATERPILLAR": Children listen to a reading of Eric Carle's book, as well as enjoy a visit from the puppets from the Eric Carle Live Show. RSVP requested. Free. 4:30 pm. PowerHouse Arena [37 Main St. at Water Street in Dumbo, (718) 666-3049], www.powerhousearena.com.

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.

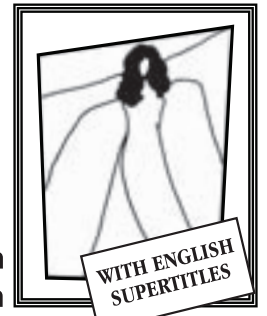
TALK, WRITING BEYOND DIVERSITY: Novelists Tanwi



OUR LADY OF PERPETUAL HELP
5902 6TH AVE. BROOKLYN, NY

Presents
In Italian with Orchestra

DONIZETTI'S *Lucia di Lammermoor*



WITH ENGLISH SUPERSTITES

SATURDAY Mar 5 and 12, 2016 at 3pm
SUNDAY Mar 6 and 13, 2016 at 3pm

Gen Adm.- \$25 Senior Citizens- \$20 Teens- \$5 Children- Free TDF/V
www.ReginaOpera.org • 718-259-2772



The Voice of *Riverdance!*
MICHAEL LONDRA'S CELTIC FIRE

Saturday, March 19 at 8:00 p.m. | \$35/32

Two-time Emmy nominee and Irish Music Award-winner Michael Londra
in an all-live music, dance, and song spectacular!

"One of the greatest Irish singers of our time." – *CapitalCeltic.com*

(718) 368-5596 | www.OnStageAtKingsborough.org Kingsborough Community College, 2001 Oriental Blvd, Brooklyn, NY

YOU DON'T HAVE TO BE PERFECT
TO BE A PERFECT PARENT.

There are thousands of kids in foster care who will take you just the way you are.

888. 200. 4005 AdoptUSKids.org

HOST YOUR OWN PARTY
Birthdays • Bachelorette Parties • Bridal Showers



PSYCHIC & MEDIUM
KATHLEEN AVINO

ABOUT ME

I live in Brooklyn and although my background is in design and construction, I now provide in-depth psychic and medium readings for clients all over the world. I gained my gifts 20 years ago. I am compassionate to what you are going through. I have struggled with many health issues and heartache, but I always keep a positive attitude. Along with my inspirational readings, I also host Sicilian Cooking classes!

ABOUT MY READINGS

My abilities are God given and are used to help others achieve inner peace, joy and solutions for their highest good. I hear voices, feel energy and see pictures that answer concerns. My Spirit Guides and those crossed over speak to me. The information is always given honestly, directly, accurately and with love to whomever seeks my help. Whether it is in person or over the phone, with just your first name I can help you find happiness.

ASK ABOUT MY SICILIAN COOKING CLASSES W/ READINGS

Alone? Partner Problem? Why?
CALL ME TO GET YOUR ANSWER

This Valentine's Day Buy a Loved One a Reading



Meet Kathleen the last Wednesday of every month for your personal reading at

GREENHOUSE CAFE

7717 3rd Avenue • Bayridge • Brooklyn • New York 11209

For more info
CALL 516.225.8054 VISIT www.kathleenavino.com EMAIL kathleenavino@gmail.com

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: PEN AND INK ART TRANSLATIONS LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 12/15/2015. 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: PEN AND INK ART TRANSLATIONS LLC 167 BAINBRIDGE STREET BROOKLYN, NY 11233. Purpose: any lawful purpose.

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: VIA APPIA IT SERVICES LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 01/04/2016. 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 LIMITED LIABILITY COMPANY 120 OCEANA DRIVE WEST # 3E BROOKLYN, NY 11235. Purpose: any lawful purpose.

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: NEW BURN FILMS, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 01/25/2016. 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 481 PINETREE COURT LAKE WORTH, FL 33462. Purpose: any lawful purpose.

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: BAKIT BESHBAI, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 01/11/2016. 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

LEGAL NOTICE

LLC 119 CHURCH AVENUE, 3RD FLOOR BROOKLYN, NY 11218. Purpose: any lawful purpose.

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: ZIPI'S ART STUDIO LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 05/30/2014. 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: ZIPI'S ART STUDIO 255 18TH STREET BROOKLYN, NY 11215. Purpose: any lawful purpose.

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: CLINTON HILL MUSIC SCHOOL L.L.C. Articles of Organization filed with Secretary of State of New York (SSNY) on 10/07/2015. 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 746 EAST 38TH STREET BROOKLYN, NY 11210. Purpose: any lawful purpose.

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: DISPLACED RECORDS, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 01/08/2016. 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 207 DEKALB AVENUE #3 BROOKLYN, NY 11205. Purpose: any lawful purpose.

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: AYOBOKS LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 04/03/2015. Office location: Kings County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail

LEGAL NOTICE

copy of process to: AYOBOKS P.O. BOX 100410 BROOKLYN, NY 11210. Purpose: any lawful purpose.

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: SOLTANI ENTERPRISES, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 05/30/2012. 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: 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: FGM VENTURES LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 10/27/2015. 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: MICHAEL FINKELSTEIN 12 LEFFERTS PLACE APARTMENT 1 BROOKLYN, NY 11238. Purpose: any lawful purpose.

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: NONA REUTER DESIGN, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 01/07/2016. 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: LEONORE REUTER 80 METROPOLITAN AVENUE APT. 2-0 BROOKLYN, NY 11249. Purpose: any lawful purpose.

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: DIRKSE ACTIVE LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 12/31/2015. Office

LEGAL NOTICE

location: Kings County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: DIRKSE ACTIVE LLC 427 46TH STREET #2 BROOKLYN, NY 11220. Purpose: any lawful purpose.

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: LIBERATION CUISINE LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 12/08/2015. 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: LIBERATION CUISINE LLC 113 SOUTH 4TH STREET BROOKLYN, NY 11249. Purpose: any lawful purpose.

LEGAL NOTICE

NOTICE OF FORMATION OF LIMITED LIABILITY COMPANY. NAME: WEST HOUSTON PROPERTY, LLC. Articles of organization were filed with the Secretary of State of New York (SSNY) on 01/13/16. Office location: Kings County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of the process to the LLC, 251 53rd Street, Brooklyn, NY 11220. Purpose: any lawful activity.

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: SNYDER RESIDENCE LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 10/22/2015. 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 694 MYRTLE AVENUE STE 166 BROOKLYN, NY 11205. Purpose: any lawful purpose.

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: TABI MOSI LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 11/30/2015. 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: TABI MOSI LLC 208 ROCHESTER AVE APT 2B BROOKLYN, NY 11213. Purpose: any lawful purpose.

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: THEIA BOTANICALS LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 12/29/2015. 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: THEIA BOTANICALS LLC 1662 10TH AVENUE BROOKLYN, NY 11215. Purpose: any lawful purpose.

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: INLINE IDEAS LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 01/12/2016. 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: INLINE IDEAS LLC, 4504 18TH AVE, BROOKLYN, NY 11204. Purpose: any lawful purpose.

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: F A S H I O N A B L Y ANOINTED, 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: THE LLC 567 SHEPHERD AVENUE BROOKLYN, NY 11208. Purpose: any lawful purpose.

LEGAL NOTICE

NOTICE OF FORMATION of limited liability company (LLC). Name: GHOST CORPoreal, LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 12/15/2015. 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 820 MACON ST BROOKLYN, NY 11233. Purpose: any lawful purpose.

LEGAL NOTICE

Notice of Formation of Palmetto Entities, LLC, Art. of Org. filed with Sec'y of State (SSNY) on 11/19/15. 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 417 Flushing Ave., 7B, Brooklyn, NY 11205. Purpose: any lawful activities.

LEGAL NOTICE

Notice of Formation of Rainbow Umbrella, LLC. Arts. of Org. filed with NY Dept. of State on 2/17/16. Office location: Kings County. Sec. of State designated agent of LLC upon whom process against it may be served and shall mail process to: Lippes Mathias Wexler Friedman LLP, 50 Fountain Plaza, Suite 1700, Buffalo, NY 14202. Purpose: all lawful purposes.

LEGAL NOTICE

Notice of formation of SEB 673 Fifth Partners, LLC Arts. of Org. filed with the Sect'y of State of NY (SSNY) on 2/3/2015. Office location, County of Kings. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to: c/o American Incorporators Ltd., 1013 Centre Rd., Ste. 403-A, Wilmington DE 19805. Purpose: any lawful act.

LEGAL NOTICE

Notice of Qualification of IC Food & Beverage LLC. Authority filed with NY Dept. of State on 2/19/16. Office location: Kings County. LLC formed in DE on 2/12/16. NY Sec. of

LEGAL NOTICE

State designated agent of LLC upon whom process against it may be served and shall mail process to: c/o JAMESTOWN, Ponce City Market, 675 Ponce de Leon Ave., NE, 7th Fl., Atlanta, GA 30308, principal business address. DE address of LLC: 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 Qual. of Association of Young Americans, LLC, with a fictitious name of Young Americans, LLC, Auth. filed Secy of State (SSNY) on 1/22/16. Office loc: Kings County. LLC org. in DE 9/25/15. SSNY desig. as agent of LLC upon whom proc. against it may be served. SSNY shall mail copy of proc. to Benjamin Brown, 64 Marcy Ave., Apt 4, Brooklyn, NY 11211. DE office addr.: US Corp. Agents, 300 Delaware Ave., Wilmington, DE 19801. Cert. of Form. on file: SSDE, Townsend Bldg., Dover, DE 19901. Purp: any lawful activities.

LEGAL NOTICE

Notice is hereby given that an summer on-premise license, #TBA has been applied for by Brooklyn Flea DC LLC to sell beer, wine and liquor at retail in an on premises establishment. For on premises consumption under the ABC law at 153 East Drive Brooklyn, NY 11225.

LEGAL NOTICE

NS INDUSTRIES LLC Art. Of Org. Filed Sec. of State of NY on 10/8/2015. Off. Loc.: Kings Co. An amendment filed on 1/20/2016. SSNY designated as agent upon whom process against it may be served. SSNY to mail copy of process to The LLC, 1198 E 34th St., Brooklyn, NY 11210. Purpose: Any lawful act or activity.

Call
718-260-2555
To Advertise Here

● 'I'd say he won the game for us ... gave us our momentum.'

— Jefferson's Shamorie Ponds on teammate Curtis Smith's stellar shooting against Curtis High.

● 'We used the two losses as motivation.'

— Bishop Loughlin's Markquis Nowell on the title win against Molloy.

Jefferson is headed to semifinals

BY JOSEPH STASZEWSKI

Curtis Smith got hot in warm-ups and never cooled down.

The senior guard hit nine three-pointers and scored a game-high 30 points to lead No. 9-seeded Thomas Jefferson to a hard-fought 75-66 win over No. 7 Curtis High School in the Public School Athletic League Class AA boys' basketball semifinals at Baruch College on Feb. 28.

Smith was so happy with his pre-game shooting, he took some chances when it counted, he said.

"In warm-ups, I was just making some shots, and I felt like I could hit a couple of them," Smith said. "That's why I was taking them [in the game]."

Smith — whose nickname is "Big Shot C.J." — bucked the trend of Orange Wave shooters not performing well at Baruch, according to coach Lawrence "Bud" Pollard. He told Smith about the jynx pre-



FLYING HIGH: Shamorie Ponds grabs a rebound and tips it in for a basket in the semifinals.

Photo by Steve Schnibbe

game, but quickly realized it wasn't going to be an issue.

"Coach Kenny [Pretlow] said, 'C.J. is going to be on fire today,' telling me how C.J. shot in warm ups," Pollard said. "He sure was."

Smith hit seven of his treys in the first half to help give Jefferson a 39-33 lead at the break. He missed most of the third quarter after picking up his fourth foul, and Curtis took advantage of some sub-par Orange Wave defense after the break.

"Our defense sucked today," Pollard said.

The Warriors (22-7) broke the press and pulled within two points with 5:20 remaining in the game. Jefferson again turned to Smith. He came off the bench and connected on his first two treys to ignite the Orange Wave. Sitting out had no effect on him.

"I don't think I was cold," Smith said. "I don't think I get

Continued on page 73



ONE SCOOP: Lions guard Milicia "Mimi" Reid takes a layup against Christ the King in the Brooklyn-Queens final.

Photo by William Thomas

Relentless Royals dash Loughlin's title hopes

BY JOSEPH STASZEWSKI

Bishop Loughlin's girls outplayed a tired Christ the King squad the last time the teams met — but a rested Royals club was a different story.

The Lions gave the Royals the fits at times, but the Queens team's relentless senior attack in the second half overwhelmed Bishop Loughlin, handing it a 96-71 defeat in the Brooklyn school's first Brooklyn-Queens Division I basketball final on Feb. 28.

"They played better," Loughlin coach Chez Williams said. "Congrats to Christ the King. They played better. They were the better team tonight."

It was a game of runs early on in the match-up. The Lions got out to a roaring 7-2 start, holding Christ the King's offense at bay for the first three minutes.

Then the Royals exploded, going on a 14-0 run and jumping out to a 16-7 advantage. The Lions (19-7) got close, but Christ the King (17-8) ended the quarter on a 7-0 run — and a 25-18 lead.

The Lions clawed back the lead early in the second quarter, but control was brief — the Royals' seniors stepped up. Dominique Toussaint drained two threes, and Sydney Zambrotta made two free throws in the half's final min-

ute to propel Christ the King to a 41-35 lead it would not relinquish.

"I feel that my girls have to learn that you cannot allow a team like that to come back once you put them down, you have to put them down," Williams said. "We just didn't do a good job of that."

Christ the King outscored Loughlin 55-36 in the second half. Creating offense became tougher as Laysha de los Santos, Lynette Taitt, and Skydajah Patterson got in foul trouble.

The defeat ends the Lions' season, because the league changed its Catholic *Continued on page 73*

Leaders of the 'Pack'

Pelicans win private-school Class-C crown

BY TREY RODRIGUEZ

Blake Martin's poor shooting in the league playoffs didn't carry over into the state tournament.

The Packer Collegiate standout got off to a good start and led his top-seeded team to a convincing 70-44 victory over Staten Island Academy in the private school Class-C state title game at Fieldston on Feb. 28. The junior forward single-handedly out-scored Staten Island Academy 12-10 in the first quarter, hitting three after three.

"In our league tournament, he shot really poorly, and I think he just had the eye of the tiger today," said Packer coach George Boutis. "When he hit his first few shots, I could tell that he's on."

Martin finished the game with six threes — three of them coming in the first quarter — and a game-high 28 points. Martin's treys drew No. 2 Staten Island Academy's defense to the perimeter, creating plenty of easy opportunities at the rim for his teammates.

"I want to get everyone in the game," Martin said. "I don't like all the attention, even though I know I can score. I like to give."

Senior forward Zach Pine was one major beneficiary



NO. 1: The Packer Collegiate boys' basketball team celebrates its private-school, Class-C title. Packer Collegiate

of Martin's defense-baiting. Pine finished the game with 15 points, and when he wasn't receiving feeds from Martin, he was making hustle plays to energize both his teammates and the crowd.

"We got the ball moving and Blake [Martin] hit his shots," Pine said. "He's an incredible player. It just made it so much easier for us and helped us loosen up. It was fantastic."

The Pelicans' offensive success created a confidence boost that translated into a better defensive effort as the game went

on — largely thanks to coach Boutis who, despite the team's lead, never stopped preaching intensity.

"That's kind of been our mantra this year," Martin said. "Keeping it intense and doing everything for 32 minutes. Just continuously keeping the pressure on, because we are a fighting team."

Packer's defensive efforts were evident after every quarter — it held the Tigers to just 10 points in each of the first three frames. Staten Island

Continued on page 73

Back on top

BY JOSEPH STASZEWSKI

Markquis Nowell savored every second of Bishop Loughlin's diocesan championship.

All of his teammates returned to the bench to celebrate, but the sophomore guard stood on the opposite side of the court with the ball in his hands watching the time tick away on the clock at St. Francis Prep. At zero, he tossed the ball to the ceiling and sprinted to meet the rest of the Lions.

"All of your hard work paid off," said Nowell, who scored 20 points. "I'm just happy."

And he had every reason to be.

The Lions boys' basketball squad won its second Brooklyn-Queens title in three years — and got revenge on division-winner Archbishop Molloy — with a convincing 79-67 victory in the final on Feb. 26.

The Stanners won both regular-season meetings by a combined five points.

"We used the two losses as motivation," said Nowell, who missed most of the first meeting because of an injury. "I wanted my rematch. I told them Wednesday I was going to get my rematch, and we were going to win."

They did that by pushing the pace, remaining composed, and getting contributions up and down the roster — unlike the team's semifinal against Christ the King where Nowell and Keith Williams combined for 60 of the team's 77 points.

The junior Williams scored 21 points — including his career 1,000th — and Nowell had 20 against Molloy. Eight different Lions scored. Jordan Thomas had 11 points, Tyrese Gaffney tallied 10, and Nay-



ON THE MARK: Bishop Loughlin guard Markquis Nowell dribbles the ball up the court during the Brooklyn-Queens title game against Molloy. Photo by Robert Cole

shon Kane added eight.

Molloy coach Mike McCleary knows how difficult Loughlin is to beat when players spread scoring duties.

"They are one of the better teams in this league," he said.

Continued on page 73

Tensions pushing Catholic girls' hoops leagues further apart

Can't they all just get along?

It might be the best way to describe the state of Catholic High School Athletic Association girls' basketball right now. In recent years, the dioceses appeared to be moving closer to creating a three-tier intersectional league — much like the boys' league — but the latest struggles with the Catholic state tournament make it seem like peace between the Hatfields and McCoys would be more realistic.

No one is happy under the current state playoff format, which requires each of the four dioceses to send at least one representative to class AA, A, and B tournaments. Forcing them to come together simply isn't working, because teams are being asked to move up and drop down from the classification they play in during the regular season.

"Let's make the rule — whatever the rule is — and abide by the rule," Nazareth coach Ron Kelley said.

League officials unilaterally changed the rules a week before playoffs.

Brooklyn-Queens coaches are upset about the last-minute change. The new rules send the post-season tournament winner to the AA tournament and rewards their fifth and sixth-place finishers with a one-game playoff to go A.

The Archdiocese isn't in love with the idea of forcing one of its A-league teams to compete in the AA tournament. Up in Buffalo, Cardinal O'Hara, which was a Class-B team two years ago, will be the diocese's AA representative after winning its regular season title.

"Quite honestly it's not fair," Cardinal O'Hara Athletic Director Angelo Scian-dra told the Buffalo News back in late January.

It is easy to see the current system must be scrapped next season, and league officials need to take another crack at this. In an ideal world, the Archdiocese (Bronx, Westchester, and Staten Island) and Brooklyn-Queens



JOE KNOWS

by Joe Staszewski

would form an intersectional league and solve all the problems. With that seeming unlikely, the leagues may need to go back in order to move things forward.

Teams would simply declare before the season what classification they are — like was done prior to the Catholic state tournament's formation seven years ago. The state playoff format would then be determined based on the number of teams in each classification, much like the state's independent school athletic association does.

Here are two added rules:

You cannot be a classification lower than your league, and you can move down from AA to A with league approval if a player suffers a season-ending injury that severely hampers your level of play before Feb. 1. Call it the "Rosalyn Gold-Onwude rule," because the eventual Stanford standout had that happen to her at Archbishop Molloy.

This format, while not ideal, should limit complaints, because everyone gets to play at the level they want to. No team is being forced to play up or down, and no coach will have to explain the playoff structure to his team more than once. The punch line — "It may change tomorrow" — goes away.

Either the Catholic league officials need to get serious about truly bringing everyone together or they must stop trying to slowly force it to happen.

JEFFERSON

Continued from page 71

cold a lot.”

Jefferson (20–9) put the game away with a 7–0 run capped by a three-point play from St. John’s-bound guard Shamorie Ponds that put his team up 65–57 at the 1:59 mark. Ponds finished with 23 points, and Rasheem Dunn, who is headed to St. Francis College,

chipped in 11.

“C.J. stepped up a lot,” Ponds said. “I’d say he won the game for us... [Those two threes] pretty much gave us our momentum.”

The Orange Wave and Smith refused to let Curtis end its season early, and now Jefferson goes to the semifinals at St. John’s University on March 5.

“That’s is what a senior is suppose to do,” Pollard said. “Go out shooting.”

LIONS

Continued from page 72

“Certainly when they put it together like that, they might be the best.”

Loughlin (19–7) grabbed control of the game with an 11–1 run over the first and second quarters. A Kane hoop off and a Nowell feed capped the run, and the score was 27–18 with 6:12 to play in the first half.

The Lions and took a 44–30 advantage after the break and held off multiple second-half Molloy surges.

Coach Ed Gonzalez said he’s taken a more hands-on approach after the team struggled late in the regular season.

“They are very talented and are willing to go off their own talent, but they need to be told what to do pretty much — a lot more than what I’d want to,” Gonzalez said.

The Stanners were within 11 early in the third and had a chance to nar-

row the divide to single digits, but Issac Grant (22 points) missed a jumper and Loughlin capitalized. It ripped out an 11–2 spurt, and the Stanners (21–6) only got as close as 12 in the fourth quarter. The fast pace favored the Lions all game.

“They have two big guys, so our coaches told us to play fast,” Williams said.

Molloy point guard Cole Anthony (eight points) was suffering from a stomach bug, which also helped Loughlin. Khalid Moore chipped in 15 points for Molloy.

The victory earns Loughlin the diocese’s top seed and a bye in the quarterfinals of the league’s intersectional tournament. Loughlin, which has not won a city title since 1992, will not play again until March 6. There is still work to be done after a memorable night.

“It just feels great to win a championship,” Williams said. “Now we just have one more to go.”

PACKER

Continued from page 72

Academy guard Jordan Caruso struggled to get good looks at the rim, finishing with a team-high 12 points.

“We just made sure that we don’t step off the gas,” Pine said. “In the past, we’ve played against teams and gotten up on a lead, they’ve pressured us and gotten themselves back in the game. We weren’t going to stop until the final buzzer sounded.”

Collegiate 66, Poly Prep 31: Top-seeded Poly Prep continues to wait for a state title as star player Najee Taylor wasn’t his usual self while trying to play through a sprained ankle. The Bay Ridge school lost handily on Feb. 28. Poly Prep never got it going, trailing 20–2 after a quarter. Poly, which lost regular-season meetings with the Dutchman, has not won since 2004.

“Taylor’s absence really effects the way we play on offense,” said Poly Prep coach Ben Kettering. “We like to go

through both of our post players and they work really well off of one another. It’s a different kind of game.”

Taylor did start and attempted to play. However, after a tough first half, coach Kettering benched him to allow him to rest his ankle. Poly Prep’s lack of offense buried the team’s chances of winning with Jason Cam putting on a dominant performance for No. 2 Collegiate.

“When things are going against you like that, we had to take it a possession at a time,” Kettering said. “They played an outstanding game. Jason Cam was incredible, and it was tough to stop him.”

Cam finished with 22 points, outscoring Poly Prep for most of the first half. Griffin Walsh finished with eight points for Poly Prep.

“Our guys battled — that’s what I was proud of,” Kettering said. “We battled for four quarters, when things weren’t going our way on either side of the ball. They continued to play hard. It was tough to beat Collegiate.”

LOUGHLIN

Continued from page 71

state tournament criteria a week before the playoffs. Under the previous plan, Loughlin would be the diocese’s Class-A representative — instead it is going home.

“It’s disappointing the way it was done,” Williams said. “It’s not disappointing that we lost — it’s what happens. But you change the rules a week before, so kids were set on what we told them the rule was already. So that’s the bad part. When you do that to kids, it doesn’t set a good precedent.”

Playoff criteria vexes Catholic girls’ coaches

BY JOSEPH STASZEWSKI

Catholic high-school girls’ basketball coaches are demanding league officials pick a playoff plan and stick with it — rather than continually changing the league’s playoff structure.

The Catholic High School Athletic Association scrapped its often-tweaked five-to-eight team state tournament format to give dioceses equal postseason representation across the AA, A, and B divisions. It replaced the AA and A tournaments with a four-team playoff with a representative from each of the dioceses competing, but officials and coaches couldn’t agree on how to pick the representatives.

The Brooklyn-Queens coaches rejected the league’s original proposal in November. Athletic directors ratified a plan in January, but league officials unilaterally altered the plan a week before playoffs. Now, the diocesan tournaments’ top winner will appear in the AA playoffs and the tourney’s fifth- and sixth-place finishers (this year Nazareth and St. Francis Prep) will duke it out to see who will play in the league’s lower-ranked A division playoffs — the previous plan sent the tournament’s runner-up to the A state field. Similarly under the new plan, some A teams will have to play up in AA. The previous plan sent the tournament’s runner-up to the A state field.

But sending AA-level teams to play A teams is like setting a wolf among lambs, and conversely, forcing A teams to play up in the AAs is like throwing a lamb in the wolves’ den, coaches said.

“Why would our group agree to something like that when we were already complaining their fifth place team was playing in the A?” Morris said. “Now you are going to have your second-place team playing in the A. That is crazy. It absolutely ridiculous. It was supposed to be their last-place team people [in A]. That would have been kind of fair.”

Morris’s team lost to Brooklyn-Queens third-place finisher Mary Louis by just four points. Three teams from the Brooklyn-Queens diocese have won Class-A state crowns in the last seven seasons after playing as AA teams for all of their regular seasons.

The Rockville Center diocese has already dubbed St. Anthony’s its AA team and Cardinal O’Hara (Buffalo) of the Monsignor Martin division earned the honor by winning the league’s regular-season title. An Archdiocesan representative has yet to emerge.

Three teams from the Brooklyn-Queens diocese have won Class-A state crowns in the last seven seasons after playing as AA teams for all of their regular seasons.

The Brooklyn-Queens coaches have a problem with the plan, too, because it rewards St. Francis Prep and Nazareth for having losing seasons. The Terriers did not win a league game and



GETTING IT OFF HIS CHEZT: Bishop Loughlin girls’ basketball coach Chez Williams is one of many Brooklyn-Queens coaches who believe the league should not have made last-minute changes to its playoff structure. Photo by Louise Wateridge

Nazareth, who ended up being fourth-place Molloy in the diocesan quarterfinals, went 3–7.

“So we lose to a team that is going to play for an A representative in the playoffs and what is our status?,” Stanners coach Scott Lagas said. “Because we fought to win a couple of games during the regular season we don’t get a state bid.”

St. Francis Prep coach Kerri White said her team is happy to get a chance to play more games after falling 51–40 to Mary Louis in its semifinal. She is just doing what the league decided and would have no mater what the format was.

Nazareth coach Ron Kelley — whose squad is defending A-Federation champions — will abide by the guidelines, despite believing other teams are more deserving of the opportunity.

“You reward the teams that played well throughout the year,” he said. “The top two teams going to Federation that was a sound idea. I don’t like the idea of giving the teams that didn’t play well or do well another chance. They didn’t deserve it.”

A last minute adjustment was also made to the Class-B state playoffs, causing frustration for those coaches, said Monsignor McClancy coach Dewey Hopkins.

“I’ve been coaching at McClancy for four years and for four years it’s been a different format for the playoffs all four years,” he said. “That’s the biggest issue I have.”

The boys’ league, which is intersectional, guarantees each of its teams two playoff games, much like the girls’ league did the last six years. The boys’ playoffs format has not changed in the last two decades, and girls’ coaches want similar opportunities for their players.

“Whatever it is, we have to change with it, but it puts an uncomfortability in coaches not knowing that,” Bishop Loughlin coach Chez Williams said. “That’s not good. The league has to be firmer with their rule.”

LEGAL NOTICE

LEGAL NOTICE

LEGAL NOTICE

OLIVIA BRANCH INTIMATES, LLC Art. Of Org. Filed Sec. of State of NY 10/7/2015. Off. Loc.:Kings Co. Anna Jade Joseph designated as agent upon whom process against it may be served. SSNY to mail copy of process to The LLC, 1462 East 89th St., Brooklyn, NY 11236. Purpose: Any lawful act or activity.

DAY CARE, INC., pursuant to BCL §1104-a; ii)adjusting the rights and interests of the shareholders of SILVER STAR DAY CARE, INC., pursuant to BCL §1104-a(d); iii) ..imposing a surcharge on INNA YAKHNETS, pursuant to BCL §1104-a(d); iv)awarding Petitioner her costs and disbursements in this special proceeding; and v)granting Petitioner such other, further or different relief as the Court may deem to be just and proper; and it is further

Opposition deemed served on Petitioners. Supplemental opposition on or before 3/14/16. HON. Sylvia G. Ash, JSC

LEGAL NOTICE

SUPREME COURT OF THE STATE OF NEW YORK

COUNTY OF KINGS ORDER TO SHOW CAUSE

Index No.: 502659/2016

-----X
In the Matter of the Application of RIMA KRIGSMAN, as sole shareholder

Petitioner, For the Judicial Dissolution of SILVER STAR DAY CARE, INC

Pursuant to Section 1104-a of the Business Corporation Law.....

-----X

Upon the annexed Verified Petition of RIMA KRIGSMAN, the sole shareholder of all outstanding shares of stock of SILVER STAR DAY CARE, INC. ("Silver Star"), a corporation incorporated and existing under the Business Corporation Law of the State of New York, verified on February , 2016, and upon the affidavit of RIMA KRIGSMAN, sworn to on February , 2016, and supporting affirmation by Petitioner's Attorneys, The Law Office of Yan Margolin.

LET SILVER STAR DAY CARE, INC. and INNA YAKHNETS, who has taken control of SILVER STAR and wasted its assets, the New York State Tax Commission, the New York State Attorney General and all other registered persons, or their attorneys, show cause, at I.A.S Part 11, Room 541, of this Court, to be held in and for the County of Kings, at the Courthouse located at 360 Adams Street, Brooklyn, New York, on the 23rd day of March, 2016, at 09:30 o'clock in the forenoon of that day, or as soon thereafter as counsel may be heard why an Order should not be made and entered:
i) ..dissolving SILVER STAR

ORDERED, that pending the hearing of the Order to Show Cause, INNA YAKHNETS, shall not attempt to sell, transfer or encumber any asset of SILVER STAR DAY CARE, INC., including, but not limited to, its leasehold and equipment, and it is further

ORDERED, that pending the hearing of the Order to Show Cause, INNA YAKHNETS is enjoined from transferring, removing or destroying any business records and any emails, letters, and other correspondence between the parties, and it is further

... Let a copy of this Order to Show Cause shall be published in: Kings Courier, newspaper in general circulation in the County of New York, once in each of the three weeks before the time appointed for the hearing thereon; and it is further a copy of this Order to Show Cause, Verified Petition and

the papers on which it is based, shall be served upon SILVER STAR DAY CARE, INC. and INNA YAKHNETS, and the New York State Tax Commission, and the New York State Attorney General in the manner, and a copy on INNA YAKHNETS, on or by, which shall be deemed good and sufficient service.

Pursuant to NYCRR § 202.7(f), counsel for the Petitioner has given 24 hour notice to INNA YAKHNETS of Petitioner's intent to bring this Order to Show Cause. Respondents are deemed served today, 2/29/16.

LEGAL NOTICE

O B E L I S K INTERNATIONAL LLC.

Arts. of Org. filed with SSNY on 01/22/16. Off. Loc.: Kings Co. SSNY desig. as agt. upon whom process may be served. SSNY shall mail process to: The LLC, 2631 E 19th St., Brooklyn, NY 11235. General Purposes.

LEGAL NOTICE

On Monday March 21st

2016 at 4pm or thereafter. Secure Self Storage located at 2829 West 21st Street, Brooklyn, NY 11224, will hold a lien sale online with www.storage-treasures.com Register and bid for free. The contents of the storage units are listed below will be sold to the highest bidder. Contents are household goods, furniture, etc. or more information please call 718-266-2600. 1031 Smith, Charise 1050 Hicks, Naikya 1051 Ceus, Betty 1053 Page, Bertha 1057 Horgan, Sabrina 1085 Latorre, christopher 1090 Kazrakhimbek, Tamerlan 1099 Izzo, Joseph 1136 Kreyn, Dmitry 1229 Wilson, Brant 2016 kasem, Tamer 2027 Thomas, Latanya 2071 Benitez, Viera 2085 Karyn , Serge 2101 Steele, Robert 2139 Bomba, Christopher 2160 Williams, Denise 2161 Steele, Robert 2185 Hamilton, Antonie 2187 Dorsch, Guiseppie 2244 Medina, Stephanie 2259 suazo, henry 2292 Rivera, Jennie 2306 Grebennikova, Olga 2320 Tucker, Nathan 2333 Lopez, Daniel 3004 Strang, Philip 3012 Spivey , Roderick 3081 Rodriguez, Brigette 3095 Newton Jr., Ernest 3110 Morgan, Joyce 3139 Bowers, Nadine 3141 Gayle, Margaret 3198 Spektor, Polina 3209 Lastra, Minerva 3258 Reid, Kareemah 3328 Groben, Robert 3330 Maxwell, Christopher 3364 Serrano, Celina 3406 Genao, Gabino 3414 Ray-Chaudhuri, Debi 3420 Vazquez, Micheal 3428 Cosme, Gino

To advertise your

SCHOOL or EDUCATION PROGRAM

call

718.260.2555

Brooklyn community classifieds

To Advertise Call: 718-260-2555

Look for the new Brooklyn Real Estate Section starting on page 19 of this week's paper



BROOKLYN REAL ESTATE

- ✓ Featured Home of the Week
- ✓ Featured Listings
- ✓ Find a Broker/Agent
- ✓ Recently Sold Properties in your neighborhood

► EMPLOYMENT

To Place Your Ad
Call 718-260-2555

DIGITAL & PRINT SALES ACCOUNT EXECUTIVE

CNG (Community Newspaper Group), is currently seeking a Digital & Print Sales Account Executive.

In this role, you will sell digital and print advertising campaigns with an emphasis on recruitment advertising. You will custom craft advertising campaigns that contain successful components of digital online verticals, such as custom search, resume-matching.

You will also have the ability to work with additional sectors such as real estate and other service sectors.

RESPONSIBILITIES

- Identify client needs, communicate the benefits of our audience-based marketing solutions as they relate to each need and then sell the appropriate campaign.
- Negotiate contracts
- Manage day-to-day activities using a CRM system.
- Meet or exceed revenue expectations.

QUALIFICATIONS

- Sales experience.
- Understanding of digital media platforms and be digitally savvy.
- Proficient in sales calling including up-selling, appointment setting and cold calling.
- Ability to work through objections/concerns regarding costs, budgets and selling strategies

POSITION OFFERS

Base salary plus commission, 401 K, Paid Vacation and medical

Please send your resume and cover letter to: atarley@cnglocal.com



► MEDICAL HELP WANTED

CERTIFIED HHA/PCA

Immediate jobs available
in all areas of NYC
In Need of Live Ins

Excellent Hourly Pay

Paid Time Off

Flexible Hours • Apply Today



FREE Training Classes Avail.

Call 718-942-5888

We are an equal opportunity employer dedicated to a drug-free workplace. All training conducted by Bestcare, Inc. through approved NYS DOH Training Program and under contract with MJHS Home Care Solutions

► MEDICAL HELP WANTED

► MEDICAL HELP WANTED

**CHIROPRACTIC
ASS'T/ RECEIPT, F/T**
Busy Midwood chiropractic office. Duties include: scheduling appts, Collection, answering phones. **3 1/2 days per week.** Experience preferred but not required. We will train. Please Fax Resume to **718-645-4526**

► MEDICAL HELP WANTED

MEDICAL SEC'Y, F/T
Heavy phones, referrals, knowledge of prescriptions & authorizations. Need very reliable person who works well with others. Flexible hours.

Email Resume
stressedout2001@aol.com

Certified HHAs or PCAs GET HIRED NOW!!!

ALL 5 BOROUGHES!

MANY CASES AVAILABLE...IMMEDIATE WORK... TOP \$\$\$
NO CERTIFICATE? NO PROBLEM!
Ask about our CDPAP program!

WANT TO GET CERTIFIED?
JOIN OUR FREE* ON-SITE HHA TRAINING
NEXT SESSION STARTS APRIL 4th
CLASS IS FILLING UP! SIGN UP NOW!
Call 718-972-2929 ext. 310

*student is required to cover \$100 for books and supplies.

Call now...get hired...get paid!

- Starting at \$10.00/hr • \$15.00/hr for Overtime
- Live-In Cases Starting at \$130 a day
- Health Benefits
- Wellness Plan



946 McDonald Ave, Bklyn
• Ph: 646-699-1425
54-06 Myrtle Ave, Ridgewood
• Ph: 646-699-1431
391 E. 149th St., Ste 314, Bronx
• Ph 646-699-1437

\$250
Sign-On
BONUS
Live-ins only

EOE

Ask About Our Refer A Friend Program

Call
**(718)
260
2555**
To Advertise
Here

EMPLOY, BUS. OPPS., EDU., MISC.

MEDICAL HELP WANTED

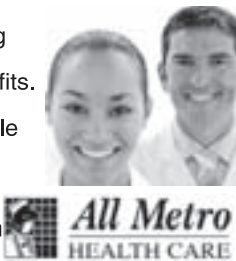
MEDICAL HELP WANTED

Live-in Aides Needed

For immediate Placements. Seeking aides (PCA, HHA, HA, CNA) for home care.

- Excellent starting salary
- Vacation & benefits.
- Full & Part Time positions available

Call 718-327-2290 ext 410 or 413
Email info@all-metro.com
EOE



All Metro HEALTH CARE

SALES HELP WANTED

Work Your Own Hours! Selling a Chemical Free Skincare Line. Not MLM. 20% Residual Income, forever! FREE kit to keep (retail value \$225) upon sign up! Contact: sgarron2@aol.com
Sandra 917-478-1389

SECURITY HELP WANTED

NYS DCJS APPROVED SECURITY TRAINING
8 hour/16 hour Annual S/G Instructor Course - IDC
Tel: 718.855.0500
web: www.thealmgroup.com

HELP WANTED

ADVERTISING TELEPHONE SALES Experience Preferred P/T, 3-4 hrs/day, 3-4 days/wk. No pressure, pleasant atmosphere. Year-round work. Opposite Sheepshead Bay Rd. Train Station. Call M-F 718-688-9000

Volunteers Needed Have spare time during the week? So do our homebound seniors. Friendly Visiting needs local volunteers to visit for one hour a week. 718-449-5000 x2205

Bartenders Wanted
Experience necessary. All positions available, day/evening. In Sheepshead Bay area. Food handler's lic. a plus
Call 718-501-2380

RENTAL AGENTS WANTED, F/T-P/T
Work From Home Earn Good Income Will Train. Call Ben
347-866-5619
718-266-9700

EXPERIENCED SALESPERSON NEEDED, P/T
Russian/English speaking Computer skills, office work, quick learner, resume a must
Fax 718-615-0662 or mail@ahminfo.com

Experienced PIZZA MAKER Also, COOK For Kitchen
Bensonhurst. 6 day a wk. Must speak English. Call 718-621-1260

SKILLED GARDENER & IRRIGATION SPECIALIST
Ability to work with team or on your own. Detail oriented & organized. Reliable & punctual. Have a passion for plants. Call 718-726-2824 or email urbanexplorationsinc@verizon.net

HELP WANTED

PART-TIME WORK FROM HOME
Home & Chemical Product Company needs people: Service Customer, Catalog Sales
CALL: 718-592-0025

SETSS TEACHER NEEDED FOR PARK SLOPE ELEMENTARY SCHOOL

Needed Immediately! 5 Days/wk, Morning hrs Work now to June.
• No current DOE Employee.
• Must be fingerprinted by DOE.
• Your Special Ed or Literacy certification must be active.
• \$30/hour

MRS. BRODMAN: 917-602-0073
MRS. KRINSLEY 917-602-0039

JOB INFORMATION

Letitia James Warns Consumers About Classified Ads
Toll numbers may be a direct line to trouble. Classified ads are intended to help people by facilitating communication and advertising available services; however, some of the hotlines & service numbers in classifieds actually hurt the people who rely on them by cheating them of their hard-earned dollars. "Most newspapers print a disclaimer in their classified ad section to warn readers about numbers that are a direct line to trouble. Any number starting with 900, 540, 595 or 871 charges a fee beyond a local call. In some instances, ads initially advertise calls to a local number, but then direct callers to a second number starting with one of the paid exchanges. "Consumers must also question the legitimacy of vague classifieds because they too could be a scam. Before responding to an ad, consumers should verify the source of all information & always be wary about sending money or signing a contract with an unknown party."

Office of the Public Advocate

AIRLINE CAREERS Start Here Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call AIM for free information 866-296-7093

Can You Dig It? Heavy Equipment Operator Career! We Offer Training and Certifications Running Bulldozers, Backhoes and Excavators. Lifetime Job Placement. VA Benefits Eligible! 1-866-362-6497

TUTORS

TUTORING
In all levels of Math, Elementary through college. \$20 /hour. For information call
Neil Greenberg
718-434-4685

EXPERIENCED TEACHER
Will Tutor in Math, English, Science, Social Studies, Regents, SAT, GED, Citywide test, finals & entrance exams.
Call 718-336-2330

FLEA MARKETS

GIANT INDOOR FLEA MARKET!
SUN, 3/06 10AM-4PM
MADISON JEWISH CENTER
2989 Nostrand Ave. (Ave. P & Quentin Road)
New Merchandise. FREE GIFT DRAWINGS!!
718-339-7755
VENDORS WANTED!
www.madisonjc.org

MERCHANDISE FOR SALE

Wall Unit: 2 Piece, White & Gold, Good Condition: \$250
Dresser: 4 Drawers, Good Condition: \$100
Call: 718-946-2856
718-946-2816

CLOTHING

2 Pairs of New Steel Toe Work Boots, one 10 Wide, one 10.5 Wide. \$25 Each.
Call 917-459-0081

COLLECTIBLES

Lavender Suprise Barbie- ONLY \$20. New in Box. 1989 Sears special edition.
718-375-3949

Tropical Barbie- ONLY \$10. New in Box. 1985 edition.
718-375-3949

FURNITURE

FURNITURE LIQUIDATION
New in Box w/warranty
Bedrooms, Sofa's and Dining
Up to 60% MSRP
Call Now:
718-499-4499

LOST AND FOUND

MISSING DOG
LOST black w/white Chihuahua mix. Last seen 1/27 on Surf Ave. If you've seen or found him please call or text 347-866-4077.
Reward for safe return.

HEALTH SERVICES

BODY Work By Mike
Master Reiki
Professional Massage Shiatsu/ Foot Reflexology. Stress Relief & Relaxation. Certified, Bensonhurst Loc.
718-236-5861
917-292-6075

MAN WITH VAN

2-3 GUYS WITH TRUCK & VAN
Moving, Cleanouts Any Job Big or Small
Reasonable Rates
Rick 347-876-3187

PAINTING

CALL NED
Plastering • Sheetrock Ceramic Tile • Carpentry Cement Work • Painting Wallpaper • FREE ESTIMATES LIC. #0864865
718-871-1504

AUTOS WANTED

Donate your car to Wheels For Wishes, benefiting Make-A-Wish. We offer free towing and your donation is 100% tax deductible. Call (855) 376-9474

AUTOS FOR SALE

Beige, 2002 Cadillac. 4 Door Sedan, Very Good Cond.. \$4,000.
OWNER: 718-946-2856 or 917-597-9916

MASSAGES

Beautiful Russian Girl does 24/7 Swedish Bodywork
718-645-1347

MASSAGES

★★★★★★★★★
GRAND OPENING
★★★★★★★★★
Best Prof'l Bodywork in Brooklyn!
By pretty Asian girl.
1973 71th St., bet. 19th & 20th Aves.
116 Ave. 0, bet. W 6 & 7th. Brooklyn, NY
646-675-0960

AUTOS WANTED

IMMEDIATE LIVE IN WORK AVAILABLE FOR NYS CERTIFIED



EXCELLENT PAY! 845-214-0870
Paid Time Off/Health Benefits & more Referral Bonus/EOE

HHA EOE

Make a Difference!

Home Health Aides & Nurses Aides

Interested in helping and caring for people with developmental disabilities? Positions are NOW avail. to work in MANY great group home programs in Brooklyn, Queens & Bronx. Must be caring and interested in making a difference in the lives of individuals. HS degree & HHA, NA or HA certificate req. Top benefits.

TemPositions Health Care
212-916-0840

DONATE YOUR CAR

Wheels For Wishes Benefiting
Make-A-Wish®
Metro New York and Western New York
100% Tax Deductible
*Free Vehicle/Boat Pickup ANYWHERE
*We Accept All Vehicles Running or Not
*Fully Tax Deductible
WheelsForWishes.org Call: (917) 336-1254
*Wheels For Wishes is a DBA of Car Donation Foundation.

LEARN TO EARN!

HHA/PCA FREE Training Classes
Train to become a NYS Certified Home Health Aide in just 16 days
Call today to register for upcoming classes!
Jobs available upon successful completion
In Need of Live Ins
Excellent Pay and Flexible Hours
MJHS®
HOME CARE SOLUTIONS
Call 718-942-5888
We are an equal opportunity employer dedicated to a drug-free workplace.
All training conducted by Bestcare, Inc. through approved NYS DDH Training Program and under contract with MJHS Home Care Solutions

NATIONAL TRACTOR TRAILER SCHOOLS
NTTS.EDU Buffalo/Liverpool NY Full / Part Time P.T.D.I. Certified Courses Student Loans, Pell Grants, Post 9/11 GI Bill Benefits, Housing, Local and National Employment Assistance if Qualified
800-243-9300

Call 718.260.2555 To Advertise Here

ATTORNEY

Social Security/SSI Disability
Convenient to all Boroughs and Long Island

- NO FEE unless successful
- Over 40 years experience
- Personal and Friendly Service

Michael Schoffman
26 Court Street • 718-852-0900

CONSTRUCTION

NEW HEIGHTS CONSTRUCTION LLC

- Siding • Roofing • Fences
- Kitchens • Painting • Baths
- Basements • Decks • Doors
- Awning • Brick Pointing • Concrete Stucco

WINTER SPECIAL ON SEAMLESS GUTTERS & LEADERS

VISIT OUR ONLINE SHOWROOM
www.newheightsconstructionllc.com

800-525-5102
718-767-0044

NYC License #1191201
FREE ESTIMATES

MOVING & STORAGE

MOVING ZONE

MOVINGZONE.COM
LICENSED & INSURED • LOCAL & LONG DISTANCE
718.788.5500
D.O.T#:36242

ATTORNEY

FREE CONSULTATION



- Divorce
- Immigration
- Accident
- Landlord/Tenant

Sunday and evening appt.
Call Attorney Abraham Chananashvili
Tel. 646-704-1062
Conveniently located in Brooklyn, NY 11234

CONTRACTING

-EST. 1971-

LAPIETRA CONTRACTING CORP.

General Contracting • Masonry
Concrete • Additions
Renovations • Violations Removed

718.439.1919

SCHEDULE YOUR FREE ESTIMATE!
www.lapietracontracting.com

MOVERS

ANY TIME MOVING & STORAGE

LICENSED RUBBISH REMOVAL INSURED
COMMERCIAL • RESIDENTIAL
LOCAL & LONG DISTANCE
ALL YOUR MOVING NEEDS

Free Estimate • Affordable Rates
Last Minute Jobs • Fully Equipped
MOVING & STORAGE

5% OFF with this ad

718-909-9909
5712 1st Ave., Brooklyn, NY DOT 0744853

BATHROOMS

BATHROOMS R US
EVERYTHING HOME, INC.
718.520.8370

Plumbing / Electrical
Tile Work / Painting / Plastering

BATHROOMS!

EMERGENCY REPAIRS • FREE ESTIMATES

DEMOLITION

COMPLETE RUBBISH REMOVAL
Residential & Commercial Clean-Up
Anything & Everything

Basements • Attics • Garages • Yards • Apts
Estates • Furniture & Appliances Removed
Stores • Warehouse • Fire Debris

WE DO INTERIOR DEMOLITION
Fully Insured "NO JOB TOO BIG OR TOO SMALL"
Call Jose 917-560-6569

MOVERS

ARIK J. MOVING & STORAGE
Special Local Job By Hour

2 Men w/Truck \$59/Hr.	4 Men w/Truck \$85/Hr.
3 Men w/Truck \$69/Hr.	5 Men w/Truck \$99/Hr.

ARIK J. MOVING & STORAGE
Toll Free 877-668-3186
212-321-MOVE
US DOT #130966

BATHROOM REN.

\$5999 COMPLETE BATHROOM!
Cast Iron Tub • Wonderboard • (White Fixtures)

S&S CONSTRUCTION
646-504-0443 • 917-418-7293

Renovations & New Construction
Kitchens Remodeled
Plumbing & Electric
Windows & Doors

10% OFF
for NY's
Bravest & Finest

FREE ESTIMATES - REFERENCES AVAIL.
BONDED/INSURED/Lic.#0922995

FURN. REUPHOLSTERY

Perfect Touch Decorators
Expert Reupholstery All Furniture

AMAZING SPECIAL!
Kitchen Seats \$55
Including Vinyl (pullover)

Verticals/Mini Blinds • Cushions Refilled
Recaning • Slipcovers - Plastic & Fabric

FREE Shop-at-Home Estimates
Quality Service Over 30 Years Experience
718-263-8383

MOVERS

SUPERIOR MOVING

All Types of Moving
Reliable
Dependable
Reasonable Rates

Free Estimates
We Do Rubbish Removal
718-339-8888

CONTRACTING

FREE ESTIMATES - FULLY INSURED

SHIVA CONTRACTING LLC
All Interior and Exterior Work

STEAM CLEANING • BRICK POINTING • PAINTING & PAINT STRIPPING
KITCHENS & BATHS • FINISH BASEMENTS • WATERPROOFING
ROOFING • CERAMIC • VINYL & WOOD FLOORS
CEMENT & BRICK WORK • SHEETROCK • CARPENTRY

OFFICE: 917-582-8068
POWER: 347-312-3421
Email: Shivalc85@gmail.com
VISHAL: 645-595-7710

HANDYMAN

HANDYMAN MEIR
Will take care of all of your household & handyman needs including:

Kitchen & Bathroom Cabinets, Plumbing
All Electrical, Ceiling Lights,
Fan, Fixtures Switches & Outlets,
Wood Floors, Tiles,
Sheetrock Plastering, Painting

Best service with reasonable and affordable rates.
Call Meir 718-559-7653
meirhandyman@gmail.com

PLUMBING & HEATING

CNJ PLUMBING INC.
24/7 EMERGENCY SERVICE

FREE Estimates Lic. & Ins.

- Plumbing Repairs
- Hot Water Heater Repairs & Installation
- Boiler Repairs & Installation
- Sewer & Drain Cleaning
- Boiler Inspection
- Drain Video Inspection

Over 25 YEARS Experience!

Residential & Commercial
917-837-5771
WWW.CNJPLUMBINGINC.COM LIC. #2071

CONSTRUCTION

GT Golden Touch Roofing & Construction, LLC
Phone: 646-656-1965
Email: GoldenTouchUSANY@gmail.com



HOME IMPROVEMENT

A & C Home Remodeling

- Kitchens • Bathrooms • Plastering
- Finished Basements • Sheetrock
- Interior & Exterior Painting • Taping
- Suspended Ceilings • Floors • Tiling

Call Anthony
Lic. #0927159
Free Estimates Lic. & Bonded
718-986-4035

PLUMBING

All Plumbing Work!

Bidet Toilet Seat
For any toilet

www.washletny.com 917-575-6059

ROOFING

Clean Leaders & Gutters
\$45 Any Size House

- General Contracting & Repairs
- All Home Improvement Work
 - Basements
- Water Proofing & Mold Damage

718-968-3095
WILLIAM DOLAN ROOFING CO. INC
HIC LIC # 0928471

RUBBISH REMOVAL

MIKE'S CLEAN OUT SERVICE

**NO NEED TO CALL A DUMPSTER
WE DO IT ALL!**

- Apartment Cleanouts
 - Out of Business Cleanouts
 - Furniture & Appliance Removal
 - Yard Clean Up
 - Construction Cleanups
 - Basement & Garage
 - Residential & Commercial
- www.mikescleanouts.wix.com/
mikescleanouts

**FREE
ESTIMATE**

516-805-5794

ROOFING

Specializing
in California
Stucco

DANNY'S ROOFING COMP.

**Interior & Exterior Renovations
Residential & Commercial**

- Roofing • Hot or Cold Tar Rubber Roofs
- Gutters • Leaders • Siding
- Carpentry • Kitchens • Bathrooms
- Waterproofing • Painting
- Plastering • Brick • Concrete Work



FREE ESTIMATES
Ins. & Lic. # 1456103

718-477-7774

TREE SERVICE

TREE SERVICE

We Beat All Competitor's Rates

Free Estimates

- TREE REMOVAL • FIREWOOD
- STUMP GRINDING • PRUNING
- ROOF LINE CLEANING

**LOWEST
RATES**

Residential & Commercial
Senior, Veterans, Police & Fireman Discounts

T&M GREENCARE

718-332-4900

tmgreencare.com • Owner Operated • NYC LIC: 1418091



Advertise
your
business
card here.

Call us at
718.260.2555

**Commemorate your loved
one with an Obituary Notice
in your local community
newspapers.**

*Let us help you create
a beautiful, personalized
and lasting memory.*

Call for details
718.260.2555

Courier Life
P U B L I C A T I O N S

We've Got The Boroughs Covered



Call
718.260.2555
to advertise
in our papers

Courier Life **BRONX Times**
PUBLICATIONS REPORTER INC.

Brooklyn Paper

Caribbean Life **TIMES Ledger**
NEWSPAPERS

**FRIENDLY FINANCING
ALL CREDIT SCORES
APPROVED!
718-759-6990**

CONEY & V AUTO SALES



2510 CONEY ISLAND AVE. (BTW V & W) BROOKLYN, N.Y. 11223

Q TRAIN TO AVE U - B68 BUS STOP RIGHT OUT FRONT

Payments as Low as \$149.99 a Month⁺⁺

2001 CHRYSLER PT CRUISER

\$3,900



BASE 4DR WAGON

STK# 526875
122,005 MILES

2004 JEEP WRANGLER

\$14,400



SPORT 4WD 2DR SUV / MANUAL 5-SPEED

STK# 772420
77,806 MILES

2010 SUBARU LEGACY

\$10,500



AWD 2.5I PREMIUM 4 DR SEDAN CVT

STK# 238954
94,190 MILES

2006 HONDA CIVIC

\$7,999



LX 4DR SEDAN

STK# 066442
108,583 MILES

2008 TOYOTA MATRIX

\$9,499



COROLLA MATRIX XR 4DR SEDAN

STK# 698766
87,733 MILES

2008 CHEVROLET COBALT

\$5,999



LS 2 DR COUPE

STK# 296805
48,040 MILES

MOST CARS PRICED WELL BELOW BOOK VALUE - LIFETIME WARRANTY AVAILABLE!

2007 AUDI A6

\$8,500



3.2 QUATTRO AWD 4DR SEDAN

STK# 095840
138,487 MILES

2014 DODGE GRAND CARAVAN

\$13,999



SXT 4DR MINI-VAN

STK# 169888
89,526 MILES

2005 HONDA ODYSSEY

\$8,700



4DR EX-L MINI VAN W/ LEATHER

STK# 060454
94,898 MILES

2007 KIA SPORTAGE

\$7,999



EX 4DR SUV 4WD

STK# 344687
113,200 MILES

2007 LEXUS RX350

\$13,100



AWD 4DR SUV

STK# 039764
123,080 MILES

2004 HONDA CIVIC

\$4,999



EX 4 DR SEDAN

STK# 549468
125,352 MILES

⁺⁺ALL applicants will be accepted. Severity of credit situation may affect down payment, APR & terms.

30DAY/10000 MILE WARRANTY INCLUDED ON ALL VEHICLES, LIFETIME & OTHER WARRANTY CHOICES AVAILABLE, FREE GPS NAVIGATION WITH PURCHASE. FULLY SERVICED AND RECONDITIONED VEHICLES. CALL US AT 718-759-6990 OR 917-690-4371 WITH ANY QUESTIONS. PRICES INCLUDE ALL COSTS TO BE PAID BY THE CONSUMER, EXCEPT FOR LICENSE, REGISTRATION & TAXES. DCR# 1355891 NYS DEALER# 7113627

**CHECK OUT OUR FULL INVENTORY
WWW.CONEYANDVAUTOSALES.COM**