

Gov. plows millions into community gardens

BY COLIN MIXSON

These gardens are getting even more green.

The governor is showering 22 Kings County community gardens with \$3.1 million in state capitol funding as part of a billion-dollar-effort to improve the quality of life for residents in some of the borough's lower-income neighborhoods.

"Community gardens provide critical opportunities for healthier lifestyles, and these vital improvements are going to connect residents to the outdoors and gathering spaces," Gov. Cuomo said during a visit to Crown



Heights's Bergen Street Community Garden on July 19.

A chunk of Cuomo's cash will go towards installing on-site water sources at all 22 volunteer-tended gardens, which will connect the growing patches to city pipes — a huge relief, according to one urban farmer, who said gardeners often rely on improvised rainwater-collection systems to sate thirsty plants, or simply lug buckets of water from their own homes to quench dry dirt.

"Some people, because they live nearby, bring water to the garden," said Jason Osher, a director at the environmentally focused New York Restoration Project, which manages 52 community gardens citywide.

And Cuomo set aside the rest of the funds for improvements such as new composting systems, benches, paving, fencing, and solar equipment

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LIVE FAST, DIE YOUNG



Cool customer

Biggie the American Bully wore a pair of shades and a big grin for the doggie fashion show at Freddy's Bar in Park Slope, kicking off the first of the neighborhood's Fifth Avenue Summer Stroll events.

Photo by Caroline Ourso

Time runs out on city's school-zone speed cams

BY JULIANNE MCSHANE

Call them camera shy.

All 140 of the city's school-zone speed cameras stopped doling out tickets on July 25, after state senators failed to vote on a new authorization in time, and a Park Slope mother whose son was killed by a speeding driver knows exactly who she blames: state Sen. Marty Golden (R-Bay Ridge), who she said backtracked on a personal promise he made to her to get the bill passed.

"I hold Marty Golden personally responsible," said Amy Cohen, co-founder of Families for Safe Streets, who held an overnight vigil outside Golden's office on June 28, demanding the Ridge rep push state Senate Majority Leader John Flanagan (R-Long Island) to call a special session to vote on a new speed-camera bill before the deadline passed.

Now, Cohen said, both men will have blood on their hands.

"Children will die, and he *Continued on page 12*

SAFE HARBOR

Refugee family who fled death threats in Iraq gets fresh start on new life in Sheepshead Bay

BY JULIANNE MCSHANE

A young couple who fled death threats in their native Iraq when they were teenagers are now raising their young daughter in Sheepshead Bay with the support of a Down-town group that helps immigrants and refugees resettle in Brooklyn.

The couple's journey began one night in July 2014, when notoriously dangerous Iran-backed Shia militiamen knocked on the door of then-19-year-old Jaafar Mohammed Al-Khafaji's family home in Baghdad, where he lived with his pregnant wife, Doaa Almasoodi, Al-Khafaji said. The Shia militiamen demanded that Al-Khafaji and his brothers join their fight against Islamic State — or else, he told this paper.

"They said, 'you have to be with us, to join our group — if not, you're going to be killed or you have to leave your home,'" Al-Khafaji said through a translator.

When the militiamen began shooting their rifles in the air outside, Almasoodi fainted out of fear, according to the couple. An hour later, when the militiamen had dispersed, the couple fled with Al-Khafaji's family in the dead of night, leaving behind everything — including baby clothes for their unborn daughter, they said.

"I was preparing for the baby shower for my daughter, buying a lot of stuff, and I left it all behind," said Almasoodi through a translator.

The couple went to live with Almasoodi's relatives in a suburb about 10 miles west of Baghdad, they said, and fled within days to Ankara,



A HAPPY HOME: Jaafar Al-Khafaji and his wife, Doaa Almasoodi, are raising their 3-year-old daughter, Sema, in Sheepshead Bay after they fled death threats in their native Iraq in 2014. Photo by Stefano Giovannini

the capital of Turkey, with a group of Al-Khafaji's family members. Life was difficult in Turkey — where refugees face discrimination and even death — they said.

But when United Nations workers learned about the young couple's circumstances — including Almasoodi's pregnancy — they set up an interview to start building their case to flee to the U.S. as refugees just two months after they arrived in Turkey,

according to the couple. And a month later, in October 2014, Almasoodi gave birth to the couple's daughter, Sema, they said.

Nearly three years later, in August 2017, the family finally flew to the U.S. Once in Brooklyn, they joined Almasoodi's parents — who had previously fled to the U.S. after they received threats — at their Bensonhurst home, where they could finally enjoy the peace that they lacked in Baghdad,

Almasoodi said.

"We were so relieved and happy to come to the U.S.," Almasoodi said.

Almasoodi's parents helped the couple adjust to life in their new country, making their transition much easier than it would've been otherwise, she said.

"We don't speak the language, and they speak the language," Almasoodi said. "A lot of things we don't know, they

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WELCOME ABOARD: The Ocean Queen Rockstar, the first of six 350-seat boats to join the NYC Ferry system, took its maiden voyage on July 21. Economic Development Corporation

Making a splash

Ferry launches first jumbo boat

BY JULIANNE CUBA

It's ferry-good news!

The first super-sized boat to join the city's fleet of ferries started shuttling commuters across the East River last weekend, allowing even more straphangers to trade trips through crumbling subway stations for travel on the high seas, according to leaders of the service.

"We are thrilled about the arrival of the newest and largest NYC Ferry vessel," said Cameron Clark, a bigwig at ferry operator Hornblower, which oversees the nautical-transit system along with officials at the city's Economic Development Corporation. "We will continue to collaborate with NYCEDC to accommodate the high-ridership numbers and excitement of our riders."

The new 350-seat ferry, which holds 200 more passengers than the boats that set sail when the system debuted last year, started sailing the Rockaway route on July 21, shuttling back and forth between the outer boroughs of Queens and Manhattan with a stop at the Brooklyn Army Terminal in Sunset Park along the way on some trips. One-way passage on the boat costs \$2.75 — the same price as a trip on its smaller sister ships, and on any subway.

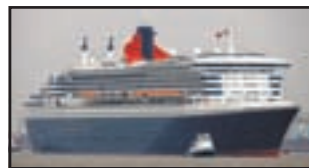
The vessel, named Ocean Queen Rockstar by young students at a Queens public school, journeyed more than 2,000 miles from waters off the Gulf Coast to its new home in New York Harbor, according to a service spokeswoman, who said the boat, when not carrying passengers, docks at NYC Ferry's in-the-works "home port" at Fort Greene's Brooklyn Navy Yard — which could open to commuters as soon as this fall, once brass at the quasi-

municipal Brooklyn Navy Yard Development Corporation finish construction on the landing, the rep said.

The roughly 97-foot-long and 27-foot-wide Ocean Queen Rockstar features six dedicated spots for bicycles, another half-dozen for wheelchairs, 162 indoor seats on its lower deck, and 182 outdoor seats on its upper deck, where additional benches offer more spots to plop down. It is the first of six 350-capacity vessels to join the NYC Ferry fleet, two more of which will start floating later this year, with the final three hitting the water sometime in 2019, the spokeswoman said.

The big boat's arrival followed Mayor DeBlasio's May pledge of an additional \$300 million in capital funding for the ferry system, which officials expect will serve some 9 million New Yorkers by 2023, now that all six of its routes are up and running.

But the super-sized ship still pales in comparison to others that regularly cruise New York Harbor, which include such hulking vessels as the 505-seat Seastreak crafts that shuttle passengers from Manhattan to faraway New Jersey; the Staten Island Ferry boats, the largest of which can shuttle some 6,000 passengers from the Rock to Manhattan, and the massive Queen Mary 2 cruise ship, which packs around 3,000 riders on its journeys from Brooklyn to England.



BIGGEST FERRY: The Queen Mary 2, which cruises between Brooklyn and England, can fit around 3,000 passengers.

Special delivery!

Judge stops deportation of undocumented pizza-delivery man, demands release from jail



NO JUSTICE, NO PEACE: Protesters gathered at Manhattan Federal Court on July 24 to demand the release of undocumented pizza-delivery man Pablo Villavicencio-Calderon. Photo by Trey Pentecost

BY JULIANNE MCSHANE

A judge stayed the deportation of undocumented immigrant Pablo Villavicencio-Calderon and demanded he be immediately released from detention on July 24, nearly two months after Immigration and Customs Enforcement agents detained the pizza-delivery man at Fort Hamilton Army Base on June 1.

U.S. District Judge Paul Crotty wrote that even though Pablo Villavicencio-Calderon was in the country illegally, he had always abided by the law and consequently deserved to be reunited with his family.

"Although he stayed in the United States unlawfully and is currently subject to a final order of removal, he has otherwise been a model citizen," Crotty wrote. "He has no criminal history. He has paid his taxes. And he has worked diligently to provide for his family."

Crotty also noted that Villavicencio-Calderon's freedom will allow him the chance to resume the paperwork process he began in February to regularize his immigration status. And the decision stipulates that the only way Vil-

lavencio-Calderon can be deported in the future is if the Citizenship and Immigration Services agency denies any of his three applications, or if Villavicencio-Calderon commits a crime after his papers were approved.

Democratic pols reacted to the news with delight. Gov. Cuomo called Villavicencio-Calderon's release "a victory for New Yorkers and for basic human rights," but said that the delivery man should have never been detained in the first place.

"There was absolutely no legitimate reason to lock up Mr. Villavicencio and take him from his wife and children, and I am relieved that he will finally be reunited with his family," Cuomo said in a statement.

Local pols Rep. Nydia Velázquez (D-Sunset Park), Councilman Carlos Menchaca (D-Sunset Park), and Councilman Justin Brannan (D-Bay Ridge) also chimed in to celebrate the judge's decision.

Earlier in the day, lawyers representing the federal government and Villavicencio-Calderon sparred at a hearing before Crotty in Manhattan

Federal Court over whether or not he should remain detained at Hudson County Correctional Facility in New Jersey.

The chief of the U.S. Attorney's Office Immigration Unit, Joe Cordaro, argued that Villavicencio-Calderon should remain detained since he overstayed a 2010 voluntary deportation order and consequently had an active arrest warrant on file.

But Villavicencio-Calderon's lawyers from the Legal Aid Society, Gregory Copeland and Sarah Gillman, insisted that he should be released from detention so that he can be with his family and resume his immigration application, adding that they had just received word that the government had scheduled the delivery man's first interview in the immigration process for Aug. 21 after his wife — a U.S. citizen — filed initial paperwork back in February.

But most of the courtroom's charged back-and-forth occurred between Crotty and Cordaro, as the judge slammed him with questions about the legal basis of Villavicencio-Calderon's detention, asking

Continued on page 25



Ridgites stroll again

BY KEVIN DUGGAN

They were walking on sunshine.

Bay Ridge locals and visitors flocked to Third Avenue for an evening of fun and frolic at this year's second Summer Stroll on Friday, July 20.

The annual four-part event celebrated the best in local business and entertainment and drew in residents as well as community leaders.

"The event really gives the restaurants and commercial establishments a chance to show the people of Bay Ridge all they have to offer," said Ridgite and former chairman of Community Board 10, Craig Eaton.

Eaton returned to the stroll for the second time and brought along friends from Long Island to enjoy the warm evening.

"It was their first time there and they really enjoyed it," he said.

The Third Avenue Summer Stroll is an annual event that closes the commercial corridor to traffic to allow people from all over the borough and beyond to play, walk, dine, and take part in an array of cultural activities, as a way to showcase the offerings local businesses offer Ridgites year round.

Max's Wheelhouse Trio rocked the block with the hits

from the '60s, '70s, and '80s in front of Kettle Black on the corner of 87th Street.

Some residents especially enjoyed the summer vibes and the community spirit of the well-attended event.

"I like the events that are outside, I enjoy the camaraderie," said longtime Bay Ridge Parkway resident Joe Melillo, who shared a dance with Susan Mirra outside Casa Calamari on the corner of 86th Street.

The Summer Stroll returns on Aug. 3 between 68th and 80th streets, and on Aug. 10 between 80th and 90th streets, 6-10:30 pm, rain or shine.

SUMMER FUN: (Left) Max's Wheelhouse Trio made some noise outside the Kettle Black, playing all the hits from the '60s, '70s and '80s. (Center) Craig Eaton and friends enjoy cool beverages on Third Avenue. (Above) Christina Antioco serves up cotton candy for sweet-toothed Ridgites.

Photos by Steve Solomonson

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Water day in Coney Island

BY BEN VERDE

Youngsters in Coney Island flocked to Kaiser Park to learn about New York's many waterways and waterfronts for "City of Water Day" on July 14.

Kids had the opportunity to go fishing, plant seeds by the water, fly kites, and learn about the underwater ecosys-

tem that surrounds the city. The children even caught three pike — but threw them back, of course, according to Luis Gonzalez, assistant director of environmental education at the City Parks foundation, who led activities at the park.

"We want to encourage stewardship in young people,

to help them become the next generation of stewards," Gonzalez said.

Gonzalez said about 30 youngsters participated in the foundation's activities.

The event was sponsored by the Coney Island Beautification Project in collaboration with the Waterfront alliance.

H2-WHOA! (Left) Luis Gonzalez of the City Parks Foundation shows a youngster the proper fishing form. (Center) Megan Matos learns to use a homemade water filtration system. (Above) Gonzalez poses with a crab caught in the water.

Photos by Steve Solomonson

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A nonprofit organization in Brooklyn is seeking sealed bids for sales and installation of security related enhancements are now being accepted. The project includes: Installation/configuration of alarm system and panic buttons, Installation/configuration of personnel identification management system, installation/configuration of visitor management system; installation of pedestrian safety barrier for walkway. Selection criteria will be based on knowledge of surveillance and security, adherence to work schedule, prior experience and references, cost. Specifications and bid requirements can be obtained by contacting us at bids@hlacharterschool.org

All interested firms will be required to sign for the proposal documents and provide primary contact, telephone, fax and email address.

Bids will be accepted until July 25, 2018 and work is to commence by: August 13, 2018 and completed by August 31, 2018.

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68TH PRECINCT

BAY RIDGE-DYKER HEIGHTS

Bruiser turned loser

Police arrested a man who they say punched another man in the face and struck his arm, causing minor bruising and lacerations, on Third Avenue on July 22.

The victim told police he was near Bay Ridge Parkway around 3 am when the suspect attacked him after a verbal dispute. Cops then cuffed the suspect, who police said also had a small quantity of marijuana.

Riding dirty

Police arrested a man for allegedly stealing a woman's white Nissan Altima parked on 77th Street on July 17.

A witness told police she saw the suspect pulling on door handles of cars parked on the street, between Ridge Boulevard and Third Avenue, around 8:50 am, when he opened the door of the car and drove off. Police arrested the man the next day, according to the report.

Jack gas

A thief broke into an 80th Street home on July 21 and stole three gas meters, according to police.

The homeowner said the perp broke into the home between Fifth and Sixth avenues through either the basement or roof sometime before noon. — **Bobby Kirschenbaum**

62ND PRECINCT

BENSONHURST-BATH BEACH

Cash machine con

Some swindler tricked a man and stole cash from him at an 86th Street bank on July 17, cops say.

The victim told police he was using an automated teller machine in the bank near Bay Parkway around 8:30 pm, while the sneak used the cash dispenser next to him.

Cops say the crook pretended to be having trouble with the machine,



POLICE BLOTTER

and asked the victim to insert his card to see if it worked. When the victim complied, the lout entered the victim's pin number, which he had observed when the victim entered it previously, and withdrew \$700 before the victim knew what happened, before fleeing down 86th Street, according to the report.

Brutal assault

A brute assaulted a man on Bay Parkway on July 18, police say.

Cops say the suspect beat a 63-year-old man with an unknown weapon near W. Ninth Street around 4 pm, causing a sinus fracture, brain bleeding, and loss of air to brain. The victim was taken to Maimonides Hospital in critical condition, the report says.

Bag o' cash

A snake stole thousands from a construction worker on 17th Avenue on July 13, police say.

The victim told cops he set down his backpack while he was bringing down boxes from a site near Benson Avenue around 9:10 am. When he came outside, he noticed his bag, which contained \$5,000, was missing, police say. — **Ben Verde**

72ND PRECINCT

SUNSET PARK-WINDSOR TERRACE

Swam then stole

Police arrested a pair of women who they say stole designer accessories, electronics, and cash from a locker at a Seventh Avenue pool on July 16.

The theft occurred at the pool inside Sunset Park on 44th Street at

some point between 12:45 pm and 2:50 pm, according to the report. The victims told police they used a phone application to discover their stolen property on 51st Street between Fourth and Fifth avenues, and police arrested the women the same day.

Rocky situation

A punk damaged the window on a 22nd Street home on July 16.

The incident occurred around 10:30 pm at the home between Sixth and Seventh avenues, police reported. The homeowner told police he thinks the perp threw a rock through the window, officers said.

Found an opening

Police arrested a man who allegedly broke into a 2018 Honda Sedan on Third Avenue on July 17.

The man was testing the door handles of cars parked at 31st Street around 2:15 am, and then broke into one car and rummaged through the glove compartment, according to a witness cited in the report. Police arrested the man the same day.

Early morning attack

A baddie punched a man, threw him to the ground, and stole his cellphone on Third Avenue on July 22.

The man was near 58th Street between 4:50 and 5:15 am, walking home from the train station, when the perp approached him on a red bicycle and demanded he hand over his phone. But when the victim refused, the assault began, and the crook fled on his bike after making the steal, police said.

— **Julianne McShane**

60TH PRECINCT

CONEY ISLAND-BRIGHTON BEACH-SEAGATE

Unholy man

Some snake broke into a church on Mermaid Avenue on July 20, but left empty-handed, police said.

The report claims the miscreant broke a window of the church near W. 20th Street to enter on the second floor. Nothing was reported as stolen, the report says.

Not kosher

A thief tried to rob a synagogue on Nautilus Avenue on July 21, cops say.

The sneak broke a window on the second floor of the house of worship near Sea Gate Avenue to gain entry around 10:30 pm, before someone found him in the bathroom. Members of the synagogue reported nothing missing, but a few items were broken in the kitchen, the report says.

Bling brute

Cops cuffed a guy who they say assaulted a man on Neptune Avenue, cops say.

The report claims the suspect beat the victim with a metal jewelry stand near W. 36th Street around 6:30 pm, causing a deep cut on the victim's arm.

61ST PRECINCT

SHEEPSHEAD BAY-HOMECREST-MANHATTAN BEACH-GRAVESEND

Doorknob breaker

A burglar robbed a house on Southgate Court on July 18, cops say.

A witness told cops he saw the thief breaking the doorknob of the house near W. First Street around 8 pm, so he went around the corner to call the police. When cops arrived, the sneak had already fled, taking \$20,000 with him, police reported.

— **Ben Verde**

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Back to the drawing board

S'Park community board blasts plan for elevators at 59th Street station

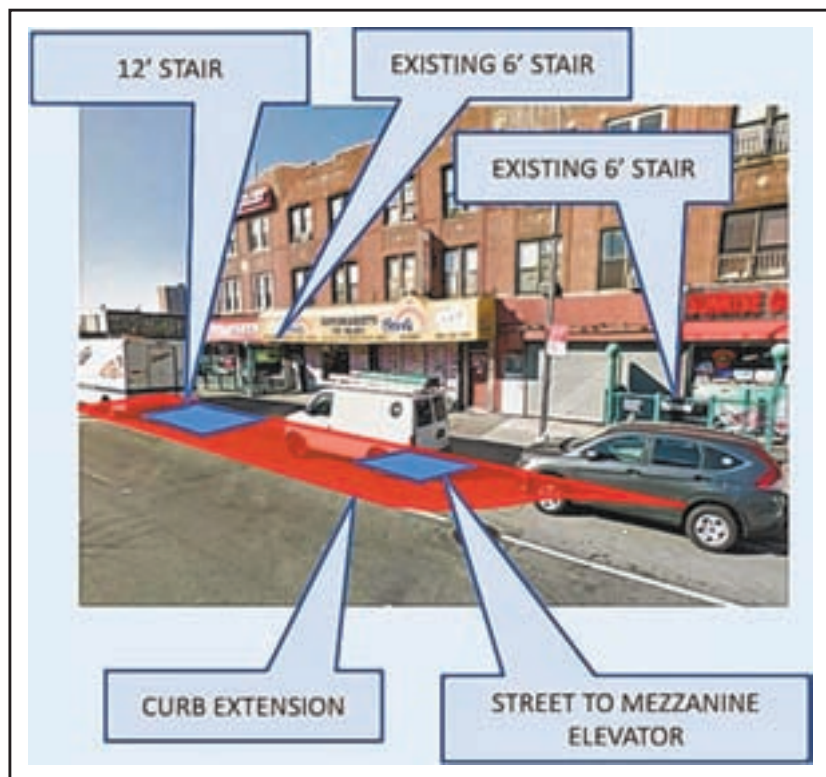
BY JULIANNE MCSHANE

They'd rather take the stairs.

The Metropolitan Transportation Authority must make major changes to its plan to add an elevator to Sunset Park's 59th Street station on Fourth Avenue, because the construction will create a traffic nightmare on the avenue, said members of Community Board 7's transportation committee at a July 19 meeting with reps from the authority. The board's district manager said that the current plan would cause major disruption and even dangers to the community because it ignores existing traffic and parking problems, among other factors.

"You're planning in a vacuum," Jeremy Laufer told authority reps.

The construction will include the installation of one elevator on the west side of the street, closer to Third Avenue, between 58th and 59th streets, and two elevators underground, to transport riders from the mezzanine level to both the Coney Island and Manhattan-bound platforms. The transportation authority will also build a new staircase from the street to the mezzanine, move the current mezzanine-to-platform stairs to accommodate the new



LOST PARKING SPOTS: The project calls for a street expansion that will nix four parking spots on Fourth Avenue.
Metropolitan Transportation Authority

elevator, and expand the mezzanine.

The transportation authority plans to start construction on the project early next year — a year later than originally planned — and the full project will take nearly three years to complete, according to the authority's assistant director of government and community relations, Andrew Inglesby, who attended the meeting with the project's design manager, Bhargav Shah.

But the first nine months of the project will make driving — and finding parking — particularly difficult for locals, the transit reps admitted. Construction of the two new underground elevator shafts will require workers to excavate the street and close the two lanes on each side of Fourth Avenue — on the blocks between 57th and 59th streets, and on part of the block between 59th and 60th streets — and convert the parking lanes into driving lanes.

"We're not going to lie to you — this is going to be a project where we're going to have a very strong, long street impact," Inglesby told board members. "The bottleneck will be nine months."

The sidewalk extension to accommodate the street elevator will perma-

Continued on page 14



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CAMERAS

Continued from cover

and Sen. Flanagan and the Republican leadership will have that on their conscience and be responsible for those deaths,” the mom said.

Gov. Cuomo signed the original speed camera legislation into law in 2013 as part of a five-year pilot program which expired on July 25. Supporters of the speed cameras called on the state Senate to preserve and expand the program by passing a bipartisan bill that would double the number of speed cameras citywide over the next five years, but the upper chamber ended its session on June 20 without even voting on the legislation after state Sen. Simcha Felder (D-Midwood) — who caucuses with Senate Republicans — did not allow it to leave the Cities Committee, which he chairs.

Gov. Cuomo, Cohen, and other supporters of the cameras said that as the city’s most senior Republican state Senator, Golden — who historically flip-flopped on his position on the cameras — had the power to pressure Flanagan to reconvene the body before the July 25 deadline. Golden finally released a statement on July 11 calling on Flanagan to reconvene the Senate to vote to pass the bill, but only after he signed on to co-sponsor a separate bill that would mandate stop signs or traffic lights near school zones and only keep the cameras on for another six months.

Cuomo released a statement just a day before the cameras expired demanding that Golden take more direct action to get the bill passed.

“This is not an ideological issue — Sen. Golden and his conference are playing politics with the lives of children, and it’s transparent,” Cuomo said. “Here’s a tip for Sen. Golden — maybe he should hold a protest in front of Sen. Flanagan’s office and demand he bring his own conference back to Albany to vote for speed cameras on the merits, like they should have done in June.”

And a day later, when the cameras expired, Golden pushed the blame onto Cuomo in a press conference, calling on his constituents to sign a petition on his website demanding that Cuomo call both the state Senate and Assem-



PLACING BLAME: Amy Cohen, who held an overnight vigil outside state Sen. Marty Golden’s office on June 28 to push for passage of a new speed-camera bill, holds the Ridge rep personally responsible for the failure to pass the bill before the July 25 deadline.
Photo by Trey Pentecost

bly back to a special session.

“Gov. Cuomo owes it to all of us to call the legislature back, have us pass the bill, and sign it into law before someone is hurt, or God forbid, killed,” Golden said.

But Cuomo said it was pointless to call both houses back to session, since the Assembly already passed its version of the bill on June 18.

Flanagan and Felder did not respond to requests for comment.

Statistics prove that the cameras — which photograph drivers’ license plates and automatically issue \$50 fines to speeders — do slow drivers down and improve safety. There were more than 60-percent fewer speeding violations in school zones with speed cameras in the two years after they were first installed in 2014, and a nearly 15-percent reduction in injuries in school zones with the cameras, according to a transportation agency report published last year. The city does not reveal the location of the current 140 cameras.

A spokesman for the mayor’s office said the city will still use the cameras to collect speed data, which it will compile and make available in a report in the coming weeks.

But Cohen said that now that the cameras won’t force speeding drivers to pay fines for driving too fast, she fears other parents will have to suffer the pain that she did when her 12-year-old son, Sammy Cohen Eckstein, was killed by a speeding driver near his Prospect Park West home.

“It is an unimaginable loss,” she said. “No one should have to bury their

GARDENS

Continued from cover

at eight of the nearly two-dozen plots — including Clinton Hill’s Greene Acres Community Garden; Bushwick’s Abbeerdene Street and Decatur community gardens; East New York’s Williams Avenue Community Garden; Brownsville’s McLeod Community Garden; and the Bedford-Stuyvesant, Target, and Hull Street community gardens in Bedford-Stuyvesant.

Osher, whose organization oversees the Williams Avenue garden, said that his colleagues will host meetings in

the coming months where locals can weigh in on how the money is spent.

“We’ll engage them as closely as possible to make sure their needs are met,” he said.

Cuomo’s multi-million-dollar investment in the gardens is part of his larger \$1.4-billion “Vital Brooklyn” wellness initiative, which calls for building thousands of below-market-rate residences and dozens of outpatient-care medical centers across the borough over the next decade, as well as transforming 407 acres of formerly toxic ground along Jamaica Bay into the city’s largest

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F'Fighters scorch Coast Guard in Ft. Ham First Responders Softball Game

BY BOBBY KIRSCHENBAUM
With liberty and justice for ball!
Six teams drawn from the armed forces, base staff, and the city's first responders hit the field at Fort Hamilton on July 13 for the ninth-annual First Responders Softball Game.
Four military teams — fielded by the Marines, Navy, Coast Guard, and civilian base staff — faced off against two teams from the city — representing firefighters

and the police department's school safety division — in a double-elimination tournament.
The Fire Department team ultimately claimed this year's bragging rights, smoking the Coast Guard team, which had won it last year, with a 13-3 win.
Despite the loss, the Coast Guard team was still honored to play in the game again, as it means much more than what the scoreboard says, according to Mike Boyle, one of

the players.
“Unfortunately, we couldn't retain our title this year. But the game is a great opportunity for people of the same profession — helping others — to come together in a non-working fashion,” Boyle said. “It's an amazing event.”
The Army base hosts the annual tournament as a way to show appreciation for those who put their lives on the line every day, according to Fort Hamilton spokesman Bruce Hill.



HOT BATS: The team fielded by the city's firefighters won the annual First Responders Softball Game on July 13.
Photo By Steve Solomonson



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ELEVATOR

Continued from page 10

The sidewalk extension to accommodate the street elevator will permanently eliminate four parking spots, but neither the authority reps nor Laufer knew how many total parking spots the project would temporarily eliminate on the three blocks.

Laufer complained that converting the parking lanes into driving lanes would be dangerous for pedestrians on the sidewalks — and particularly for the kids walking to PS 503 on 59th Street between Third and Fourth avenues — unless the authority also installed barriers between the parking-turned-driving lanes and the sidewalk. A rep from the Department of Transportation promised that the agency would make including the barriers a stipulation in the construction contract.

Another board member pointed out that the temporary elimination of three blocks worth of parking spaces would make the whole neighborhood's already bad parking problem even worse.

“Because of the elimination of parking, it's going to put stress on the other blocks,” said Tom Murphy.

Murphy and Laufer also said that the transportation department would need to add signage in the area — both on Fourth Avenue, to divert drivers to Third Avenue, as well as on the Belt Parkway, warning drivers of the construction off

the Fourth Avenue exit.

And Laufer asked how the authority would ensure that construction would finish up on schedule — and especially before next year's New York City Marathon in early November, which runs up Fourth Avenue. Inglesby vowed that the authority would make sure the contractor cleaned up the area before the marathon — even if the work wasn't finished by the time of the race.

Shah also said that the authority's contract offers the contractor a monetary incentive to finish the nine months of work a month ahead of time.

But when he added that the MTA would collect a penalty from the contractor if the work took more than nine months, Laufer demanded to know why the money wouldn't go directly to the community that's impacted by drawn out construction.

“How does that improve things for the community, if we're the folks affected?” Laufer asked. “How about we put that money back into the community rather than MTA taking [it]?”

Laufer also said that letting the authority pocket the penalty makes it seem like a slower project would actually benefit the authority.

“It seems to me that that incentivizes the MTA to have a slower project,” he said.

But Inglesby said that was not true, and that the authority did not want the community to suffer for longer than it had to.



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CLEANER SWEEP

S'Bay to get additional trash pick up

BY KEVIN DUGGAN

It is finally clean-up time.

Commercial corridors and other problem areas for litter and dumping around Sheepshead Bay will receive daily wastebasket pick up and increased sanitation services starting this week, according to the local pol who pushed for the extra trash collection to keep up with the neighborhood's population boom.

"When you take into account the increase in population and our environment, we need to be up to par with the resources that our sanitation department needs," said Councilman Chaim Deutsch (D-Sheepshead Bay).

The upgraded service will include seven-days-a-week corner wastebasket collection on commercial corridors as well as extra attention from

the Department of Sanitation in known problem areas, such as pedestrian plazas and under train nestles in the area.

The business districts that will now be receiving corner wastebasket collections every day are:

- Avenue M
- Kings Highway
- Avenue U
- Sheepshead Bay Road
- Brighton Beach Avenue
- Neptune Avenue

Problem areas for dumping and litter that will now be receiving extra attention from the Department of Sanitation include:

- Under train trestles (from Avenue M to Avenue Z)
- Pedestrian islands on Emmons Avenue
- The Pedestrian plaza on Sheepshead Bay Road
- Brighton Beach Avenue, between Ocean

Parkway and Brighton 16th Street

• Along the train path from W. Fifth Street to W. Sixth Street, across from W. Brighton Avenue

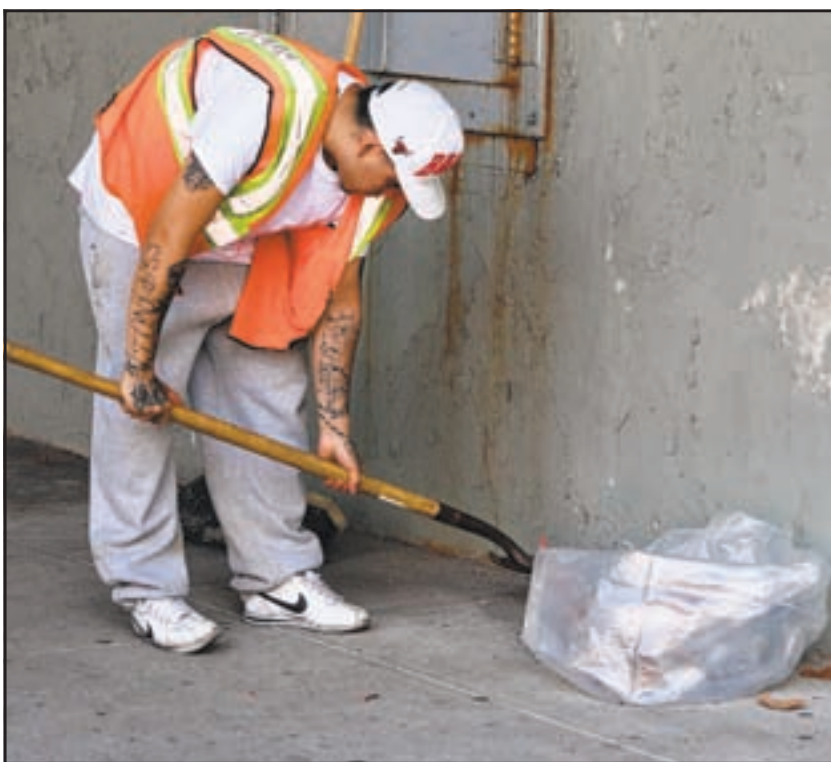
The sanitation service increase come as a welcome improvement for the residents and businesses in the neighborhood, according to community honchos.

"A lot of our commercial strips are really becoming filthy," said Theresa Scavo, chairwoman of Community Board 15.

"This is going to do the trick and will make the avenues a little more welcoming."

The more available wastebaskets are dotted around busy thoroughfares, the better, said one Sheepshead Bay community organizer who has been a longtime advocate for increased waste collection in the area.

"Some communities have been taking away



SPECIAL CARE: Sheepshead Bay Road and other trash-plagued corridors in the neighborhood are going to be getting extra attention from the Department of Sanitation.

File photo by Steve Schnibbe

litter baskets, but the fact is that if there's a basket people are more likely to use it and not throw their litter on the ground," said Bay Improvement Group president Steve Barisson.

Businesses along Sheepshead Bay Road have been complaining about the trash problem for years. In 2015, small businesses told local councilmen, including Deutsch, that ubiquitous litter contributed to an unwelcoming atmosphere that was hurting business.

"The trash piles up all the time, especially over the weekend, so it's a mess," Barisson said. "So the fact that the councilman said he's going to take care of the pedestrian malls such as the one on Emmons Avenue is awesome."

The increased service will address the unsightly trash overflowing onto the streets and make for a better atmosphere for everyone, Scavo said.

"We've heard from business owners and residents constantly that the baskets have been overflowing over the years, asking why they aren't picked up more often," Scavo said. "So with the funding now, this will be taken care of."



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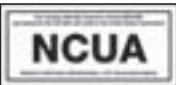
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The re-done, picture perfect bridal room is large, romantic and very feminine, accommodating up to 15 in easy comfort, with wall-to-wall mirrors.

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REFUGEES

Continued from page 2

help us and guide us. If we came by ourselves and we didn't know anyone here, it would be much more difficult for us."

Earlier this year, Almasoodi's parents helped the couple move into their own apartment in Sheephead Bay.

And staffers at the Downtown Arab American Family Support Center — including the center's director of community outreach and prevention support, Amed AlFaraji, who also translated the interview — helped the family pay off part of their airfare fees, since all refugees have to repay their travel costs to the U.S. State Department within three-and-a-half years.

The center uses funds from its New Immigrants and Refugees Fund, launched last July, to help refugee families like Al-Khafaji and Almasoodi's across the borough pay off their airfare fees and access mental health services, English courses, and job training. The fund is the only one of its kind nationwide, according to AlFaraji, and has provided more than 300 people with more than \$100,000 worth of social services and airfare payments since it launched a year ago.

Today, Al-Khafaji supports his family by working six days a week in a supermarket, and Almasoodi stays busy raising 3-year-old Sema. But both parents have bigger dreams for their future. Both want to go back to school — Al-Khafaji to become a police officer, and Almasoodi to become a nutritionist. They also hope their daughter will seize her future in the U.S., and Almasoodi said she has already proven to be an independent little girl with a bright future ahead.

"I'm confident that she's going to be something when she grows up, because she has a strong per-



A NEW LIFE: The couple is grateful for the opportunity to start over in the U.S., and want their new American neighbors to understand the difficult plight of the millions of refugees worldwide.

Photo by Stefano Giovannini

sonality," Almasoodi said. "She's responsible and smart."

But even though the couple is grateful for the chance to start their lives in the relative safety of the U.S., they can't forget the life they left behind in Baghdad.

"We miss our country, our friends, our relatives, the place where we were born," Al-Khafaji said.

Among the family members they miss the most are Al-Khafaji's parents, who have been stuck in Turkey waiting to travel to the U.S. for nearly five years, and whose case has seemingly stalled since President Trump announced his plan last fall to set a historically low cap on the number of refugees allowed to resettle in the U.S.

Al-Khafaji and Almasoodi plan to file a petition for Al-Khafaji's parents to come to the U.S. as soon as the couple is able to, but that won't be until after the Arab American Family Support Center helps them secure green cards, and eventually citizenship, which will take at least five years. Even then, his parent's prospects could still be uncertain, since the Trump Administration is pushing a massive overhaul of legal immigration rules, seeking to scrap the family reunification visas that Al-Khafaji's parents would rely on.

In the meantime, the couple wants their new American neighbors to understand the difficult plight of the more than 25 million refugees worldwide who are still enduring the tenuous lives the young couple escaped, trapped in limbo in refugee camps, waiting for a stroke of luck to change their lives.

"They are so desperate, they're just waiting," Al-Khafaji said. "It's like an endless wait."

To donate to the Arab American Family Support Center and help the Al-Khafaji family and others like them, visit www.aafscny.org/ donate and choose "The New Immigrants and Refugees Fund" from the drop-down menu.

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New York's Bravest honored at ceremony outside MCU Park

BY BEN VERDE

It was a night to remember someone who remembered everyone else.

New York's Bravest were out in force Friday evening for the tenth annual "Heroes Night" at the Wall of Remembrance outside MCU Park in Coney Island. Firefighters formed a line that stretched the length of the monument, and a prayer ceremony was held in front of the wall, which stands as a tribute to lives lost on 9-11.

"The important thing is, they should never be forgotten," said monument founder Sol Moglen. "It's like a torch that you pass to the next generation."

This year's ceremony also honored the life of retired FDNY Capt. John Vigiano



Sr., who lost two sons, Firefighter John Vigiano, Jr. and NYPD Detective Joseph Vigiano, when they were killed on 9-11.

After suffering that tragic loss, the elder Vigiano devoted his life to helping fellow first responders. He passed away

this month at age 79 after a battle with cancer.

"Here was a guy whose heart was broken, and yet it didn't stop him from bringing strength to others," Rabbi Joseph Potasnik, a former FDNY chaplain, said of Vigiano. "A rare person, a real hero."



WALL OF HEROES: (Above) New York's Bravest lined up in front of the monument to pay respect to those who died on 9-11 at the 10th annual Heroes' Night, featuring a prayer at the Wall of Remembrance (left) before the night's Cyclones game.
Photos by Jon Farina

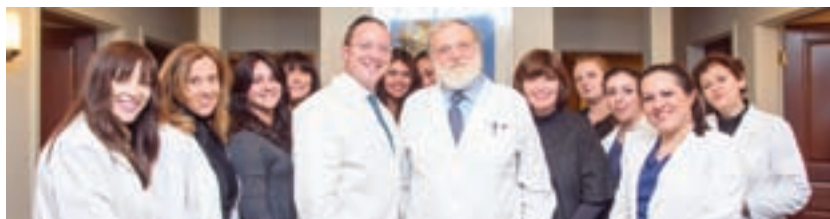


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Marine Park

Beaut. SD Cor. Brk, 1
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3 Lg BR, FDR, mod. Kit,
& BA Full bsmt, pvt drv
and lg gar. ONE OF A
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Feat: 3/2 Lg. BR, FDR,
Mod Kits & Baths Full
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Sheepshead Bay

2 Fam SD Brk, 2 BR Apt
over 2 BR Over Full Fin.
Bsmt, New Boiler, Rear
Yard, Pvt Drive.
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This two-family has room to relax

TRACEY REAL ESTATE

Rich in cultural diversity and loaded with modern-day entertainment and dining options, Sheepshead Bay is the location of our featured House of the Week, a classy, two-family brick duplex graced by an ornate staircase leading up to a terrace on the second level out front, gleaming renovated rooms inside, and family-friendly features — including a deck and pool.

Our featured Haring Street property, which is selling for \$999,000 with a variety of offerings, such as:

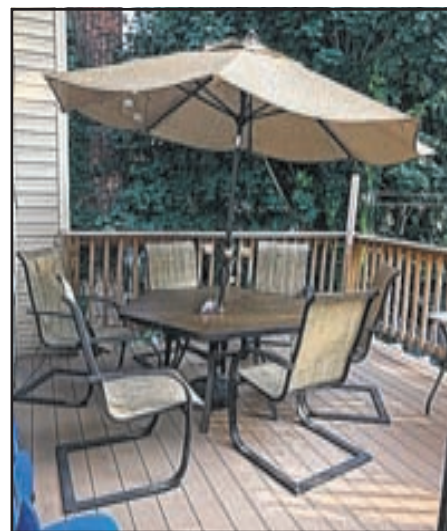
- Three-bedroom duplex upstairs
- Two terraces over one-bedroom apartment
- Two baths
- New kitchen
- New hardwood floors
- Large master bedroom with vaulted ceilings
- Full basement
- New solar electric
- New roof
- Pool
- Private drive for three cars

Sheepshead Bay is near several bus lines, two BMT Brighton subway lines, and is in close proximity to shopping and recreation. Restaurants and nightclubs dot the waterfront, due to an influx of im-



TRACEY REAL ESTATE

With two levels above, and another below, and a deck, pool and parking space for three vehicles, two families can feel comfortable in our attractive House of the Week in Sheepshead Bay.



migrants from countries comprising the former Soviet Union. On Emmons Avenue, the northern shoreline street along the bay, are piers boasting fishing tour boats and an active seafood market. Families looking to put down roots in the neighborhood will appreciate the fact that such quality schools as James Madison High

School, Leon M. Goldstein High School for the Sciences, and Kingsborough Community College, a City University of New York school, are nearby.

All these amenities and a beautiful new home with no on-street parking worries could be yours, if you make the call.

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Gravesend: 2 Fam. 4 BRs over 3 BRs over 3 BRs, 30X100 Lot. Call Michael Fraulo: 347-739-0407

Gravesend: Retail store rental (W. 6th St.) \$1,350/mo. Call Francine: 347-620-7653

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SAT. 7/28, 1-4PM
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MARINE PARK OPEN HOUSE
SUN., 7/29, 1-3PM
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2 BR, 2 Bath SD Duplex, Fin Bsm't, Yard, Parking.
Move In Condition!!
JT1834. \$649K



SHEEPSHEAD BAY OPEN HOUSE
SUN., 7/29, 1-3PM
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2 Fam SD Brick, 2 BR Apt over 2 BR Over Full Fin. Basement, New Boiler, Rear Yard, Pvt Drive.
PL1791. \$1.249M



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SUN., 7/29, 1-3PM
68 Bevy Court

"L" shaped triple lot, 3 BR, 2 Bth Dup, Hdwd Flrs, FDR, LR, EIK, Yd, Pvt Drv, 2 Car Gar. Incl. att. vacant lot (Total 5000 SF)
PL1826. \$839K



SHEEPSHEAD BAY OPEN HOUSE
SUN., 7/29, 1-3PM
2741 Batchelder St.

2 Fam SD Brk Home, 3 BR, 2 Bth Dup. over 1 BR Walk-In, lg rear patio, hdwd flrs.
PL1809. \$939K



MARINE PARK OPEN HOUSE
SUN., 7/29, 1-3PM
1803 Ryder St.

Det. 3 BR, 2 Bth Duplex. Lg Cor. Lot, Gar, Pvt Drv, Hdwd Flrs, 2 Full Bths, Lg Side Yd.
PL1773. \$859K



BERGEN BEACH OPEN HOUSE
SUN., 7/29, 1-3PM
2412 E. 70th St.

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PL1789. \$679K

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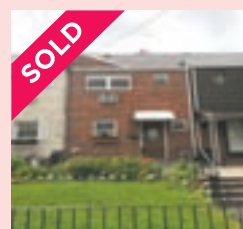
RECENTLY SOLD



SOLD

Bensonhurst

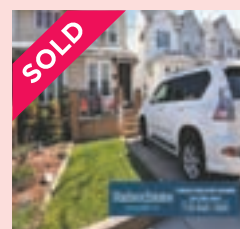
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Madison Estates



SOLD

Marine Park

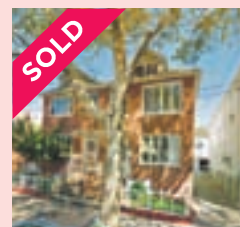
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Terrace
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EIK, Full Attic, Full Fin Bsmnt with Sep Entr. 1
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SUNDAY 7/29

12 Noon to 4 PM

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Courier Life
P U B L I C A T I O N S

DELIVERY

Continued from page 3

how the Feds justified keeping the delivery man locked up and away from his family when he had no criminal record.

"Why is he being detained? Is he a threat to the community?" Crotty asked. "What is the danger to the community for a man who's committed no crimes?"

But Cordaro replied that the federal government didn't take Villavicencio-Calderon's lack of a criminal past into account when they decided to detain him.

"That's not really the analysis that the Department of Homeland Security uses," Cordaro said.

Crotty demanded a better answer.

"What do they use?" he asked.

Cordaro said he could not answer that question on behalf of the Department of Homeland Security.

Later, the judge asked the lawyer if the case mattered in the grand scheme of things and if the government was really handling Villavicencio-Calderon's case with justice in mind.

"What difference does this make in terms of the larger issues facing the country?" Cordaro asked. "Is there any concept of justice here?"

Cordaro replied by reminding Crotty that Villavicencio-Calderon overstayed a voluntary deportation order, but Crotty quipped that that infraction amounted to human error — and one that didn't justify ripping the delivery man away from his family forever.

"He made a mistake," the judge said.

The courthouse's overflow room, where a few dozen spectators and protesters had gathered to watch the proceedings, erupted in applause and cheers at Crotty's apparent defense of Villavicencio-Calderon.

But then Crotty

pushed the delivery man's defense team to explain why he had remained undocumented for so long.

"What took him so long?" Crotty asked. "He was here for almost 10 years before he started the immigration process."

Villavicencio-Calderon's lawyers replied that he had to "overcome hurdles" with the logistics of filing the lengthy paperwork and may have been worried about the "danger" involved with revealing his undocumented status.

The lawyers also fought about where the case should be litigated, with Cordaro arguing that proceedings should be held in New Jersey and that it has jurisdiction over the case since that is where Villavicencio-Calderon is detained. But Copeland and Gillman insisted that it would be more convenient for Villavicencio-Calderon's family and everyone involved — including Immigration and Customs Enforcement, whose officers are across the street from the courthouse — for the proceedings to take place in Manhattan.

Again, Crotty sided with Villavicencio-Calderon, ruling that the case would be heard in New York.

Villavicencio-Calderon's wife Sandra Chica sat in the front row of the courtroom with the couple's two young daughters during the proceedings. After the hearing and before Crotty released his decision, Chica told this paper that she was not surprised that the judge's questions seemed to point towards the judge ruling to reunite Villavicencio-Calderon with his family, and that his comments helped her remain hopeful that her husband would soon be released.

"I wasn't surprised, I think he asked the right questions and hopefully he makes a good decision," Chica said.

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Crack down hard on speeding drivers

To the editor,

If R. Lachant wants a solution to the dangerous conditions that we live under, then [she] needs to contact the U.S. Navy. You see, on aircraft carriers they have cables that catch aircraft landing on the decks, and since speeds of these aircraft are equal to these speeding non-driving drivers, we should put these cables on every street corner and catch the bottom of these cars ripping out their underbellies. If your vehicle goes a certain speed (let's say, warp drive 2 or close to the sound barrier) then automatically these cables are activated. Of course, Lachant is not alone. Mill Basin and Bergen Beach are absolutely the worst when it comes to safety. Stand on Avenue U and E. 66th Street and watch as cars zip by at race car speeds, easily over 100 mph, 24 hours a day, and with crowded bus stops, children going to school, shoppers, and so on and so forth. Well, you get the picture. Contacting your local useless politician or community board is a waste of time. Drum roll please as I read off some of the classic responses: 1) Speed zones are for the Bronx only. 2) Yeah, I see what's going on, I live here too, so what do you want me to do? Don't forget to vote for me! 3) You don't like it, move.

When I mentioned four-way stop signs on every corner in Mill Basin the answer was (and this is a good one) "four-way stop signs are illegal in New York City." Contacting 311 is also useless (they call it 311 because that's how many times you have to call to get someone to do something, although I'm up to 933). Contacting the DOT is also a lesson on how no one cares. After complaining about the corner of E. 66th Street and Avenue U and the fact that cars run red lights on this corner hundreds of times a day and we need a camera, the DOT's response was "Stop calling cause you ain't gettin' a camera." Well-educated, right?

Laws have to be changed. Stopping at a red light and then proceeding should be an automatic six-month suspended license, vehicle impound, and a \$1,000 fine. Let's see that law sent to Albany. The need for

SOUND OFF TO THE EDITOR

LETTERS AND COMMENTS FROM OUR READERS

speed cameras and red light cameras should be a priority, and if there is no funding, then these cameras should be like Adopt-a-Highway, with private funding and proceeds split 50-50. If that happens, then I want the one on Avenue U and E. 66th street so I could be a billionaire in about one hour.

Perry November
Bergen Beach

Gas pains

To the editor,

Since the last snows of March, National Grid and its contractors have been busy digging up Marine Park. First it was to install mandated gas shut off valves on each and every business and home. Subsequently, the streets and sidewalks were also torn up for the installation of new high-pressure gas mains and feeder lines.

While I admire and appreciate the upgrade in our gas services, for well over five months, sidewalks and streets, especially on Fillmore Avenue, have become obstacle courses to avoid. Temporary steel plates were put in place on sidewalks and bus stops on the B-2 and B-100, sidewalks were filled in with a tar paving mix that is picked up on shoes and dragged into homes. The street along Fillmore has jarred the teeth of many a motorist and bus rider, trying to avoid potholes. That is a shame, as this street and most other streets freshly torn up have recently been repaved by the city. So much for a smooth ride!

I was told that this little project is ongoing and there seems to be no finish date established. I guess we will have to grin and bear it a little longer though, after all, the construction is finished, they had better rebuild our streets and sidewalks back to 100 percent.

Robert W. Lobenstein
Marine Park

Social insecurity

To the editor,

If FDR and Frances Perkins, the first female Secretary of Labor, who helped to write the Social Security Law of 1935, ever visited a local office, they would be astonished by the utterly poor organization and communication that exists.

While visiting my local Social Security office on Avenue H at Nosstrand Avenue recently, I saw a system that can only be described as be-

ing chaotic at best.

Much of the problem has to do with the fact that several Social Security offices have been closed through the years. Just recently their office on 77th Street has also closed. Why wasn't the public made aware of the closing? Many people arrive there day after day only to see the sign "temporarily closed." This has been going on now for several months. Civic bulletins should have announced the closing to prevent people, especially seniors, from making unnecessary trips.

When I arrived at the Avenue H office, it was literally packed. Many people were forced to stand, as there was inadequate seating. You know that the office shall now become more overcrowded with fewer branches available.

Even if you go there to return a check from a deceased person, or just to hand in some paperwork, you are made to sit for hours. Announcements are made but you can barely hear them due to the noise. When people are called, they go up to areas that are not private. Everyone can hear your business.

When you first come in, you have to go through an area to be checked out. The guy running that looks like he came from the Gestapo. Heaven forbid that you left a wallet or something in your pocket and the bell goes off. You're treated like a terrorist.

The fact is that there is not enough help to accommodate the public. This is why you feel socially insecure when you go to their office.

The system stinks and needs immediate remediation. An ironic part was that there was a message on the wall in several languages, but not in English. At the end of it, it stated "thank you" in French: *merci beaucoup!*

Name withheld
Sheepshead Bay

Trash man cometh

To the editor,

A neighborly note to the Sixth Avenue residents of Park Slope who had to contend with that trash-filled abandoned car dumped on their block — should this happen again, here's how to handle it the traditional Brooklyn way. Simply unscrew the plates and then call the local Sanitation garage or 311 to report "a derelict vehicle with no plates front or back." Provide the make,

model, color, and the house number it's near. Sanitation will tag it and bag it and it's problem solved.

Steven I. Danko
Dyker Heights

Sell sex — legally!

To the editor,

If we can legalize marijuana, why not prostitution between consenting adults 21 and older as well? Prostitution came out of the closet long ago and is now part of mainstream America. Both the police and moral majority social police's attempt at stopping this is a total failure. Just go on the Internet and see for yourself.

What consenting adults consume, inhale, perform, read, or view in the privacy of their home, another person's home, hotel, private social club, or massage parlor isn't the concern of government. Individual economic and civil liberties prosper best when government stays out of both the bedroom and marketplace.

The free market will always provide whatever products citizens desire, regardless of government approval. Consumers have voted with their dollars, making prostitution as part of adult entertainment a multibillion dollar enterprise today!

The world's oldest profession delivers their product on time and within budget. What you see is what you get.

Contrast that with elected officials who represent the second oldest profession. They seldom keep their promises, can't deliver within budget, and are never on time with their services. Why not take prostitution out of the shadows and into the light of day? Imagine the revenue created with a sales tax per transaction? Both the provider and customer could conduct consensual activities in a safer environment.

Tax dollars would be better used if police and judges spent more time prosecuting those who commit real crimes against individuals or property than going after those who engage in prostitution. Citizens have more to fear from murder, arson, muggings, robberies, car and identity theft, or home-break-ins along with ever increasing levels of confiscatory taxation and debt by government. Law enforcement authorities should be free to pursue those who commit real crimes against citizens and property.

Larry Penner
Great Neck

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Here's why I love Mr. Rogers more than ever before

Mr. Rogers was the host of a half hour of calm for kids from 1968 until 2001. On other kids' shows you could find flying squirrels, falling pianos, and grouches in garbage cans. But tune in to "Mr. Rogers Neighborhood" and you found a soft-spoken middle-aged guy, forever changing into his cardigan, who spent his days talking and sometimes singing with a worn-out sock puppet and some equally low-key, kindly neighbors.

To many kids, including (I am now ashamed to say) me, it looked like the most boring place on earth. To others, a new documentary reveals, it was a haven, a hearth, free therapy, the spark of god, and a warm, loving family all rolled into one.

It could be what we need today.

The documentary "Won't You Be My Neighbor?" features footage going back to the show's beginning, when Mr. Rogers — he does have a first name, it's Fred — was about to go to divinity school when he happened to see some children's programming and couldn't believe it. Explo-



RHYMES WITH CRAZY

Lenore Skenazy

sions? Pie throwing? Companies pushing kids to buy toys? Mr. Rogers was so incensed, he put school on hold to start a new kind of kiddie television. He'd use half an hour to show kids old movies and other educational material.

Except that back then, the films he was screening were so old they kept breaking or burning up. Mid-show there was nothing on the screen. That's when he grabbed a puppet and started talking to the kids instead, necessity being

the puppet of invention.

As he pulled together his new show, Mr. Rogers started studying child development. He learned something he already knew in his heart: that kids are full human beings with a full range emotions, including the darkness childhood holds. But it is possible all that training wouldn't have made Mr. Rogers so attuned to kids' wonder and sorrow had he not experienced it himself.

He was, he says, sick as a kid. Born in 1928, he spent many long days in bed, convalescing. He had to make up stories — characters, songs — to keep himself occupied.

Then, too, before he hit high school and slimmed down, he'd earned the name, "Fat Freddy." A photo of him shows why. Nobody wants to be bullied, of course, but as one of the interviewees notes in the film: It's possible that without Fat Freddy, there wouldn't have been a "Mr. Rogers" either.

The yin and yang of childhood is something Mr. Rogers was not afraid to talk about, making him outrageously radical even while many of us dismissed him as a goody-goody.

This is a man who did an entire week of programs about divorce, and another on death — for kids! In an era when many whites were unwilling to swim in the same pool as African-Americans — so hard to imagine today — Mr. Rogers put a little kiddie pool on the set and cooled his feet in it. When the neighborhood "cop" came by, played by African-American Francois Scarborough Clemmons, Mr. Rogers invited him to cool his feet off too. The camera, as straightforward as a curious child, bends over to look at the two sets of feet — one black, one white — enjoying the water together.

A moment like that, so simple and so powerful, is almost a prayer. But despite the divinity degree Mr. Rogers eventually earned, he knew that preaching is ... preachy. So instead he just exemplified the kind of respect and love he wanted everyone to give their neighbors, even the littlest ones.

In one of the movie's most moving scenes, he welcomes a little boy, Jeffrey Erlanger, who uses a motorized wheelchair. Instead of ignoring the device, Mr. Rogers asks about it. But then instead of focus-

ing on the boy's disability, they chat for awhile about highs and lows and sing a song together:

"It's you I like. It's not the things you wear. It's not the way you do your hair. But it's you I like, the way you are right now, the way down deep inside you. Not the things that hide you ... It's you I like."

Mr. Rogers doesn't seem to have lectured his little viewers about the evils of bullying, the importance of diversity, or any of the other issues schools are hitting head-on today. That's because when you see the worthiness in everyone you interact with, there can't be bullying. Diversity? That's a given — we're all people.

Fred Rogers knew the simple key to solving the earth's problems. "Everyone longs to be loved. And the greatest thing we can do is to let people know that they are loved and capable of loving."

The key is not to preach or teach, it's to love.

And for what it's worth, now I love Mr. Rogers.

Lenore Skenazy is president of Let Grow, a group promoting childhood independence and resilience, and founder of Free-Range Kids.

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CALL HIM 'DOC': HM2 Kevin O'Neal Reynard Jr., a hospital corpsman with Naval Amphibious Force, Task Force 51-5th Marine Expeditionary Brigade, poses in front of the Naval Branch Health Clinic at Naval Support Activity, Bahrain. Sgt. Wesley Timm

Providing the best Rx for the Marines

HARBOR WATCH

"You guys are the Marines' doctors; there's no better in the business than Navy corpsmen," Marine Corps Lt. Gen. Lewis B. 'Chesty' Puller told his corpsmen during the Korean War.

Navy Petty Officer 2nd Class Kevin O'Neal Reynard Jr., a health service support corpsman, is known as 'Doc' by the Marines and sailors of Naval Amphibious Force, Task Force 51/5th Marine Expeditionary Brigade at Manama Bahrain. Reynard is always ready to help his fellow brothers and sisters-in-arms and strives each day to live up to Puller's reverence of corpsmen.

"I have a passion for customer service and for serving others in the medical field," Reynard said. "I had an interest in helping others at an early age and even though I grew up poor and had limited opportunities, the military has allowed me to achieve my dreams."

One of those dreams came true when Reynard walked across the stage during his graduation ceremony at Na-

val Support Activity Bahrain in May to accept his Associate of Applied Science in Health Sciences degree from American Military University.

"I actually came back to work still wearing my cap and gown," Reynard said. "Everyone was happy for me and wanted to shake my hand. It made me feel proud and it was inspiring to only be at this command for a short period of time and have staff support me in my accomplishment. Words cannot describe how good that felt."

Reynard also serves as a medical liaison between the command and U.S. Naval Branch Health Clinic Bahrain to help teach classes, book appointments and track the command's medical readiness and injury reports.

"One of my most important tasks is managing and updating the medical readiness report list," he said. "I am an organized person and I enjoy being able to properly organize and present information. I love interacting with people and helping them

Continued on page 30

Recruiting the best

Navy Petty Officer is the cream of the crop

HARBOR WATCH

When future sailors walk into a Navy recruiting station, it's not by accident. They're driven through those doors by something. Whether it's patriotism, a desire for self-improvement, or the prospect of adventure and travel, they're all seeking a way forward.

If they happen to take that step in Deland, Fla., they'll be greeted by Navy Petty Officer 2nd Class Abbe Beaston, a quartermaster and a member of the Navy Recruiting District Jacksonville recruiting team. She's a sailor who can relate.

Beaston was born in Harrisburg, Pa., and raised in Columbia, S.C. Motivated by a love for her country and a sense of responsibility to serve, she said, she joined the Navy in October 2010 and was happy to be able to follow in the footsteps of her grandfather, who served in the Marine Corps, and two of her uncles, who served as enlisted Navy sailors.

Her first command was the aircraft carrier USS Dwight D. Eisenhower out of Naval Station Norfolk, Va. She hit the ground running and quickly became a standout sailor in the navigation department, earning Petty Officer of the Quarter honors and other accolades. While serving aboard the Eisenhower, she said, she completed two deployments and cherished the important role she was able to play in the ship's mission.

After serving at sea, Beaston transferred to an office job on Naval Station Norfolk and gave birth to her son, Alexander. While working there, she said, she began to miss the operational nature of being deployed at sea on an aircraft carrier and started to feel as if she wasn't contributing to the Navy's mission like she used to. She wanted a high-speed, challenging job where



SUITED TO RECRUIT: Quartermaster 2nd Class Abbe Beaston, a Columbia, S.C. native, is a recruiter working in Navy Recruiting District Jacksonville. Petty Officer 3rd Class Zachary S. Eshleman

she could feel more rewarded for her hard work, she said, and that's exactly what she got when she received her new mission: to go to Florida and become a recruiter.

"Recruiting made me look forward to going to work again," she said. "It gave me back my 'pep-in-my-step.' The best parts of recruiting are being able to be a mentor to the future sailors and changing people's lives for the better."

Beaston added that she is pleased with the lifestyle recruiting has allowed her to develop by being able to fully embed herself into the community around her.

"I've been able to buy a house and settle in this community for a little while, which is great for raising my

son," she said. "It's all stuff that I never thought I'd be able to accomplish this early in my career. I love to be able to go to the beach, swim and take Alexander to the park."

Now that she's been enlisted for almost eight years, Beaston said, she's been able to see the benefits of her choice to join the military, and she's decided to pursue the Navy as her career until retirement.

"I don't know where I would be without the Navy; I love being a mom, sailor and daughter, and being part of the best team in the world," she said. "I like the rich tradition, and the camaraderie and discipline I've experienced among the ranks."

She's also proud of the pro-
Continued on page 30

He became a doc against all odds

HARBOR WATCH

"You're not smart enough to be a doctor."

That statement, spoken by Daniel Cash's mother when he was 10, echoed in his mind for years, motivating him to prove her wrong.

Now a doctor and a lieutenant colonel serving as the deputy commander for clinical services at Kenner Army Health Clinic in Fort Lee, Va., Cash said a childhood accident was the impetus for his desire to practice medicine.

"When I was 10, I crashed a moped into a house when the accelerator got stuck, and I almost died," he said.

He was rushed to the hospital by ambulance and monitored for 24 hours. In those days — the early '80s — CAT scans weren't readily available at most medical facilities, so Cash said he was fortunate they kept him for monitoring because he had an undiagnosed subarachnoid hemorrhage — bleeding in the space between the brain and its outer tissue.

"I've been told I went a little crazy in the hospital, and they had to do an emergency burr hole in my head to release pressure," he said. "After I recovered, that's when I knew I wanted to be a physician. However, my parents didn't think school was important, and when I told them, that's when they said I wasn't smart enough."

Reflecting on the moment, Cash said he didn't think the comment was meant to hurt him but had more to do with their life situation. Since his parents didn't push education and his family was very poor, advanced schooling was hard to fathom — and a run at a medical degree clearly pie in the sky.

"It was an issue of poverty for sure. The way they saw it, I would never have enough money to pay for school," he mused. "That made education a luxury and they didn't care about that. It was all about work."

"I don't think my mom even remembers what she said," Cash continued, "but when you're a child you always remember a putdown. That kind of thing sticks with you."

Painting an even broader picture of his childhood, Cash said his family was continuously in need of an immediate paycheck and at times struggled to keep a roof over their



DREAM CAME TRUE: Lt. Col. Daniel Cash, who overcame childhood adversity to become the deputy commander for Clinical Services at Kenner Army Health Clinic in Fort Lee, Va.

Amy Perry

heads. When he was 14, the family moved from their home in South Carolina to Homestead, Fla., where his father had a job lined up as a corrections officer. He was fired two months later.

"We relocated to Fort Lauderdale, where my father continued to look for work because there were no jobs available in Homestead," he said. "We were homeless for 2-3 weeks, and we sort of lived in a park; then we lived in a shelter for two months before my parents got enough money for a place to live."

Despite his tough childhood, Cash — the fifth of six children — was the first in his family to graduate high school. While he was anxious to begin his medical school journey, the first order of business was to get a job and earn some money. A year later, he applied for financial aid for advanced schooling and was told he had "made too much money" as a landscaper to qualify for the assistance. So, he put his dreams back on hold and returned to the blue collar grind.

"Over the next 9-10 years, I worked at the same job," he said. "In the evenings, I ran orders for places like Pizza Hut and Dominos, hours after an already full day of landscaping."

During those years, Cash met and married his wife, Enereida, an immigrant from Panama. When their daughter was born, his college aspirations returned with a fervor. He enrolled at a community college and worked a full-time job while also juggling his undergraduate coursework. He managed to earn a bachelor's degree in 3 years by increasing his credit hours each semester. After he graduated, he was accepted into medical school.

"Throughout this process, my wife was pitching in big time. She was working full time while also taking care of our daughter," Cash said. "She worked as an au pair, so it was great because our daughter could go with her and grow up and play with those kids."

Despite earning mostly A's and a few B's and maintaining at least a 3.5 grade point average, Cash said he couldn't shake the nagging suspicion that he wasn't good enough to follow such dreams.

"The thought still lingered in the back of my mind; that I wasn't smart enough to be a doctor," he said. "Going through it, I wondered, 'Am I really able to do this?' In a lot of ways, I still saw myself as the blue collar worker landscaping under the hot sun and doing back-breaking work."

How could I become something totally different?"

A lucky break from the draining effects of constant work and seeking loans to keep his dream alive came in the form of the Army's Health Professional Scholarship Program. It would pay for his medical school on top of a monthly stipend. He signed on, and reaped the reward of the free ride through the remaining three years of medical school, after which there would be a three-year service obligation.

Cash did his residency at Fort Bragg, North Carolina's Womack Army Medical Center. Other highlights of his now 13 years of military service include a squadron field surgeon gig while deployed to Iraq; a stint as 108th Air Defense Artillery Brigade surgeon; and several postings as a family practice or primary care physician in Army clinics.

In reflection, Cash realized he had never been in doubt that he had signed up for the long haul.

"I did a lot of stuff [hard labor] over the years and didn't have much to show for it," he said. "I didn't want to do my time in the Army and not have anything to show for it."

"So, I tell anyone who comes through Kenner and is thinking about getting out to remember things like the great military retirement plan," Cash said. "You're going to be working most of your life. What makes it easier, in my opinion, is working toward something. To be able to retire after 20 years is worth it, and some can have a full second career after that."

There are moments along the path he has traveled, Cash said, when it felt like a dream.

"I wondered how I was doing it — how I was attending school, making good grades," he said. "But here I am, 13 years later, and I've been work-

ing up the chain. I've done ... pretty well."

Now, Cash knows his mother and entire family are proud of what he has made of his life. To this day, his younger sister uses him as an example where she works.

"My sister graduated high school after me, the second one in my family to do so," he said. "She's now a police officer, and when she arrests someone and they try to make excuses about being poor and having to make a living, she tells them about me and how I became a doctor. She doesn't let anyone use being poor as an excuse. She says, 'If [he] could do it, anyone could.'"

And it seems as though Cash's daughter, Maria, will be walking in his footsteps. She's set to attend his civilian medical school alma mater — Nova Southeastern University College of Osteopathic Medicine — at the end of July. She's also using the same military scholarship program her father did but will contribute her skills to the Air Force.

In her formative years, while he was going through undergraduate coursework, medical school and his residency, Cash said she was always interested in what he was learning about.

"One day while in first grade, Maria came home crying because other kids made fun of the drawing she made for show and tell," he said. "She drew a picture of a brain with all the optic nerves coming out, the circulatory system and a bladder with the kidneys. The kids were laughing because the bladder is where the urine comes out."

"I told her she shouldn't be upset because the children did not understand all the stuff she did," Cash said.

When Maria told her father she wanted to be a doctor, Cash says he told her, "You can be whatever you want to be. You can do anything."

HEALTH

Continued from cover

with their medical and personal issues."

A Fleet Marine Force enlisted warfare specialist and nine-year Navy veteran, Reynard's previous assignments include Naval Branch Health Clinic Belle

Chasse, Louisiana; Naval Hospital Camp Lejeune, North Carolina; 11th Marines, Camp Pendleton, California; and the 31st Marine Expeditionary Unit. When not at work, he dedicates his free time to the pursuit of an Enlisted Information Warfare Specialist pin and earning a bachelor's degree in health sciences.

RECRUITER

Continued from cover

professional development she's been able to accomplish, she said, gaining leadership skills, taking mentorship classes and taking college classes toward an associate's degree in general studies.

Using these skills, and the

motivation the Navy has given her, she said, she has applied herself to helping her community by volunteering with the local Boys and Girls Clubs of America as a track coach.

"The children are from 7 to 18 years old," Beaston said, "so I help them stay out of trouble and give them something to look forward to while in school and during the summer."

TOP DRIVER DISTRACTIONS

Using mobile phones

Leading the list of the top distractions behind the wheel are mobile phones. Phones now do more than just place calls, and drivers often cannot pull away from their phones, even when driving. According to the California Department of Motor Vehicles, studies have shown that driving performance is lowered and the level of distraction is higher for drivers who are heavily engaged in cell

phone conversations. The use of a hands-free device does not lower distraction levels. The percentage of vehicle crashes and near-crashes attributed to dialing is nearly identical to the number associated with talking or listening.

Daydreaming

Many people will admit to daydreaming behind the wheel or looking at a person or object outside of the car for too long. Per-

haps they're checking out a house in a new neighborhood or thought they saw someone they knew on the street corner. It can be easy to veer into the direction your eyes are focused, causing an accident. In addition to trying to stay focused on the road, some drivers prefer the help of lane departure warning systems.

Eating

Those who haven't quite mastered walking and

chewing gum at the same time may want to avoid eating while driving. The majority of foods require a person's hands to be taken off of the wheel and their eyes to be diverted from the road. Reaching in the back seat to share some French fries with the kids is also distracting.

Try to eat meals before getting in the car. For those who must snack while en route, take a moment to pull over at

a rest area and spend 10 minutes snacking there before resuming the trip.

Reading

Glancing at an advertisement, updating a Facebook status or reading a book are all activities that should be avoided when driving. Even pouring over a traffic map or consulting the digital display of a GPS system can be distracting.

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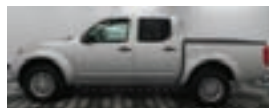


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Regular exercise can help women protect their bones and reduce their risk for osteoporosis.

Women and osteoporosis

Osteoporosis is disease of the bones that occurs when a person loses too much bone, produces too little bone, or both, and can affect both men and women. Millions of men suffer from osteoporosis, but the vast majority of people with this potentially painful condition are women.

According to the National Osteoporosis Foundation, roughly 80 percent of the 10 million Americans with osteoporosis are women. Osteoporosis Canada, which notes that between 70 and 80 percent of osteoporotic fractures in Canada occur in women, reports that the loss of estrogen production during menopause puts women at greater risk for osteoporosis than men, as estrogen plays a vital role in female bone health.

But age is not the only factor that influences a woman's risk for developing osteoporosis. Caucasian women are most at risk for osteoporosis, and the foundation estimates that 20 percent of Caucasian women age 50 and older have the condition, and more than half of Caucasian women age 50 and over have low bone mass. That means that the bones of more than 50 percent of Cauca-

sian women over age 50 are weakening, potentially paving the way for osteoporosis in the future.

Asian-American women are also at considerable risk of developing osteoporosis, which affects about the 20 percent of such women age 50 and older. Low bone density is a concern for Asian-American women, more than half of whom have the condition.

The outlook for African-American women is not as bleak, as just five percent of such women age 50 and older have osteoporosis. And while 35 percent of African-American women have low bone mass, recent research indicates that few African-American women, even those who have risk factors for the disease, are screened for osteoporosis. Insisting on osteoporosis screening can help African-American women determine their true risk for the disease.

Gender and aging are certainly beyond women's control, but these are not the only risk factors that increase their chances of developing low bone density or experiencing fractures and falls down the road. Osteoporosis Canada notes additional risk factors include:

- If either parent has had a hip fracture

- Having had a prior fracture with minimal trauma
- Long-term (more than three months) use of glucocorticoid therapy, such as prednisone
- Rheumatoid arthritis
- Current smoker
- History of falls in the previous 12 months
- Vertebral fracture apparent on X-ray
- High alcohol intake (three or more drinks per day)
- Weight loss greater than 10 percent since age 25

Despite the abundance of risk factors, the two most prominent of which are beyond women's control, women are not helpless against osteoporosis. Among the many things women can do to protect their bones is exercise regularly and eat a well-balanced diet that includes enough calcium and vitamin D as well as plenty of fruits and vegetables. In addition, avoiding or quitting smoking and limiting alcohol consumption to no more than two to three drinks per day can protect bones and make them less vulnerable to breaks and the onset of osteoporosis.

Women can learn more about osteoporosis at www.nof.org and www.osteoporosis.ca.

How to build and maintain strong bones

Osteoporosis, a disease that causes bones to become weakened and brittle over time, affects millions of people across the globe. The International Osteoporosis Foundation says an osteoporosis-related fracture occurs roughly once every three seconds, accounting for more than 8.9 million fractures a year.



Bone health is important at any age, but it is particularly crucial as a person gets older.

Younger individuals typically heal from fractures more quickly than older adults, who often discover that fractures greatly impede their mobility and quality of life.

Bone health is important at any age, but it is particularly crucial as a person gets older. Without a strong framework of bones, the body collapses on itself and rates of fracture increase. Fortunately, there are several ways to keep and maintain strong bones.

Bones are largely made up of a protein called collagen, which is bound together by calcium and other trace minerals. Vitamin D and calcium work in concert, with vitamin D helping the body to absorb calcium so it can find its way into bones. Experts advise getting the right ratio of calcium, protein and vitamin D to safeguard against osteoporosis. The Institute of Medicine suggests that adults get between 600 and 800 international units (IUs) of vitamin D every day, and between 1,000 and 1,300 milligrams of calcium daily. Dairy products, such as low- and nonfat milk, yogurt and cheese, are high in calcium. Dark green vegetables and almonds contain calcium in smaller amounts. Obtaining calcium and vitamin D through natural sources is always preferable, but doctors may suggest supplementation if foods are not providing what a person needs to meet the minimum recommended levels.

Exercise is another important component of building strong bones. The National Osteoporosis Foundation says 30 minutes of exercise each day can help. Higher-intensity exercises should be mixed with lower-intensity workouts for the best results. Weight-bearing exercises, such as hiking, dancing and stair-climbing, can build between 1 and 3 percent of bone. An exercise regimen also should include lifting weights or using resistance bands.

Activities that promote good posture and flexibility can help improve balance and alignment of the body. Perform stretches smoothly and slowly after exercising to maintain your range of motion.

Quitting smoking also can promote strong bones. Smoking has been linked to poor skeletal health in both men and women, and the longer one smokes, the greater one's risk for fracture.

Simple ways to protect your bones

As men and women age, many take steps to improve their overall health. These steps can be as simple as cutting back on dinner portions or as significant as joining a gym and committing to an exercise regimen.

One of the best things men and women can do to improve their health, as well as their quality of life, as they age is to protect their bones. Though some are aware of the importance of protecting their bones, which weaken as the aging process progresses, leaving older adults susceptible to fractures, many might not know that protecting their bones is quite simple. What's more, many of the roughly two million bone fractures caused by osteoporosis, a medical condition in which the bones become brittle from loss of tissue, are preventable. Men and women who heed the following tips to help protect their bones can reduce their risk of fractures as they age.

Get your calcium and vitamin D. Calcium and vita-

min D promote bone health, and many people are aware of those effects. However, a 2005 study published in the *Journal of Clinical Endocrinology* found that 52 percent of postmenopausal women on osteoporosis treatment had insufficient levels of vitamin D, despite being told by their doctors to take both vitamin D and calcium. If your diet does not include adequate vitamin D, which can be found in fortified dairy products, egg yolks, and fish, then vitamin D supplements can help meet your needs. Calcium can be found in a variety of products, including fortified cereals and juices, dark leafy greens like broccoli, almonds, and a host of dairy products.

Visit your physician. Few people might know that bone health is actually measurable. A bone density screening can assess your bone health, while FRAX, an online tool developed by the World Health Organization, evaluates an individual's risk of fracture based on a host of factors, including age,



One of the best things men and women can do to improve their health, as well as their quality of life, as they age is to protect their bones.

weight, height and your medical history. FRAX models give a 10-year probability of fracture, which can help prevent injuries down the road for those people whose risk might not be immediate. The National Osteoporosis Foundation recommends all women begin receiving bone density screenings at

age 65. However, women with additional risk factors, including smokers, those with low weight or a thin frame, family history of osteoporosis, late onset of menstrual periods, and a history of anorexia or bulimia, should consult their physician about screenings regardless of their age.

Get out and exercise. Exercise is another great way to protect your bones. Unless you suddenly embrace competitive weightlifting, exercise won't increase your bone density, but it will help you maintain the bone density you already have. Something as simple as walking can help maintain bone density, as can other weight-bearing activities like jogging.

Cardiovascular weight-bearing activities can be coupled with strength training, which recent studies have found may improve bone mineral density, something that could delay the onset of osteoporosis and reduce your risk of fracture. A gym will likely have all of the strength-training materials you will need, but you can also purchase some hand weights or additional resistance training products to ensure your bones are getting adequate exercise. Consult a physician before beginning an exercise regimen, especially if you have recently had a fracture.

Joint Replacement Now Could Improve Quality-of-Life While Aging

Well-functioning joints can be the key to a long life that is free of pain in older years. Joint problems that have developed or worsened over time can have a painful and mobility-limiting effect on even the most high-performing individual.

"It's no secret — if you want to give yourself the best chance to enjoy a long and healthy life, you need to stay active, and to do that, your joints have to function well," says Matthew Wert, MD, orthopedic surgeon and director of sports medicine at New-York-Presbyterian Brooklyn Methodist Hospital.

"Over the course of our lives, our joints — the connections between bones in areas such as the knee and hip — will naturally experience some 'wear and tear.' This may be due to arthritis, injury, disease, or simply growing older," says Dr. Wert.

Even with medications, living with worn or injured joints can be painful and limiting, and if an injured joint in your knee or hip inhibits your ability to get up and walk around, a host of complications can



eventually follow — including increased risk of obesity, type II diabetes and heart disease. For those patients who no longer enjoy a good quality of life due to joint damage, and for whom the problem cannot be addressed non-surgically or through medication, getting a joint replacement procedure

now may be the best 'investment' they can make in themselves.

Knee replacement, also known as knee arthroplasty, is the most common type of joint replacement procedure. It is recommended most often for patients experiencing degenerative osteoarthritis,

which causes the cartilage in the knee joint to break down over time. Joint replacement is also commonly recommended for patients with arthritis of the hip. Advances in minimally invasive surgery now make it possible for many hip replacements to be performed through small in-

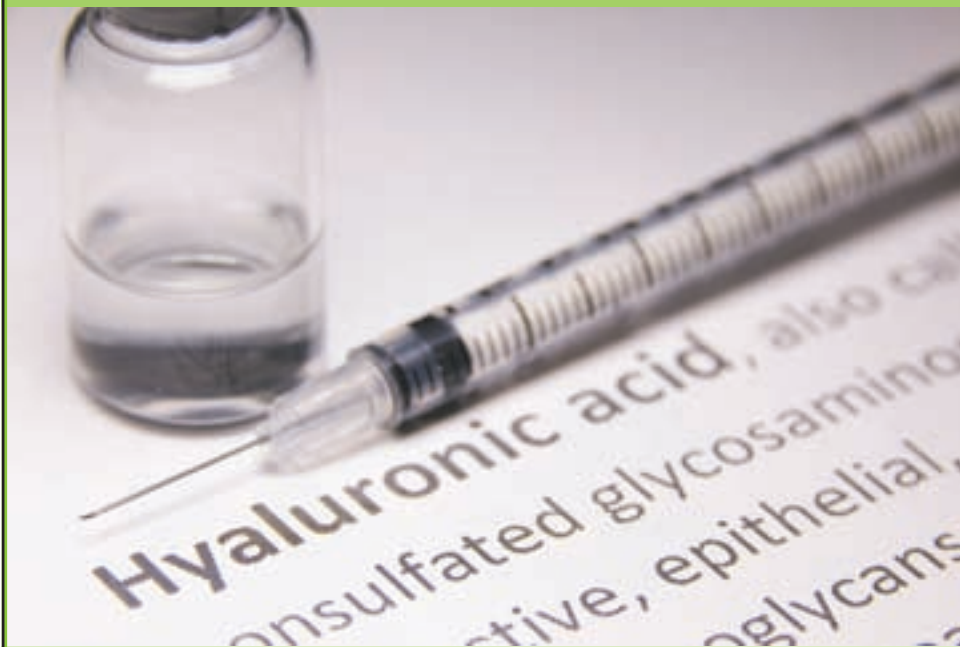
cisions without cutting muscle, resulting in less pain and a faster recovery time. Knee and hip replacements can both be performed under either general or local anesthesia.

"After the necessary rehabilitation and physical therapy, a patient who has undergone joint replacement has a brand new joint that will last for decades to come," says Henry Tischler, MD, chief of orthopedic surgery at NYP Brooklyn Methodist. "A key factor that used to deter patients from joint replacement surgery earlier in life was that artificial joints would need to be replaced every 10 years, on average. Thanks to new materials and advances in technology, modern joint replacements typically last at least 20 years, and potentially longer. If you want to enjoy a high quality of life for many years to come, a necessary joint replacement procedure can make all the difference."

To schedule an appointment with a physician affiliated with NYP Brooklyn Methodist Hospital, please call 718-499-2273 or visit www.nyp.org/brooklyn.

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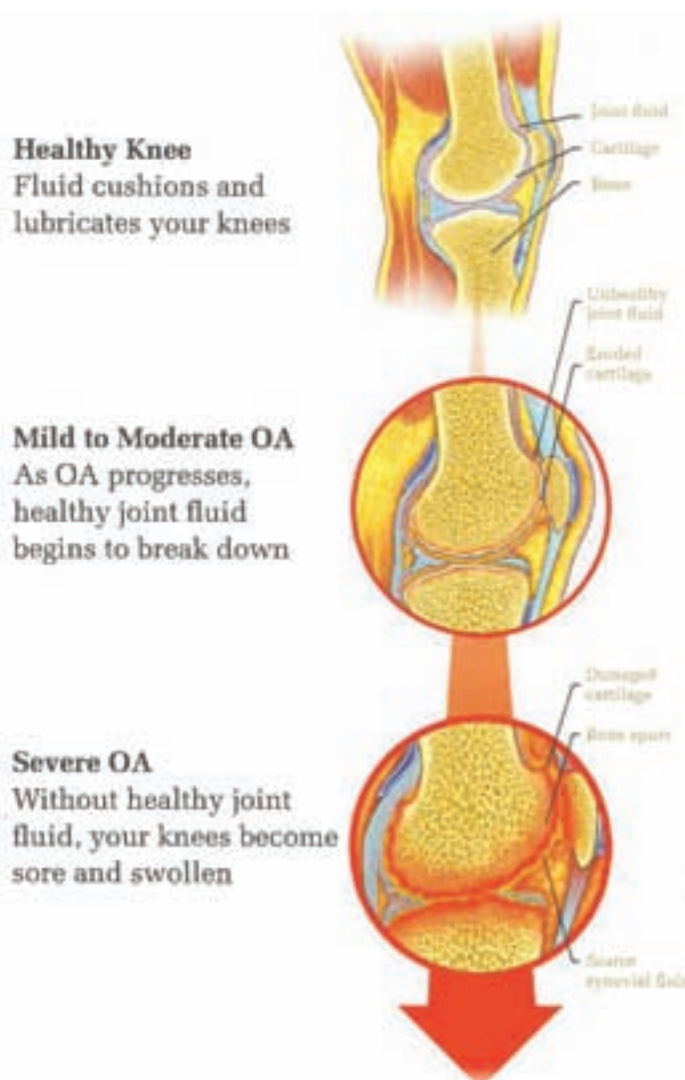


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Arthritis affects children, too

Aches and pains are a widely accepted side effect of aging. Over time, bones can become more brittle and cushioning tissues between joints can deteriorate. But while arthritis and pain are often associated with the elderly, young people, including children, can experience arthritis as well.

According to the Arthritis Foundation, juvenile arthritis, or JA, comes in many forms and affects nearly 300,000 children. JA is an umbrella term used to classify a variety of diseases affecting the joints and musculoskeletal systems in children. Juvenile lupus, juvenile idiopathic arthritis (also known as juvenile rheumatoid arthritis), juvenile dermatomyositis, and Kawasaki disease are just a few of the conditions that fall under the JA umbrella.

Unlike adults, who may develop arthritis from years of wear and tear on the body, kids with JA can often trace their condition to genetics. JA also is an autoimmune disease in which the body's natural immune system ends up attacking its own cells by mistake when something goes awry. With arthritis, that attack can result in pain, inflammation and fever.

Juvenile arthritis can cause per-

sistent joint pain, swelling and stiffness. The Mayo Clinic says that some children with arthritis also develop serious complications, such as growth problems or eye inflammation, and JA may affect the skin and gastrointestinal tract.

Arthritis is typically a lifelong condition. Although flare-ups may last a few days or weeks, those with arthritis can usually expect their symptoms to persist throughout their lives. This can be especially challenging for children who are not mature enough to understand their condition. Furthermore, JA can be easily overlooked by doctors who are not used to seeing young patients with arthritis. Parents who learn to recognize the symptoms of JA may be able to identify the condition before their children's doctors, and that early detection can help kids better cope with the discomfort and pain caused by their condition.

Stiffness: Children with JA may be particularly stiff in the morning.

Pain: Kids who complain of pain right after waking up rather than after a day of physical activity may be exhibiting signs of JA. Pain may dissipate as children begin moving.

Swelling: Redness and swelling

around the joints is an indication of inflammation. This swelling may come and go or persist for several days.

Fever: Sudden fevers not linked to any respiratory or stomach ailments may be indicators of JA.

Fatigue: JA can cause children to be more tired than usual. Fatigue also can affect eating and sleeping patterns.

If a pediatrician suspects JA, he or she likely will recommend a visit to a pediatric rheumatologist, who will then take a complete health history to determine the type of symptoms present and the length of time those symptoms have been present. Laboratory work, X-rays and other imaging tests will rule out other conditions, but no test can definitively say if a child is or is not suffering from JA.

There is no cure for arthritis. The goal of treatment is to reduce pain and inflammation and improve quality of life. A combination of medications, physical therapy and healthy eating are usually prescribed to ease symptoms. Medications may be anti-inflammatory drugs as well as biologics, which put the disease into remission and prevent the body's immune system from attacking the body further.



Arthritis can affect people of all ages – even children.

Several different treatment plans may be tried until the right combination is found.

Weight management and healthy eating can help a child with JA prevent further joint damage as he or she ages. Physical activity, including low-impact exercises that take the stress off of knees or hips, also are good for the joints and can improve strength and flexibility.

Arthritis is a condition that affects both adults and children. More information is available at www.arthritis.org.



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Your smile is our priority.

Pilo Arts helping customers feel good inside and out

BY CAMILLE SPERRAZZA

Pilo Arts, the Brooklyn salon that has earned countless awards for its innovative work, is now introducing us to BEMER.

BEMER is a technology that is designed to improve the body's circulation. As a result, natural healing is aided, and our body's cells, tissues, and organs are adequately nourished. We are healthier and can function better.

For a limited time, Pilo Arts is offering a promotional price of \$15 per session, a \$10 savings from the usual \$25 rate. Special-needs children are being offered BEMER at no cost because this is a cause that is close to the heart.

Vanessa LaBarca is the daughter-in-law of Pilo Arts' owner Elena Solitario, and the wife of the company's CEO, Jude La Barca. When Vanessa and Jude's son, Aiden, began exhibiting signs of autism at the age of 2, Vanessa set out to find a way to heal their child. She changed the family's diet to organic, and did her own investigating to see what could be done to help Aiden.

This journey brought them to BEMER. Vanessa says she became enticed when she read wording that said, "Improve your life in 16 minutes." She read more: "BEMER applications boost the blood flow, thus benefiting the body's cardiac system, regenerative abilities, and even mental acuity. Imagine being better tomorrow than you are today."

Vanessa decided to do her own research on BEMER. She attended seminars, and listened to the testimonials of people who had already tried the therapy. She learned that Dr. Rainer Klopp, the world's foremost expert on microcirculation, called BEMER, "the most effective and widely researched physical therapy method available today."

Vanessa decided to try BEMER, and reports that this therapy is now part of her family's daily regimen. She is so happy with the results, she wants to spread



(Clockwise from top) Clockwise from front left, Lily Foley, Pilo Arts Salon owner Paul Pastore, Blake Searcy, and owner Elena Solitario. Lily Foley tries the new BEMER therapy at the salon. BEMER is available to customers at a promotional price for a limited time.

the word so that others may benefit. During the treatment, "You feel absolutely nothing," she says. "It's a gentle signal, non-invasive, and not painful." She notes that some users experience a light feeling of warmth or a tingling sensation. "Most feel noticeably relaxed and invigorated after the appli-

cation."

To more fully explain, the working mechanism consists of the transmission of a patented multi-dimensionally configured wave signal. This unique signal is transmitted into the body via an electromagnetic field.

"It's the BEMER signal and not the electromagnetic

field that acts as the 'agent' that stimulates the circulatory response," she says.

She also points out that BEMER has been scientifically studied, and findings confirm that functioning circulation is of crucial importance to overall health. It ensures a person's well-being and physical performance.

"Blood circulation regulates the nourishment of cells with oxygen and nutrients, the removal of waste

products, and many other processes," she says.

The best news for her is this: Her son, Aiden, is now a mainstreamed student.

Vanessa LaBarca [(917) 734-6471, <http://warrior-mom.bemergroup.com>]. Call Mondays through Fridays, 9 am – 10 pm.

Pilo Arts Salon and Spa [8412 Third Ave. between 84th and 85th streets in Bay Ridge, (718) 748-7411, www.piloarts.com]. Open Tuesdays through Sundays.

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FOCUS ON *Health*



Strength training might be most often associated with men, but women can benefit from lifting weights in the immediate future and for years to come.

Strength-training tips for women

Strength training might once have been the realm of hulking males aiming to build as much muscle as possible, but active adults now recognize that strength training is beneficial to men and women alike. In fact, strength training can be especially beneficial to women, helping them develop and maintain strong bones and thereby reducing their risk for osteoporosis, a medical condition that afflicts more women than men and is characterized by weak or brittle bones.

Though women over 50 are most susceptible to osteoporosis, women of all ages can benefit from strength training. Those who are unfamiliar with such exercise may be hesitant to dive right in for fear of injury or due to the sometimes intimidating nature of strength training sections at fitness centers. But the following tips should help women overcome any such fears as they adapt to fitness regimens that include regular strength training.

Work with a trainer initially. Strength training is great for the body, but women who have never before lifted a weight might want to employ the services of a personal trainer until they are comfortable enough to go it alone. Personal trainers can ensure you are performing exercises correctly and not in a way that can cause injury. In addition, trainers can answer any questions you might have and help you establish strength training goals.

Begin with light weights. When starting a strength training regimen, use lighter weights, only increasing the weight once you are confident you have the motion of an exercise down pat and need a greater challenge. If you don't

want to add too much weight, you can increase the number of reps so your workout stays challenging.

Expect some soreness, but take stock of any aches and pains. You should expect to feel some moderate soreness after your first few strength training sessions. That soreness likely stems from your body never before engaging its muscles in the way strength training does. But any persistent aches and pains should be taken seriously. It's important to take note of where the pain is coming from, which can indicate whether or not you are performing exercises correctly. For example, your shoulders should not be inflamed or aching during or after a biceps workout. If they are, your form is probably off and you should consult a trainer to help ensure your form is correct and you are not risking injury.

Work the entire body. Adequate strength training targets various muscles in the body, not just the arms. Women should make sure their strength training regimens include exercises for their shoulders, back, chest, arms, and legs. Focus on one or two muscle groups each workout.

Spice things up from time to time. Many people eventually grow bored with their strength training regimens. Women can spice up their regimens by adding repetitions and lowering weights every four to six weeks or routinely looking for new muscle-specific exercises to replace exercises that have grown boring.

Strength training might be most often associated with men, but women can benefit from lifting weights in the immediate future and for years to come.

Preventing sports injuries in our young athletes

Sports are a great tool to teach young people various lessons. Sports can instill a sense of teamwork and responsibility in youngsters while promoting a physically active lifestyle that can benefit kids into adulthood.

The Centers for Disease Control and Prevention estimates that roughly 30 million children participate in youth sports in the United States each year. Unfortunately, many of those young athletes suffer injuries while participating in sports. Injuries might be seen as an almost inevitable by-product of participating in sports, but the Center notes that more than half of all sports injuries in children are preventable. Parents and children can work together to prevent injuries:

Emphasize safety

It's easy to overlook sports practices when considering sports-related injuries, but Safe Kids USA notes that 62 percent of organized sports-related injuries occur during practice. In spite of that, Safe Kids reports that one-third of parents do not have their children take the same safety precau-

tions during practice that they would during a game. Parents and coaches can emphasize to children that sports safety should be a priority during both practice and games.

Get a sports physical

Preseason physicals are typically required for scholastic athletes, but that might not be so for recreational athletes. Even if leagues don't require sports physicals, Johns Hopkins advises parents to schedule such exams anyway. Such examinations can determine if kids are fit to play and may uncover injuries or conditions that may make kids vulnerable to injury.

Speak about pain

Johns Hopkins Medicine recommends parents discuss pain with their young athletes, encouraging them to speak up and seek help if they feel pain or if any part of their bodies does not feel right after playing sports.

Encourage adequate rest

Johns Hopkins notes that the most common injuries among young athletes are overuse injuries that in-

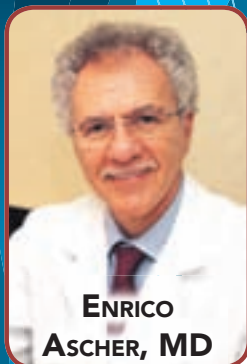


More than half of all sports injuries in children are preventable.

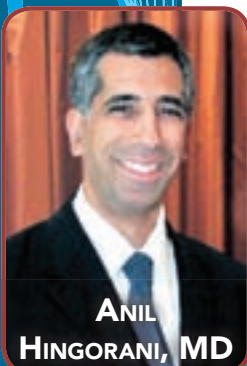
volve soft tissue. These injuries affect bone, muscle, ligaments, and tendons. Overuse injuries can lead to stress fractures characterized by a lack of swelling and feelings of pain and tenderness during movement. Encourage rest between practices, games, and events, and make sure to schedule an

offseason for young athletes so their bodies have time to recuperate before the next season.

Young athletes' injuries are often preventable, especially when parents and children work together and communicate about any aches or pains kids might be feeling.



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What is the role of bone marrow in the body?

The skeletal system is a fascinating component of human anatomy. While the hard, outer structure of the system that comprises the bones and keeps the body upright and protects organs may get plenty of attention, some people are less informed about the other role bones play in health.

Bone marrow basics

Bone marrow is nestled inside of the collagen, calcium and other minerals that give bones strength and flexibility. Unlike the hardness associated with bones, marrow is actually a soft, spongy tissue. Bone marrow is active in newborn babies and children, meaning it is always producing new marrow cells. This is what helps children to grow. By the time a person reaches young adulthood, much of the marrow inside of the bones stops producing new cells. However, in adults, active marrow still can be found inside of the spine, hips, shoulder bones, ribs, breastbone, and skull.

The University of California San Francisco Benioff Children's Hospital says bone marrow manufactures bone marrow stem cells, which produce the various blood cells that help the body to thrive. Bone marrow produces red

blood cells that carry oxygen to tissues in the body. Platelets help blood clot in order to stop bleeding and promote healing of injuries. White blood cells are essential to fighting infections and are a main component of the immune system. Among white blood cells, neutrophils and macrophages fight bacterial and fungal infections by essentially "eating" germs. B-Lymphocytes make proteins that attach to the surfaces of infection-causing microbes. T-Lymphocytes engulf and destroy pathogens directly.

Blood cells do not live very long inside of the body, which is why marrow continually produces all three types of blood cells. Bone marrow produces approximately 500 billion blood cells per day.

Bone marrow donation

Diseases such as myeloma, aplastic anemia, lymphoma, and leukemia occur when bone marrow is compromised and cannot work properly. People diagnosed with such conditions will be in need of a bone marrow donation as a best chance of survival.

A matching donor must be found before a bone marrow donation, known as an allogeneic transplantation, or ALLO, can be made. Because

bone marrow produces unique markers on the proteins of white blood cells called human leukocyte antigens, not all bone marrow can be donated to everyone, much in the way not all people can receive every type of blood. Therefore, the American Society of Clinical Oncology says a successful bone marrow transplant requires the donation of near-perfect, human leukocyte antigens (HLA) bone marrow. This prevents rejection of the marrow and further illness. HLA typing involves a special blood test to look for matching markers.

Siblings typically offer the highest chance of a match for donors. Parents and children are less likely to match. Many donations come from a pool of volunteer donors through programs such as the National Marrow Donor Program.

Although bone marrow donation used to be thought of as a painful process, many donors today donate through peripheral blood stem cell, or PBSC, collection. According to ASCO, in the five days leading up to the PBSC procedure, a donor receives injections, lasting five minutes per day, of a white blood cell growth hormone called G-CSF. On the fifth day, a needle is placed in each of the donor's arms, and



Inside bones is a spongy material known as bone marrow, which produces all of the blood cells the body needs to operate effectively.

blood is circulated through a machine, which collects the stem cells and returns the unused portion of the blood back to the donor.

If a bone marrow harvest is needed, the donor will have bone marrow taken from the hip bone under anesthesia. Many donors experience minimal side effects, and their bone marrow is replenished within a month.

Bone marrow is hidden from view but plays an integral role in the health and vitality of a person. Bone marrow donations present the best chance of survival for a person with a bone marrow disease.

What athletes should know about shin splints

Exercising more is a primary goal for many people, especially those interested in losing weight. Athletes also look to increase the time they spend exercising as new seasons draw near. While additional exercise can benefit many people, those who frequently perform weight-bearing exercises or repetitive motions — such as running, dancing, and jumping — may find themselves battling shin splints.

Also known as tibial stress syndrome, shin splints are a condition marked by pain in the shinbone, also known as the tibia. Shin splints are common among athletes and dancers who spend so much of their time on their feet. The Mayo Clinic says shin splints are caused by repetitive stress on the shinbone and connective tissues that attach muscles to the bone. Shin splints typically appear when there is a sudden increase in distance or intensity of a workout schedule.

Shin splints are characterized by tenderness, swelling, soreness, and/or pain along the inner part of the lower leg. While the pain may stop when the body stops exercising, eventually that pain can transform into continuous pain.



Athletes and runners are at risk of developing shin splints.

Many cases of shin splints can be alleviated through rest, icing and other self-care methods. Wearing proper footwear and modifying exercise routines can help ensure that shin splints are not a recurring problem.

Should shin splints not clear up on their own, or if over-the-counter pain relievers prove ineffective at managing pain, then athletes should contact their physicians. Doctors will likely try to determine if the pain is caused by something other than shin splints.

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Walk the walk for brain awareness

MARINE PARK

Walkers laced up their trainers, put on their tees, and put soles to the pavement at the sixth annual **Brooklyn Brain Aneurysm Awareness 1K walk** in Marine Park on June 9.



Organized by borough daughter **Julie Bagarozza** in memory of her brother-in-law **Daris Bagarozza**, the walk benefited the **Brain Aneurysm Foundation's** work to fund research and awareness of the disease.

"My family and I didn't know what a brain aneurysm was until we lost Daris. My mother-in-law and I started the walk in memory of him. It is a wonderful way to celebrate life, bring awareness to the disease and a reminder that we are not in this fight



alone," she said.

State Sen. **Marty Golden** (R-Marine Park) who was on hand to cheer on the walkers and was one of the walk's supporters, stated: "Brain aneurysms are silent killers because most cause no symptoms. It is important we participate in events that raise money to support research and provide education on brain aneurysm awareness. I am proud to have supported the sixth Annual Brain Aneurysm Walk."

"It's great to see a community come together to celebrate survivors and honor those such as Daris Bagarozza," said **Christine Buckley**, Brain Aneurysm Foundation executive director.

For those interested in donating, visit www.bafound.org/get-involved/ways-to-give/donate/



GIVING FOURSOME: Edward Travaglianti, Alfred Thoben, Mark Merzbacher, and Richard Merzbacher on the green at Meadow Brook Club at the 21st annual golf outing.

Courtesy St. Francis College

Tee-off for St. Francis education

BROOKLYN HEIGHTS

Hip, hip, hooray for **St. Francis College**. With a special 50th Anniversary class gift of more than \$110,000 from his classmates, St. Francis College raised almost half a million dollars at the **Brendan J. Dugan '68 Memorial Meadow Brook Club Golf Outing** on June 19.

This is the 21st year golfers have traveled to the Meadow Brook Golf Club in Jericho, Long Island, to raise funds for the college. The golf outing was founded by **President Dugan** and fellow St. Francis College alumnus **Edward Travaglianti '70**, with the premise of having fun while supporting scholarships to enable students to achieve a quality, private college education.

The check from the class of 1968

was presented to the Dugan family by **Joseph T. Browne '68**, former senior advisor to the Commissioner of the **National Football League**, who represented the Class of '68. The gift was dedicated to **Brendan's Big Dream Fund**, preserving his memory and keeping alive his dedication to support current and future students at the college.

In total, more than \$485,000 was raised at the event.

Joseph V. DiMauro, Richard W. Merzbacher, Alfred F. Thoben, CPA, and Edward Travaglianti, all from the class of 1970, were awarded and received the *Pace e Bene Award*.

Since its inception, the outing has raised more than \$3.5 million.

St. Francis College (180 Remsen St. at Court Street in Brooklyn Heights; www.sfc.edu).

PARK SLOPE

ITT breakout!

Congrats to **Steve Conyers**, president of **CMIT Solutions of Brooklyn North** for acing the prestigious "Breakout" award at the 22nd annual convention in Vancouver, Wash., of the ITT giant **CMIT Solutions**. The gathering served as an opportunity to celebrate the brand reaching a new growth milestone of 200 offices open. CMIT Solutions is one of the nation's leading information technology companies. Its annual convention brings together home office leadership and owners from across the nation for four days of training, information-sharing,

and recognition of excellence.

"The Annual Convention is always the highlight of the year," said **Jeff Connally**, president and chief executive officer at CMIT. "We get to bring all of our franchise partners and the home office together to inspire and learn from each other. We have been growing faster than we ever have, and continuing to encourage a collaborative community is essential to our future."

Themed "**CMIT Elevate**," the convention celebrated several key accomplishments and included extensive sales and marketing training, educational seminars, and opportunities to share best practices.



BENSONHURST

Welcome to the MAX

Three cheers and a *hidey-ho* to **Lynette Calabrese**, who has joined the staff at **RE/MAX Edge** in Bensonhurst.

Standing O put out the mat for Lynette, a licensed real estate person since 2014. Since that time she has sharpened her home-selling skills on Staten Island, where she resides, and gained invaluable home sales experience.

Now at Edge, she will apply those skills and serve the residential and commercial market here and across the bridge.

"I highly respect the vision and work of my broker, **Michael Napolitano**. He knows the marketplace and is supportive of my position as a RE/MAX professional," Lynette said.

Prior to entering real estate as a career, Lynette was a New York City public high school teacher for 15 years, earning a variety of mediation and conflict resolution certificates. She has shared her knowledge and experience to connect thousands of students, parents, school officials, and community members.

"I believe in the value of education and sharing market information, as well as aspects of the transaction process with my clients," she explained.

Standing O wishes Lynette good luck in her future.

RE/MAX Edge [1812 Bath Ave. at Bay 19th Street in Bensonhurst, (718) 612-3088].

The CMIT Solutions home office completed comprehensive assessments prior to deciding which office would win the prestigious "Breakout" award. The winner was selected based on criteria such as client satisfaction, retention, revenue growth, and the number of client devices managed.

"This award means so much to me, and I'm honored to be among so many inspiring award winners," said Conyers. "With the help of my team, this was all made possible. I'm looking forward to the years ahead."

CMIT Solutions of Brooklyn North [320 Seventh Ave. between Eighth and Ninth streets in Park Slope, (347) 599-0737].



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Acts of God

'Godspell' performs in Dyker Heights Sanctuary

By Julianne Cuba

Oh holy nights! Take a seat in the pews for a performance of the iconic musical "Godspell" at a Dyker Heights church this weekend. The blessed production from the BrooklynOne theater company, playing on July 27 and 28, fits right into the house of worship, said its director.

"Because we're doing 'Godspell,' in terms of content, I think it actually only helps to enhance the story," said Anthony Marino, who also plays the musical's John and Judas characters. "We are able to create an immersive experience that both puts you in a place that is obviously very much a church — but in the beginning of our story, you don't feel like you're in a church. That changes throughout — it's able to help us tell the story."

The Dyker Heights director said that he made very few changes to the script, since it is already based on holy scripture. He mainly updated a few jokes to make them more appropriate for today's audiences, instead of those of nearly 50 years ago.

"We have been given some license to update some of the music and some of the script, but stayed very faithful to the 1971 original Off-Broadway version," he said. "We updated some of the jokes to be a little more relevant. Nothing too crazy, made it more relevant from 1971 to 2018."

And Marino said it is a blessing to put on this musical with his 10 cast members, since it is just what the company's late founding partner would have wanted, he said.

"My co-founder Tom Kane always thought it would be a cool idea. He passed in 2011. It was a project that's always sort of on the back burner, never got around to it," said Marino. "We were presented with the opportunity to do it and said, 'Let's capitalize on it.'"

The group has never performed in an actual church before, said Marino, but it is not much different than a typical theater — except that there are pews instead of theater seats.

"Hopefully those are comfortable for the audience," he said. "We're using the aisles, using the altar, using the whole space. It's got some really beautiful features. The lighting and sound had to be creative to incorporate them into the space."

The cast will be joined by Staten Island-based punk rock group the Government, bringing a sound that will really liven up the room, he said.

"I'm so excited for the music," said Marino. "The music and concept is sort of punk rock. We adapted the songs to sound very rock, very punk."

"Godspell" at Redeemer St. John's Sanctuary (939 83rd St. between Seventh and 10th avenues in Dyker Heights, www.bkone.org). July 27 at 3 pm and 8 pm, July 28 at 4 pm. \$20.

AMEN: The musical "Godspell" will perform this weekend at Redeemer St. John's Sanctuary in Dyker Heights. Photo by Trey Pentecost

GRAPHIC IMAGES

Famed comics writer pens 'Brooklyn Blood'

By Alexandra Simon

Brooklyn is in his blood! A Brooklyn native who has worked with high-flying heroes Superman, Batman, and the futuristic Legion of Superheroes comes down to earth with his latest comic book, a supernatural police procedural set in the County of Kings. Paul Levitz, who was the publisher of DC Comics from 1989 to 2009, will celebrate the release of "Brooklyn Blood" at Anyone Comics in Crown Heights on July 27. The comic book writer, editor, and publisher grew up in East Flatbush, and says that after years dealing with aliens and alternative universes, he was ready to write a story about his hometown.

"I wanted to do a police procedural — a form I love reading — and Brooklyn was a natural setting as someplace I knew well and that was now officially cool," said Levitz. "The time is contemporary, maybe a couple of years ago when I started it."

The comic follows Detective Billy O'Connor, a Brooklyn cop who has recently returned from Afghanistan and suffers from traumatic memories and hallucinations. After he begins investigating a series of occult murders, he finds it difficult to tell the difference between his visions and the bizarre reality he comes across.

Levitz wove enough stories of



Underground comics: Former president of DC Comics and Brooklyn native Paul Levitz returns to comics with "Brooklyn Blood," a graphic novel about a Brooklyn detective solving occult murders. Illustrator Tim Hamilton says one of favorite pages in the comic was this sequence set in the subway.

Tim Hamilton



deadly events from Brooklyn's past into his tale to make readers' blood run cold, he said.

"The history of Brooklyn and its recent changes are a big part of the texture of the story," he said. "If you're interested in the worst moments in Brooklyn history, this book has some goodies for you."

The book's illustrator, Fort Greene artist Tim Hamilton, drew plenty of familiar landmarks for Brooklyn

readers, alongside the supernatural creatures the story called for. He also researched the Battle of Brooklyn and old maps for the book, but says that he especially enjoyed capturing modern-day Brooklyn on the page.

"I got to draw the subway and as someone who enjoys the subway, I feel that if an artist can enjoy something they draw, they will make it interesting for anyone looking at it,"

Continued on page 53

The walking read

By Julianne McShane

She makes walks down memory lane.

An updated guide to exploring Kings County on foot will take wanderers through the borough's landmarked locales and hipster hubs alike. The author of "Walking Brooklyn" said that she created some new jaunts that spotlight burgeoning businesses while also paying homage to the area's enduring history.

"The neighborhoods with the historic districts can only change so much as far as the physical infrastructure, but the whole culinary and culture scene has grown so much," said Adrienne Onofri, who lives in the distant borough of Queens.

Onofri — who also wrote "Walking Queens" and edited "Walking Manhattan" — first penned the guidebook in 2007 by researching local history and wandering the borough's streets. She updated the book with new walks in areas that had changed dramatically over the past decade, including Downtown, Dumbo, Gowanus, Red Hook, Coney Island,

and Bushwick. She said she was most surprised by Bushwick's transformation from a crime-ridden industrial district to its current status as a bastion of hipsters fueled by overpriced coffee and microbreweries.

"Ten years ago, people were starting to talk about Bushwick as the place where people were going to go when they were priced out of Williamsburg," she said. "To people who are old enough and have been in New York long enough, that still seemed a little far fetched, because Bushwick has unfortunately been a troubled neighborhood, so it was just amazing the way that turned around."

Onofri expanded her Bushwick route — which originally focused on the 19th century brewers' mansions on Bushwick Avenue in the first edition of the book — to include stops at a "hipster mini-mall," an organic chocolate shop, and an artists' collective.

The book includes more than 30 Brooklyn neighborhoods, but some of her favorite walks are located in Dumbo and around Prospect Park, she said. Those saunters combine



Walking woman: Adrienne Onofri highlights Kings County's main streets, side streets, and historical highlights in the new edition of her guidebook "Walking Brooklyn."

Photo by Stefano Giovannini

historical context with modern allure, which she hopes will entice both visitors and locals to take the routes less traveled by.

"I like walks that have a real combination of things: history, nature — whether it's a park or a waterway — and places where you can see very contemporary culture and art," said Onofri. "The idea was to write it for people living here and for tourists. I certainly hope that it encourages people to explore some new neighborhoods."

"Walking Brooklyn" by Adrienne Onofri. Available in bookstores now. \$16.95.



You otter check it out: Jim Bachor patched a pothole with this mosaic of an otter, in an undisclosed location in Dumbo, as part of a Tentrr.com promotion.

Sasha Charoensub

Endangered artwork

Street mosaics of animals are getting paved over

By Bill Rounly

His art has faced some bumps in the road!

A Chicago artist patched five Brooklyn potholes last week, replacing the street hazards with elaborate glass and marble mosaics showing whimsical animals — some living and some roadkill. But the city's Department of Transportation struck back against the unauthorized street repairs within days, digging up two of the pieces and pouring fresh concrete. The tile artist said that he was taken aback by the agency's response.

"I'm stunned. I can't believe it," said Jim Bachor. "I've put in 67 of these things around the country, and I've never run into this kind of blowback."

The paved-over images were part of the "Vermin of New York" series, showing a dead rat and a dead pigeon in Fort Greene and Prospect Heights, respectively. Bachor completed the five-part series in Manhattan, with images of a cockroach, Donald Trump's face, and a bouquet of flowers. He suspects that the content of the series may have provoked the ire of the transportation board, but says that he did not intend the art as a slight on Gotham.

"It's not a statement on New York," said Bachor. "All I'm really doing is trying to make it iconic, and hopefully pretty at the same time. Some people have said 'Oh, how pretty that dead rat is.'"

Bachor and his team spent several days on the project,

setting up cones around the potholes, mixing up the concrete, slowly lowering in the mosaic, and then allowing it to dry over the course of 10 to 12 hours, he said. He did not seek permission from the city for his project, and kept his head down when authorities drove past. He had no troubles when installing the pieces, Bachor said.

"I've had a couple of brief conversations with city workers going by," Bachor said. "They don't really care."

His mistake, said Bachor, was in revealing the exact locations of the mosaics in an interview with the New York Post. A spokeswoman for the agency told the New York Post that it would cover the mosaics because "drivers might be distracted by the art."

However, three of his project depicting woodland creatures still remain on Brooklyn streets. Those three, showing a fox, an otter, and an owl, were created in collaboration with the camping rental site Tentrr.com, which is hosting a social media scavenger hunt for the critters.

Those who want to see the remaining art should look for the fox in Bushwick, the otter in Dumbo, and the owl near Prospect Park, according to the contest website. But you should look for them soon, said Bachor — they might not last.

"I think they're probably okay," he said. "As far as I know they're still safe. Hopefully they last a little longer."

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'WE CAN BREW IT'

Beer fest focuses on female drinkers

By Bill Roundy

Call them ladies who lager! A week-long celebration of women in craft beer will belly up to Brooklyn next month. The Beers Without Beards Festival, happening on Aug. 7–12, aims to show that female brewers have a place in the industry — and they always have, said the festival's organizer.

"What many people might not know is that women were the O.G. brewers," said Grace Weitz. "With the Egyptians and Sumerians, women were historically the ones brewing in those communities. It's when brewing moved out of the private sphere, out of the home, that men took over."

There have been no comprehensive studies of women in craft beer, but most estimate show that women are about 30 percent of the audience and creators of craft beer, said the Crown Heights organizer, which she attributes to historic trends.

"I like to say that men have 150-year head start in terms of marketing," she said. "Beer, like Budweiser and Miller, has been solely marketed to men — often with kind of demoralizing ads, featuring women in not many clothes. That's been a barrier to women."

But the best way to break down those barriers is with a friendly session over a beer, said Weitz — hence the festival.

"The whole point is for men and women to come together in the same space," she said. "We want to share a beer with someone and talk about



Sip sisters: The Beers Without Beards Festival will celebrate women in craft beer, said organizer Grace Weitz. The as-yet unnamed mascot of the Beers Without Beards festival demonstrates the strength of female brewers.

how to highlight the role of women in the industry."

The highlight of the week will be a women-focused beer tasting festival on Aug. 11 in Bushwick. The event will feature 23 breweries, 14 of them owned or co-owned by women; the others have women in prominent roles. The day will be a party, said Weitz, with a dee-jay, food from the Stuf'd sandwich truck, and a chance to pose with cut-outs of the Beers Without Beards mascot, an as-yet unnamed redheaded woman totting two kegs at once. While male

brewers are notable for their beards, female beer makers stand out for their muscles, said Weitz.

"To me, what's stood out about every female brewer that I've seen has been their strength," she said. "It's a physically demanding job — you're carrying 50-pound bags of grain, or you're picking up kegs."

Beers Without Beards Tasting Festival at the Well [272 Meserole St. between Waterbury Street and Bushwick Avenue in Bushwick, (347) 338-3612, www.hopculture.com]. \$50 (\$75 VIP). Noon–4 pm.

The fun runs free in the Ridge

By Julianne McShane

It is a packed weekend of free summer fun in the Ridge!

Kick off the weekend with a stroll down Fifth Avenue for the **Face of Fifth Avenue Festival**, which stretches from 73rd to 83rd streets. The free event, sponsored by the avenue's Business Improvement District and the Department of Transportation, will clear the avenue of automobiles from 5 pm until 10 pm, leaving room for a pedestrian party. You can dress up your dog for the "Best Dressed Pet Contest," join the silent disco, and enjoy music from the Shrimps in front of **Schnitzel Haus** (7319 Fifth Ave. between 73rd and 74th streets), along with more live music, games for kids, and plenty of al fresco dining options.

On Saturday night, hit up the **Brooklyn Firefly** (7003 Third Ave. between Ovington Avenue and 72nd



Street) where singer Cristina Gatti will belt out jazzy takes of beloved hits by Beyoncé and Sam Smith. The free, two-hour show kicks off at 8 pm.

Finish your weekend with a

packed Sunday! Start at the **Wicked Monk** (9510 Third Ave. between 95th and 96th streets), where the Bayou Boys will play a free set of classic and original blues and bluegrass tunes starting at 5 pm.

Then make some music of your own at the **Owl's Head** (479 74th St. between Fourth and Fifth avenues), where the Bay Ridge Poets Society's monthly (and free!) open mic night invites poets, musicians, and writers to share their work. Snag a seat at the bar — or take the mic — beginning at 7:30 pm.

The open mic will last until 9 pm, but if you duck out early you can scamper to **Shore Road Park** (enter at Shore Road and 79th Street) for a free screening of "Zootopia." The animated flick about a rookie rabbit cop patrolling a mammal metropolis starts at 8:45 pm, but you should get to the lawn before 8:30 pm in order to claim a spot.

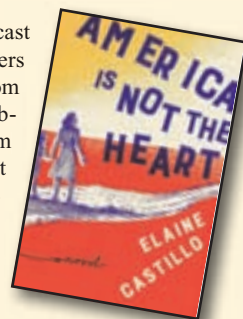


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Word's picks: "America Is Not the Heart," by Elaine Castillo

Elaine Castillo's novel follows a cast of characters, some of them members of one large extended family, from the Philippines to America. It subverts what we've come to expect from the "immigrant novel" — it is not about coming to America, surviving in America as an immigrant, or making a way for the next generation through self-sacrifice and hard work — though there are elements of these in the novel. This book is about the Philippines, and it explores the country's cultural hybridity and history. In "America Is Not the Heart," we get to know pieces of Filipino history through the characters that streak across its pages. Amid this fascinating mosaic of Filipino history is a love story and an equally fascinating portrait of a woman building a new life in California. It is an interesting balancing act and the marvel of this book is how well Castillo pulls it off.

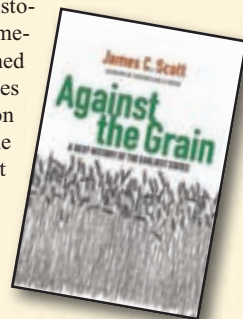
— Nneoma Amadi-obi, *Word* [126 Franklin St. at Milton Street in Greenpoint, (718) 383-0096, www.wordbookstores.com].



Community Bookstore's pick: "Against The Grain," by James C. Scott

This book is a deep dive into the history of civilization and the lessons, sometimes counter-intuitive, to be learned from the earliest societies. Scott argues that the domestication and taxation of cereal crops, which enabled the emergence of the first true states, isn't all it's cracked up to be. The development of sedentary city-states interrupted a many-thousand year stretch of hunter-gatherer existence that, while grueling, was also highly egalitarian and, compared to the millennia of slavery, warfare, and tyrannical rule that followed, seems downright utopian. As we reckon with increasing automation and the prospect of a post-labor economy, we may develop a newfound appreciation of the pre-agricultural world.

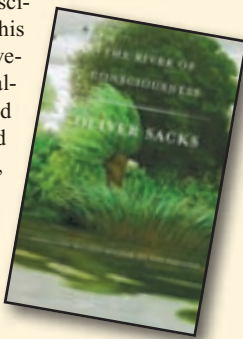
— Samuel Partial, *Community Bookstore* [43 Seventh Ave. between Carroll Street and Garfield Place in Park Slope, (718) 783-3075, www.communitybookstore.net].



Greenlight Bookstore's pick: "The River of Consciousness," by Oliver Sacks

This book, the last that renowned scientist Oliver Sacks completed before his death in 2015, is a crowning achievement for an endlessly curious generalist. Sacks's mind was never inhibited by the boundaries of discipline, and here he explores matters of evolution, psychology, neurology, memory, creativity, and consciousness. With the fluid style and insight of a novelist, he incorporates the case studies he accumulated over his storied career, as well as the writings of other great thinkers and personal anecdotes gathered throughout his closely examined life. The result is a rigorous, compassionate humanism open to change: an antidote to irrational times.

— Ben Hoffman, *Greenlight Bookstore* [686 Fulton St. between S. Elliott Place and S. Portland Avenue in Fort Greene, (718) 246-0200, www.greenlightbookstore.com].



Step into Stewart's and step back to a simpler time



BY CAMILLE SPERRAZZA

The jukebox may be gone, but the '50s vibes live on.

Stewart's Restaurant in Bay Ridge is the borough's version of Arnold's Diner, the place where we can sip chocolate egg creams and create our own "happy days."

It's located where Hinsch's stood since 1948. A little over a year ago it became Stewart's, under the management of its new owner. The name may have changed, but much about the restaurant remains the same. Patrons still come for the reasonably priced and generous-sized burgers, ice cream floats, all-day breakfast, delicious sandwiches, wraps, salads, hot dogs, and paninis. And they also come here because it offers a taste of nostalgia, with its high-back red and silver booths, handmade chocolates, and photographs of the Verrazano being constructed.

Pricing, too, is reminiscent of a simpler time — a "Date Night" special offers two deluxe sandwiches or burgers; two amazing floats or shakes; and one dessert to share, for \$24.95, Mondays through Fridays, from 4 to 9 pm.

This is a place where people know your name, especially the hostess, Barbara, who has worked here for 50 years. She waited tables for the first 45, and survived five different owners, including the one who started as a counter-boy and then became the boss. It was he who trained



(Clockwise from top left) Allie serves up breakfast. Stepping inside of Stewart's feels like stepping back in time to a classic soda fountain. Pick up a case of old-fashioned root beer. Barbara was a waitress for the former Hinsch's for 45 years, and now serves as hostess with Stewart's owner Matteo Guarino. Stewart's on Fifth Avenue.

all the young people so they would develop good work ethics. He gave Barbara's daughter an after-school job. This is where Barbara met her husband, and where four generations of Brooklynites continue to bring their children, grandchildren, and great-grandchildren. Barbara knows them all.

She wisely calls Stewart's owner, Matteo Guarino, "The best boss," and there's no doubt she means it. Guarino appreciates all this resident historian brings to the business because he's from Bay Ridge, too. He has his own fond memories, so catering to the community remains top priority. The rich history, friendly atmosphere — the good vibrations — is why customers continue to come here for breakfast, lunch,

dinner, and everything in between.

Burgers are nice and juicy inside, and crusty on the outside. Customer Howard Wholl says, "They are the big, old-fashioned sized patties that are definitely larger than fast-food burgers, and you get a nice seeded bun. It's value for the money."

Mom-and-pop selections such as baked meatloaf, roast turkey, and fried jump shrimp are served with soup or salad, potato, and vegetables. A classic grilled cheese can be turned into a triple cheese triple decker, with American, cheddar, mozzarella, and bacon stacked in between three slices of grilled bread.

A generous Greek salad offers iceberg lettuce, tomato, cucumbers, onions, green

peppers, Kalamata olives, feta cheese, and stuffed grape leaves.

Finger food like nachos, chicken wings, pizza logs, cheddar bites, and mozzarella sticks make great appetizers, or late-night snacks.

The chocolate egg cream is to die for — overflowing with creamy foam, and chocolate layered at the bottom so that it's sucked through the bright red straw with every sip. Come in for banana splits, or a Belgian waffle that's topped with ice cream, chocolate syrup, whipped cream, and a cherry. When was the last time you had a funnel cake with powdered sugar, fresh strawberries, and cream? Or, just a cup of coffee and a slice of blueberry pie with homemade ice cream.

Like Hinsch's, Stewart's

has its history. In 1924, Frank Stewart, a teacher, wanted to create the world's best-tasting root beer. He hired a chemist, and blended 20 different extracts of roots, herbs, and berries. It became a hit, and he opened his first restaurant in Mansfield, Ohio. Today there are 37 Stewart's around the country, and we are fortunate to get to taste this incredible root beer float right here in Bay Ridge.

Stewart's offers free wi-fi because while we appreciate nostalgia, we still have to live in the modern world.

Stewart's [8518 Fifth Ave. between 86th and 85th streets in Bay Ridge, (347) 497-4357, www.stewartsallamerican.com/bkny]. Open Sundays through Thursdays, 1 am-10 pm; Fridays and Saturdays, 7 am-midnight.



Pop eyes: Tattooed pastor Carl Lentz, who is the spiritual adviser to pop star Justin Bieber, will lead the three-day Hillsong Conference at Barclays Center starting on Aug. 1.

Associated Press / Bobeto Matthews

COMING SOON TO BARCLAYS CENTER

FRI, JULY 27

ESPORTS, OVERWATCH LEAGUE GRAND FINALS: \$60. 7 pm.

SAT, JULY 28

ESPORTS, OVERWATCH LEAGUE GRAND FINALS: \$60. 3 pm.

WED, AUG 1

RELIGION, HILLSONG CONFERENCE: \$200. tba.

THU, AUG 2

RELIGION, HILLSONG CONFERENCE: \$200. tba.

FRI, AUG 3

RELIGION, HILLSONG CONFERENCE: \$200. tba.

SAT, AUG 18

SPORTS, WWE NXT TAKEOVER: \$51-\$156. 7:15 pm.

SUN, AUG 19

SPORTS, WWE SUMMER-SLAM: \$550-\$600. 6:30 pm.

MON, AUG 20

SPORTS, WWE MONDAY NIGHT RAW: \$26-\$156. 7:30 pm.

TUE, AUG 21

SPORTS, WWE SMACK-DOWN LIVE: \$26-\$156. 7:30 pm.

FRI, AUG 24

SPORTS, POWER 105 PRESENTS BIG3: Three-on-three basketball tournament. \$24-\$750. 7 pm.

SUN, AUG 26

COMEDY, NICK CANNON PRESENTS WILD 'N LIVE: \$35-\$150. 8 pm.

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

FRI, JULY 27

OUTDOORS, FACE OF FIFTH AVENUE WEEKEND WALK: The avenue shuts down between 73rd and 83rd streets for special events, including a Best Dressed Pet Contest, free yoga, a silent disco, outdoor dining, and music from local bands. Free. 5-10 pm. (Fifth Avenue between 73rd and 83rd streets in Bay Ridge), www.bayridgebid.com.

THEATER, "ROMEO AND JULIET": The New York Classical Theater company's "panoramic theater" style will keep the audience moving from one location to the next as the action moves from the streets of Verona to the Capulet crypt. Free. 7 pm. Brooklyn Bridge Park, Pier One [Old Fulton Street at Furman Street in Dumbo, (718) 222-9939], www.newyorkclassical.org.

THEATER, "TWELFTH NIGHT": The Gallery Players perform Shakespeare's comedy about twins separated by a shipwreck. \$25 (\$20 seniors and children). 7:30 pm. Gallery Players [199 14th St. between Fourth and Fifth avenues in Park Slope, (212) 352-3101], www.galleryplayers.com.

MUSIC, TINARIWEN: A desert blues group from northern Mali that formed while in exile. Part of the Bric Celebrate Brooklyn! Festival. Free. 7:30 pm. Prospect Park Band Shell [Prospect Park West and Ninth Street in Park Slope, (718) 965-8900], www.bricartsmedia.org/cb.

THEATER, "ALL'S WELL THAT ENDS WELL": Shakespeare's comedy about a woman who follows her beloved to war comes to Fort Greene Park for one performance. Free. 7:30 pm. Fort Greene Park's Monument Steps (Washington Park between Myrtle and Dekalb avenues in Fort Greene), www.hip-tohip.org.

THEATER, "MARIE AND BRUCE": Wallace Shawn's 1978 comedy about a divorcing couple get a hilarious new production. \$18. 8 pm. Jack (505 Waverly Ave. between Fulton Street and Atlantic Avenue in Clinton Hill), www.jackny.org.

FILM, "VERTIGO": A former police officer is hired to shadow an acquaintance's wife in this classic Hitchcock noir thriller. Free. 8:45 pm. Narrows Botanical Gardens (Enter on Shore Road between Bay Ridge Avenue and 72nd Street in Bay Ridge).

OUTDOORS, FRIDAY NIGHT FIREWORKS: The boardwalk ignites every Friday night at dusk! Free. 9:30 pm. Coney Island Boardwalk (Boardwalk between W. Eighth Street and Stillwell Avenue in Coney Island), www.coneyislandfunguide.com.

NIGHTLIFE, BURLESQUE AT THE BEACH: Bambi's Burlesque Beauty Parlor: \$15. 10 pm. Sideshows by the Seashore (1208 Surf Ave. at W 12th St. in Coney Island).

WHAT TO DO 24 SEVEN EVENTS



The high line: The painting "Woman in Balance" is part of the Brooklyn Waterfront Arts Coalition summer show, opening July 28 at a warehouse in Red Hook. Liubov Brizhatuk

SAT, JULY 28

DINING, FIVE BOROUGH'S BREWING ANNIVERSARY PARTY: The Sunset Park brewery celebrates one year with a block party. Free. Noon-11 pm. Five Boroughs Brewing (215 47th St. between Second and Third avenues in Sunset Park), www.fiveboroughs.com.

DINING, THE TOTAL PARK SLOPE IMMERSION: Brooklyn Brewery hosts an afternoon of special deals at Park Slope bars and stores, including free beers, cheap food, and discounts on shopping. \$15-\$25. Noon-6 pm. McMahon's Public House (39 Fifth Ave. between in Park Slope), www.brooklyn-based.com.

ART, SUMMER SHOW: The Brooklyn Waterfront Artists Coalition hosts five different shows for its summer session. Free. 1-6 pm. Brooklyn Waterfront Artists Coalition [499 Van Brunt St., near Reed Street in Red Hook, (718) 596-2506], www.bwac.org.

MUSIC, MYRNA AND THE BULLDOGS: The band plays the opening reception of the Brooklyn Waterfront Artists Coalition's summer show. With Allergic to B's at 3 pm. Free. 2 pm. Brooklyn Waterfront Artists Coalition [499 Van Brunt St., near Reed Street in Red Hook, (718) 596-2506], www.bwac.org.

DINING, PRIDE 365 PARTY AND CAN RELEASE: A afternoon of drag and giveaways to celebrate the launch of Pride 365, a special IPA brewed in col-

laboration with the NYC Gay Craft Beer Lovers Meetup Group. Free. 1-9 pm. Coney Island Brewery (1904 Surf Ave. at W. 17th Street in Coney Island), coneyislandbeer.com.

THEATER, "THE WINTER'S TALE": Shakespeare's tragicomedy about a jealous king, a shipwreck, and a lost child, playing in the street in front of South Bar. Free. 6:30 pm. South Bar (Fifth Avenue between 17th and 18th streets in Park Slope), www.southbrooklynshakespeare.com.

FILM, "NAUSICAÄ OF THE VALLEY OF THE WIND": Hayao Miyazaki's animated film about a warrior princess screens after a show from Greenpoint guitarist Kaki King. Free. 7:30 pm. Prospect Park Band Shell [Prospect Park West and Ninth Street in Park Slope, (718) 965-8900], www.bricartsmedia.org/cb.

MMUSIC, "EVERYTHING OLD IS NEW AGAIN!": Jason Prover's Sneak Thievery Orchestra performs as part of the Hot Summer Nights concert series. Free. 8 pm. Lighthouse Bandshell at Kingsborough Community College (2001 Oriental Blvd. at Oxford Street in Manhattan Beach), onstageat.kingsborough.org.

NIGHTLIFE, MASSIVE STADIUM SILENT DISCO!: Dance the bases at MCU Park at this "silent disco" party. With glow in the dark gear, and a ticket to a future Cyclones game. \$25-\$30. 10 pm-2 am. MCU Park [1904 Surf Ave. at W. 17th St. in Coney Island, (718) 449-8497], www.quietevents.com.

SUN, JULY 29

MUSIC, HOORAY FOR HOLLYWOOD: Crooner Martin McQuade performs songs from the Golden Age of Hollywood musicals. With pianist Freddie Singer. Free. 3-6 pm. Circles Grill [6931 Third Ave. at Ovington Avenue in Bay Ridge, (718) 748-4611].

MUSIC, THE LOX: With Young M.A and Special Guest DJ Funk Flex, hosted by Torae. Free. 6 pm. Ford Amphitheater (3052 W 21st St. at the Boardwalk in Coney Island), fordamphitheaterconeyisland.com.

MON, JULY 30

SPORTS, BROOKLYN CYCLONES VS. TRI-CITY VALLEY CATS: \$12-\$19 (\$10-\$17 in advance). 7 pm. MCU Park [1904 Surf Ave. at W. 17th St. in Coney Island, (718) 449-8497], www.brooklyncyclones.com.

COMEDY, SIDE PONYTAIL COMEDY: The Monday night comedy show welcomes Joe Pera, Xazmin Garza, Mike Drucker, and more. Free. 8 pm. Friends and Lovers (641 Classon Ave. between Dean and Pacific streets in Crown Heights), www.fnlbk.com.

FILM, "LABYRINTH": A free outdoor screening of the classic fantasy film starring David Bowie as the Goblin King. Free. 8:30 pm. Parklife (636 Degraw St. between Third and Fourth avenues in Gowanus), www.parklifebk.com.

TUES, JULY 31

SPORTS, BROOKLYN CYCLONES VS. TRI-CITY VALLEY CATS: \$12-\$19 (\$10-\$17 in advance). 11:30 am. MCU Park [1904 Surf Ave. at W. 17th St. in Coney Island, (718) 449-8497], www.brooklyncyclones.com.

BLOOD DRIVE: The 62nd precinct holds a blood drive. Please bring ID and eat before you give blood. Free. 1-7 pm. Mobile van [1925 Bath Ave. at Bay 22nd Street in Bath Beach, (718) 236-2611].

MUSIC, FULL DISCLOSURE: Free. 7 pm. Dyker Park (86th Street at Seventh Avenue in Dyker Heights).

COMEDY, "HARRY THE FIRST": Drunk Restoration Comedy performs an alcoholic, Shakespeare-ified version of the first Harry Potter book. \$10 (\$8 in advance). 8 pm. Littlefield (635 Sackett St. between Third and Fourth avenues in Gowanus), www.littlefieldnyc.com.

WED, AUG. 1

MUSIC, RISE AGAINST: With AFI and Anti-Flag. \$27-\$100. 6 pm. Ford Amphitheater (3052 W 21st St. at the Boardwalk in Coney Island), fordamphitheaterconeyisland.com.

OUTDOORS, YOGA AT OWL'S HEAD PARK: Erica Ginger leads a yoga session on Wednesday nights. Bring your own

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COMIC

Continued from page 48

said Hamilton. "If you're bored to draw something, other people will be bored looking at it, and I enjoy drawing what I'm working on."

Levitz hopes that fans of detective genre will enjoy solving the case along with his protagonist, and says that future projects may take him even further from his superhero roots.

"I hope people who enjoy

reading mysteries will find this a fun read, and I think it's got some added satisfaction to offer as a layer cake with a surprising ingredient or two," he said. "After almost 500 superhero tales, I think my next few comics projects will all be a bit more unorthodox."

Paul Levitz and Tim Hamilton at *Anyone Comics* [1216 Union St. between Nostrand and Rogers avenues in Crown Heights, (347) 350-8422, www.anyonecomics.com]. July 27 at 7 pm. Free.



Super star: Paul Levitz returns to writing comics after 10 years as the president of DC Comics, with "Brooklyn Blood." Luigi Novi



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Have a party to remember at Sirico's

BY CAMILLE SPERRAZZA

When you've got 90 years of experience, you know how to throw awe-some parties.

Their grandparents may have started Sirico's Catering, but two cousins, Hercules and Jim Sirico, are the ones that keep these parties going every night.

Weddings

A bit overwhelmed with all to be done? Your life just got easier because everything you need is coordinated by Sirico's in-house wedding planner who directs the process.

Ceremony: Want to get married here? Say the word, and the planner will say, "I do."

Food: They get it. It's got to be good. With customized menus for every taste and budget, it will be. Guests enjoy drinks and food in a separate room for the cocktail hour, then make their way to another for dinner and dancing. Of course, there's a lovely bridal suite for the bridal party.

Music: The house DJ is young, hip, gets the party started, and keeps it moving all night long.

Pictures: Photos and videos will be treasured for a lifetime, so Sirico's works with proven photographers and videographers who make sure special moments are captured. The beautiful gardens and active fireplace in the lobby make perfect backdrops.

Decorations: Lighting sets the mood and atmosphere, so color-coordinate your event with an LED lighting package. It can match your wedding colors. Or, reach for the stars with specialized effects that include an image of a bright blue

sky. Sirico's has it all covered with chair draperies and sashes, too.

Sweet 16s

Busy moms can relax because Sirico's party planner has your back.

Your daughter's party starts in the Entourage Room where the guest of honor can wait with friends before the introductions begin.

Tropical Bar: Say aloha to the place where teens enjoy drinks that include virgin pina colodas, strawberry daiquiris, and frozen sensations.

Food: A buffet loaded with fun food, customize designed to taste. Among the offerings: taco stations, a mashed potato bar, and sliders. For dessert, there's an ice cream sundae bar, candy tables, and Sirico's famous chocolate fountain.

Decorations: Select from in-house designs and decorations, tailored to teens. Balloon center pieces are always a hit.

Other parties

Every special occasion calls for unique needs, and Sirico's accommodates them all. Whether it's an anniversary, retirement, Communion, Confirmation, corporate event, or other special occasion, Sirico's is the place to be.

There are party rooms that can accommodate up to 100, 200, and 300 people. Valet parking and a parking lot make it convenient for all guests.

Let's get this party started.

Sirico's Caterer's 8023 13th Ave. between 80th and 81st streets in Dyker Heights, (718) 331-2900, www.siricos.net. Open Tuesdays through Sundays, from 1:30 to 9:30 pm.

WHAT TO DO 24 SEVEN EVENTS

Continued from page 52

mat. \$5 suggested donation. 6:30pm to 8pm. Owl's Head Park (68th Street at Colonial Road in Bay Ridge), www.yogaginger.nyc.

MUSIC, THE FELLAS: Mo-town revue. Free. 7 pm. Marine Park (Fillmore Avenue at Marine Parkway in Marine Park).

FILM, "WEST SIDE STORY": The classic musical take on "Romeo and Juliet" set in 1950s New York. Free. 8:30 pm. Prospect Park Long Meadow North (Enter at Grand Army Plaza at Eastern Parkway in Prospect Park), www.prospectpark.org/summermovie.

THURS, AUG. 2

MUSIC, RANKY TANKY: The Charleston quintet combines jazz, blues, and gospel with songs from the Gullah culture of America's Southeast. Free. 12 pm. MetroTech Commons (Myrtle Avenue between Bridge and Lawrence streets in Downtown).

MUSIC, WIZ KHALIFA: \$11-\$370. 6 pm. Ford Amphitheater (3052 W 21st St. at the Boardwalk in Coney Island), fordamphitheater.coneyisland.com.

MUSIC, BADBADNOT-GOOD: Charlotte Day Wilson opens for the hip-hop group. Part of the Bric Celebrate Music! Festival. Free. 7:30 pm. Prospect Park Band Shell [Prospect Park West and Ninth Street in Park Slope, (718) 965-8900], www.bricartsmedia.org/cb.

FRI, AUG. 3

FRIDAY NIGHT BINGO: The senior center hosts a monthly bingo night with pizza, soda, coffee, cake, and plenty of bingo cards. \$12. 4:30 pm. Bay Ridge Center (6935 Fourth Ave. between Bay Ridge and Ovington avenue in Bay Ridge, (718) 748-0650), bayridgecenter.com.

ART, "PRACTICE IN PROGRESS" OPENING RECEPTION: An exhibit of 22 artists working at the foundation's gallery. Free. 6-8 pm. NARS Foundation [201 46th St. at Second Avenue, fourth floor in Sunset Park, (718) 768-2765].

MUSIC, LOST '80S LIVE: A concert featuring 1980s stars A Flock of Seagulls, Wang Chung, Naked Eyes, The Romantics, and more. \$20-\$99. 7 pm. Ford Amphitheater (3052 W 21st

St. at the Boardwalk in Coney Island), fordamphitheater.coneyisland.com.

MUSIC, NONAME: The poet and rapper performs. Topaz Jones and Jazze Belle open. Free. 7:30 pm. Prospect Park Band Shell [Prospect Park West and Ninth Street in Park Slope, (718) 965-8900], www.bricartsmedia.org/cb.

SAT, AUG. 4

READING, "A STORYTELLING OF RAVENS": Brooklyn author Kyle Lukoff reads from his witty picture book about collective nouns for animals. Free. 11 am. Books Are Magic (225 Smith St. at Butler Street in Carroll Gardens).

MUSIC, CONEY ISLAND MUSIC FESTIVAL: Three stages, vendors, and more. Free. 1:30 pm. Coney Island USA [1208 Surf Ave. at W. 12th Street in Coney Island, (718) 372-5159], www.cimusicfestival.com.

MUSIC, DEGRAW FEST: The Gowanus recording studio Degraw Sound hosts a daylong music festival. \$10. 2-10 pm. Littlefield (635 Sackett St. between Third and Fourth avenues in Gowanus), www.littlefieldnyc.com.

SPORTS, BROOKLYN CYCLONES VS. ABERDEEN IRONBIRDS: Seinfeld Night. \$12-\$19 (\$10-\$17 in advance). 6 pm. MCU Park [1904 Surf Ave. at W. 17th St. in Coney Island, (718) 449-8497], www.brooklyn-cyclones.com.

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<p>LEGAL NOTICE</p> <p>SUPREME COURT OF THE STATE OF NEW YORK - COUNTY OF KINGS</p> <p>ONEWEST BANK FSB, V. JOE KINLOCH; ET AL.</p> <p>NOTICE IS HEREBY GIVEN pursuant to a Final Judgment of Foreclosure dated September 02, 2014, and entered in the Office of the Clerk of the County of Kings, wherein ONEWEST BANK FSB is the Plaintiff and JOE KINLOCH, ET AL. are the Defendant(s). I, the undersigned Referee will sell at public auction at the KINGS COUNTY COURTHOUSE, 360 ADAMS STREET, ROOM 224, BROOKLYN, NY 11201, on August 9, 2018 at 2:30PM, premises known as 1741 EAST 93RD STREET,</p>	<p>LEGAL NOTICE</p> <p>BROOKLYN, NY 11236: Block 8324, Lot 26: ALL THAT CERTAIN PLOT, PIECE OR PARCEL OF LAND SITUATE, LYING AND BEING IN THE BOROUGH OF BROOKLYN, COUNTY OF KINGS AND STATE OF NEW YORK</p> <p>Premises will be sold subject to provisions of filed Judgment Index # 11228/2009.</p> <p>MARK STEVEN PIAZZA, Esq. - Referee. RAS Boriskin, LLC 900 Merchants Concourse, Suite 310, Westbury, New York 11590, Attorneys for Plaintiff.</p> <p>For sale information, please visit www.auction.com or call (800) 280-2832.</p>	<p>LEGAL NOTICE</p> <p>62 Riverdale Avenue LLC, Arts of Org. filed with Sec. of State of NY (SSNY) 6/12/2018. Cty: Kings. SSNY desig. as agent upon whom process against may be served & shall mail process to 584 East 94 St., Brooklyn, NY 11236. General Purpose.</p> <p>LEGAL NOTICE</p> <p>MIR GOLDIN INTERIORS LLC, Arts. of Org. filed with the SSNY on 06/05/2018. Office loc: Kings County. SSNY has been designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: Miriam Goldin, 1411 President St. FL 3, Brooklyn, NY 11213. Purpose: Any Lawful Purpose.</p>	<p>LEGAL NOTICE</p> <p>NOTICE OF FORMATION of limited liability company (LLC). Name: VOYAGE AFRIQUE CRUISE AND TOURS LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 05/21/2018. 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: OLUFEMI SODIYA 489 RUBY STREET APT 2 BROOKLYN, NY 11208. Purpose: any lawful purpose.</p> <p>LEGAL NOTICE</p> <p>NOTICE OF FORMATION of limited liability company (LLC). Name: LETTICE BEHAVIORAL CONSULTING LLC. Articles of Organization</p>	<p>LEGAL NOTICE</p> <p>filed with Secretary of State of New York (SSNY) on 07/12/2018. 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: JENNA LETTICE 1745 BROADWAY 8-1 NEW YORK, NY 10019. Purpose: any lawful purpose.</p> <p>LEGAL NOTICE</p> <p>NOTICE OF FORMATION of limited liability company (LLC). Name: WYLIE GOODMAN DEVELOPERS LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 05/15/2018. Office location: Kings County. SSNY designated as agent of LLC upon whom</p>	<p>LEGAL NOTICE</p> <p>process against it may be served. SSNY shall mail copy of process to: WYLIE GOODMAN 311 COLUMBIA STREET BROOKLYN, NY 11231. Purpose: any lawful purpose.</p> <p>LEGAL NOTICE</p> <p>NOVELLA GROUP LLC. Art. of Org. filed with the SSNY on 07/31/14. 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, Legalinc Corporate Services Inc., 967 Wehrle Drive, Suite 1, #086 Buffalo, NY, 14221. Purpose: Any lawful purpose.</p>	<p>LEGAL NOTICE</p> <p>GIANT VS. GIANT, LLC 620 WILSON AVE. BROOKLYN, NY 11207. Purpose: any lawful purpose.</p>
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2/\$5

12 Count Box Assorted

Maxwell House One Cup Coffee

\$6.99

10 Oz Brick Pack

Café Bustelo Coffee

2/\$5

11-14.8 Oz Pkg Country Style Oatmeal or Assorted

Keebler Chips Deluxe Cookies

2/\$4

10.07-15.35 Oz Pkg Assorted

Oreo Cookies

2/\$5

16 Oz Box ... Thin Spaghetti, Spaghetti, Elbows, Ziti Rigati, Ziti, Penne Rigate, Rotini, Rigatoni, Large Elbows or Medium Shells

Ronzoni Pasta

5/\$5

12 Fl Oz Can Regular, Low Fat or Fat Free

Carnation Evaporated Milk

4/\$5

68 Fl Oz Can

Capatriti 100% Pure Olive Oil

\$9.99

16 Fl Oz Btl Assorted

Kraft Salad Dressing

2/\$4

Assorted: 7-8.5 Oz Bag

Cheetos Snacks

2/\$5

14.5-15 Oz Can Assorted (Excludes: Organic)

Libby's Vegetables

3/\$2

20 Oz Pkg ... 4 Pack In Water

Bumble Bee Chunk Light Tuna

\$3.49

128 Fl Oz Cont Corn, Cornola or Vegetable

Wesson Oil

\$6.99

11.7-13.7 Oz Box Assorted

Club Crackers

2/\$5

7-8 Oz Pkg ... Assorted (Excludes: Cheese Cuts)

Cracker Barrel Cheese

2/\$5

24 Double Roll Pack Soft or Strong

Charmin Ultra Bath Tissue

\$9.99

8 Roll Pack Regular

Bounty Essentials or 8 Roll Pack ... 2 Ply Key Food or Urban Meadow Paper Towels

\$4.99

16 Fl Oz Cont Assorted Sorbetto or

Talenti Gelato

\$3.99

20 Roll Pack

Urban Meadow Bath Tissue

\$8.99

18-24 Count Pkg Assorted Mighty Pads

All Detergent

\$2.99

20 Fl Oz Pkg 12 Oz Assorted Beer

Coors or Miller 18 Pack

\$8.99

216 Fl Oz Pkg 12 Oz Assorted Beer

Budweiser or Bud Light 18 Pack

\$14.99

9 Oz Box Assorted Lean or

Hot Pockets Sandwiches

5/\$10

144 Fl Oz Pkg 12 Oz Assorted Beer

Beck's or Presidente 12 Pack

\$12.99

24 Double Roll Pack Soft or Strong

Charmin Ultra Bath Tissue

\$9.99

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