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## Plumb Beach fix blasted

BY DANIEL BUSH

The Army Corps of Engineers is torpedoing a crucial Plumb Beach rehab project needed to keep the Belt Parkway from falling into the Rockaway Inlet, outraged community leaders claim as they blasted the federal agency's decision to dump tons of sand onto the eroded beach before building the jetties that would prevent the new shoreline from being swept out to sea.

The Army Corps of Engineers will begin replenishing Plumb Beach's eroded coastline this fall, but admitted that the stone jetties that will keep the sand in place, also known as groins, won't be constructed until 2013 — which some residents see as a bone-headed move.

"When they start building the jetties, half of the sand will be back in the bay," Community Board 15 Chairwoman Theresa Scavo said. "What's going to stop the sand from going back into the water if the groins aren't built yet?"

Anthony Ciorra, the Army Corps's Plumb Beach project manager, said his agency hasn't received the funding to build the groins, and Plumb Beach can't wait another year.

"We're going to need around \$2 million to build the groins," Ciorra said. "But we're confident we will get that funding."

*Continued on Page 14*

# FIELD HOUSE OF FRUSTRATION



**WHAT'S THE HOLDUP?:** Marine Park resident Ray Torres would love to know why he hasn't seen any work being done on the Marine Park Field House — in over five months.

## Construction stalled again at center

BY COLIN MIXSON

If you thought work has slowed on the new Marine Park Community Center, you'd be wrong — it's stopped completely, city Parks Department officials confirmed this week.

The city Comptroller's Office cut off the project's funding in December — stopping the one-story green community center that ballooned from \$6.5 to \$16 million in its tracks.

Brooklyn Borough Parks Commissioner Kevin Jeffrey said construction workers walked off the site after not getting paid for several months worth of work.

Yet the Comptroller's office said that Parks Department officials were the ones who goofed.

The agency was supposed to  
*Continued on Page 14*

**INSIDE**



Your entertainment guide **Page 16**

Police Blotter .....8  
 Letters.....42  
 It's Only My Opinion.....43  
 A Britisher's View .....43  
 Not For Nuthin' .....43  
 Sports.....49

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# NAZARETH IS SAVED

## Martha Stewart's former CEO pulls embattled school back from the brink

BY ELI ROSENBERG

Nazareth High School has been saved — and it has Martha Stewart Living to thank for its survival.

Sharon Patrick, the former CEO of the lifestyle guru's magazine and television empire and the aunt of a teacher at the embattled 50-year-old Catholic institution, offered Nazareth High School a \$500,000 loan.

The loan allowed the school to meet fundraising goals set by the Brooklyn Diocese before it could be allowed to remain open, school guidance counselor Nancy Robert said.

"We are just very, very happy," said Roberts, who led the effort to keep Nazareth open.

"The board came through and has been working on the development of the school's business plan."

The Diocese demanded that Nazareth enroll at least 80 students for the fall semester — the school ultimately enrolled 81 — create a sustainable business plan for the future, and raise over \$700,000, most of which came from Patrick's loan.

Patrick is very close to Stewart and drew up the business plan that turned the one-time caterer into a household name. Patrick ran Stewart's company in 2004 after the decorating icon was sentenced to five months in prison for lying to detectives investigating claims that she had dabbled in insider trading.

Martha Stewart's Living boasted a magazine circulation of more than two million in 2011.

Once Nazareth High School reached its goals, the



Photo by Paul Martinka

**SAVED:** Nazareth High School in Flatbush will not close thanks to a last-minute donation, so Lament Fraser (right), who will graduate this year, won't be a member of the last senior class, and it's girls' basketball team, led by Brianna Sidney (far right), will play again.



Photo by Paul Martinka

Diocese gave its new principal four years to show that it could be solvent, Robert said.

The remarkable turnaround furthered the Cinderella story surrounding the small school, where 98 percent of its student body graduates and 96 percent of its graduates attend college.

The school, which counts actor William Forsythe and former Knicks player Stewart Granger among its alumni, staged a walkathon, held a bake sale and sold T-

shirts, but raised a little over \$200,000 — not enough to pay off its \$500,000 debt to the Brooklyn Diocese, according to the New York Post.

Councilman Jumaane Williams (D-Flatbush) said he was impressed with how the community joined together to save the school.



File photo by Denis Costey

"For the many who thought its closure was ensured, this is proof positive of the power people possess when they band together and are committed to the right cause," he said.

After the six week roller-coaster ride where they didn't know if the school

would be open in September, Nazareth teachers say they're glad they can finally focus on what's important: educating students.

"It's been very stressful," said Monique Fisher, a math teacher at the school and a 1982 graduate. "Now I can finally go back to teaching."



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## Jeffries-Barron report card

BY DANIEL BUSH

Longtime Rep. Ed Towns's decision to retire after nearly 30 years cleared the way for a Democratic showdown between Assemblyman Hakeem Jeffries (D-Fort Greene) and Councilman Charles Barron (D-Canarsie). Both men are expected to do well on their home turfs, meaning the race could be decided by voters in several Southern Brooklyn neighborhoods that were added to the district this spring. For anyone playing catchup, here's a quick primer on the candidates, and their thoughts on Walmart, which wants to open in East New York's Gateway II shopping center.

### Hakeem Jeffries

**From:** Crown Heights

**High school and college:** Midwood High School, SUNY Binghamton, Georgetown University and New York University.



**Job before politics:** Full-time attorney.

**Biggest gripe about Congress:** Partisan gridlock.

**Top priorities for the district:** Creating housing and jobs.

**Position on Walmart coming to Brooklyn:** "I'm not convinced that Walmart is appropriate for [the borough] at this time."

### Charles Barron

**From:** Manhattan

**High school and college:** GED and the City College of New York.



**Job before politics:** Owned a leadership training company.

**Biggest gripe about Congress:** "We bailed out crooks on Wall Street, yet we don't have enough money for our children to go to college, or get health care and jobs."

**Top priorities for the district:** Creating industrial and manufacturing jobs.

**Position on Walmart coming to Brooklyn:** Vocal opponent of Walmart setting up shop in the borough.

# WAR FOR THE SOUTH

## Insiders: Right-leaning areas will make or break campaigns

BY DANIEL BUSH

The Democratic primary between Assemblyman Hakeem Jeffries (D-Fort Greene) and Councilman Charles Barron (D-Canarsie) could come down to voters living in Coney Island, Brighton Beach, Marine Park, and Bergen Beach — conservative neighborhoods that were added to the expansive Central Brooklyn district last month.

Political insiders say the candidates battling to replace Rep. Ed Towns, who announced his retirement last week after nearly 30 years in Congress, are expected to carry their home turfs and run competitive campaigns in Bedford-Stuyvesant, but whoever picks up more votes in the mostly white, right-leaning portion of the district could win the race.

"Southern Brooklyn is going to make the difference in this election," Canarsie District Leader Frank Seddio said.

Neither black candidate is known in Southern Brooklyn, where Democrats tend to vote more conservatively than elsewhere in the borough.

When borough congressional maps were redrawn last month as part of the decennial redistricting process, Towns received neighborhoods once represented



**SOUTHERN BROOKLYN BOUND:** Assemblyman Hakeem Jeffries is vying to replace Rep. Ed Towns. Photo by Stefano Giovannini

by Reps. Bob Turner and Anthony Weiner, who stepped down in disgrace following a sexting scandal. Weiner's former district, which includes Bergen Beach and Marine Park, is mostly Democratic, but tends to vote Republican.

In 2010, Rep. Jerrold Nadler — whose district includes a swath of real estate that stretches from the Upper West Side to Seagate and Brighton Beach — neighborhoods Jeffries and Barron are now fighting for — lost the two communities to his Republican opponent Susan Kone. Kone won 60 percent of the ballots cast in the area — and also triumphed

in the assembly district that includes Manhattan Beach. Nadler was still victorious, however, gaining steam in the northern parts of his district.

Jeffries, a Crown Heights native, said he's focused on winning over swing voters in Southern Brooklyn's "batleground communities."

"I've spent an increasingly significant amount of time in the southern portion of the district," Jeffries said.

Political groups such as the influential Thomas Jefferson Democratic Club, Councilman Domenic Recchia (D-Coney Island) and other elected officials are already lining up behind the more moderate Jeffries, who they say is a better fit for the district than Barron — a bombastic orator known for his fiery speeches and controversial racial views.

Barron downplayed Jeffries' endorsements, and says he often fights for neighborhoods such as Coney Island.

"This is not my first time in Coney Island — I've been out there before," said Barron, who voted against the city's rezoning of the People's Playground in 2009. "I don't need to come up with some slick way to get votes. I just have to present myself to these communities."

But Seddio said Barron's popularity in Brownsville

might not translate in Bergen Beach.

"If he's planning to change his rhetoric I don't think that anybody's going to be fooled," said Seddio, who's backing Jeffries. "Charles has made many, many remarks over the years that people consider offensive. I don't think he can get around that."

Barron nearly beat Towns in a three-way primary in 2006, thanks to a strong showing in Central Brooklyn. But he only captured a paltry 31 percent of the vote in Democrat Assemblyman Alan Maisel's district, which includes Marine Park, Mill Basin and Bergen Beach.

Barron raised \$132,000 for the 2006 campaign. This time around he's only raised \$42,089, according to campaign finance records.

Jeffries hauled in \$237,587 in the last three months, and has just under \$400,000 cash on hand.

Political analysts said the Fort Greene pol's fundraising advantage makes him the odds-on favorite in the June 26 primary.

"Barron has the populist argument and Jeffries has the money," said Hank Sheinkopf, who worked for Towns before the veteran lawmaker announced he would not seek reelection. "You have to give Jeffries the edge."

## Recchia reversal: Pol now singing Dewey's praises

BY WILL BREDDERMAN

Councilman Domenic Recchia, a proud graduate of John Dewey High School, came out swinging for his alma mater during a Department of Education hearing on the Gravesend school's possible closure — three months after he demanded the city gut the failing institution's administration.

In January, Recchia (D-Coney Island) demanded that the Department of Education boot longtime Principal Barry Fried, the man

the lawmaker said was responsible for killing Dewey's alumni association.

Many felt the councilman's claims were a tacit endorsement of the city's plans to enroll Dewey into the Department of Education's Turnaround Program — where a failing school could receive an influx of federal tax dollars as long as its given a new name and the principal and half the staff are fired — but Recchia said the exact opposite on Tuesday when he begged Deputy Schools Chancellor



**TRUE TO HIS SCHOOL:** Councilman Domenic Recchia.

March Sternberg to keep Dewey open.

"Let's bring back the

school, let's bring back the arts. Let's bring back the auto shop," Recchia said as he and 30 Dewey supporters sang the school's praises. "Come down here and see what a wonderful school this is, how wonderful the students are, and how wonderful the staff is."

Recchia told Brooklyn Daily that he never supported the Turnaround plan — he just wanted the Department of Education to get rid of Fried, who resigned last month.

A Department of Educa-

tion spokesman said that Dewey's new leader, Principal Kathleen Elvin, will remain in place if the city's Panel for Education Policy decides to close the school and rechristen the building 21K415 in exchange for \$1.6 million in federal grants.

Sternberg said Dewey has persistently underperformed in both academics and school safety and would benefit from the Turnaround model. Dewey is on the state's list of chronically low-achieving schools and has received Cs on its last three city-issued

report cards.

Yet Recchia and other Dewey supporters said the school has seen some substantial academic gains since 2009 and blamed Fried for the school's safety problems.

"Damage was done to the school," Recchia said. "Children will be scarred for the rest of their lives. We should keep the staff and give them the chance to work with the new leadership."

The Department of Education Policy will decide the school's fate next week.



**THE RIGHT TOOLS:** (Above) Paul Leung wielded a shovel at the spring cleaning. (Center) A teenage mop squad charges down 18th Avenue. (Right) Kiddies chip in. Photos by Steve Solomonson



## Kids help spruce up Brooklyn

BY DANIEL BUSH

Cleaning up Brooklyn was all in a day's work.

More than 100 youngsters joined Assemblyman William Colton (D-Bensonhurst) on April 21 to sweep up 86th Street between 18th and 23rd avenues, and remove garbage from a trash-strewn stretch of 18th Avenue between Bath Avenue and 82nd Street.

Students from several neighborhood groups, including the Midwood High School Environmental Club, Youth Action Team, Our Lady of Grace Boy Scouts Troup, and United Chinese Association of Brooklyn pitched in to help Colton beautify the neighborhood.

"I continue to be proud and amazed by the commit-

ment of our neighborhood's young people," said Colton, who's organized similar cleanups on Kings Highway and Avenue U. "They understand that keeping our neighborhood clean keeps our quality of life great."

The city supplied shovels, rakes and gloves to participants who sacrificed their Saturday morning to scoop up cigarette butts,

bottles, plastic wrappers and other debris from bus stops and gutters.

"That's what happens when people litter," said Steve Chung, the president of the United Chinese Association.

"The kids learned that if you don't get together and clean up you end up living in a dirty environment. Nobody wants that."

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# It's ladies night

## Feminist fete at Brooklyn Museum

BY AARON SHORT

The Brooklyn Museum welcomed a diverse crowd of legendary ladies for a special celebration of feminist ideals — and no we're not talking about Judy Chicago's "The Dinner Party."

Gloria Steinem, Toni Morrison, Connie Chung, and other icons celebrated the fifth anniversary of the Brooklyn Museum's ground-breaking Elizabeth A. Sackler Center for Feminist Art on Wednesday, partying until the lights went out at midnight.

The event drew scores of boldfaced names including the museum's honorary chairwoman, Marisa Tomei, philanthropist Elizabeth Sackler, and artists including Chicago, Amy Sillman, Liz Magic Laser, Swoon, and Kate Gilmore, who toasted 16 pioneering women for their leadership in the arts, government,



**ART LOVERS:** (From left) Sanchia Hazel, Councilman Domenic Recchia, and Philip Halliburton relax in the lobby. Photo by Stefano Giovannini

business, and education.

Surprises abounded throughout the night, when Sackler announced to the crowd that the Museum had dedicated a new hybrid rose in Steinem's name and that she would endow a permanent feminist art curator at the museum — the first such position in the country.

At about 9 pm, the Museum opened the doors for a W Magazine-sponsored after-party, featuring a futuristic green-screen photo booth, glasses of Brooklyn Brewery's bubbly Belgian-inspired ales, and a sound cloud of pop music tunes mixed by DJ of the moment Mia Moretti.

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# 'FAMILY' RESTAURANTS

## Boro's Italian eateries flooded by fake relatives

BY NATALIE O'NEILL

Name-dropping customers who want hook-ups at Italian restaurants have a suspiciously and hilariously loose definition of "famiglia," Brooklyn restaurateurs say.

Patrons seeking free grub and reserved tables are capitalizing on the family-centric culture by claiming they're related to restaurant owners — especially proprietors unfortunate enough to have their names on their storefronts.

At Giovanni's Brooklyn Eats in Windsor Terrace, manager Michelle Pagliarella claims customers often pull the "cousin card" when trying to reserve a table, sometimes after they learn the place doesn't take reservations.

"They say, 'I know Giovanni; he's the family — put me down for four,'" she said. "Everybody thinks they know him."

But there's one dead giveaway: most of Giovanni's real blood relatives call him "Jon."

Of course, name-dropping

isn't just limited to the borough's roughly 400 Italian joints — hostesses at great restaurants everywhere witness the same thing. But there are a couple of factors that make the kitchen-side phenomena flare up like a brick oven, Italian food experts say.

Esquire magazine food writer and author John Mariani said Italian restaurateurs in the borough often create a warm, Sicilian-inspired "mom-and-pop"-style atmosphere — which can make a regular feel, well, like family.

Those owner-operated joints also tend to skip somewhat-high-tech software such as OpenTable, which allows wait staff to make who's-who notes about "important tables," including the location of movie stars, big spenders, or relatives of owners.

"It tells them if you're the president of Goldman Sachs or if you ordered the expensive merlot last time — but mom-and-pops don't usually screen people that way."

Jon of Giovanni's Brooklyn Eats

sure doesn't — and he's not the only pasta slinger who apparently has a bajillion "brothers."

Anthony Caravello, who runs Francesco's — a Carroll Gardens pizzeria named after his father, Frank — said a handful of regulars are guilty of gunning for less-than-honest tiramisu comps.

"Everyone likes to feel special and important," said Caravello. "It's a cultural thing — you send over a glass of wine."

Caravello draws the line when people accidentally call him "Frank."

Vito Randazzo, owner of Graziella's in Fort Greene, has some lines of his own.

Folks sometimes claim to be his cousin in order to score rooftop seating — but they usually don't get away with it, thanks to manager Frank Clemente's investigative skills, which happen to be sharper than aged parmigiano.

"Sometimes I'll just say, 'Sorry, sir, Vito doesn't know you,'" Clemente said.



**REAL FAMIGLIA:** Deal-seekers sometimes claim to be cousins of Vito Randazzo to get perks at his Fort Greene restaurant Graziella's. But don't try it — his real "famiglia" is documented — on the wall. Photo by Stefano Giovanni

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# Motorists: Don't change Fourth Ave.

## Drivers fight Beep's beautification plan

BY WILL BREDDERMAN

Proud Bay Ridge motorists drew a line in the asphalt against Borough President Markowitz's plan to rejuvenate Fourth Avenue last week — demanding that the task force assigned to redesigning and beautifying the dangerous roadway keeps its hands off their cherished car lanes.

"It takes me 35 minutes to go from 69th Street to Atlantic Avenue, off-rush hour," griped Community Board 10 member Greg Ahl during an April 18 task force meeting at Our Lady of Angels Church. "Reducing the number of lanes on Fourth Avenue is only going to make it worse."

Markowitz wants to transform Fourth Avenue from the Verrazano-Narrows Bridge to Atlantic Avenue into a tree-lined stretch replete with street furniture and wider sidewalks, leafier curbs, brick crosswalks and pedestrian walkways that will have space for vendors.

He has enlisted grad students from New York University's Urban Planning program to help him flesh out his vision for the boulevard, where six-lanes transport motorists from Downtown to Sunset Park, then shrink to four lanes



**LANE RAGE:** Motorists lashed out against Borough President Markowitz's plans to rejuvenate Fourth Avenue this week, fearing the Beep wants to slow down traffic on the popular strip.

Photo by Steve Solomonson

between 65th Street and Shore Road.

The National Highway Traffic Safety Administration said the six-mile thoroughfare was the third most dangerous road in Brooklyn, tied with Avenue U and Eastern Parkway. Four pedestrians were killed on the strip between 2008 and 2010, but the National Highway Traffic Safety Administration report did not indicate just where these fatal accidents occurred.

Yet Shore Road resident Allen Bortnick, who tried to get the city to rent him a public parking spot outside of his building earlier this year, said Markowitz's plans for Fourth Avenue will destroy a motorist's day.

"The Department of Transportation has made its mind up to destroy traffic in New York," Bortnick said. "My fear is this is just part of a plan to reduce the number of lanes on a major thoroughfare," Bortnick said. "Beautify the building facades all you want. But keep it curb-to-block, not curb-to-curb."

CB10 member Ann Falutico told task force attendees that any attempt to limit traffic on Fourth Avenue would cause an exodus from New York.

"Creating an environment that is frustrating for drivers does not change things, it does not turn the world around, it just encourages people to move to New Jersey," said Falutico.

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**Would-be killer**

Cops arrested a 20-year-old they say tried to kill someone on E. 51st Street on October 18, 2011.

Witnesses told police that the suspect was near Avenue M at midnight, when he began unloading a firearm into a group of people, striking one person in the body.

**Laptop down**

Cops arrested a 21-year-old man for allegedly burglarizing an E. 69th Street apartment on April 23, taking various electronic devices.

The suspect entered the victim's home between avenues N and T through a rear window sometime after 7:41 pm, taking a Toshiba laptop and a Samsung television, cops said. When police arrested the suspect, they found the victim's property in his closet, according to DA Charles Hynes.

**Bash and slash**

Cops arrested a 43-year-old man for allegedly slashing a man inside an Avenue J home on April 18.

The victim told police that he was arguing with the suspect between E. 56th and E. 57th streets at 11 pm, where he was



engaged in an argument with the suspect. The suspect left, but returned later with another man, who held the victim against a wall, while the suspect punched him and then slashed his face with an unknown object, according to court papers.

**61ST PRECINCT**

SHEEPSHEAD BAY-MANHATTAN BEACH-  
HOMECREST-GRAVESEND

**Violent tutorial**

A 25-year-old man was arrested on April 2 for allegedly shooting another man on Avenue W — but not before he showed an unapprehended accomplice how to pull the trigger.

The victim told police that he, the suspect and another man were arguing between Nostrand Avenue and Batchelder Street at 9:20 pm when the suspect drew a revolver and handed it to his friend.

The other suspect placed tow rounds into the gun as his tutor explained how to use the weapon, but then he grabbed the gun, pulled back the hammer, and shot the victim in the abdomen, police said.

**Knife waving**

Police arrested a 38-year-old man for allegedly threatening another man with a knife inside of an Avenue U restaurant on April 19. The victim told police that he was inside the kitchen of the eatery between E. Eighth and E. Ninth streets at 3:30 pm when the suspect drew a knife and waved it at him.

**Drunk driver**

A 39-year-old man was arrested for driving drunk on Emmons Avenue on April 22. The arresting officer said he observed the man inside a 2008 Chevy Malibu near Bedford Avenue at 2:10 am, when he noticed the man exhibiting the telltale

signs of intoxication: red, watery eyes, an alcoholic odor, and an unsteady gait. After tests were conducted, it was determined that the man's blood alcohol content was well over the legal limit.

**Beat down**

A 30-year-old man was arrested for beating another man on E. 10th Street on April 19. The victim told police that he was between Avenue P and Quentin Road at 5 pm when the suspect began throwing some punches and kicks his way. Eventually, the victim fell to the ground, where the suspect continued to shower him with kicks to his ribs, cops said.

**70TH PRECINCT**

MIDWOOD-FLATBUSH

**Car crook**

Cops arrested a 29-year-old man for allegedly pilfering a woman's car on Caton Avenue on April 22.

The victim told police that she was walking toward Marlborough Road at 11:55 pm when she noticed the suspect sitting inside of her 2009 Honda Accord. After the man left, she found that her property was strewn throughout her car and that some pricey makeup she owned was missing. She also found a set of keys, which were not compatible with her Honda, jammed into the ignition, she said.

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# Child forced to testify against horror mom

A 6-year-old boy defended her murder-suspect mother this week, claiming that he never saw her raise a hand to her slain sister.

Prosecutors claim that Carlotta Brett Pierce bound, beat and starved her daughter Marchella to death — to the point that when an autopsy was performed on the 4-year-old, it found that she had one single kernel of corn in her stomach.

Yet little Tymel Pierce, who testified via a TV monitor at her mother's trial, said he didn't see anything prosecutors described.

"No," Pierce said when prosecutor Perry Cerrato asked him if his mom tied Marchella to the bed.

But when Marchella died, his mother, who he called "my old mommy," lied about what happened.

"When I woke, my mom said she fell down the stairs," he said.

Pierce is facing life in prison for killing little Marchella, who was disabled, bed ridden, and born with a medical condition that forced her to eat and breathe out of feeding tubes.

Marchella died on Sept. 2, 2010, allegedly after days of torture at the hands of her mother, prosecutors said.

Police say Pierce tied her daughter to a bed inside their apartment and battered her with household items. She also allegedly deprived her of food and water.

When Marchella died, she weighed just 18 pounds, prosecutors said, and police found marks on her wrists and ankles, a sign that she had been bound by cords.

Pierce was charged with murder after an autopsy



showed Marchella died of "child abuse syndrome."

Pierce's mother and Marchella's grandmother, Loretta Brett, is facing manslaughter charges for not preventing the child's death.

Brooklyn DA Charles Hynes also charged two city Administration for Children's Services workers for allowing the alleged torture to continue by not bothering to follow up on Marchella's case — a point defense attorney Alan Stutman raised during his opening statements, where he laid most of the blame on city social service agencies who were responsible to check on the child's condition.

"There was no one there to support her," Stutman said. "There was no one on the outside knocking on the door."

Pierce's trial continues this week.

## Smuggler to get 20 years

An antiques dealer is facing 20 years in prison now that he's pleaded guilty to smuggling Egyptian artifacts into the country — and lying to investigators about how much the artifacts were worth.

Prosecutors said that Mousa Khouli, also known as "Morris Khouli" admitted to smuggling out several Egyptian artifacts out between 2008 and 2009, specifically a Greco-Roman style Egyptian coffin, a three-part nesting coffin set, a set of Egyptian funerary boats, and Egyptian limestone figures.

Prosecutors claim the artifacts were smuggled out of Dubai and the United Arab Emirates using a variety of illegal methods. Khouli would often provide falsified documents about what he was transporting when stopped by U.S. Custom and Border Protection Agents and would provide misleading descriptions on content and shipping manifests, making inspectors believe that the items were made of wood, when they were in fact priceless artifacts.

Investigators found the artifacts in Khouli's home, as well as a home of a co-conspirator when the two men were indicted in 2011, a U.S. Attorney's office spokesman said.

Attempts to reach Khouli's lawyer was unsuccessful by Monday night.

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**THEY CAN DANCE:** (Above) Choreographer Sarah Rodak performs her dance "Cupid Variations" at the Salt Marsh Nature Center in Marine Park on April 22. (Center) Avital and Adi Weinberg perform choreographer Phil Stambaugh's "One Day." (Right) Yaritza Pendergast performs Diana Perez's "Turkish Delight."

Photos by Steve Solomonson



## Dancers honor Mother Nature

BY COLIN MIXSON

Mother Nature was feted in grand style on Sunday as members of the Brooklyn Dance Center celebrated Earth Day with elegantly choreographed twists, twirls, swoops and songs.

Brooklyn Dance Center Director Gail Kroog said she was astounded by the standing-room-only crowd at the Salt Marsh Nature

Center on Avenue U — especially since heavy rains had washed out most Earth Day events across the borough.

"We did it indoors," Kroog said. "It was kind of nice because it was very cosy inside, even though we can see the rain coming down outside."

The troupe's dances included original ballet, a belly dance, and hip-hop routines composed spe-

cifically for the Earth Day event. All of the dances were performed by Dance Center students whose ages ranged from 10 to 50.

Other Earth Day attractions included singer August Michael and modern shaman Roman "Redhawk" Perez, who performed a traditional Native American blessing replete with drums, flutes and another dance designed to

ensure the continued health of Marine Park's salt marsh habitat, Kroog explained.

"Dancers, singers, and Native Americans volunteer every year," Kroog said. "It's kind of a tradition, and it's good for the Salt Marsh Nature Center, because the marsh is a very important habitat for birds and other animals. It's really an important place."

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## A New Level of Style and Comfort

*Transit retiree gives his home a makeover, thanks to Housing Rehabilitation Assistance*

Tito Soto likes to see people working, especially in these difficult times. So when he decided it was time to renovate his entire home, he was glad to hire a crew of construction workers who were hungry for new work.

"They're...very hardworking guys," said Soto, who learned plenty about hard work during his 32-year career with the MTA. "I'm happy to be putting people to work with the way the economy is. I told them every day, 'I'm glad to see you guys working.'"

Soto didn't select the crew from New York Construction all on his own. The company was pre-screened for him by the group that helped make the entire project — and the jobs it created — possible: Housing Rehabilitation Assistance (HRA).

HRA is helping homeowners all over the city and Long Island to complete the home renovations of their dreams. The HRA succeeds by not only screening for the best contractors but by working with banks to get the loans and by finding extra financial assistance for clients who qualify. They also use tax breaks that come with energy-efficient door and window treatments, and new insulation to save. Most importantly, they ensure the job is always done right by holding contractors' payments in escrow until clients certify that



Rich wood cabinets, granite countertops and ceramic brick make Tito Soto's kitchen more inviting than it's ever been.

they're absolutely satisfied.

"The services offered by the HRA extend beyond just financial assistance for home improvement projects," an administrator with the program explains. "We have implemented numerous processes to ensure that projects completed by HRA-approved contractors are done to the homeowner's satisfaction."

Soto's home, built in 1920 in the Bronx, provides a perfect example of how utilizing HRA can help any homeowner. For years, the house had a roof that leaked, a drafty foyer, some bad floor joists and a small kitchen that needed a modern makeover.

Soto wasn't looking to upgrade the home he's lived in for 27 years just for himself. Following his daughter and grandchildren's move to the suburbs, he's decided it's getting near time to sell. So, he needed more curb appeal and a more inviting interior.

"I'm fixing it up for the next owner," he said. "It's cozy and I love it, and if it wasn't for the snow and the grass and everything else, I'd stay here. But I don't need a house. It's just me; the kids are gone, and it's time to move on."

The HRA-approved workers began by replacing the roof to fix those pesky leaks. Inside, the kitchen now features new granite countertops and complementary floor tiles in soft, eye-pleasing earth tones, real-wood cabinets, a gleaming stainless steel stove and a new door, amongst other new amenities.

It's not just the parts you see that have been upgraded. The HRA-approved crew removed and replaced all the walls, the floor, the joists below it and the ceiling. Because the home had settled over the years, when they replaced the rafters they

also raised the floor. They then lifted the ceiling a little, allowing those new wood cabinets to fit.

That's how it is with the contractors HRA supports — they respond to whatever unique needs a client has.

In the foyer, the crew removed the old ceiling, walls and front windows. They replaced any rotted beams because of the leak and put in a beautiful new bay window that gives the home's curb appeal a major boost.

"It's a tremendous difference," Soto said. "Without a doubt, just seeing it adds value to the house."

Like many HRA clients, Soto found out about the program through a card that came in the mail. Deciding it was worth checking out, he called and met with HRA representatives, who explained how the program works.

"They were very amiable," he said. "They make you feel comfortable, because it is a big investment."

He received financial assistance for the window treatments and help with getting the loan that covered most of the project, and has remained in touch with his HRA representative as the work continues.

"I would recommend them to anybody," Soto said.

To find out if you qualify for the Housing Rehabilitation Assistance program, just call HRA toll-free at 866-504-0624. Tell them you read about the great job they're doing for Tito Soto, and they'll be sure to give you the same level of excellent service.

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# Visions of a Velodrome

## Deep-pocketed cyclist donates \$40M to Bklyn Bridge Park

BY DANIEL BUSH

A wealthy cyclist will pay the city \$40 million to build an athletics complex featuring a velodrome at Brooklyn Bridge Park — realizing the longtime dream of open space advocates whose hopes were dashed last year when park officials pulled the plug on a modest sports bubble.

On Thursday millionaire philanthropist Joshua Rechnitz announced he will donate the eye-opening sum — which is one of the largest ever made to a single park in city history — to cover the costs of a year-round recreational facility on Furman Street near Pier 5.

“We want this to truly be a community endeavor that will add amenities for park users and provide a much needed all-weather sports facility,” said Rechnitz, a grandson of the late investor Robert Heilbrunn and founder of NYC Fieldhouse, an organization that’s spent years searching for a suitable site in the city to build a competitive track cycling arena.

The center’s main feature will be the 200-meter inclined cycling track,



**SPEEDING THROUGH:** A wealthy philanthropist plunked down \$40 million so the city would build a velodrome near Pier 5 in Brooklyn Bridge Park.

Photo by Stefano Giovannini

equipped to host major races. Plans for the massive building — which is slated to be roughly the size of two football fields — include space for high school, college, and professional sports such as basketball, tennis, and gymnastics, as well as amenities including a public boathouse and bathrooms.

Rechnitz’s fieldhouse by the foot of Joralemon Street will replace the proposed sports bubble, which would have been open from December to March but did not include rest rooms or locker rooms.

The city secured \$750,000 for the construction of the bubble last August, after the state and Mayor Bloomberg struck a controversial deal to allow luxury housing in the park to pay for its \$16-million annual upkeep. But the bubble plan popped four months later after the city failed to attract a developer to fund the rest of the project.

The project’s collapse infuriated community leaders who have pushed for an indoor recreational complex on the Brooklyn Heights waterfront for the past 30 years. Indeed, the

park’s original master plan in 2000 included a sports hub on Pier 5, but the design was ditched in favor of the seasonal structure that the city eventually abandoned.

Park advocates cheered Rechnitz after learning of his enormous donation.

“Anyone who would do this deserves a big salute,” said Judi Francis, the president of the Brooklyn Bridge Park Defense Fund. “This is a big step in the right direction, and reinforces what we’ve been saying all along.”

The city is moving forward with the rest of its plans for Pier 5, which include a regulation-sized soccer field, a playground, promenade and barbecue station at the southern end of the \$350-million, 85-acre waterfront open space.

The Bloomberg administration agreed to spend \$55 million, but cut its share down to \$44 million during last summer’s bruising fight over housing in the park. The city announced on Thursday that the funding will be restored — but the reversal was largely overshadowed by news of the park’s unlikely new benefactor.

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## Field

*Continued from page 1*

hold a citywide bid search for a qualified crew to install the project's highly-technical heating, ventilation and air conditioning system, but decided to give the job to T. Moriarty and Sons, one of the construction crews already working on the project, the spokesman said.

The move was against city policy, so the Comptroller's Officer blocked the project's funding until a proper bidding process could begin.

Jeffrey admitted the mistake to members of the Marine Park Civic Association last week.

"There's fine language that indicates we should have gone to bid instead of assigning the work to an existing contractor," Jeffrey said. "One of the challenges with going to bid is

the length of the process. It would throw us back another six to nine months, but we already have Moriarty down there on site and he was proven to be a very qualified contractor."

Jefferies told Association members that he expects work on the community center to resume in May. The six months of work left on the project should be completed sometime in November, he said.

Community leaders were surprised that the city was taking so long — and spending so much money — to create a one story building that's essentially a community room with a toilet

"At this moment we don't have any faith," said Barusso. "We hope that Commissioner Jeffrey has the know how to get it done. But I don't have faith in Parks. If May comes and we see work being done then our faith will be restored. If not, I don't think there will be

any faith left." Others scoffed at the project's hefty price tag.

"The building is in the neighborhood of \$5,000 per usable square foot," said community activist John Manzola. "The cost of building a skyscraper in Manhattan would be cheaper per square foot and, in this case, we didn't have to buy the land!"

Who's watching the money?" he asked. "Fidler gets the money, drops it into the Parks Department's lap, and the department just lets it ride. Nobody's watching procedure."

There have been no working bathrooms in Marine Park since the project began in 2008 — forcing park-goers to use toilet trailers brought to the park.

The project will be named for beloved civic leader Carmine Carro, who had been pushing for a new park house since 1990 when he died in 2005.

## Beach

*Continued from page 1*

The Corps promised to spend \$5 million on the project, but have only secured \$3 million in federal funding to start the first phase of the rehab, which consists of dredging the Rockaway Inlet and dumping the sand they collect onto Plumb Beach's alarmingly eroded shoreline.

That work is expected to begin this summer, after the horseshoe crab mating season on the beach is over.

Ciorra said that installing the jetties and a third stone wall to stave off future erosion won't start until the feds agree to pay for the rest of the work.

But Ciorra believes the bulked-up beach should survive — and, more importantly, keep what's left of Plumb Beach intact — until the jetties are put in place.

"There is infrastructure that's at risk here," Ciorra said. "But once the sand is in place there will be protection."

The Corps agreed to bolster Plumb Beach in February, after the city promised to chip in an additional \$2 million to help save the beach.

Elected officials hailed the decision, but some resi-



**SAVE PLUMB BEACH:** Mario Savitzki says Plumb Beach needs a permanent fix as soon as possible to keep the shorefront from deteriorating any further.

Photo by Steve Solomonson

dents said it should have included extra funding to dredge Sheepshead Bay, where sandbars strand boats at low tide.

The Corps restored Plumb Beach in 1992 after a storm swept most of the coastline away, but over the years the sand shifted into the marshes inside Gateway National Recreation Area. Another massive storm in 2009 whittled the beach down even further, prompting the Corps to place sandbags along the shoreline.

But Plumb Beach doesn't have the Corps full attention: on April 16, Gov.

Cuomo announced that the state will partner with the feds and the city to restore a section of Sea Gate's shoreline that's taken a beating in recent years.

Officials said the work is part of a 50-year restoration project in Coney Island that began in 1994 when the Corps extended the W. 37th Street jetty to protect the eroding coastline.

"Our beaches need to be preserved," said Councilman Dominic Recchia (D-Coney Island).

"The whole peninsula will be in much better shape."



#60

**Guaranteed better than all others they used** say dozens of delighted users with full names and towns on the Bell website. Works by cleansing blood inside rather than attacking skin from the outside and leaving the actual cause untreated. Here are a few examples:

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**By Dr. C. Hammoud Ph.D.**

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■ **Doctor said** to keep on drinking the tea. Prescribed prostate drugs did not help. *Leonard Pearcey, Wassis, NB*  
 ■ **I cancelled my prostate surgery.** Get up once a night. I'm so happy not to have to face the torment of a prostate operation and incontinence or impotency. *Albert E. Blain, 74, Schumacher, ON* ■ **Even after TURP prostate surgery** and microwave therapy had to get up many times. Now down to 1-2 times. Tea is 100% better than drugs. *Robert G. Stocker, Eustasis, FL* ■ **After 1st year drinking tea** my PSA went down to 4.5; after 2nd year to 2.9; after 3rd year to 2.3. I highly recommend the tea. A real life saver. *Thomas M. Thurston, Forsyth, GA.* **People's phone numbers on our website.**

# High Blood Pressure?

High blood pressure is called the silent killer. If your BP is higher than normal, try to get it down to about 120/80. For many people it is easy to control. If it does not work for you we refund your money. On our website you will find over 50 testimonials with full names and towns from all over USA and Canada. Most of them have listed phone numbers and are happy to talk about the relief they had. No money was paid for testimonials.

**Dr. C. Hammoud M.H., Ph.D.** recommends this effective fish peptide blood pressure natural product. So does **Dr. Julian Whitaker M.D.** ■ **I was on 3 blood pressure drugs** that did not work well. After starting Bell #26 my readings are generally well below 120/80. *Dona A. Anderson, 76, Sooke, BC* ■ **My blood pressure was 157/90** and I had side effects from prescription drugs. I bought a monitor. After 6 months on Bell #26 I was down to 120/80. *Toni L. McCuiston, 52, Elizabethtown, PA* ■ **At work my driver's medical** test was too high at 170/100. After taking Bell #26 for a few days I went down to 128/84 which allowed me to pass my work medical. *Kris Geier, 48, Windsor, ON.* **All products guaranteed to work.**



#14

this. *Deanna O'Neil, 63, Tecumseh, ON.* ■ **I had great success with all Bell health products!** In the last 2 years I had relief with Bell Prostate Ezee Flow Tea, HDL Cholesterol Management, Blood Pressure Combo and Stem Cell Activator. I love your products. They all work for me. Great results. That's all that matters. *Basil Richards, 49, S.W. Ranches, FL* ■ **20 years of high cholesterol alleviated!** I had high cholesterol for 20 years and drugs didn't agree with me. After taking Bell Cholesterol Control #14 for 6 months I had a check-up and was surprised about the big improvement. I was delighted and extremely happy and so was my doctor. *Norma Hrysiu, 65, Lac Du Bonnet, MB.* **We supply TRUE EVIDENCE.**

# Cholesterol Control

■ **Cholesterol and triglycerides under control!** For the last 5-6 years I have been told that my cholesterol and triglycerides were out of line. After taking Bell Cholesterol Control #14 my doctor said he was amazed about the change. This is a good product. *Jerome Nettles, 51, Monroeville, AL* ■ **All statin drugs gave me pain!** My doctor tried them all on me. So he said to try a natural product. After taking Bell Cholesterol Control #14 I have no more pain. I'm so happy about



#26

# Cat lover bares teeth at hoarder

BY DANIEL BUSH

Now this is a cat fight!

An attempt to save a cat hoarder from being kicked out of her Brighton Beach apartment has turned into a hissing match between the kitty collector and the woman trying to protect her beloved felines.

Brooklyn Umbrella Rescue founder Josie Marrero saved half of the 45 cats that once roamed Barbara Berger's one-bedroom apartment on Coney Island Avenue, but she now says she won't save the rest because Berger has become too difficult to work with.

"She's not making sense anymore," said Marrero, who has taken sharpened swipes at Berger on her blog. "I'm done with her."

Marrero agreed to help Berger — who is facing eviction unless she gets rid of all but two of her cats — after reading about her plight on Brooklyn Daily.

Marrero rescued 18 of the cats, which were given good homes during a week-long adopt-a-thon at the Petco on 86th Street near Stillwell Avenue in March. A dozen of Berger's cats were adopted by neighborhood residents, while the rest were taken in by the North Shore Animal League in Long Island, Marrero said.

But Berger's now refusing



**HOARDER HISSY FIT:** Josie Marrero rescued more than 10 cats from Barbara Berger's apartment, but she refuses to help remove more.

Photo by Steve Solomonson

to part with any more of her cats, even though her landlord has only given her until mid-May to whittle her brood down to two.

Marrero said she can't trust Berger anymore and decided to pull her support.

"I'm frustrated because she doesn't want to give up any more cats," Marrero wrote in her blog. "I can't trust her."

Berger defended her actions — and lashed back at Marrero for publicizing their feud on the Internet.

"She's making me feel like I'm a villain and it's not true," Berger said. "I don't want to give up the cats that I love."



**SQUARED CIRCLE:** (Left) State Sen. Marty Golden yuks it up with wrestler Tony Biella, who later got together with (right, from left) fans Alex Coyne, Cassie Mendola, and Lauren Guiliano of Bensonhurst. Photos by Steve Solomonson

## They grapple for a good cause

BY WILL BREDDERMAN

Lets get ready to ruuummmblle!

Grappling greats from East Coast Professional Wrestling rolled into Bensonhurst on Saturday night, turning Our Lady of Guadalupe School's gym on 73rd Street into a testosterone-laden, muscle-bound, trash-talking school for youngsters who want to become masters of the four-figure leg lock and the backdrop driver.

The event, which featured World Wrestling Entertainment legend Kevin Nash and heavy-weight champ — and Bensonhurst native — Tony Biella, gave wres-

tlng-loving students a chance to shake their ring heroes' hands and watch the matches from just feet away, as well as support their school.

Gary Cassiliano, president of Guadalupe's youth program, organized the school's first fight-night fundraiser with the New Jersey-based Wrestling Association back in 2010.

The event was so popular that the wrestling night has become regular event, Cassiliano said.

"We do it three to four times a year," he said. "The entertainment is

fantastic. We bring in big wrestlers, and the kids have a blast.

"It's a real family event," he said.

Money raised from the wrestling night will go into the youth program and into making repairs on the Our Lady of Guadalupe Church on 15th Avenue between 72nd and 73rd streets,

Cassiliano explained.

Fans can look forward to the next wrestling night in just a few months, Cassiliano explained.

"We like to build up the suspense, so people look forward to it," said Cassiliano. "When it comes around it's a tremendous evening, and all for a good cause."

For over 100 years, Joseph G. Duffy and MJ Smith Homes have been giving back to the Community...



From left to right we have Dorothy Negron (Office Manager, St. Thomas Aquinas Church), Gloria Bischoff (Manager, MJ Smith Sons), Patricia Caffrey (Calvary Hospice), Fr. Jesus Cuadros (Pastor, St. Thomas Aquinas Church), Robert Amato (Manager, Joseph G. Duffy Funeral Home). The Bobby Byrne Show filled with music & laughter to benefit Calvary Hospice (Brooklyn Campus) & also St. Thomas Aquinas/Holy Family Church hosted the event. The event raised \$2000 which was split between the two.

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# FAMILY TIME OUT

## How they SAY that in...

**ENGLISH:** Tree

**SPANISH:** Árbol

**ITALIAN:** Albero

**FRENCH:** Arbre

**GERMAN:** Baum

## Did You Know?

THE UNITED STATES HAS 58 AREAS THAT ARE PROTECTED AND DESIGNATED AS NATIONAL PARKS.



## What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?

**A**



**B**



Answers: 1. Row boat 2. Extra set of ducks  
3. Missing seagull 4. Missing leaves

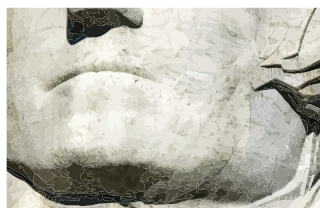
## THIS DAY IN...



## HISTORY

- **1500:** PEDRO ALVARES CABRAL DISCOVERES BRAZIL AND CLAIMS IT FOR PORTUGAL.
- **1889:** THE LAND RUN BEGINS IN OKLAHOMA WHEN THE REGION IS OPENED TO SETTLERS.
- **1994:** FORMER U.S. PRESIDENT RICHARD M. NIXON DIES AT THE AGE OF 81.

## GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: MT. RUSHMORE

## ART FACT!

ARTIST GEORGES SEURAT IS MAYBE MOST FAMOUS FOR THIS PARK PAINTING.

ANSWER: SUNDAY AFTERNOON ON THE ISLAND OF LA GRANDE JATTE

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**KINGS PLAZA**  
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# BURLESQUE BEAUTIES BATTLE!

**It's the wrestling  
event of the season**

By Colin Mixson

What do a bunch of girly burlesque dancers have in common with “Macho Man” Randy Savage? Four words — Spinning-headlock-elbow-drop.

A band of fearless dancers are meeting at Public Assembly for the “Ultimate Pin-down” event on April 30, where beauty meets brawns to find out who is the best burlesque-wrestler in Brooklyn.

The almost all-female fight roster will feature a bevy of beautiful dancers, as well as a spattering of acrobats and circus performers, who are putting their good looks on the line in what is expected to be a burlesque blood-bath.

“The thing with burlesque, it takes bravery to take off your clothes, but it leaves out the violence,” said the lovely Rosabelle Selavy, professional burlesque wrestler and event organizer. “But I like sex and violence — there will be some danger for sure.”

Not all of the contenders are of the fairer sex, however — the devilish Evil Hate Monkey will form an all-primate tag team with a mystery gorilla fighter to take on the lovely Harvest Moon and the ferocious Lucille Ti Amore.

“It’s going to be all out animal war on the humans,” said the corrupt chimp.

The rules are simple; no booby trapping, twisting, biting, gum chewing, or texting; no weapons and absolutely no “stomping” on privates, according to “Ultimate Pin-down” referee Sweet Lorraine. Aside from that, a three-second pin wins the match.

But don’t assume that “Ultimate Pin-down” is just an all-girls WWF with fancy outfits and five-inch heels — these fights are the real deal, according to host James Habacker.

“It’s not strictly choreographed, there are some moves we teach people, but each wrestling match is different and the performers are trying to win,” Habacker said. “It’s not fake and it’s not setup.”

*Public Assembly [70 N. Sixth St. between Kent and Wythe avenues in Williamsburg, (718) 384-4586] April 30, 8:30 pm. \$10 (\$8 in advanced). Visit [www.publicassemblynyc.com](http://www.publicassemblynyc.com)*

**Burlesquemania:** Rosabelle Selavy (right) and Lucille Ti Amore will join a host of other burlesque dancers and circus performers for “Ultimate Pin-down” — a wrestling event being held at Public Assembly on April 30.

Photo by Alex Colby

WHERE TO GO  
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# Family Picnic



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**It's a picnic!** Bring your own food, non-alcoholic drinks, table,  
beach chairs and/or blanket

**Must have a photo ID for Entrance to the Base and Picnic**

For More Information

Contact **Maria Makrinos** at **917-731-4861**

\*Rain date - Sunday, June 3<sup>rd</sup>

# STAND UP TO CANCER

## MOTHERS DAY SHOPPING EVENT

Thursday, May 10, 2012 • 6:30pm

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**Tickets At the Door: \$25**

All proceeds will be donated to St. Judes Children's Hospital & Relay for Life by Theresa's Hearts Foundation, Inc. to aid in the research of Cancer.

## NARROWS BOTANICAL GARDEN

### 2012 CALENDAR OF EVENTS

For the summer/fall - so far, BUT... keep an eye on the **NBG website: [narrowsbg.org](http://narrowsbg.org)** and visit us on Facebook for updates and events such as "It's My Park Day" etc..

**ANNUAL NBG SPRING PLANT SALE - Saturday, May 5 • 10:00am-3:00pm**

Time : 10:00 – 3:00 • Just in time for spring planting and Mother's Day... WE PLAN TO HAVE INDOOR PLANTS AND AN ART SHOW! (Rain date: Sunday, May 6)

**ROSES AT DUSK - Friday, June 1 • 6:00pm-8:30pm**

Our major rose event of the 2012 season. Come and enjoy Rose tour, snacks and sips (wine for guests 21+ only). Participation available by ticket for \$25 donation. See website, emails & flyers as date approaches for more info (Rain date: Sunday, June 2)

**FREE OUTDOOR CINEMA SERIES AT NBG - Friday Nights at Sundown**

**FUN STUFF:** We plan to have a fun activity prior to the family night movie, so come 45 min. early with the kids. Bring a chair or blanket and enjoy. Refreshments & 50/50 available to benefit the garden. (Rain dates: Saturday • Call 718-748-4810 for recording)

**BRIDE OF FRANKENSTEIN - Fri., June 29 (Rain date June, 30)**

**THE ADVENTURES OF OTIS & MILO • Family Night! - Fri., July 13 (Rain date July 14)**

**Mae West in I'M NO ANGEL - Fri., August 3 (Rain date August 4)**

**FORBIDDEN PLANET - Fri., September 7 (Rain date September 8)**

**HARVEST FESTIVAL - Sunday, October 14 • 12:00pm-5:00pm**

Featuring our annual Canine Costume Contest & our great crafters and artists!  
(Rain date October 21)

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If any questions or to volunteer, email us via website or call 718.748.4810 (but be patient)

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All of our events are in cooperation with City of New York Parks and Recreation, City Parks Foundation and the Partnership For Parks & The Shore Road Parks Conservancy and we thank them all for their support! Please also contact us if you can help on any of the above!

# Child's play

Big things have small beginnings, especially for these child playwrights. Professional actors and directors will stage shows written by fifth graders from Bushwick's P.S. 123 — and the kids are not pulling any punches.

"They're mostly experiencing story-telling through film so a lot of their ideas are epic, spanning years, battling natural disasters, riding ships that are thrown by tsunamis," said Jeremy Pickard, captain of the Superhero Clubhouse —

the group that will present the children's scripts at the Bushwick Starr on April 28 and 29. "There are lots of journeys, lots of adventures, lots of explosions."

The collaboration of young and old began in January, when the Bushwick theater joined forces with the Superhero Clubhouse — a troupe known for its environmentally minded performances — and offered a series of workshops for P.S. 123 kids.

Environmental experts gave the children lessons on everything green, from global warming to littering, while experienced thespians schooled the kids on the nitty-gritty rules of theater.

"They take those limitations and run with them as far as they can go," said Pickard. "They really embraced the freedom when it wasn't this strict school structure."

*Big Green Theater at the Bushwick Starr [207 Starr Street Brooklyn, NY 11237 (718) 306-2370] April 28, 7 pm and 4 pm. April 29, 4 pm. Tickets \$12. Free for Bushwick residents and kids under 18. Visit [www.thebushwickstarr.org](http://www.thebushwickstarr.org) — Sol Park*



Sat. & Sun.  
4/28-29

# Stage write

Play about famous writer Zora Neale Hurston is a true character study — and not just of the author herself.

Actress Antonia Badon chronicles the life of the trailblazing writer in her one-woman show "Zora Returns" by transforming herself into the author — as well as 15 different men and women who played a role in Hurston's life.

"Zora is an encouraging play that allows its audience to go on a journey that has forever shaped our history," said Badon, whose show opens at Theatreworks in Downtown on May 3.

Hurston moved to Harlem from Florida in 1925 with \$1.50 in her pocket and after becoming one of the first black woman to study at Barnard College and Columbia University, emerged as one of the pioneers of a Harlem Renaissance.

In "Zora Returns," Badon inhabits the people who shaped Hurston, telling the story of the writer's uneasy childhood confronting racial discrimination and her growth as a poet, folklorist, artist, and anthropologist, who wove her narratives through the voices of other African Americans.

"With the gift of story-telling and the ability to soar beyond the highest of heights, Zora reached her apex," said Badon.

*"Zora Returns" at Theatreworks Vorhees Theatre [186 Jay St. between Nassau Street and High Street, downtown Brooklyn (718) 260-5588] May 3-4, 2 pm and 8 pm. May 5, 2 pm. Free. Visit [www.theatreworkscitytech.org](http://www.theatreworkscitytech.org). — Aaron Short*

Sat.  
5/5

WHAT TO DO  
WHERE TO GO  
24 SEVEN

# BEST BETS

## Murder is her business

One of her photos shows a severed head sitting on a kitchen floor amid scattered utensils, one eye peering up blankly — as stuffed animals tend to do.

Bushwick-based photographer Jeanette May said she took inspiration for her latest series — titled "Morbidity and Mortality" — and opening April 26 at the A.I.R. Gallery in DUMBO — from popular TV crime dramas like CSI Miami, which she singled out for its luridly appealing cinematography.

"They have these beautiful images of dead bodies, beautifully laid out in dramatic locations and in beautiful colors," said May, who laid stuffed toys out in poses borrowed from TV and the movies. "Death is becoming aestheticized. I've been interested in the fact that our culture finds violence and murder entertaining. There's really this huge increase in the number of TV programs about crime, murder, and forensics."

But May didn't just want to shoot her own gruesome photos of artistically-offed cadavers—she wanted to make a statement about our fascination with the dead on display.



**Angry bird:** Photographer Jeanette May shot this send-up of the famous murder in Alfred Hitchcock's "Psycho."

Luckily, her cat helped her out.

"My friend bought this pet toy, a mouse, and it ended up lying on its back on the living room floor for days. And I just laughed, but at the same time it was kind of disturbing," May recalled,

adding that she aimed for the same effect in her pictures. "I hope one's reaction is to be both amused and disturbed. Stuffed animals are very colorful, there's something very

funny about them all with their bodies all twisted. I hope they seem a little comical."

Starting Thursday, photography fans can visit the A.I.R. gallery and ask themselves the question: "is this a crime scene, or did somebody's pet just make a mess?"

*"Morbidity & Mortality" at the A.I.R. Gallery. [111 Front Street in DUMBO, between Adams Street and Cadman Plaza E. (212) 255-6651] April 26, 11 am. Visit [www.airgallery.org](http://www.airgallery.org)*

— Will Bredderman

Opening  
4/26

Starting  
5/4

# From lettuce to letters, food meets books

Brooklyn has finally combined two of its fiercest passions: food and books.

Gastronomic culture will merge with the intellectual establishment in Brooklyn for a three-day extravaganza at the Wythe Hotel — a marriage the festival's founder says is proof that the foodie phenomenon is far from over.

"I think it's just the beginning — there's huge terrain to cover," said Elizabeth Thacker Jones, a graduate

student at NYU's food studies masters program and the founder of the Food Book Fair, which will take place at the swank new hotel the first weekend of May. "Before it was someone who just enjoyed eating and hosting and now it's more about who made this food, and the politics of where it came from: the definition of the word foodie is changing."

And as part of its coming of age, the foodie movement will be infinitely discussed, dissected — and of course, eaten, including a foraging-centric meal with Gary Lincoff, New York City's resident mushroom man, and a feast

inspired by Ernest Hemingway's *The Sun Also Rises* (you do not have to come with a debilitating injury).

Discussions will touch on technology, cities, and even so-called food pornography, with notable food writers and thinkers as Marion Nestle, Francis Lam, and Gael Greene weighing in on the tough issues and befuddling contemporary phenomena like the foodification of social media — why so many people take to

their Facebook pages to post pictures of things they've eaten or cooked.

"The internet is such a huge force, and we're so stuck in these virtual worlds," said Jones. "When we go out with our friends to eat we're breaking out of that, but we're also documenting it on our phones. And that's part of what we'll be talking about."

*The Food Book Fair at the Wythe Hotel [80 Wythe Ave. between North 11th and North 12 streets in Williamsburg, (718) 460-8000]. May 4-6, tickets \$15 and up. For info, visit [www.foodbookfair.com](http://www.foodbookfair.com)*

— Eli Rosenberg

# Notgood-ness gracious!

They're so young they probably wouldn't get past the bouncer if they weren't headlining.

Badbadnotgood, an instrumental trio from Canada that have blown up on the internet for their sleek covers of rap songs from artists such as Odd Future and Gucci Mane, will take the stage at Brooklyn Bowl at midnight on May 4 — where they will most certainly be the youngest members in the 21-plus joint.

Not that it should stop anybody from taking them seriously.

The three have perfected a genre-bending take on jazz and hip-hop that has earned them acclaim on the internet, cameos from Odd Future's whiz kid Tyler, the Creator, as well as an upcoming collaboration with the group, and a prime Friday night slot at the bowling hip-spot in Williamsburg.

"They got a cool sound and I think they're going to do some big things," said Adam Geringer-Dunn, who does booking for Brooklyn Bowl.

"They're super-talented — and the music they play is tight and really stands out."

Their first major video — a cover of Odd Future's song "Orange Juice" — dropped less than a year ago, but the group has already released its second album, BBNG2, proudly proclaiming that nobody over the age of 21 was involved, featuring covers of James Blake, Feist, Kanye West and My Bloody Valentine, in addition to some originals.

The counter-intuitive transfer of hip-hop back to instrumental tracks may seem strange, but the group's music works as a blend of aural sophistication and mayhem.

But don't just take our word for it.

"This s--- is so good," said Tyler, the Creator, in a recent video with the group.

*Badbadnotgood at Brooklyn Bowl [61 Wythe Avenue between North 11th and North 12th streets in Williamsburg. (718) 963-3369] May 4 at midnight, \$10. Visit [www.brooklynbowl.com](http://www.brooklynbowl.com).*

— Eli Rosenberg



**Elizabeth Jones, a masters student at NYU's food studies program, is the organizer of the first Food Book Fair.**

## ■ BROOKLYN EATS

## BEERSHAKES!

Slope burger joint mixes  
beer and ice cream

By Natalie O'Neill

A Brooklyn restaurateur is serving up a drink made of beer and ice cream — and that's a serious scoop!

Sweet-toothed booze hounds can cool off with a malty and creamy beer milkshake at 67 Burger, where brew lovers have simply added a blender to the whole “beer float” idea.

“We take a regular milkshake and substitute milk for beer,” said owner Jeffrey Maslanka. “The hops and the cream play off each other and mingle really nicely.”

Maslanka said he and a team of taste-testing comrades tried several beer and ice cream concoctions — including Black Duck Porter with chocolate syrup and Blue Moon with oranges — then decided that Sam Adams with vanilla ice cream is the smoothest, most balanced combo of malt and hops.

Customers can choose any beer on tap and add chocolate syrup, if preferred, for \$5.

“Anything that's creamy is good — if you stop and think about it,” Maslanka said.

67 Burger [234 Flatbush Ave. at Bergen Street in Park Slope, (718) 399-6767]. Visit [www.67burger.com](http://www.67burger.com).



Shaking Sam: Jeffrey Maslanka, co-owner of 67 Burger, enjoys a milkshake made of Sam Adams and vanilla ice cream. Photo by Stefano Giovannini

## Burpy slurpees!

By Natalie O'Neill

Talk about a cold one.

An acclaimed chef is serving up Thai-inspired “beer slushies” — a cool adult spin on the classic 7-Eleven-style kiddie treat.

Nostalgic brew hounds can gulp the \$6 frozen concoction at Pok Pok — a new restaurant

run by James Beard award-winning chef Andy Ricker — on Columbia Street, where bartenders use a barrel-shaped machine to craft the icy hooch.

“It's very unique,” said manager Ryan Domingo. “People drink beer on ice in Thailand — but not like this.”

Domingo and Ricker churn out the slurp-worthy stuff using a rapid-cooling device, not unlike the ones at some wine stores, that shakes a salt-and-ice solution around a bottle of beer for four minutes

until the consistency is right.

The refreshing beverage, dubbed Bia Wun or “jelly beer,” is made with low-alcohol content brews such as Singha or Chang and is served with a straw.

The beverage first popped up at Whiskey Soda Lounge — a Ricker-owned bar in Portland, Ore. — a couple years ago, at which point the foodie blog Eater PDX called it God's gift to summer drinking and praised the drink as a combination of Bart and Homer Simpson's favorite beverages.

Pok Pok [127 Columbia St. at Kane Street in the Columbia Waterfront District, (718) 923-9322].



## Urban farmer lets you buy eggs — straight from the source

By Natalie O'Neill

Why didn't the chicken cross Dean Street? Because she was poppin' out eggs at this Crown Heights hen farm!

Urban farmer Philip Botwinick is harvesting fresh and tasty eggs plucked straight from a community garden farm, where you'll find a slice of country in the concrete jungle.

Botwinick said his 36 hens — whom he lovingly calls “The Ladies” — are letting Brooklyn foodies get a real understanding of the term “locavore” while saving egg-lovers trips to the grocery store.

“You actually get to see where your food is coming from,” he said.

His gaggle of prolific cluckers are at their spring season egg-laying prime thanks to mother nature's gift of extra daylight, which makes hens produce more

eggs. Each of the gals has been squeezing out one per day lately, he said.

Brooklynites are no strangers to the chicken-raising trend — but that doesn't mean urban farming is an easy undertaking. There are space constraints, rodent infestation challenges, and the occasional unhappy neighbor.

Hens are allowed in the city, unlike their noisy and abusive male counterparts.

Foodies can sign up for a \$5 dozen-per-week deal with Imani Garden Chicken Stewards.

Preference goes to folks who live close by, Botwinick said.

“You know how they're treated — and what they've been fed,” he said.

Imani Garden Chicken Stewards [at Dean and Schenectady Avenue in Crown Heights]. Visit [www.bkfarmyards.blogspot.com](http://www.bkfarmyards.blogspot.com).



Hatched plan: Urban farmer Philip Botwinick sells eggs from a farm on Dean Street. Photo by Elizabeth Graham

## RESTAURANT GOSSIP

BY SARAH ZORN

Heard the latest gossip? The second time may not have been a charm in Bay Ridge and Park Slope, but Williamsburg fares extra-well this week with chicken, crack pie, and a building full of edible businesses.

**On ice?** There's something funky going on with Hinsch's — the 63-year-old Bay Ridge luncheonette, ice cream parlor and candy shop that unceremoniously closed then unexpectedly reopened again in the span of one month.



Hinsch's today, gone tomorrow: sources at the restaurant deny news that the old luncheonette is on the market again.

Grub Street reports that it's on the market again — with realtors asking \$195,000 key money for the \$9,000 lease — although the sources we contacted at the very much open restaurant insist it's not true. Dairy drama!

**Got milk:** Great news for anyone unwilling to change out of their jammies to satiate a craving for compost cookies and crack pie! The Williamsburg branch of Momofuku Milk Bar now delivers everything from pork buns (all of the fixings come in separate containers), to shakes (cereal milk, banana split and pretzel), to meal deals and party packs (the \$20 Bridgette Jones lets you drown your sorrows in six cookies and six beers, the \$32 Date Night invites you to split two pork or veggie buns, two slices of crack pie, and six beers with your sweetie). Beats the pants off of a midnight bodega raid of Diet Pepsi and Slim Jims.

**Till then:** Rest assured, rabid supporters of Tillie's (the beloved, recently shuttered Fort Greene coffeeshop) — the bar and café about to take

its place “won't be corporate and it won't be wanker.” Thus quoted a certain former Brooklyn Paper editor in his interview with Dominic Tracy — the Aussie owner of the as-yet-unnamed eatery — who promises to “look after the neighborhood” by “not serving takeaway food or coffee before 5pm.”

**Food Factory:** Grub Street has learned that the 660,000 square foot Pfizer plant on Flushing Avenue is about to become a giant production facility for a variety of the borough's indie food suppliers — with Brooklyn Soda Works, Steve's Ice Cream and Kombucha Brooklyn already signing leases on the space. Naturally, Marty Markowitz had a comment. “Like Pfizer, these companies are starting small, but one day they may be as big or even bigger than Pfizer and they will never turn their back on their place of birth, Brooklyn, U.S.A.”

**Mix nixed:** Talk about a quick turnover! We'd like to say we're surprised to hear that Mix — the half-hearted small plates redux of Park Slope's Mexicali eatery Barrio — has closed after barely one month, but... (clears throat). Here's Park Slope reveals that Casa Ventura — a presumably Spanish spot (hopefully not the small bites kind), is setting up shop on the spacious Seventh Avenue corner.

**Funky chicken**  
Feather Factory is flying into a vacated Park Avenue Luncheonette at 334 Driggs Ave. — serving, what else? Get ready, mother pluckers — Williamsburg's first rotisserie chicken joint should be ready to spread its wings come spring.

**Lake effect:** It's not all good times and crack pie in Williamsburg this week — Eater reports that the well-liked restaurant Masten Lake has closed after only seven months in business. Some readers attribute the shutter to “overpriced, pretentious food,” some on the media — giving the lion's share of coverage to nearby neighbor Meatball Shop. Are we to blame for Masten Lake's demise? Discuss.

# Refreshing Warm Weather Fare is Simply Peachy

**Panera Bread® Introduces Low-Fat Peach Nectar Smoothie with Ginseng and New Spring Salad**

**BROOKLYN, NY – April 18, 2012** – Now that the warmer weather is upon us, it's time to turn our thoughts to lighter fare that's refreshing, energizing and lower in fat. Those dreary winter days of hiding under bulky sweaters are over—it's time to lighten up. Panera Bread is ready with its new Low-Fat Peach Nectar Smoothie with Ginseng. The drink is a refreshing blend of peach nectar puree with ginseng, blended with organic, low-fat Stonyfield Farm® vanilla yogurt & ice and it weighs in at a slim 1.5g of fat. Panera Bread's new peach smoothie joins the café's already cool low-fat smoothie lineup that includes: Mango, Strawberry and Wild Berry.

What else is new at Panera Bread? Roasted Turkey Fuji Apple Salad,

Cuban Chicken Panini which is a savory build of all-natural, antibiotic-free chicken, lean, smoked ham, sweet & spicy pickle chips, Swiss, chipotle mayo & sun-dried tomato ale mustard grilled on Focaccia. Pair with the returning favorite, Low-Fat Chicken Tortilla Soup made of whole kernel corn and roasted Poblano peppers, black beans and tomatoes, seasoned with dried chili peppers and hints of cumin and lime and topped with tri-colored tortilla strips. Enjoy these items alone or as a You Pick Two® for a satisfying lunch or dinner.

Start your morning off right with a cup of coffee and the Steak & Egg Breakfast Sandwich. The tender seared sirloin steak, Vermont white cheddar and all-natural egg are grilled to order on a Sweet Onion & Poppyseed bagel.

Those looking for a sweet treat can enjoy a returning favorite, the Chocolate Duet with Walnuts



Refreshing, Energizing and Low in Fat, Panera Introduces New Seasonal Salad – Now that salad season has arrived, the new Roasted Turkey and Fuji Apple Salad is on the menu at Panera Bread together with a cool new addition to its low-fat smoothie lineup: Low-Fat Peach Nectar Smoothie with Ginseng.



which boasts a mix of all-natural roasted turkey, mixed field greens, romaine lettuce, vine-ripened tomatoes, red onions, pecans, Gorgonzola, apple chips & white balsamic Fuji apple vinaigrette.

Spring will be full of flavorful menu items as Panera features the

Cookie. Also offered this spring season are the Strawberry Hot Cross Buns created by combining soft egg bread that melts in your mouth, dried strawberries, orange zest and the perfect amount of sweet icing on top. These are offered individually or in half-dozen

packs. The Mini Scones Variety Pack consists of three unique flavors: Wild Blueberry, Strawberries & Cream and Orange. These treats are great for enjoying individually or sharing with your friends.

## About Panera Bread

Panera Bread Company owns and franchises 1,541 bakery-cafes as of December 27, 2011 under the Panera Bread®, Saint Louis Bread Co.® and Paradise Bakery & Café® names. We feature high quality, reasonably priced food in a warm, inviting and comfortable environment. With our identity rooted in handcrafted, fresh-baked, artisan bread, we are committed to providing great tasting, quality food that people can trust. Nearly all of our bakery-cafes have a menu highlighted by antibiotic free chicken, whole grain bread and select organic and all natural ingredients, with zero grams of artificial trans fat per serving, which provide flavorful, wholesome offerings. Our menu includes a wide variety of

year-round favorites complemented by new items introduced seasonally with the goal of creating new standards in everyday food choices. In neighborhoods across this country and in Ontario, Canada, our customers enjoy our warm and welcoming environment featuring comfortable gathering areas, relaxing decor and free internet access. Our bakery-cafes routinely donate bread and baked goods to community organizations in need. An essential sponsor, Panera Bread's Long Island, Brooklyn and Queens locations provide over 2200 pounds of bread each week from its area bakery-cafes to Island Harvest and City Harvest its Operation Dough-nation® partners. Additional information is available on the Company's website, <http://www.panerabread.com>.

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- Game Salad (Beef Tenderloins, Lingo berry Sauce, Organic mixed Greens).....\$15
- Classic Greek Salad (Avraam Russo Style).....\$9
- Cyprus Salad (Grilled Eggplant, Organic Mixed Greens, Pumpkin Seeds, Goat Cheese).....\$14
- Kani Salad.....\$10

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- Mediterranean Mezze Platter (Hummus, Babaganoush, Taramosalata, Turkish Salad, Mixed Pickled Vegetables).....\$15
- Baba Ganoush Spread.....\$7 • Hummus Spread.....\$7

### Hot Appetizers:

- Calamari Fritti.....\$11 • Turkish Style Liver Cubes.....\$10
- Cheese Cigars.....\$8
- Quattro Formaggio Puff Pastry (2 pieces).....\$6
- Thai Salad w/ Beef.....\$14, w/ Salmon.....\$15, w/ Shrimps.....\$16

### Meat:

- Side order choice of Vegetable, Rice, Mashed Potatoes or French Fries
- Rib Eye Steak.....\$23 • Organic Veal Chops.....\$25 • Filet Mignon.....\$23
- Lamb Chops.....\$26
- Asado Beef Short Ribs (in a barbecue Cabernet Sauce).....\$25
- Beef Shish Kebab.....\$18

### Poultry:

- Side order choice of Vegetable, Rice, Mashed Potatoes or French Fries
- Grilled Chicken Breast.....\$14 • Chicken Shish Kebab.....\$12

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- Fish Side Order Choice of Vegetable, Rice, Mashed Potatoes or French Fries
- Grilled Salmon.....\$18 • Grilled Chilean Sea Bass.....\$25
- Branzino (Grilled or Fried).....\$21 • Trout (Grilled or Fried).....\$18
- St. Peter's Tilapia (Grilled or Fried).....\$21 • Freid Flounder.....\$19 (Fish of The Day)

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- Grilled Shrimps in Scampi Sauce.....\$16 • Mixed Seafood Platter.....\$25

### Desserts:

- New York Cheesecake.....\$9 • Tiramisu.....\$9 • Napoleon Cake.....\$8
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- Marseille Chocolate Cake (Served warm w/ ice cream).....\$12



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# EVENTS

## FRI, APRIL 27

**CARTOON EXHIBIT:** Animation. A 6,000 square exhibit features characters from the Cartoon Network, including larger than life graphics, animation from concept to finished product, storyboarding, character design and drawing. \$11 (\$8 children 2-17, college students and seniors. 9:30 am-5 pm. New York Hall of Science [47-01 111th St., at Avenue of Science in Corona, (718) 699-0005 X353], www.nyscience.org.

**MUSIC, SPRING CONCERT:** Performed by the St. Francis College Choir. **Free.** 6 pm. St. Francis College [180 Remsen St., between Court and Clinton streets in Brooklyn Heights, (718) 489-5272].

**THEATER, "MARISOL":** Brooklyn College Department of Theater. \$12 (\$10 seniors, \$6 students). 7:30 pm. Brooklyn Center for the Performing Arts at Brooklyn College [2900 Campus Rd., between Amersfort Place and Kenilworth Place in Midwood, (718) 951-4500], www.brooklyncenteronline.org.

## SAT, APRIL 28

**MUSIC, YANN TIERSSEN:** \$25. 7:30 pm. Music Hall of Williamsburg [66 N. Sixth St. between Kent and Wythe avenues in Williamsburg, (718) 486-5400], www.musicallofwilliamsburg.com.

**MUSIC, CONCERT:** Roslyn Kind closes out the Sensations Series program, performing Broadway standards. \$35. 8 pm. Brooklyn Center for the Performing Arts at Brooklyn College [2900 Campus Rd., between Amersfort Place and Kenilworth Place in Midwood, (718) 951-4500], www.brooklyncenteronline.org.

**SAKURA MATSURI 2012:** Celebrate traditional and contemporary Japanese culture with more than 60 events and performers including Taiko Drumming, Manga artist, J-Pop Bands, Tea ceremonies, Samurai Sword Fighting, Cosplay Fashion Show, Bonsai demos, Minbu Folk Dancing, children's workshops, and Puzzle Plaza. \$15 (Free for members). 10 am. Brooklyn Botanic Garden [1000 Washington Ave., at Eastern Parkway in Crown Heights, (718) 623-7220], www.bbg.org.

**PEACE FAIR:** This year's theme: Ending War Promoting Peace; features speakers are Jeremy Scahill and Capt. Paul Chappell. **Free.** 11 am-5 pm. Brooklyn College Student Center [E. 27th and Campus Road in Midwood, (718) 624-5921].

**CONSERVATORY GARDEN TOUR:** See tulips, daffodils, twin crabapple allees, and more. **Free.** 11 am-12:30 pm. Central Park's Conservatory Garden [Fifth Ave. at East 105th Street, (212) 860-1370], www.centralparknyc.org.

**GOLF FEST:** Stop by and demo out the latest golf equipment and enjoy complimentary hitting and swing tips from pros, a kids corner and hot dogs and beverages. \$15 (\$10 children).

Noon-6 pm. Chelsea Piers [23rd St. and the Hudson River in Chelsea, (212) 336-6800], www.chelseapiers.com.

**BROOKLYN WORT SHOW-DOWN!** The borough's own homebrewing competition culminates with this massive tasting event. \$35. 2 pm. Public Assembly [70 N. Sixth St. at Wythe Avenue in Williamsburg, (718) 782-5188], www.publicassemblynyc.com.

**RUM DISTILLERY GRAND OPENING:** Van Brunt Stillhouse celebrates its grand opening with beer and barbecue. **Free.** 4 pm. Van Brunt Stillhouse (6 Bay Street in Red Hook), www.vanbruntstillhouse.com.

**"THE AMAZING MAX AND THE BOX OF INTERESTING THINGS":** The magic show with a mind of its own. Magician Max Darwin makes objects appear out of thin air. \$29.50 (\$49.50 VIP seating). 4:30 pm. The MMAC Theater [248 W. 60th St. between Amsterdam and West End avenues in Central Park West, (212) 239-6200], www.telecharge.com.

## SUN, APRIL 29

**MUSIC, JAZZ KNIGHTS:** The West Point band performs big band favorites, popular music and original compositions. **Free.** 2 pm. Brooklyn Center for the Performing Arts at Brooklyn College [2900 Campus Rd., between Amersfort Place and Kenilworth Place in Midwood, (718) 951-4500], www.brooklyncenteronline.org.

**MUSIC, CHAMBER CONCERT:** Brooklyn Friends of Chamber Music presents the Linden String Quartet. \$20 (\$10 students; TDF accepted). 3 pm. Lafayette Avenue Presbyterian Church [85 S. Oxford St. at Lafayette Avenue in Fort Greene, (718-855-3053)].

**BINGO NIGHT:** Prizes and fun for the whole family. **Free.** 6. The Moxie Spot [81 Atlantic Ave. between Hicks and Henry streets in Brooklyn Heights, (718) 923-9710], themoxiespot.com.

**GOLF ACADEMY:** Enjoy a 15 minute lesson with a golf pro, demos and more. **Free.** Noon-5 pm. Chelsea Piers [23rd St. and the Hudson River in Chelsea, (212) 336-6800], www.chelseapiers.com.

**SAVE THE MEMORIAL DAY PARADE FUNDRAISER:** Come rock out to some of Bay Ridge's favorite local bands and contribute to a great cause: saving the neighborhood's 145 year-old Memorial Day Parade. 12 pm. The Salty Dog [7509 Third Ave. at 75th Street in Bay Ridge, (718) 238-9260], www.saltydogbar.com.

**A TASTE OF BAY RIDGE:** Foodies will have a chance to sample the offerings of over 50 Bay Ridge restaurants. \$15.00. 3 pm. St. Patrick's Auditorium [9511 Fourth Avenue, between 95th and 96th Streets in Bay Ridge].

**CLUB, CHESS CLUB:** Club forming for children 6 to 10 to meet and play; A coach will be on



Egan does it: Jennifer Egan reads in a "messiah"-themed evening in Cobble Hill as part of the PEN's World Voices of International Literature festival on May 5.

hand to help students hone their game skills. Admission fee provides for the coach, supplies and hopefully tournament costs. Sponsored by Town Square. \$100 (for whole six months). 4 pm. Call for location, (917) 957-1714.

## MON, APRIL 30

**READING, ISABEL TOLEDO:** The author launches her new book "Roots of Style" weaving together life, love and fashion. \$10. 7-9 pm. PowerHouse Arena [37 Main St. at Water Street in DUMBO, (718) 666-3049], www.powerhousearena.com.

## TUES, MAY 1

**CARTOON EXHIBIT:** 9:30 am-5 pm. See Friday, April 27.

**READING RIF:** School age children earn free books by reading. **Free.** 2:30 pm. Ft. Hamilton Public Library [9424 Fourth Ave. at 94th Street in Bay Ridge, (718) 748-6919], www.brooklynpubliclibrary.org.

## WED, MAY 2

**PLANT SALE:** Over 20,000 plants offered. Free with Garden admission. 9 am-8 pm. Brooklyn Botanic Garden [1000 Washington Ave., at Eastern Parkway in Crown Heights, (718) 623-7220], www.bbg.org.

**FAMILY MOVIE NIGHT:** Families enjoy various films in the children's room. **Free.** 5-6:45 pm. George Bruce Library [518 W. 125th St. at Amsterdam Avenue, (212) 662-9727], www.nypl.org/locations/george-bruce.

**WORKSHOP, TANGO LESSONS:** For adults and youngsters interested in ballroom dancing - No experience and no partners necessary. Sponsored by the FIAO Beacon program. Pre-registration for youngsters required. **Free.** 6-9 pm. IS 96 [99 Ave. P at W. 11th Street in Bensonhurst, (718) 232-2266].

**DANCE, TANGO TIME:** Ballroom program with the Federation of Italian American Organizations of Brooklyn. "Free". 6-9 pm. Beacon Community Center at IS 96 [99 Ave. P at 11th Street in Gravesend, (718) 232-2266], fiabrooklyn.org.

**READING, A REPORTER ON**

John Pui Sing Yung. Call for ticket price. 6:30 pm. Rex Manor [1100 60th St. at 11th Avenue in Dyker Heights, (718) 449-7042].

**BOOK LAUNCH, "A MIND OF WINTER":** A Mind of Winter is a gripping psychological thriller and historical novel set in Long Island in the post world war II-era. The novel centers on Oscar, a mysterious Englishman who is tormented by questionable wartime dealings--and embroiled in a drama involving late-night meetings with an official, with whom he speaks German. 7 pm. Book-Court [163 Court St. between Pacific and Dean streets in Cobble Hill, (718) 875-3677], www.bookcourt.org.

## FRI, MAY 4

**"ZORA RETURNS TO HARLEM":** 2 pm. See Thursday, May 3.

**CINCO DE MAYO STORIES AND CRAFT TIME:** Children ages 5-12 will make maracas and hear tales about Mexico. Preregistration in person or by phone is required. **Free.** 2-3 pm. 125th Street Library [224 E. 125th St. at Third Avenue, (212) 534-5050], www.nypl.org/locations/125th-street.

**THEATER, "A COMEDY OF ERRORS":** Family friendly production of Shakespeare's play about mistaken identity, love and marriage. Theater 2020 uses actors and puppets in this fast paced 90 minute version of the classic. \$18. 8 pm. The Cranberry Street Theater Space [55 Cranberry St. between Henry and Hicks streets in Brooklyn Heights, (718) 624-3614], theater2020.com.

**THE FIREWORKS ENSEMBLE:** Celebrate National Chamber Music month with this amplified and contemporary band. \$5-\$10. 8 pm. Brooklyn Conservatory of Music [58 Seventh Ave. between Lincoln Place and Seventh Avenue in Park Slope, (718) 622-3300 or email: rfrank@bqcm.org], www.bqcm.org.

## SAT, MAY 5

**TOUR, BIRD WALK:** Visit the park and see dazzling birds before they fly away. Led by the Brooklyn Bird Club. **Free.** 8-10 am. Prospect Park Audubon Center [Enter park at Lincoln Road and Ocean Avenue in Prospect Park, (718) 287-3400], www.prospectpark.org/audubon.

**DANCE, PAUL TAYLOR:** Taylor 2 features the artistry of the world-renowned choreographer. \$25. 8 pm. Kingsborough Community College [2001 Oriental Blvd. at Oxford Street in Manhattan Beach, (718) 368-5596], www.onstageatkingsborough.org.

**THEATER, "A COMEDY OF ERRORS":** 8 pm. See Friday, May 4.

**GREENWOOD-STOCK!** Greenwood Playground's third annual spring shindig will be filled with music, goodies and bargains. **Free.** 9 am - 5 pm. Greenwood Playground (East fifth street and Ft. Hamilton parkway in Windsor Terrace), www.friendsofgreenwoodplayground.org.

**COVENANT BALLET THEATRE RESCUETHON:** A fun opportunity for dogs and their owners to walk and raise money for two great causes! • CBT Dance Academy is the official school of Covenant Ballet Theatre of Brooklyn, a non-profit

arts organization dedicated to providing excellent, professional dance instruction and performances. • Sean Casey Animal Rescue aides unfortunate animals in the interest of a higher quality of life. \$25. 10 am. Marine Park [Avenue U and E. 33rd Street in Marine Park, 718-891-6199], www.covenant-ballet.org.

**GO GREEN:** Earth day festival. **Free.** 11 am-5 pm. McCarren Park [Union Avenue between Driggs Avenue and N.12th Street in Greenpoint, (347) 559-1410], www.townsquare-inc.com.

**SPRING MARKET:** Local products with many vendors, both old and new. **Free.** 11 am-6 pm. Brooklyn Lyceum [227 Fourth Ave. at President Street in Park Slope, (718) 857-4816], www.brooklynlyceum.com.

**ANIMAL TALES EXTRAVAGANZA:** Celebrate Cinco De Mayo with Dora and Diego, arts and crafts, listen to a story, march in the Rainforest Creature Parade or experience Avenue Zoo - it's all family fun all weekend long. \$29.95 (\$19.95 children 3-12 \$24.96 seniors). 11 am-4 pm. Bronx Zoo [2300 Southern Blvd. at Boston Road in University Heights, (718) 220-5103], www.bronxzoo.com.

**NEW YORK CITY MENTAL HEALTH FILM FESTIVAL:** The theme for this eighth annual event is Crisis Intervention- Interacting with the Police and features seven films with a Q&A to follow with filmmakers, and a free lunch. \$5 (\$10 at the door). Noon-5 pm. St. Francis College [180 Remsen St., between Court and Clinton streets in Brooklyn Heights, (718) 489-5200].

**NATURE'S HELPERS:** help keep the park and the waterways clean and enjoy the day. **Free.** 2-3 pm. Prospect Park Audubon Center [Enter park at Lincoln Road and Ocean Avenue in Prospect Park, (718) 287-3400], www.prospectpark.org/audubon.

**RACE AROUND THE YARD:** Participate in potato sack races spoon races, stilts and other old-fashioned games. **Free.** 2-3 pm. Lefferts Historic Homestead [452 Flatbush Ave. between Empire Boulevard and Eastern Parkway in Park Slope, (718) 789-2822], www.prospectpark.org.

**"ZORA RETURNS TO HARLEM":** 2 pm. See Thursday, May 3.

**LITTLE WOMEN:** A stage adaptation of Louisa May Alcott's classic novel. \$10. 2:30 pm. Fontbonne Hall [Fontbonne Hall Academy 9901 Shore Rd. (718) 748-2244].

**READING, EGAN IN BK:** Jennifer Egan reads in a "messiah"-themed evening in Cobble Hill as part of the PEN's World Voices of International Literature festival. \$15 / \$10 for PEN members and students. 8 pm. Invisible Dog Art Gallery [51 Bergen Street in Cobble Hill, (347) 560-3641], www.theinvisibledog.org/about. \*\*\*\*\*

**BROOKLYN PUBLIC LIBRARY'S CENTRAL BRANCH,** Flatbush Ave. at Eastern Parkway in Grand Army Plaza, (718) 230-2100, www.brooklynpubliclibrary.org/branch\_library\_detail.jsp?branchpageid=265. May 9, 6:30 pm, Chamber concert, Brooklyn Philharmonic performs spirituals, rags and strings, featuring the works of HT Burleigh, Scott Joplin, Dvorak and Berml, Free.



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# Eldercare

TODAY



**Buying meds  
online**

**How to prevent falls**

**High-tech eldercare**

# Exercises for seniors with limited mobility

## You can even do it from a chair

**E**xercise is important for all people, including the elderly. Yet, seniors who have limited mobility or are confined to a wheelchair may think they couldn't possibly exercise. However, there are many things such individuals can do to stay in shape — all while sitting down.

Doctors recommend at least 30 minutes of daily exercise for most people. Exercise is beneficial for seniors because it keeps muscles from atrophying, improves mental alertness, strengthens bones, and leads to a healthier metabolism, among other things.

For seniors who think they won't be able to handle traditional exercise, chair exercises or modified pilates can be effective, even for those with trouble walking or standing for extended periods of time.

To get started, all you need is some loose-fitting clothing and a chair. Begin by doing some stretching movements of the neck, arms, and legs. Rotate the head left and right and in circles to stretch the neck and back muscles. Lift arms over the head and slowly drop down to the sides of the body to stretch arms and back muscles. Lift and lower the legs a few times to warm them up.

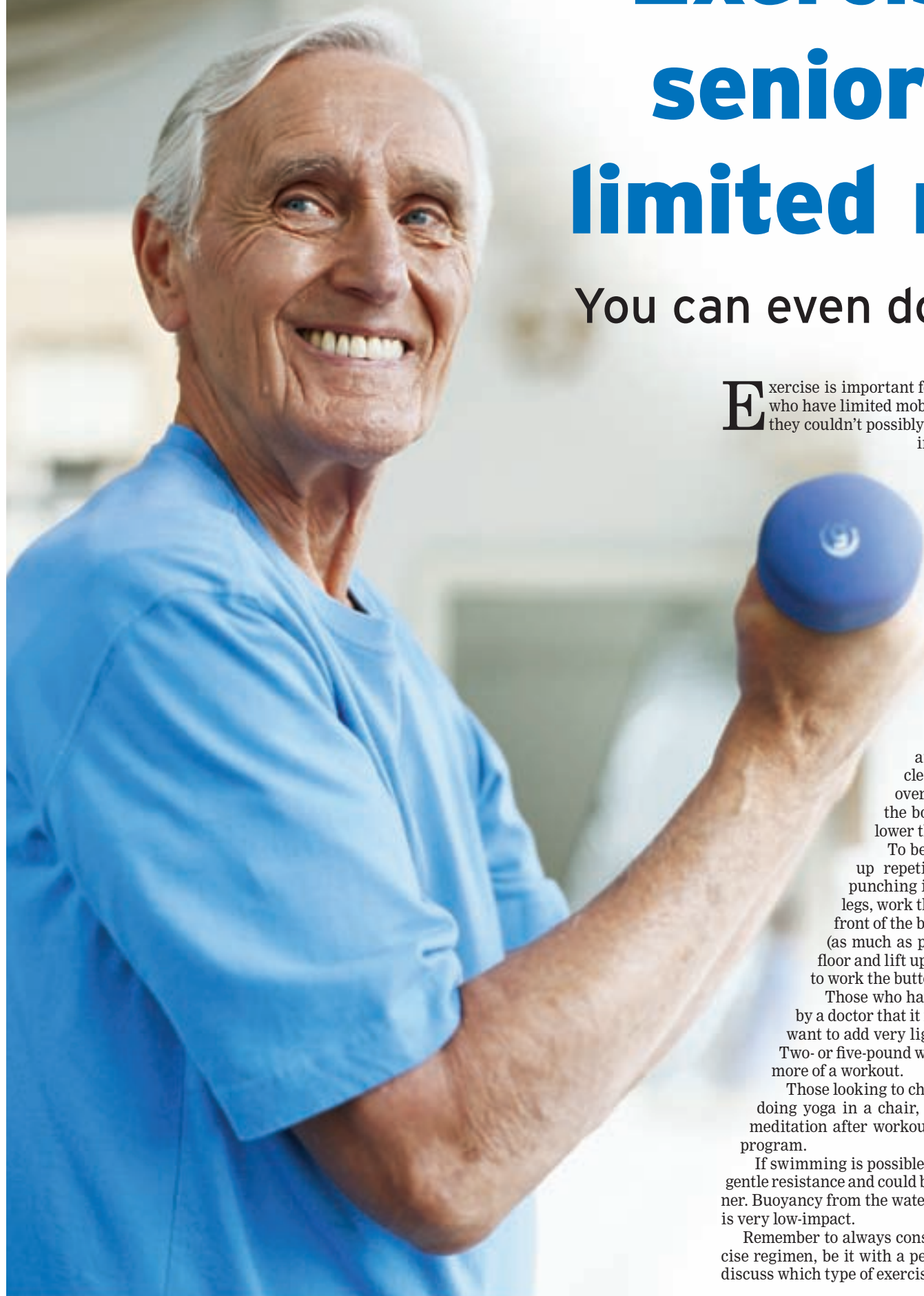
To begin exercises, start slowly, and gradually build up repetitions. Try exercises that include boxing or punching into the air, arm circles, and arm curls. For the legs, work the back and front of the legs. Kick the legs out in front of the body several times. Hold legs parallel to the floor (as much as possible) and do leg crosses. Put feet flat on the floor and lift up the heels. Keep feet on the floor and push down to work the buttocks and the top of the thighs.

Those who have mastered these exercises and have been told by a doctor that it is OK to do something a bit more strenuous may want to add very light weights to the equation for more resistance. Two- or five-pound weights are all that's needed to give muscles even more of a workout.

Those looking to change things up from day to day can think about doing yoga in a chair, or even tai chi exercises. Deep breathing and meditation after workouts can be part of a cool down and stress-relief program.

If swimming is possible, or even simply entering a pool, water provides gentle resistance and could be a good way to work the body in a gradual manner. Buoyancy from the water will be easy on joints and this type of exercise is very low-impact.

Remember to always consult a doctor before beginning any type of exercise regimen, be it with a personal trainer or on your own. The doctor can discuss which type of exercises may be safe.



# What to know when buying drugs on the web

The Internet has made it possible for consumers to buy just about anything without ever leaving their homes. Whether looking for a pizza or a car, consumers can find whatever they need with a few clicks of the mouse.

But buying merchandise online always comes with a degree of risk, and that's especially so when buying medicine over the Internet. Not all websites that sell medicine are trustworthy, and many physicians feel buying medicine online is never a viable option. Recognizing the risk involved in such a transaction, the Food and Drug Administration offers the following advice to consumers considering purchasing medicines over the Internet.

## LEARN ABOUT MEDICINES BEFORE ORDERING

Consumers should learn as much as possible about the medicines they plan to purchase before placing an order. Know what the medicine looks like, including its color, texture, shape, and packaging. If the medicine has a particular taste or smell, make note of that before taking any medication purchased over the Internet.

## KNOW WHAT YOU'RE BUYING

Many websites that sell medicine are perfectly legal and trustworthy. However,

**When shopping for medicine online, the Food and Drug Administration notes the following signs of a website that's trustworthy:**

- ✓ The site is located in the United States.
- ✓ The site is licensed by the state board of pharmacy in which state the site is operating.
- ✓ It offers a licensed pharmacist available to answer any questions.
- ✓ It provides accessible contact information that allows consumers to talk to a person if they have any comments or questions.
- ✓ The site has an accessible and understandable privacy and security policy for its consumers.
- ✓ The site does not sell consumer information without consent.
- ✓ It only sells prescription drugs to consumers with an existing prescription.

just as many, if not more, sell medicine that has not been checked or approved by the Administration. These drugs might contain the wrong active ingredient or too much or too little of the active ingredient, making them ineffective and possibly even deadly. These faulty sites appear just as credible as their legitimate counterparts, but sell ineffective or dangerous drugs to consumers who don't know what they're getting in return.

In an effort to increase awareness among consumers purchasing medicine online, the Administration purchased and analyzed a host of products that were sold online as Tamiflu, which is used to treat some types of influenza infection. The active ingredient in Tamiflu is oseltamivir, but in one package purchased by the organization online, the drug it received as Tamiflu contained

*Continued on Page 38*



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Seniors 80 years and older make up nearly half of all hospitalizations due to adverse drug reactions and overdoses. Photo credit: Janet Charles Photo

# TAKING MEDS SAFELY:

## SIX WAYS TO KEEP YOUR LOVED ONE SAFE

As we age, our bodies process drugs differently. The average senior takes more than five different pills daily, not including over-the-counter drugs or supplements, which can leave them more vulnerable to problems. In fact, researchers at the Centers for Disease Control and Prevention found that senior citizens are twice as likely to visit the emergency room due to adverse drug reactions than their younger counterparts.

Patients or their caregivers can do a lot to minimize the risk of a bad event related to a medication, says Registered Nurse Lilliene Mine, a nurse care manager with VNSNY CHOICE Health Plans from the not-for-profit Visiting Nurse Service of New York, a plan created especially for New York seniors who are eligible for Medicaid and/or Medicare and want to live independently in their own homes as they face the challenges of getting older, instead of moving to a nursing home.

Here are six ways to take medications safely:

### 1 Make a List

Keep a personal record of all

the meds your loved one is taking, including the name of the medication, the dosage instructions, the reason it was prescribed and the name and number of the doctor who prescribed it. "Don't forget to include over-the-counter meds and herbal supplements, too," says Mine.

### 2 Take All Medications to the Doctor

An estimated 100,000 older Americans are hospitalized for adverse drug reactions yearly, and three of the most commonly prescribed drugs – insulin, the blood thinner warfarin (aka Coumadin) and the heart drug digoxin – are most often the cause, according to a recent study by researchers at the CDC published in the *New England Journal of Medicine*. If you're unsure about your meds, put everything in a bag and bring them to your doctor. Ask for help figuring out what you are taking and why so that you'll know how to take them properly.

### 3 Ask Questions

Don't be afraid to speak up. Every time a new med is recommended or prescribed, it's impera-

tive to ask the physician and pharmacist these key questions: Why has this been prescribed? How does it work? How can I tell if the drug is working? What are the possible side effects? Is this safe to take with other prescriptions and over-the-counter drugs? "Also ask about the risk of mixing food and drink with your meds," says Mine. "Something innocent may cause an adverse reaction. Grapefruit juice, licorice, chocolate, alcohol and other food and beverages are known to increase side-effect risks with certain medications."

### 4 Change Dosage

Open a dialog with the prescribing physicians about possibly lowering the number of different pills taken throughout the day. Studies show that the more pills a person takes, the less likely they are to adhere to the schedule and dosage.

### 5 Store Smart

"Don't keep your meds in the bathroom or the kitchen," cautions Mine. "The moisture and heat can impact potency." Knowing how to

properly take and store your medications not only helps them work most effectively, but may save your life.

### 6 Box Them

Lilliene Mine encourages members to get a pill box that has labeled compartments for each day of the week. "There are even ones labeled 'take with meals' or 'take at bedtime' and ones that beep when it's time for a dose," she says.

For more information about VNSNY CHOICE Health Plans from the not-for-profit Visiting Nurse Service of New York, please call 1-855-AT-CHOICE (1-855-282-4642) or visit [www.VNSNYCHOICE.org](http://www.VNSNYCHOICE.org).

#### SOURCES:

*Wall Street Journal Health*, Nov. 25, 2011: *Common Drugs the Culprit in Most ER Visits by Seniors, Study Finds*, <http://online.wsj.com/article/SB10001424052970204630904577056562539600468.html>

*New England Journal of Medicine*, Nov. 24, 2011: *Emergency Hospitalizations for Adverse Drug Events in Older Americans*, <http://www.nejm.org/doi/full/10.1056/NEJMSa1103053>



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## There's no place like home!

### New technology helps seniors remain independent for longer than before

BY JONNA LEEFER

Now, seniors can breathe a sigh of relief because they will be able to stay in their homes longer and safer than ever before by taking advantage of today's modern technology. Newly developed sensor devices and web-based programs give peace of mind to both the elder adult and his concerned children. These high-tech devices work by unobtrusively monitoring folks in their own homes. Once fully educated on these systems, most people are excited about having them in their homes because they allow them to age in place safely.

Less sophisticated technology has been on the market for some time now, but these systems need personal interaction to make them work. The most well-known of these devices is the Medical Alert System, which is implanted into a wristband or necklace and worn by the senior. If a fall or other dangerous situation occurs, he can press a button to call for help. The biggest problem is, the person has to remember to wear the device, and be willing to press the button. Many older adults pre-

fer to remain unattended rather than alarm a loved one when they need help.

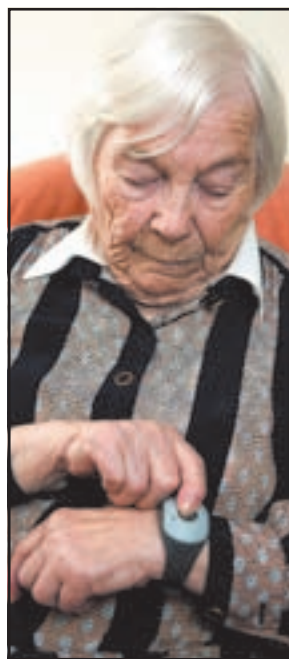
The new technology is more sophisticated and allows sensors to unobtrusively track a person's movement and alert caregivers without wires or any personal interaction. The most basic systems use wireless motion or contact sensors that are placed on kitchen appliances, cabinets, doorways, windows, walls, and beds. These systems are connected to a 24-hour call center that monitors activities and alerts a central control center if a loved one is hurt or cannot be located.

The sensors can be programmed to anticipate activity. For instance, if your mother usually sits in a favorite chair every afternoon, a monitor in the chair can be programmed to note when she is sitting. If the sensor cannot detect her for a significant period of time, a signal will alert the central monitoring center and a staff member will call. If your mother does not answer, the center will alert you or another designated person who can check on her.

Companies or consul-

all be addressed with the right devices," says Meghan O'Sullivan of At-Home Technologies, LLC, who tracks new developments in technology and helps families decide what equipment best fit their needs. "Understanding your options are critical to making the best decision."

Monitoring systems can be purchased, rented, or leased. If you decide to buy one, there is typically an installation fee and a monthly monitoring charge. Rentals are available through national manufacturers, local distributors, hospitals, and social service agencies. Medicare, Medicaid, and some insurance companies do not cover the cost of the systems, although some hospitals and social service agencies may subsidize some devices for low-income users.



Joanna Leefer is an eldercare advisor with almost 10 years experience working with aging issues. She was the primary caregiver for her parents for more than seven years and worked for Friends and Relatives of Institutionalized Aged, Inc., an advocacy organization for the elderly, for more than five years. For more, visit [www.joannaleefer.com](http://www.joannaleefer.com). Her book on eldercare will be available in the spring of 2013.

"Good technology represents a great value because it is both comparatively inexpensive and easy to use. The risk of falls, medication management, cooking concerns, and wandering can

## Seniors can prevent falls

Among older adults, falls are the leading cause of injury deaths. They are also one of the most common reasons seniors visit the emergency rooms for trauma each year. Falls are largely preventable.

More than one-third of adults aged 65 or older fall each year in the United States, according to the Centers for Disease Control and Prevention. Many of these falls lead to serious injuries, such as head trauma, hip fractures, other fractures, and bruising. Due to the nature of bones becoming more brittle as a person ages, falls that would be minor for someone younger can be dangerous to older adults. Most fractures experienced by older adults are due to falls.

The risk for injury increases the older a person is, say experts. And falls can also contribute to early death. The key to reducing injury is to prevent falls and ready the body, should a fall occur.

•Exercise regularly, as much as is possible for your level of health. Low-impact activities, such as tai chi and yoga, can improve balance, flexibility, and strength.

•Ask your doctor to review your medications to see if any side effects are loss of balance, vertigo, or something that can compromise mobility. Some medicines may also contribute to fragile bones.

•Improve the lighting in your home. Illuminate staircases and entryways.

Place nightlights in bathrooms or hallways for ease of traveling in dim light.

•Most falls occur in the bathroom and kitchen. In the bathroom, place grab bars that make it easier to enter and exit the shower. Consider using a seat in the shower if you become lightheaded or feel unbalanced.

•Have your vision checked by a professional every year to ensure your prescription is unchanged. If your glasses or contact lenses are adding difficulty to walking properly, address this with your eye doctor.

•Look around the home and identify potential fall hazards, such as unsecured rugs or cluttered furniture. Remove the hazards.

•Use an assistance device if you feel unsteady. A cane or walker can provide a little more balance, if needed.

•Wear shoes or slippers with nonslip soles for better traction.

•Ask for help with tasks that involve climbing, heavy lifting, or standing on a stool or ladder.

•Sit on the edge of the bed for a few minutes before standing up. This will enable your blood pressure to equalize and prevent dizziness while standing.

•Limit alcohol consumption, especially if it can interfere with medication you are taking.

•Eat a balanced diet and take a calcium supplement to help strengthen bones.



# Overmedicating an issue of personal health

**P**ersonal health is a concern for seniors, more so than finances, says a recent study by UnitedHealthcare. Nearly seven out of 10 senior respondents to a recent survey expressed concerns about their health and well-being, a larger percentage than those who expressed concern about other categories, such as personal finance.

As seniors continue to live longer, they want to be able to enjoy the life they are living. As a result, more attention is being paid to taking care of oneself so that the senior years can be enjoyed. One of the key things they can be mindful of is prescription abuse.

According to data compiled by PRIME Institute for Families USA, in 2010 the average senior was given 38.5 prescriptions. The average overall prescription number for U.S. seniors grew to almost 1.6 billion in 2010. There is cause for concern that seniors are

highly overmedicated, and that drug interactions could be a leading cause of unnecessary death or side effects.

Seniors who want to stay healthy can also take personal responsibility for prescription medications. Lifestyle choices should include learning about the medications talked about by doctors and discussing other options if medication seems counterintuitive at this time. Keep in mind that the average physician visit is 10 minutes long, making it difficult for many doctors to keep abreast of all of their patients' conditions. It is important for patients to do their own safeguarding as well.

To reduce reliance on many prescription medications, seniors may be able to simply adjust certain choices in diet and exercise. For example, cutting down on fatty foods may help reduce cholesterol. Reduction in sodium intake can lower blood pressure.



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Pauline Yeung-Ha

## Center for Nursing and Rehabilitation sets a new bar for patient safety

### Falls down thanks to new tools

BY SHAVANA ABRUZZO

The Center for Nursing and Rehabilitation bends over backwards to keep its residents stabilized and upwardly mobile, according to the American Medical Directors Association, which honored the nursing home with a coveted industry award for innovative programming that champions patient safety and sets a new bar for caregiving facilities everywhere.

The center received the Quality Improvement and Health Outcome Award at the organization's March symposium in Texas for its "Enhancing Resident Safety via a Fall Reduction Initiative." The program reduced falls by 53 percent in 2011 with modifications that in some cases were as subtle as switching the shade of a toilet seat, and using a bolstered mattress to secure patients.

The results have been remarkable, says Randolph Palmaira, executive director of the 320-bed skilled nursing facility, a member of CenterLight Health System and a pioneer in making residents more independent on their road to recovery.

"We created a safer patient environment!" he states.

Falls are a major problem for the elderly and frail, causing 1,800 deaths annually in nursing homes, and too often people end up with a fracture or limited mobility, adds Palmaira, but now habitual slip-ups are down, thanks to tweaks such as changing the color of toilet seats from white to black to improve depth perception and increase visual contrast — especially helpful for stroke patients, and those with musculoskeletal dysfunction.

In another instance,

overlays with built-in sideguards are placed on mattresses to prevent injuries. The enhancement is not a restraint as it offers side cut-outs, allowing residents to exit the bed if they desire. However, it does slow down their ability, offering staff more time to respond to any bed alarms.

Nursing staffers also successfully connected the dots to pain relief. They tailored the scale used to

### Steps to ensure the safety of a senior can be as simple as changing the color of a toilet seat to make it more easily seen.

measure discomfort after discovering that many of the cognitive-impaired residents with a history of falls were having pain issues. The move ensured patients were assessed according to their individual needs, and some had their medications discontinued altogether.

Even downtime was marked by potential hazards, workers found. The most common time for falls was between 7-9 pm, when patients had free time and few structured activities. The solution to that was more fun-filled therapy during those hours, says Palmaira. As a result, the number of falls plummeted from a high of 76 during the first quarter of 2011 to 36 by the end of Oct. 2011.

*Continued on Page 38*

# LONG-TERM CARE INSURANCE TIPS

## Know what it covers, and when you should buy

BY KRISTEN CASTILLO  
CREATORS.COM

Eight million Americans have long-term care insurance. In the next year, about 500,000 policies will be sold.

"Everyone who is 50 or older needs to do some long-term care planning," says Jesse Slome, executive director of the American Association for Long-Term Care Insurance, a national trade organization representing several thousand insurance companies. "The older you get the more likely you'll get sick."

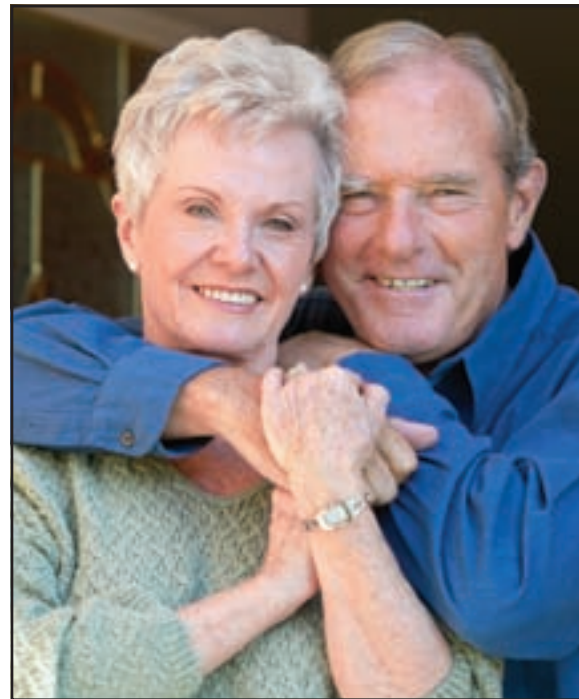
### WHAT IT COVERS

Slome says this is the first generation of Americans facing the issue of needing long-term care and finding a way to pay for it.

Long-term care insurance pays for things that typically aren't considered medically necessary, such as helping you prepare and eat meals, shower and get dressed, and use the restroom. If you develop Alzheimer's disease (after you signed up for long-term insurance), for example, you may not need to be at a hospital, but you could require a lot of daily care.

Long-term care isn't covered by Medicare or typical health insurance. Without it, your choices would include paying for the care yourself, relying on a spouse or family member to help, or going on government assistance.

"With the average cost of a nursing home running about \$6,800 per month and the average cost of an assisted-living facility running about \$3,500, it doesn't take a lot of math to understand how long-term care insurance is helpful," says Patrice Antony, who is the founder and president



of Elder Advocates Inc.

### APPLICATION AND ACTIVATION

You need to be in good health when you apply for the insurance. Be honest when explaining your health and any medications prescribed. After all, just by applying, you're giving the insurance company the right to review your medical records to access your health history. They'll discover whether or not you're telling the truth.

You can activate long-term insurance in one of two ways: 1) You can't independently do two or more daily activities such as eating or walking. 2) You are diagnosed with a cognitive ailment such as Alzheimer's.

"You can buy as much insurance as you can afford," says Slome, explaining that some people choose and pay for unlimited coverage. One recent unlimited coverage claim exceeded \$1.5 million.

Don't worry about los-

ing coverage if your long-term insurance company goes out of business, because each state and the federal government guarantee insurance coverage in this scenario.

### GETTING DECLINED

Pre-existing conditions such as schizophrenia, Parkinson's disease and kidney failure make an applicant ineligible for long-term care insurance.

Slome urges applicants to apply when they're between the ages of 52 to 64 and in good health. Waiting too long could mean an insurance disqualification because of illness or diagnosis.

Recent statistics from the American Association for Long-Term Care Insurance show that only 24 percent of people ages 60 to 69 were declined, compared with 45 percent denials for people ages 70 to 79. The least denied age group? People ages 50 to 59 were only turned down 17 percent of the time.

"This is an age of specialization," says Slome. "This is a complicated product. You only purchase this one time because what you pay is based on your age when you apply."

Insurance companies can ask whether an applicant has already been declined by another insurer. A denial from one company may hurt your chances of getting coverage from another. Still, not all insurance companies ask about denials.

### PAYMENT

Your yearly fee for long-term care insurance is locked in at the time you buy the coverage. Your rate will remain unchanged even if your health declines.

"A smart consumer shops and compares prices," says Slome, noting prices can differ by 40 to 90 percent!

For example, according to AALTCI, a single person, age 55, will pay \$1,480 a year for coverage currently worth \$169,000, which will be valued at \$410,000 when the person turns 85.

Planning for the future isn't always easy, but it's important.

"You can't stop the aging process. It will catch us all," says Antony. "Preparing financially to maximize the living arrangement options makes total sense. Long-term care insurance is part of that preparation."

Remember to consider long-term care insurance as a part of your overall investment portfolio.

Antony explains, "If the right planning is done, the cost for the product is minimal for what you get in peace of mind and guarantee to protect your assets."

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# Seven simple steps to senior bathroom safety

One in three seniors over the age of 65 will experience at least one fall annually, according to the Centers for Disease Control. The bathroom is one of the most dangerous rooms in the home for the elderly. Slick floors, small spaces, sharp edges, and few things to grasp make mobility difficult and increase chances for dangerous falls.

Unable to complete everyday tasks with the same mobility they once had, many senior homeowners are left with unsafe measures to prevent falling in

the bathroom. These may include insufficiently secured towel racks that could fall when gripped for support, shower chairs that are not slip resistant, and sliding shower doors that could move unexpectedly when entering and exiting the tub.

Here are some tips on what to install in the bathroom to keep it safe for loved ones so they can maintain an independent lifestyle with easier mobility.

•Equip showers and surrounding walls with sturdy grab bars anchored to wall studs so they can support

the full weight of an adult. Some portable safety handles use super strong suction cups and are easy to apply and remove.

•Consider installing nonskid tape or mats on the floor of a shower or bathtub.

•A shower chair is also a safe solution that can be easily placed where balance is a challenge.

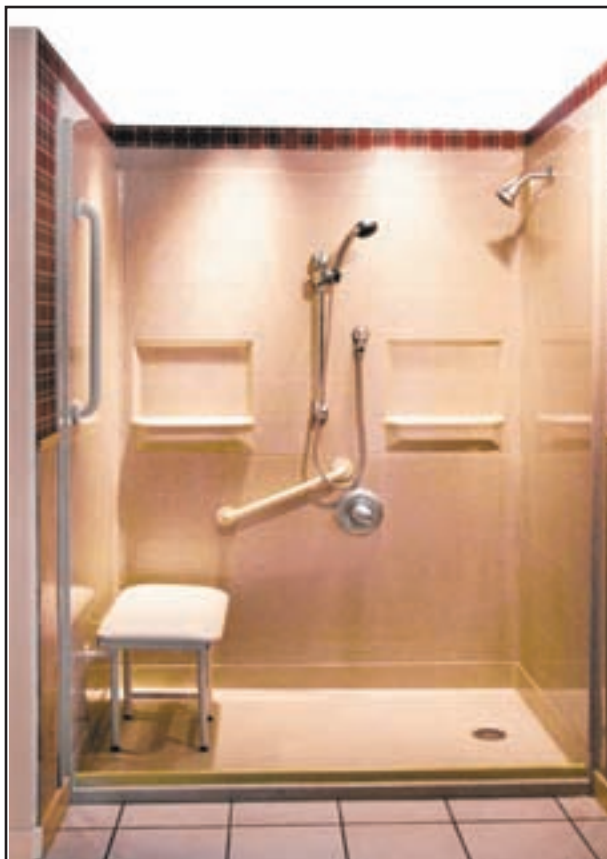
•Flexible handheld shower wands with an on and off button might be easier to use than a traditional shower head. These are especially useful in combination with shower chairs.

•Toilets can be replaced with Americans with Disability-approved raised-height models to lessen the chance of a harsh fall. Alternatively, raised-height seats can be installed on existing toilets.

•Check temperature settings on water heaters, as water hotter than 120 F can scald skin. Special no-scald faucets or a no-scald regulator can be installed as a secondary layer of protection.

•Some faucet handles are difficult for arthritic hands to grip and turn. These should be replaced with models that are easier for seniors to use.

A study by the Home Safety Council found that falls are the leading cause of home injury-related deaths among older adults. Making simple home installations can make day-to-day living for seniors easier, reduce their risk of falling, and give peace of mind to those close to them.



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# How to manage medications safely

Statistics indicate that the average senior takes four to five prescription medications daily, and potentially two over-the-counter products as well. Individuals could be consuming 10 to 15 pills in one day.

Research also indicates that a senior will use roughly 25 different prescription medications during the course of a year. Managing this many medications can be tricky.

Seniors rely on a myriad of medications for various health conditions. Often, these meds are prescribed by different specialists with little to no coordination between them. Doctors often rely on patient information regarding prescription usage to complete medical history forms and determine whether another medication is safe to take. It is easy for a senior to forget about a medication he is taking, or



mix it up with another when he is managing so many pills. Drug interactions can be dangerous and potentially fatal. Therefore, it is essential to manage meds as carefully as possible.

•The first step to take is to make a list of all medications that you are currently taking. If you use one pharmacy (highly advisable for record-keeping and notification of drug interactions), you can ask the pharmacy

to print a list of the pills you take. It will have the actual names and show your prescription history. Make copies of this list. Store one at home in a file cabinet, and keep others in your wallet or purse to bring with you to doctors' appointments. When asked about prescriptions, you'll have your list ready and waiting.

•Make sure you fully understand dosage and duration of medications when

your doctor prescribes something. Doctors stereotypically have poor handwriting on prescriptions. Therefore, do not hesitate to ask that the instructions be repeated. Verify the instructions with the pharmacist when picking up the medication.

•Store all medication in the original containers so that you have the proper dosage and expiration dates. This will make renewals and dosage checks easier.

•If you take multiple pills each day, it can be handy to use a pill organizer separated into days of the week and times of the day. At the beginning of each week, use your pill bottles to measure out what pills you need to take at each time. If you feel confused about this process, ask a family member, friend, or even the pharmacist to help.

•Read the safety infor-

mation provided with prescription medications. It will tell you what you can and can't do while taking a medication, as well as potential side effects. If you have any concerns about the information, speak with the pharmacist or call your doctor. You're always better safe than sorry.

•Store prescriptions where they are accessible by you, but not by other members of the family. If you are sharing a home with a spouse or someone else who takes multiple medications, keep your pills separate from the others. You may want to color-code bottles or organizers so you can easily see what pills are yours or your spouse's.

•Avoid taking medication in the dark or while tired. You may take the wrong pill and risk overdose.

•Keep medications away from young children, espe-

cially visiting grandchildren.

•Routinely check expiration dates on bottles. Discard expired medication promptly.

•If your doctor tells you to stop taking a medication, dispose of it promptly.

•Always take the prescription as prescribed by a doctor. Don't play with dosage or skip pills because you feel like it. Also, don't abruptly stop taking a medication. Some prescriptions require you to gradually wean off.

•If a medication's side effects are making you ill, or you do not feel right or improved while taking a medication, consult with your doctor. You know your body best.

•Alcohol interacts with many different prescriptions. Be careful of mixing alcohol and drugs.

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## Patient safety

Continued from Page 36

The combination of better assessment, better pain management, better tools, and better engagement of residents is a winning formula that CenterLight Health System — formerly Beth Abraham Family

of Health Services — plans to use throughout its nursing home network to improve fall reduction rates for the 9,000 individuals it cares for daily.

The American Medical Directors Association credits the center's skilled staff

for the program's success.

“The Center for Nursing and Rehabilitation recognizes that it takes the entire inter-disciplinary team to implement and follow up the plan to reduce the risk of falls,” says Krista Das, director of marketing and communications.

## Internet meds

Continued from Page 31

none of the active ingredient oseltamivir. Similar problems were reported by consumers who purchased Ambien, Xanax, Lexapro, and

Ativan over the Internet. Instead of receiving these drugs, consumers received products containing the foreign version of Haldol, a powerful anti-psychotic

drug that sent consumers to the emergency room, where they were treated for a host of ailments.

More information about prescription medication safety is available at [www.fda.gov](http://www.fda.gov).



## WHAT'S CARMINE ANGRIER THAN THIS WEEK?

Carmine Santa Maria has been screeching about problems in southern Brooklyn — and getting results — for decades. Find out what he's ranting about this week, and every week, in your local Courier Life newspaper, and every Saturday on [BrooklyDaily.com](http://BrooklyDaily.com).

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# An Inexpensive, Easier Way for Seniors to Bathe

Reglazing Plus, Inc., is helping its aging and handicapped patrons maintain their independence, bath with dignity, and do so without spending a fortune and undergoing construction in their homes.

The Borough Park business knows that people don't have thousands of dollars laying around to install a pricey walk-in tub (with installation, tile work and extras, these cost around \$15,000) for their ageing parents who have difficulty getting in and out of the tub.

Instead, it offers a solution that is cost effective, done in one day, usable within hours, completely reversible, looks factory made, and most of all, works. The Tubcut, a new, cost-saving product, is a quick and easy way to turn any bathtub into a walk-in tub. It is custom-fitted to any tub, creating a seamless, factory appearance, unlike

The Tubcut, a new, cost-saving product, is a quick and easy way to turn any bathtub into a walk-in tub. It is custom-fitted to any tub, creating a seamless, factory appearance, unlike the one-piece insert.

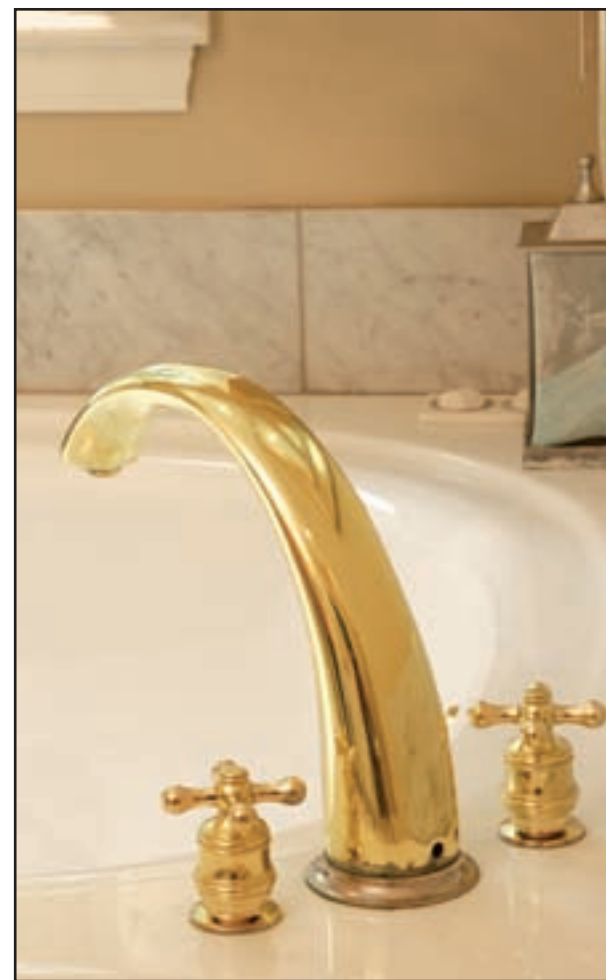
the one-piece insert. The threshold is about four inches above the floor, giving seniors easier, safer access to their tubs.

With savings of up to 90 percent off the cost of bathroom remodeling, Reglazing Plus has made it possible for customers to quickly and easily update their tubs, wall tiles, sinks, bath-

room floors, and even kitchen cabinets and countertops while leaving them with a satisfied feeling, beautiful new look, and most of the time, thousands of dollars left right where they need it most, in their pockets.

Reglazing Plus began 15 years ago when Joe DeVito and Paula Parents, two friends born and raised in Brooklyn, decided to go into the business of total bathroom refinishing. They had no idea that the service they were providing would become one of the most cost-effective tools used to provide future struggling home owners, renters, commercial property owners and hotels alike.

Reglazing Plus, Inc. [1160 63rd St. between 11th and 12 avenues in Borough Park, (866) 399-8827 or (718) 238-8460] For more, visit [www.reglazingplus.com](http://www.reglazingplus.com) or e-mail [reglazingplus@aol.com](mailto:reglazingplus@aol.com).



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Photo by Stefano Giovannini

**PRICE IS RIGHT:** DUMBO developer Adam Ginsburg shows off his Water Street luxury rental building, where the average unit costs more than many apartments in posh Manhattan neighborhoods.

# DUMBO renters pay jumbo bucks

## Hood costs more than most of Manhattan

BY AARON SHORT

Rents are soaring in DUMBO — skyrocketing above even the lofty prices common in the expensive borough across the river.

Rentals in the neighborhood under the Manhattan Bridge overpass are more expensive than apartments in the doorman-guarded buildings in the Upper East Side, the Financial District, and the Lower East Side, and costlier than rentals without doormen everywhere in the city except for TriBeCa and SoHo, according to a real estate study released last week.

The average price of a studio in DUMBO in March was \$2,567 per month — \$300 more than its list price a year ago and \$458 more than the average studio price in the Lower East Side, according to MNS data.

The average one-bedroom in the neighborhood of historic buildings and tech firms rents for \$3,455 per month — \$350 more than the average Chelsea one-bedroom. DUMBO's two bedroom apartments cost \$4,929 per month — \$54 more than a doorman unit in the Lower East Side and \$348 more than a non-doorman SoHo pad.

"DUMBO has surpassed certain parts of Manhattan

in certain instances in the last year and a half," said MNS CEO Andrew Barrocas. "People want to be part of a community and there's a lot of that feeling in that neighborhood. It's very much like how TriBeCa was just a couple years ago."

And it's not just the Manhattan real estate market that DUMBO is outpacing — the neighborhood remains far more expensive than other Brooklyn communities.

One-bedrooms in DUMBO cost \$1,000 more than most Brooklyn luxury rentals, and two-bedroom units cost almost \$2,000 more than the borough average for rental apartments.

Developers say that DUMBO's high-end residences are worth the price.

"If you look for value, in terms of apartment character and types of amenities, DUMBO still offers a lifestyle value that you can't find in Manhattan," said GDC Properties' Adam Ginsburg, who manages 220 Water Street. "There's a homogenization of neighborhoods in Manhattan, but DUMBO retains a real, New York, genuine sense of place."

His century-old former shoe factory on Water Street has attracted tenants from

all over the world with features including a lobby with a cafe, a fitness center, a yoga studio, a pet-washing room, and a roof deck with a fireplace and an outdoor lounge.

Ginsburg credits other developers in the community, particularly the Walentas family and their firm Two Trees, for keeping manufacturing and small businesses in the neighborhood while attracting new tenants and independent retailers — a development strategy he claims has only made DUMBO more appealing.

"We certainly aim to make decisions that reflect the character of the community we come into rather than change it," said Ginsburg. "The Walentas and others have been very smart for not selling out to people who could pay top dollar in rent and we're very appreciative of that."

DUMBO has Brooklyn's most expensive rental, but it's not the most expensive area for buyers. Brooklyn Heights leads in sales prices thanks to an impressive array of housing stock, including the mansion where Truman Capote rented an apartment, which sold for a record-setting \$12 million this year, the biggest in county history.

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# Citizen 'vigilante' sez: 'Make my day!'

To the editor,

Call me crazy but I'm a firm believer in the old adage that desperate times call for desperate measures. We are in desperate times, criminals with guns are shooting at innocent men, women, children, cops, and even each other. Police Commissioner Raymond Kelly is doing a fine job, but he isn't able to stop the influx of illegal guns coming into New York.

Like drugs, gambling and prostitution, I don't think guns will ever stop being a serious and deadly problem in this city.

Good, decent, hardworking people have to be afraid to walk the streets because some tough guy with no heart or brains is packing a gun, and is stupid enough to use it for any reason on anyone — anytime, anywhere! It's time that the good citizens of this town also get guns, legally of course, after a background check and a class on gun safety. Then maybe the next time some idiot thug goes to rob, mug, or rape an innocent victim — or waves a gun around for cheap thrills — he will think twice!

Incidents such as the Trayvon Martin shooting in Florida are few and far between, and I think the benefits will outweigh any ill effects this gun law will have, and be in keeping with our constitutional right to bear arms.

I know this might sound extreme to some, and maybe it is, but like I said it's just not working the way it is now. Let's give the jerks with the illegal guns something to think about the next time they go out looking for trouble.

I, for one, would hope I would never have to say, "You picked on the wrong one today," but I guess it's better than begging for your life.

**Cronin Miller**  
Midwood

## Bam's benefits

To the editor,

David Podesta is appalled by President Obama's lies ("Lawless Bam," Letters, April 12). I wonder if he was appalled by President Bush's lies about Iraq having weapons of mass destruction.

That caused the deaths of thousands of American soldiers, and perhaps a mil-

# LETTERS TO THE EDITOR

lion civilian deaths in Iraq. I heard we invaded Iraq because it is on a sea of oil. It was blood for oil!

The affordable healthcare law, known as ObamaCare, will probably be found constitutional because it will give 32 million people health insurance by 2014. The mandate that a small percentage of Americans — those without health insurance — buy insurance is not unprecedented. President George Washington mandated that all males own a firearm. How would it be if thousands of Americans without health insurance die because they can't afford it?

A second Obama term would be a continuation of the progress he's made so far. He saved the automobile industry, and thousands of jobs. Unemployment claims began to decline because of the stimulus funding, then the private sector started to create more jobs than it was losing. This continued for 23 months. The total of new jobs was 3.7 million.

The president increased the budget of the Department of Veterans Affairs in 2010 by 16 percent, and by 10 percent in 2011. This will help the many soldiers who return with serious physical or mental conditions.

I think President Obama's second term would be quite good.

**Jerome Frank**  
Coney Island

## Fit to be 'Tide'

To the editor,

Everybody likes a good deal, but this sounded too good to be true.

I was shopping with my wife at a Duane Reade store in Brooklyn. She saw that Tide detergent was on sale for almost a third off at \$6.99, so she selected one and brought it to the check-out counter. When it was scanned, we asked if we got the discounted price. The clerk held up the detergent and asked another clerk two cash registers down with earphones on if it was on sale. She replied what sounded like, "Tide at 79."

I buoyantly said, "You mean the Tide is 79 cents?"

She replied, "No. The Knicks and Miami are tied at 79!"

**Alan Magill**  
Midwood

## 'N' word woes

To the editor,

Mega kudos to CNN anchor Don Lemon for having the courage to speak the truth about the n-word, no matter what

anyone thinks.

The n-word is the stupidest word I have ever heard, and it is not a nice word, but it is a word like many other words in the dictionary. It's used mostly these days in a pejorative sense, not unlike many other words used to describe someone's race or nationality in an offensive way.

There are also pejorative words for Italians, Jews, Hispanics, Chinese, and so forth, and they can be hurtful and even cause a bloody nose or worse. But they are only words — hurtful words, derogatory words, bad words but, nonetheless, only words. Using these words to quote what someone said — at appropriate times — is understandable, so let's stop pretending the word never existed.

Let's all grow up and remember that sticks and stones may break my bones, but words shall never harm me.

**Maureen Parker**  
Sheepshead Bay

## Reality bites

To the editor,

Just when I thought it was safe to turn on the TV, another reality shows rears its ugly head.

We have seen people of almost every race and nationality putting their lifestyles in front of millions of viewers, making complete a--- of themselves and giving some people the false impression that this is the norm for the rest of us.

Now a new reality show is coming called "Shunned" and starring ex-Hasidim — something I don't believe any of us saw coming. The old saying, "money is the root to all evil," certainly applies here. Why else would all these people go on TV in front of millions of viewers and family and friends and make a mockery of their religion, their heritage, their family values, and everything else held sacred by their families?

**Peter Orsi**  
Marine Park

## The 'Gotts' got it!

To the editor,

Since moving to Rockland County eight years ago from Marine Park, I still enjoy having the opportunity to read your paper.

What I found amusing in the April 19 "Letters to the Editor" section were the comments about Warren Buffet submitted by Millie and Stu Gotts. The Gotts have also appeared in the New York Daily News op-ed section as well. I appreciate the letters written by this couple.

Hmmmm, but being of Italian-American descent, I wonder if their name is a pseudonym. For Pete's sake, can't the proofreaders discern pseudonyms? However, I still look forward to further comments from Mr. and Mrs. Gotts, or we will see if they decide to use other pseudonyms. Either way, keep it up Mr. and Mrs. Gotts.

**Thomas DePrisco**  
Pearl River, N.Y.

## 'Mayor' Kelly?

To the editor,

Wouldn't Raymond Kelly be better off to remain as police commissioner after that wonderful day comes and Mayor Bloomberg leaves office? Kelly's expertise is in police work, what does he know about education and other problems confronting the city?

Of course, with Kelly as mayor, security in our schools would be beefed up, and he would probably establish a zero tolerance for disciplinary infractions. Some of our schools are so bad that the national guard needs to be called in to restore order.

I am sure that a Kelly administration would increase police presence in many of our very troubled schools, yet knowing so little about our schools, he would most likely allow the current cast of characters to remain at the helm.

We must have an educator leading the schools. Mayoral control has been a disaster and these so-called leaders, including the mayor, never taught for one day. We need people who have been inside the trenches in the classrooms. Heading a day-care center for two years does not qualify you to run our schools.

**Ed Greenspan**  
Sheepshead Bay

## Mexican flight

To the editor,

I just read over 1.5 million Mexicans have returned to Mexico in the past few years.

Well I must hand it to our president, this must have been his plan all along! Make policies that will keep our economy so bad that not even Mexicans can find low-paying jobs without benefits, without overtime, and 100-hour work weeks here anymore.

He is finally stopping illegals from entering our country.

**Peter Orsi**  
Marine Park

### LET US HEAR FROM YOU

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

# Stan once again cleans his pockets

From the corners of my pockets and the crevices of my mind here are more tidbits to stimulate conversation.

Homeland Security recently ordered 450 million rounds of hollow-point bullets. Why? For what purpose does the agency need that much ammo? Homeland security people rarely use guns so why is this stockpile necessary? Does the agency know something we don't know, or is this just another example of excessive spending and waste by our federal government?

I heard it again this week for the umpteenth time. My president says that it is necessary for me to pay my fair share, but he still hasn't told me how much my fair share is. Does anyone care to venture a guess?

By now everyone knows that the new Egyptian government hates the United States. So why do we continue to hand them \$1.3 billion (that's billion with a capitol "B"). Then again, most of the nations that stick out their hands for our money do not vote with us in the United Nations. It's time we started to rethink our policies concerning foreign aid.

It looks like Oprah's venture into cable TV is on life support. I've never watched it, but I know a few people who have, and they tell me they don't do so very often because it is, in one word, boooooorrrring.

Another man was arrested in an internet sting. When will these depraved fools learn that the cute 13-year-old girl they meet in a chat room is really a 40-year-old detective? Throw the book at the pervert.

The sign read "Niagara Water On Sale." I bought five cases. I thought it said "Niagara Water."

BJ's is now giving away a 60-day trial membership. Anyone coming along, who has never even been in a BJ's, gets two months for



## IT'S ONLY MY OPINION

*Stanley P. Gershbein*

free while we who have been loyal, dues paying members for years get nothing. I resent that.

The world's largest circulation marine industry publication is the Maritime Reporter and Engineering News. I never heard of it either until a neighbor left me a copy. From the March issue: "The New York metropolitan area is known for many things, but cheap labor is not among them, and the labor intensive ship repair industry generally flourishes in regions ripe with volumes of affordable help."

We know that laborers want to earn as much as possible, and nobody blames them, but there comes a point when they outsmart themselves. I have to wonder how many other industries have been chased away by local high priced labor.

With the price of gas still on the rise, a purchase of an electric automobile will eventually pay for itself. The operative word here is "eventually." How long, in numbers, is eventually?

The folks who crunch numbers announced last month that the Chevy Volt will pay for itself in 26.6 years. At my age I don't think I can wait that long. I am [StanGershbein@Bell-south.net](mailto:StanGershbein@Bell-south.net) also telling you that at my age, I don't even buy green bananas.

# Violent pill-poppers give us the blues

There's no happy pill for these nine days of hell.

A mental patient stabs a New York City cop in the skull on April 17 in an unprovoked attack that leaves him clinging to life. Five days earlier, cops shoot and kill an armed man who storms a Harlem pharmacy in search of narcotics. That same day in Bluffton, South Carolina, a gun-wielding robber makes off with 800 prescription painkillers. Three days earlier — on April 9 — a Texas man on the anti-anxiety drug Xanax is arrested for killing a police officer in Dallas. And on April 18, a Maryland man brandishing a syringe steals prescription drugs from a Baltimore CVS.

It's no accident that depressed America's obsession with prescribed psychoactive relief has erupted into a violent, national crime surge. Or that medicated people are turning into fiends to find their fixes.

The days when crooks swiped pocketbooks and held up banks have gone the way of the dodo as John Q. Public wages his own drug war on sanity. The proof is in the figures. According to the Centers for Disease Control, one in every 10 Americans aged 12 and above takes antidepressant medication, non-Hispanic whites pop more pills than others to thwart the blues, women take an-



## A BRITISHER'S VIEW

*Shavana Abruzzo*

tidepressants more often than men, and less than one-third of people taking such medications have seen a mental health professional in the past year.

Their cravings — a potential trigger for violent, suicidal tendencies — are a boon for the pharmaceutical industry, whose sales topped \$300 billion in 2010, even if the recalls gave it the mopes: Paxil, Celexa, Luvox, Sarafem, Darvon, and Lexapro were among the popular prescribed antidepressants taken off the market by the government last year, states RxRecall.com.

Man has been depressed since he was first able to think, feel, or realize that he couldn't keep up with the Joneses. In the Fourth century BC, Hippocrates made an early reference to distress and melancholia as a state of "aversion to food, despondency, sleeplessness, irritability, and restlessness." And Galen (131-201 AD) claimed that melancholia was a form of "fear and depression, discontent with life, and hatred of all people."

Our attempts to ward off the blues

have left their desperate stain on the battlefield, too. The Union Army popped around half a million opium pills during the Civil War, World War II troops used methamphetamine to keep awake, Japanese Kami-

kaze pilots used high doses of speed before suicide missions, and U.S. troops in Vietnam sought relief by smoking heroin cigarettes.

Later, when researchers traced the cause of our bummers to low levels of serotonin in the brain, scientists invented medications they claimed elevated those levels back to normal. The result has been a depressing overdose of misinformation from an industry that, to this day, can't test accurately the amount of the critical chemical, thereby depreciating its knowledge of what a normal serotonin level is, and diminishing its ability to find a cure for our doldrums. Even the chemist behind the creation of Valium — Leo H. Sternbach — shied away from the "happy" drug because it made him dopey.

It's depressing enough that there isn't a silver bullet for one of the world's oldest disorder, but the medical industry's attempts to treat it with dubious medications are sending Americans right around the bend.

[Sabruzzo@cnglocal.com](mailto:Sabruzzo@cnglocal.com)

## Like, can we stop with 'like,' pulease!

I really try my best not to listen in on other travelers conversations as I wind my way over hill and dale on my daily trek to work, however there are times when listening is unavoidable. On a recent work day ride, a verbose voyager happily chatted away discussing who-knows-what with who-knows-who for the entire trip.

Not only was the conversation loud and intrusive, but what was more troubling was that her entire 25 minute diatribe was littered with the word "like." It was, like, so much so, like, that I would say her abusive and, like, overuse of the word was, like, well, like a trash compactor regurgitating after having a little bit too much to like, digest.

In fact, if she omitted "like" from her oration, there wouldn't have been any words left to convey a single thought. It would have been just a dotting of adjectives and sometimes verbs spewed into the airwaves.

What has happened to our ability to converse in our mother tongue? What was once a beautiful way to



## NOT FOR NUTHIN'

*Joanna DelBuono*

share feelings, thoughts and concepts has deteriorated into initialed, simile-filled rants and raves that convey nothing and express even less. Like, "acks" (what is that anyway?), OMG, IDK, WTF, SMH, and the ever popular LOL has replaced our ability to speak in a cohesive, intelligent, and

enjoyable way. The expressive words that once filled our English language have disappeared amid a trash heap of popular jargon and catchy phrases that has dumbed-down our collective IQ to an all-time low.

When I was in grade school years ago (yes before the computer and, according to my daughter, when there were still horse-drawn buggies), our teachers encouraged and challenged us to improve and build our vocabulary by learning a new word every day. The end result was that upon our graduation we were fully equipped to enter into the world and be effective and enjoyable speakers. Sadly, that factor of a students education no longer exists today. The focus on education today is how to infer, tabulate and parse a prime number to its nearest 10th. Sure, mathematics and critical thinking is important, but what value does it have if you can't convey the principle?

Not for Nuthin™, but it's really time to revive the art of public speaking.

Like, soon, ya' know.

# Carmin's had it with bottles of aspirin

I'm madder than the bereaved widow who had to cancel her diamond anniversary because her beloved died of a heart attack while trying to open up a bottle of aspirin over how hard it is to open up a simple bottle of aspirin.

Look, you all know that they don't call ol'Carmin "ol'Carmin" for nothing — I'm old! And as such, I make sure that I have a cornucopia of life-saving devices and elixirs on me at all times. Defibrillator? Check. Tracheotomy kit? Check. Copy of that old poster on how to do the Heimlich Maneuver? You betcha!

But the most basic item that I keep in my trusty sidekick *Tornado's* satchel is an everyday bottle of aspirin, which I heard someone on the radio once say I should pop open anytime I get a pain in my chest, or when I get that annoying tingling sensation in my left wing.

Now, I would like to say that the aspirin has in fact saved my life a number of times when my precious blood needed some thin-



## BIG SCREECHER

*Carmine Santa Maria*

ning, but I can't. You know why? Because I can't open the bottle!

That's right! I can't open the bottle! And that makes my precious blood boil!

A case in point was last Sunday night. I had one of those

headaches I get when I when I eat too much beef and broccoli, so I reached over to grab newly purchased bottle of 100-count genuine Bayer coated aspirin in a plastic bottle (I get the coated kind because it is kinder on my stomach).

What happened next was two-hour war between man and child-safety caps. Well, make that two hours and 16 minutes to be exact. And if it had taken a minute longer, it would have ended with me taking an ax to the bottle!

So I've got a message to those nitwits at Bayer who put together these bottles, and my five-point plan will help keep people alive.

**Point number 1:** Old people with pounding headaches are taking aspirin, so make sure the labels on the bottles are readable by old eyes that are dealing with a pounding sensation right behind them. The writing on these bottles is unreadable by the best of eyes, so we can't even read the instruction on how to get the cap off.

**Point number 2:** The customer-service number needs to

be available 24 hours a day, seven days a week. You know something? Headaches don't take weekends off! And neither should your service reps. I need someone at the ready to talk me off the ledge when my head is pounding and that bottle won't open.

**Point number 3:** Get rid of those stupid notes that fold off the bottle. It's bad enough I can't read what's on the label, but what makes it worse is the fact that I have to peel off the label to find the buried treasure that is the proper dosage. And that's also too hard to read!

If Bayer can fix those things, I'll be a happy camper. But in the meantime, let me tell you what it took to finally get the cap off so I could get the relief I so deserved. I used a 5x magnifying glass, a couple of flashlights, before I finally realized the directions were in raised letters on the cap: "Push and turn to open."

I tried it, and all that happened was that I got an imprint of the directions on my hand, like that guy in "Raiders of the Lost Ark"

So I ended up using the ax!

But I guess it doesn't matter if I ever take that medicine, because even if I didn't I couldn't get into my doctor's offices because it is not handicap acceptable.

Look, I don't need to tell you that I use my scooter *Tornado* to survive because I cannot walk or stand. So when I go see a doctor, why must I climb a flight of stairs? Shouldn't there be some sort of law that demands doctor's offices *must* be handicap acceptable? I called my boss Assemblyman William Colton to find out if the state could draft such a law, and he told me that many doctors offices were grandfathered in, so they don't have to. So my family doctor, who has my medical records for the past 20 years (dating back to when I could walk), doesn't have to put in a ramp for yours truly. Worse, he doesn't have any parking!

So if I sound a tad bitter, perplexed, and angry or disgusted you know why. I hate Doctors and the entire medical industry!

Screech at you next week — if I survive!

*Each woman's unique accomplishments will be highlighted in a keepsake publication on May 24, 2012.*



### 2012 Honorees:

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- Matti Berkowitz
- Sharon Myrie
- Marlene Hochman
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# The Guild is exceptional, yet again!

## BAY RIDGE

Congrats to the **Guild for Exceptional Children** for picking up \$250,000 in state grant money to continue its work with developmentally disabled people of all ages. **State Sen. Marty Golden (R-Bay Ridge)** presented the extra-extra-large check to Guild Executive Director and CEO **Paul Cassone** on April 16 at the organization's headquarters on 68th Street. The Guild gave Golden a gift in return: a mug made by exceptional students in the center's ceramics class.

*The Guild for Exceptional Children [260 Third Ave. between Third Avenue and Madeline Court in Bay Ridge; (718) 833-6633]. — with Will Bredderman*

## FLATBUSH

### Fly me to the moon

Patients and visitors were treated to an afternoon of music and melody when volunteers decided to give an impromptu concert. The atrium was filled with the sounds of music by volunteers **Bonnie Edner, Dov Hirsch, Joshua Reis, Patrice Sinclair, Rose Huczko, Jayvon Evans, and Vikens Vilpique**. The volunteer vocalists were accompanied by **John Louis** on piano, **Jed Jean Claude** on piano and **Ann Glasser** on guitar.

*Beth Israel Hospital, [3201 Kings Highway between E. 32nd Street and New York Avenue in Flatbush (718) 252-3000].*

## RED HOOK

### Tutti-a-tavola!

Yeah! The renowned restaurateur, cookbook author and PBS host of "Lidia's Italy," **Lidia Bastianich** is making a pit stop at the Red Hook Fairway Market on May 12 from noon to 2 pm. Shoppers will be treated to a sampling of Lidia's sauces and pastas and meet with the chef as she signs copies of her latest book, "Lidia's Italy in America." Standing O will be first in line.

*Red Hook Fairway Market [480-500 Van Brunt St. at Reed Street in Red Hook, (718) 694-6868].*



## PARK SLOPE

### Foiled again

*En garde* to Sloper and alum of The Dwight School **Race Imboden**, who was officially named to the United States Olympic Fencing Team by the United States Fencing Association. After the fourth world cup, our pal Race qualified for the Men's Foil team. He told Standing O "I couldn't



Cheerleaders from Brooklyn Studio HS take a snap with Pudgie the Chicken at the grand opening of the first-ever Brooklyn store. Photo by Elizabeth Graham

## There's a new chicken shop in town

## BAY RIDGE

Chicken's beware there's a new **Pudgie's** in town and you're on the menu! Pudgie's Famous Chicken restaurant swooped in to take roost in its first ever-Brooklyn coop last week, and all Standing O can say is, "It's about time." Joining Nathan's and Arthur Treacher's Fish and Chips (they still have those?), the new fast chicken emporium snipped the ribbon on the location on April 22. To celebrate the day-long event, Pudgie's offered face painting for the

kiddies and balloon animals and great chicken dishes for hungry visitors. For all those eating champions Pudgies also hosted a hot-wing-eating contest. Non-competitors were treated to a karate demo and a performance by the Brooklyn Studio Knights cheerleading squad — how much fun is that? So the next time you're jonsing for a bucket of poultry goodness, stop by and grab yourself a leg, a thigh, or even a wing.

*Pudgie's [6819 Third Ave. between 67th and 68th streets in Bay Ridge, (718) 921-1000].*

be more excited to be competing as a member of Team USA especially since it will be held in London, because that's where my mom's from." Race is currently ranked as the No. 6 man in the *Federation Internationale d'Escrime*, and No. 2 in the U.S. Fencing Division. Along with a gruelling schedule of practice, Race will begin his higher education at Notre Dame this fall.

Let the games begin!

### Breath deep

They've done it again - this time it's a new comprehensive **Lung Cancer Screening Program** for the diagnosis, care and treatment of lung cancer.

The latest offering features a multidis-

ciplinary care team of pulmonologists, medical oncologists, radiation oncologists, thoracic surgeons and radiologists, who all work together to diagnose and treat the disease. The new approach streamlines the process offering patients the maximum chances of a good outcome. **Dr. Suhail Raouf**, chief of pulmonary and critical care told Standing O,

"The best weapon in the fight against the disease is an early diagnoses." Dr. Raouf added, "We're thrilled to have developed the program here." Standing O is thrilled too.

*New York Methodist Hospital [506 Sixth St. between Seventh and Eighth avenues in Park Slope (718) 780-3000].*



Professor Xiang Dong Li.

## DOWNTOWN

### It's a quantum leap

Break out the regalia for Professor **Xiang Dong Li**, the **2012 Scholar on Campus** at City Tech. The Scholar honor was bestowed on Standing O pal Xiang Dong because of "his hands-on expertise and scholarship in information security and applications of quantum physics in quantum computing," said Dean of Curriculum and Instruction **Sonja Jackson**. She told Standing O, "His ongoing mentorship of students opens opportunities and motivates them to pursue graduate degrees." Standing O is motivated and not even a student.

*City Tech [300 Jay St. at Myrtle Avenue in Downtown, (718) 260-5979].*

## BENSONHURST

### Rah, rah, sis boom bah

Bishop Kearney cheerleaders twirled, flipped, and pom-pomed their way to first place at the Shore Showdown and Beast of the East competition in that other state, New Jersey, this past weekend. The Tiger pride glowed as the girls, led by coaches **Krystina Macca** and **Victoria Viviani** aced the trophy as well as the Grand Champion for their division. Team captains **Jacklyn Terranova, Catherine Tucci, and Dana Lebvechia** led their squads to a resounding victory.

*Bishop Kearney High School [220 60th St. between 23rd Avenue and Bay Parkway*



The Tigers, Bishop Kearney HS Cheerleaders.

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**LEGAL NOTICE**

**274 COURT ST. LLC**, a domestic LLC, Arts. of Org. filed with the SSNY on 1/19/12. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: Philip Castagliola, Sr., Attn: De Martino, 315 Douglass St., Brooklyn, NY 11217. General Purposes.

**LEGAL NOTICE**

**369/371 REALTY, LLC** Articles of Org. filed NY Sec. of State (SSNY) 11/15/11. Office in Kings Co. SSNY desig. agent of LLC upon whom process may be served. SSNY shall mail copy of process to c/o Kalliopi M. Notias, 428 85th St., Brooklyn, NY 11209. Purpose: Any lawful purpose. Principal business Loc.: 365-369 87th St., Brooklyn, NY 11209.

**LEGAL NOTICE**

**8106 15th Ave LLC**. Arts. of Org. filed with Secy. of State of NY (SSNY) on 11/18/11. Office in Kings County. SSNY designated agent of LLC upon whom process against it may be served. SSNY shall mail process to Yan Yu Kuang & Jian Xin Xu, 8106 15th Ave, Brooklyn, NY 11228. Purpose: General.

**LEGAL NOTICE**

**A PLUS CONCEPTUALS** LLC Art. Of Org. Filed Sec. of State of NY 02/02/2012. Off Loc: Kings Co. SSNY designated as agent upon whom process

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against it may be served. SSNY to mail copy of process to THE LLC, 833 E. 49 ST., Brooklyn, NY 11203. Purpose: Any lawful act of activity.

**LEGAL NOTICE**

**LB 54 ST REALTY LLC**, a domestic LLC, Arts. of Org. filed with the SSNY on 3/7/12. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: The LLC, 1663 8th Ave., Brooklyn, NY 11215. General Purposes.

**LEGAL NOTICE**

**Name of Foreign LLC:** HW Tech Services, Inc., LLC. Authority filed with NY Dept. of State: 3/6/12. Office loc.: Kings Co. LLC formed in DE: 9/9/11. NY Sec. of State designated agent of LLC upon whom process against it may be served and shall mail process to: c/o Business Filings Inc., 187 Wolf Rd., Ste. 101, Albany, NY 12205. DE addr. of LLC: 108 W. 13th St., Wilmington, DE 19801. Cert. of Form. filed with DE Sec. of State, 401 Federal St., Dover, DE 19901. Purpose: any lawful act.

**LEGAL NOTICE**

**Notice of Formation** of 371 MANHATTAN AVENUE LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 03/29/12. Office location: Kings County. SSNY designated as agent of LLC upon whom

**LEGAL NOTICE**

process against it may be served. SSNY shall mail process to the LLC, 97 Greenpoint Ave., Brooklyn, NY 11222. Purpose: Any lawful activity.

**LEGAL NOTICE**

**Notice of Formation** of 674 GKY Realty LLC, Art. of Org. filed Sec'y of State (SSNY) 1/30/12. 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 Bao Hua Ye, 674 56th St., Brooklyn, NY 11220. Purpose: any lawful activities.

**LEGAL NOTICE**

**NOTICE OF FORMATION** of FARM TO BABY LLC. Art. of Org. filed w/Secy. of State of NY (SSNY) on 1/17/12. Office location: Kings County. SSNY designated as agent for service of process. SSNY shall mail process to 193 Kent St. #2R, Bklyn, NY 11222. Purpose: Any lawful activity.

**LEGAL NOTICE**

**Notice of Formation** of HH AVENUE-M LLC. Arts. of Org. was filed with SSNY on 3/1/12. Office location: Kings County. SSNY designated as agent of LLC whom process against may be served. SSNY shall mail process to: c/o American Incorporators Ltd., 1220 N. Market St. #808, Wilmington, DE 19801. Purpose: all lawful activities.

**LEGAL NOTICE**

**NOTICE OF FORMATION** OF LIMITED LIABILITY COMPANY. NAME: 6105 17th AVENUE LLC. Articles of Organization were filed with the Secretary of State of New York (SSNY) on 03/09/12. Office location: Kings County. SSNY has been designated as agent of the LLC upon whom process

**LEGAL NOTICE**

against it may be served. SSNY shall mail a copy of process to the LLC, c/o Gary Casale, 6105 17th Avenue, Brooklyn, New York 11204. Purpose: For any lawful purpose.

**LEGAL NOTICE**

**NOTICE OF FORMATION** of limited liability company (LLC). Name: 4204 REALTY LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 04/10/2012. Office location: Kings County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: THE LLC 546 E 9 ST BROOKLYN, NY 11218. Purpose: any lawful purpose.

**LEGAL NOTICE**

**Notice of Formation** of Pin An Realty LLC, Art. of Org. filed Sec'y of State (SSNY) 1/9/12. 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 5907 7th Ave., Brooklyn, NY 11220. Purpose: any lawful activities.

**LEGAL NOTICE**

**P AND Z 5523 LLC**, a domestic LLC, Arts. of Org. filed with the SSNY on 3/1/12. Office location: Kings County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: Jin Hu, Esq., 839 61st St., Ste. 202, Brooklyn, NY 11220. General Purposes.

**LEGAL NOTICE**

**Student Success LLC**. Arts. of Org. filed with SSNY on 01/31/12. Off. Loc.: Kings Co. SSNY desig. as agt. upon whom process may be served. SSNY shall mail process to: The LLC, 4910 15th Ave., Apt 5A, Brooklyn, NY 11219. General Purposes.



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# They're sipped off

## Barclays Center neighbors fight for smaller beer cups

BY NATALIE O'NEILL

Prospect Heights residents want to referee the booze rules at the soon-to-open Barclays Center in an attempt to stop liquored-up sports fans from committing fouls on quiet streets after games.

Arena neighbors are demanding the hoops hub adopt an alcohol cut-off time and limit the size and number of drinks served to fans, claiming the restrictions are necessary because the future home of the Brooklyn Nets borders residential areas and, unlike most urban stadiums, is not buffered from communities by large parking lots.

"This is a truly unique situation — so we need more sensitive crowd control rules," said Gib Veconi of the Prospect Heights Neighborhood Development Council.

He and other neighbors

want beer sold in 12-ounce containers rather than the 16-ounce cups common at many stadiums. They're also pushing the arena to cap drink sales at two beverages per customer for each concession visit, and stop pouring beer at 9:30 pm at sports games and concerts.

Many stadiums have similar, but not as strict rules — the sale of alcohol is forbidden after the beginning of the fourth quarter at all NBA events and many football fans, including Jets devotees, can buy only two drinks per trip to a concession stand.

Pinning the booze curfew to an hour, not a stoppage in play, isn't unheard of, either: Chicago's Wrigley Field — which, like the Barclays Center, isn't far from residences — has a 9:20 pm alcohol cut-off.

Wrigley Field is also

managed by Levy Restaurants, the same food vending company expected to run the booze stands at Barclays Center, leaving some neighbors hopeful that the food company will heed their requests.

The plea for strict alcohol rules comes after dozens of arena-side residents stormed a joint Community Board 6 and Community Board 2 meeting last week hoping to block the arena's liquor license bid.

At the meeting, residents said they fear intoxicated sports fans will keep kids awake on school nights, cause bottlenecks at nearby subway stations, and fill the streets with trash-tossing drunk drivers.

It also comes after residents rallied for months against arena-side nightlife over fears it will lure noisy hoops fans onto their residential blocks. But a total



**SERVING SIZE MATTERS:** Prospect Heights neighbors (from left) Gib Veconi, Danae Oratowski, and Wayne Bailey want the new Nets arena to serve beer in 12-ounce cups, not 16-ounce containers.

ban on booze at Barclays Center would make it the NBA's first dry arena — a goal some neighbors admit isn't realistic.

Now, they say their new rules are a good compromise.

Representatives from Levy Restaurants did not

respond to inquiries about the feasibility of the liquor cut-off by press time.

A commitment from the food and drink sellers could ease the fears of opponents of the Atlantic Yards megaproject, who have been shifting their focus from attempting to halt the develop-

ment entirely to protecting quality of life in neighborhoods around the arena.

"I have serious reservations about going forward with this [liquor] application — until we get some answers," said Councilwoman Letitia James (D-Fort Greene).

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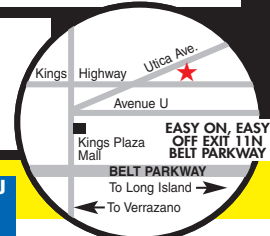


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● 'We knew we were a good team, but we had to show it'

— Poly Prep coach Matt Roventini

● 'They did everything it took to get me'

— Thaddeus Hall

## Zapata hurls Poly Prep into winner's circle

BY ZACH BRAZILLER

Poly Prep's varsity baseball team capped a four-game winning streak with an impressive 5-2 victory at defending Public School Athletic League Class A champion George Washington on April 21 — a game that rested solely on the arm of Blue Devils pitcher Andrew Zapata.

The junior, sought after by top Division I programs such as Louisiana State University, Maryland, St. John's and Ole Miss, went the distance against the potent George Washington Trojans as he struck out 10, allowed five hits and walked just one for his second win on the year.

Coach Matt Roventini was riveted by Zapata's — as well as the rest of his team's — performance.

"We knew we were a good team," Roventini said, "but we had to show it."

Fans said that the squad, which had lost two games before the streak began, have become the Poly Prep of old: confident it can beat anyone in New York City and back atop the Ivy League, tied with Fieldston after the Eagles' loss to Dalton on April 20.

"We feel like we're going right back up," Zapata said. "Now we know we can beat these types of teams."

Throughout the day Zapata mixed up his pitches, which included a fastball in the high 80s, a late-moving cut fastball, and a sharp slider — keeping George Washington off balance. Everyone was astounded



**PITCH PERFECT:** Poly Prep's Andrew Zapata struck out 10 during Saturday's victory over George Washington. Photo by An Rong Xu

by Zapata's impressive 111-pitch effort, including George Washington coach Steve Mandl.

"He's one of the best pitchers in the country," he said. "He's legit."

Zapata ran into trouble in the fifth, when Michael Richardson and Randy Rodriguez started the frame with singles. Henry Rodriguez reached when Michael Caron botched a routine double play ball, bringing

up slugging catcher Nelson Rodriguez to represent the tying run. Zapata bore down, got ahead 0-2 and induced the power-hitting senior into a ground out to third.

"Sure, he throws hard, but I wouldn't trade the way he competes on the mound for anything," Roventini said. "He does that every single game, on the mound or rooting on his teammates from the bench."

Catcher Rob Calabrese followed by catching pinch-runner Steve Segarra trying to steal — he also gunned down Alexis Torres trying to steal third in the sixth — and Zapata blew a high fastball by Yasmany Gomez to end the threat.

"That changed the momentum of the game," Roventini said. "You can't make bigger plays than that behind the plate."

Poly Prep (7-3) gave Zapata plenty of support, scoring five runs off Edwin Corniel, one of George Washington's aces. Christian Pellegrino blasted a two-run, opposite-field homer in the fifth, Calabrese had three hits and an RBI and Phil Maldari also drove in a run. It was another productive performance from the lineup, which has scored 48 runs in the four wins this week.

"We're starting to hit the ball better, everybody has more confidence," Calabrese said. "Everyone hit today."

Roventini thinks his team was overconfident after receiving a preseason national ranking and having a successful trip to Florida. Narrow losses to Fieldston and St. Joseph by the Sea may have helped, he said, telling his players they needed to back up their talent with hard work.

The coach said his players needed to establish their own identity — last year is not this year, he said.

"I think we found it," Roventini said. "We're a really good baseball club when we compete and do the little things."



**COLLEGE BOUND:** Thomas Jefferson's Thaddeus Hall committed to South Carolina on Thursday night. Photo by Denis Gostev

## Hall commits to South Carolina

BY ZACH BRAZILLER

Thaddeus Hall, the supremely talented but troubled Thomas Jefferson basketball star senior whose high school career was wracked with academic woes and a brief stint at a homeless shelter, ended a whirlwind four-month roller-coaster ride with a decision to play for South Carolina next year.

The 6-foot-5 southpaw wing, known for his sweet perimeter jump shot and outward displays of confidence, chose the Gamecocks over St. John's, Maryland, and Hofstra last week, he said.

"They came to my school, they kept in contact with me, they talked to my mom — they did everything it took to get me," Hall said of his commitment, which was first reported by the New York Post. "It feels great. I'm going to play [South Eastern Conference] basketball and that's one of the top conferences in the country."

Hall really chose South Carolina Coach Frank Martin. The Thomas Jefferson graduate said Martin's penchant to get into his players' faces and drag the best out of them reminded him of Jefferson's Lawrence "Bud" Polard. Hall said he wanted a coach who would push him and felt a bond with Martin after spending time with him at Jefferson.

"Once Coach Martin got the job at South Carolina, he kept coming at me," Hall said. "He wanted me very bad; he was just telling me if I trust him and come to South Carolina I'm going to have a bright future. There was something about Frank Martin I felt comfortable with. He was everything I was looking for in a coach."

Martin won over April Hall, Thaddeus' mother, by promising her that her son would return to Brooklyn a responsible

*Continued on Page 53*

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# Brooklyn's hardwood heroes

BY MARC RAIMONDI AND  
ZACH BRAZILLER

The city's best high school basketball — and players — came straight out of Brooklyn.

Boys and Girls won its third-straight Public School Athletic League Class AA city title and took home its first-ever New York State Federation Class AA championship.

Of course, the team the Kangaroos had to beat for this lofty honor at the Garden was also from Brooklyn.

It was Thomas Jefferson.

But that's not all: Brooklyn Collegiate won the Public School Athletic League Class A title.

In the Catholic High School Athletic Association, Bishop Loughlin advanced to the Catholic High School Athletic Association Class AA quarterfinals and Nazareth High School won the Catholic High School Athletic Association Class B city and state titles.

Here's the rundown of this season's best players:

**Player of the Year:** Leroy Fludd, Boys & Girls

Nicknamed "Truck" because of his rock-solid frame and toughness inside, Fludd added finesse to his game this winter.

He improved his perimeter skills — such as ball-handling and shooting — while remaining a beast in the lane and off the glass.

The result was a memorable final season for the Coney Island kid, who did the unthinkable three years ago — he left the hoops haven for rival Boys and Girls.

The decision was a prudent one as the uncommitted senior won three Public School Athletic League Class AA city titles and a New York State Federation

Class AA crown.

Fludd did everything imaginable this winter. He guarded the opposition's top threats. He averaged Brooklyn AA-highs of 21 points and 13 rebounds.

Most importantly, he was there leading and motivating his teammates every step of the way as Boys High's lone returning starter.

**Coach of the Year:** Ruth Lovelace, Boys and Girls

There was a time not too long ago when Lovelace stood out because of her gender, a female coaching a boys basketball team. She still stands out, but because of her success, this being her greatest year yet.

Boys and Girls won a third straight Public School Athletic League Class AA crown, a program first, and also won the New York State Federation AA crown, the first time the Bed Stuy school has ever claimed a state title.

Boys High wasn't a pre-season favorite after returning with just one starter, Leroy "Truck" Fludd. Lovelace got the most of returning players Bryce Jones, Wesley Myers, Courtney Solomon and Shakur Pinder and melded in transfers Rashad Andrews, Tylik Kimbrough and Joel Angus well. She pressed the right buttons and got the desired results.

**First team**

*Guard Brian Bernardi, Xaverian*

One of the best shooters in the city over the last three years, Bernardi will take his game to Southern Methodist next season. The 6-foot-3 sniper's game evolved this year — he was tougher to guard because of his willingness to go to the basket more.

*Guard Khadeen Carrington, Bishop Loughlin*



**CHAMPION:** Boys and Girls' Leroy Fludd has been named the New York Post's All-Brooklyn boys basketball Player of the Year.

The only sophomore on the Brooklyn first team, Carrington has a bright future and he's already heard from schools like St. John's, Rutgers and Iowa. The 6-foot-4 swingman put Loughlin on his back at times this year en route to the Catholic High School Athletic Association Brooklyn/Queens final and the inter-sectional quarterfinals.

*Guard Jaquan Lynch, Thomas Jefferson*

When Hall was out, Lynch carried Jefferson offensively and he accepted his role as Robin to Hall's Batman when the senior returned, a selfless act.

The standout junior, one of the city's top 3-point shooters who has begun to draw Division I interest, impressed from November through March with his toughness and high basketball IQ.

*Guard Thaddeus Hall, Thomas Jefferson*

After missing the season's first five weeks because of academic woes and a back injury, the dynamic 6-foot-5 southpaw took the city by storm, putting up multiple 30-point games in leading Jefferson to the Public School Athletic League Brooklyn AA and Brooklyn borough crowns, a pair of program firsts. St. John's, South Carolina, Hofstra, Dayton and Maryland are all after the charismatic senior.

*Guard Wesley Myers, Boys and Girls*

Leroy (Truck) Fludd was unequivocally Boys & Girls' best player, but Myers was arguably it's most important.

When the Kangaroos took off after a slow start, it was the 6-foot-2 Myers' emergence as a lethal second scoring option from the perimeter and off the dribble that elevated the team.

**Second team**

*Guard Dillon Burns, Xaverian*

Coming into the season, Brian Bernardi grabbed all the headlines and opposing teams keyed on the SMU-bound off guard.

But it was the wily C.W. Post-bound point guard Burns who ended up doing as much damage, including an incredible 33 points in a win over Christ the King during the regular season.

*Forward Wayne Martin, South Shore*

The 6-foot-7 forward improved as much as any big man in New York City this winter and was arguably South Shore's most valuable player, averaging 11 points and seven rebounds per game during the regular season.

Whether he was throwing down a dunk, leading the Vikings in transition or grabbing a rebound over

*Continued on Page 53*

# Wolves shut down Cardozo 2-1

BY MIKE SMOLLINS

The scrappy Grand Street Campus's baseball team slammed Public School Athletic League powerhouse Cardozo on April 21 during a 2-1 victory in non-league baseball action.

Knowing that the matchup could be a potential postseason preview, Grand Street Campus's Wolves top four pitchers took center stage, and each one dominated the plate.

Each pitcher had a 30-pitch limit. Gerry Gonzalez started the game, pitching two strong no-hit innings before turning it over to Alex Cuas who allowed one run on two hits while striking out three en route to getting the win.

"The pitching is strong and it's been strong all year," Cuas said. "The pitching staff is up there in the top of the league. We came out here and did our job. It was like a playoff atmosphere today."

Grand Street could very well end up facing Cardozo in the playoffs and, if so, last Saturday was a nice preview for the two teams.

"We set up these games for a reason," Grand Street coach Melvin Martinez said. "This is to get us ready for the best part of the season — the playoffs. Our pitching staff threw great today."

While pitching was strong for Grand Street, it was also strong for Cardozo as both teams struggled on offense. Keith Rogers did the bulk of the pitching for Cardozo going five innings and letting up just two runs on three hits and a strikeout before Alex Torres took over in the sixth.

With the game tied at 1 in the bottom of the fifth, Rogers found himself in a bases-loaded jam with no outs when catcher Ernesto Lopez hit a sacrifice fly that scored Elijah Rodriguez with what ended up being the winning run. Rogers got out of the inning by getting Kelvin Flores to fly out and then striking out Gonzalez looking.

"We threw our number



**PARTNERS IN PITCHING:**

Grand Street's Alex Cuas picked up the win as the Wolves used their top-four pitchers against Cardozo.

Photo by Christina Santucci

five pitcher and I was very impressed," Cardozo coach Ron Gorecki said.

Cardozo had starters play the field on the odd-numbered innings and switched them with subs for the even numbered innings. The Judges had a pair of base-running blunders in the game. In the first inning, Christopher Campbell was picked off at third base by Lopez to end the inning. In the third, Connor Doyle was picked off at first by Cuas.

"We made a couple of bad plays in the field with pickoffs," Gorecki said. "But this is learning, that's why we have these games. We're teaching during games so they make mistakes like this."

Grand Street drew first blood when Flores hit a triple in the second inning and then came around to score when Gonzalez hit into a fielder's choice. Cardozo evened things up in the fifth when Sean Karol scored on a fielder's choice by Brandon Vanwert.

After the Wolves took the lead for good, Willie Santana and Jason Plascencia both pitched scoreless innings to close it out, though Cardozo had the tying run at third before Calvin Luk grounded out to end the game.

Grand Street hopes that its pitching will continue to dominate during a crucial stretch run to the playoffs.

# Our picks for best in girls' basketball

53

APR. 26-MAY 2, 2012, COURIER LIFE

BY MARC RAIMONDI AND JOSEPH STASZEWSKI

Several of Brooklyn's girls basketball teams had one thing in common this year: they found triumph through tragedy.

The season has been a roller coaster ride of emotions for Nazareth High School's Lady Kingsmen. The team's beloved coach, Apache Paschall, died on Jan. 3 and the school was set to close at the end of June.

But despite these tragedies, the Lady Kingsmen still managed to win a second straight Catholic High School Athletic Association Class AA state championship.

Bishop Loughlin, dealing with its own tragedy — former player Tayshana “Chicken” Murphy was murdered in September — managed to win the Catholic High School Athletic Association Class A title. Bishop Ford also had a big season.

In the Public School Athletic League, South Shore advanced back to the Class AA semifinals and Lincoln and Midwood were both quarterfinal teams. Goldstein earned a berth in the ‘A’ championship game. Poly Prep made it to the New York State Association of Independent Schools Athletic Association final.

Here's our list of the players who used turned

their outrage, despair, and broken hearts into victories for their squad:

**Girls Basketball Player of the Year:** Brianna Butler, Nazareth High School

There were so many obstacles that could have held Butler back. She transferred to Nazareth from Penn Charter, Pennsylvania, only to be told she was ineligible to play before eventually being cleared. Then longtime coach Apache Paschall in January. Butler also played with a knee injury late in the year.

Through it all, the Syracuse-bound guard was a model of consistency and was named a McDonald's All-American. Butler made things look effortless. She was as good a passer and rebounder as she was a scorer. When she returned from a knee injury late in the season, Nazareth went on to win the Catholic High School Athletic Association Class AA state title.

“She's a talented and gifted athlete,” Nazareth co-coach Lauren Best said. “Only now people are seeing how good she really is here. She's already displayed it across the country.”

**Coach of the Year:** Lauren Best and Ron Kelley, Nazareth High School

On Jan. 3, their lives were turned upside down: Best and Kelley, assistant



**BUTLER'S NO. 1:** Nazareth's Brianna Butler was named the New York Post's All-Brooklyn girls basketball Player of the Year.

Photo by Denis Gostev

coaches at Nazareth, were devastated by the sudden death of head coach

Apache Paschall. They were at his bedside in the hospital and just days

later had to flip the switch and get back into basketball mode as co-coaches.

Nearly a month to the day later, Nazareth High School administrators announced it would close in June. So, on top of trying to win games, Best and Kelley were trying to find new schools for both their players and themselves. They handled the impossible tasks with grace and ended up guiding Nazareth to a second straight Catholic High School Athletic Association Class AA state title.

“When we win games like this and we win championships, I always think about him first,” Kelley said of Paschall.

## First Team

**Guard Bianca Cuevas, Nazareth High School**

The most electric, athletic scoring guard in New York City, Cuevas was a dynamic force at times for Nazareth en route to a Catholic High School Athletic Association Class AA state title. She dropped 36 points on Christ the King in the regular season and 34 on Bishop Loughlin — and the 5-foot-6 superstar was only a sophomore.

**Guard Sadie Edwards, Nazareth High School**

Nazareth's most consistent player, Edwards had 21 points in the Catholic High School Athletic Association Class AA state champion-

ship game against Moore Catholic. The highly recruited junior also had 19 points in a season-ending loss to Cicero-North Syracuse in the New York State Federation Class AA semifinals.

**Guard Aaliyah Lewis, Bishop Ford**

No one will forget the junior's off-balance shot to send the Falcons to their first ever Catholic High School Athletic Association Brooklyn/Queens final. The 5-foot-5 Lewis, a scoring machine with offers from almost every team in the Big East, was clutch and the driving force all season.

**Forward Fannisha Price, South Shore**

Arguably the top big girl in the city, Price was dominant at times for South Shore in its run to the Public School Athletic League Class AA semifinals. The 6-foot-2 Marshall-bound post has 13 points and hit the game-winning shot against nationally ranked St. Anthony's in the regular season.

**Forward Imani Tate, Bishop Loughlin**

The athletic, 5-foot-9 junior came into her own this season. She averaged close to 20 points per game and was a double-double threat every game. Tate helped Loughlin win the New York State Federation Class A crown.

## Hall

Continued from page 49

adult and recounting his own struggles as an adolescent. Like Hall, Martin came from a one-parent household.

“That pretty much put the icing on the cake for me,” she said of Martin, who built Kansas State into a consistent winner. “He knows what it is to come from a one-parent home. He wasn't the best kid, either. He pretty much identified himself with Thaddeus.”

Martin made Hall a priority shortly after taking the job at South Carolina. The coach reached out to Hall while he was still at Kansas State and Hall was the first player he per-

sonally visited after the Final Four.

South Carolina assistants came to Jefferson on two other occasions, telling Hall he would get a chance to contribute immediately as Martin looks to rebuild the program, which had a sorry 2-14 record in the South Eastern Conference last season.

“Coach Martin said he needs some players who can beat Kentucky and Thaddeus is one of those guys who can go in there and do that,” Pollard said. “When Coach Martin told Thaddeus he needed him to beat Kentucky and protect their house down in South Carolina that was a challenge he was willing to take.”

Hall enjoyed a storybook senior season after missing

the first five weeks because of a back injury and academic woes. He led Jefferson to its first Brooklyn AA and Brooklyn borough crowns and guided the Orange Wave to the Public School Athletic League Class AA final, averaging 25 points per game in the city playoffs.

Division I schools quickly took notice of Hall. St. John's, Texas Tech, Maryland, Hofstra, Fordham and Dayton all offered him a scholarship.

So did South Carolina, first under former coach Darrin Horn and later under Martin.

“He has a chance to be pretty good,” one Division I coach familiar with Hall said. “How good, it depends on how much work he puts in. He can shoot the ball and when you can shoot

the ball like he does, you have a chance to be good.”

The offers came with a caveat: can he qualify academically? His tumultuous living situation — for two years he lived in a homeless shelter — caused Hall to struggle academically.

But once his mother found a place near Jefferson, Hall stabilized and his grades and improved to a ‘C’ average, Pollard said.

“He's taking a heavy course load, meeting with tutors and putting in extra time on his own,” Pollard said. “He is taking the SATs on May 5, and if all goes well, Hall will be ready to contribute at South Carolina next season. I'm looking forward to seeing him bring the house down at South Carolina.”

## Bklyn all-stars

Continued from page 52

multiple opponents, the uncommitted Martin brought it every day.

**Forward Shamiek Sheppard, South Shore**

An elite finisher who lived above the rim and has a variety of Division I options, Sheppard led South Shore to another solid season in Public School Athletic League Brooklyn AA.

While he remained a force in the paint, the 6-foot-4 junior improved his perimeter skills and handled the ball more for the Vikings, improving his college stock.

**Guard Isaiah Whitehead, Lincoln**

One of the nation's top sophomores, Whitehead was extremely effective when he was on the floor, but he missed time, early and late.

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► **OPEN HOUSES**

► **BROOKLYN OPEN HOUSE**

Bensonhurst \$659,000  
**OPEN HOUSE**  
**SUNDAY 4/29**  
**1-3 PM**  
**1735 W. 9th ST.**  
**c/s Highlawn Ave.**  
All brick 4 bedroom Colonial, finished basement, 3 baths, den, rec room.  
**Neuhaus Realty Inc.**  
718-979-3400  
www.neuhausrealty.com

► **BROOKLYN OPEN HOUSE**

**BERGEN BEACH OPEN HOUSE**  
**SAT. 4/28, 12-2 PM**  
**2240 EAST 71st ST.**  
Det 1 fam, 3BRs/ 2 baths. New kitch w/ dining area. Fin bsmt w/ lrg media rm. Inground pool w/ lrg deck. 4 car prvt prking. Sprinkler sys, garage. Estim taxes \$8,325. 60x100 lot size, bldg 28x50. \$1,250,000.  
**REF. #CF788**  
**COLDWELL BANKER**  
MID PLAZA R.E.  
718-646-3600

► **BROOKLYN OPEN HOUSE**

**Bergen Beach OPEN HOUSE**  
**SUN 4/29, 1-3 PM**  
**2045 EAST 74th ST**  
Lovely Semi-Det 1 Fam 3BR Duplex! LR, DR, EIK! Wood Flooring & Updated Bathroom! Full Finished Basement w/ Tile Flooring, Laundry Area, Office, and Updated 3/4 BA! Asking \$459K. Ref # 2547  
**MadisonEstates**  
718-645-1665

► **BROOKLYN OPEN HOUSE**

**Bergen Beach**  
**Sat 4/28/12 1-3 PM**  
**1539 Royce Street #1A**  
Beautiful Mill Harbor ground flir, 989 sqft, 2 bdrms, 2 baths, eat in kitchen, sliders to private rear yard, handicap accessible, gated community, private drive, \$400's  
**Talk of The Town Realty: 718-251-7400**

► **BROOKLYN OPEN HOUSE**

**Bergen Beach**  
**Sun 4/29/12 1-3 pm**  
**1515 Royce St #3N**  
Mill Harbor beautiful 2 bdrm duplex condo in gated community, 1.5 baths, all granite & stainless steel kitchen, private balcony, washer/dryer, pool, gym, sauna, clubhouse, pvt drv, \$400's  
**Talk of The Town Realty 718-251-7400**

► **BROOKLYN OPEN HOUSE**

**BROWNSVILLE OPEN HOUSE**  
**SUN. 4/29 From 1-4 PM**  
**670 SACKMAN AVE.**  
(Btwn Riverdale Ave & Newport Ave)  
**Excl: 1 Fam att brk, 5 rm, 2BR dplx, 1.5 baths, FDR, MB is super lrg, hdwd flrs, cntrl ht & A/C, fin bsmt. Big bkyrd, pvt drv, needs TLC. Priced to Sell \$259,999**  
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**"Best Seller"**  
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► **BROOKLYN OPEN HOUSE**

**EAST FLATBUSH OPEN HOUSE**  
**SUN 4/29, 1-4 PM**  
**305 EAST 39th ST**  
(Church & Snyder)  
**Totally Renovated**  
1 Family 3 BR Duplex, 2 Full Baths, New Kitch, Huge Bkyrd. Vacant. Only \$10K Needed.  
**ONLY \$309,000**  
**Call Broker**  
917-450-4341

► **BROOKLYN OPEN HOUSE**

**KENSINGTON OPEN HOUSE**  
**SUNDAY 1-3 PM**  
**415 BEVERLY RD**  
**#2-T**  
(E.4/ E.5)  
Spacious 2BR, 2 bth co-op. Bright & airy corner unit w/southeastern exposure. Hdwd flrs, 24 hr drmn bldg, close to F train, schools. Mins to NYC. Indoor prking space included w/ sale. \$350,000  
**Century 21**  
Homefront  
718-252-6060

**BERGEN BEACH**  
**2026 East 68th St**  
**SUN APRIL 29th**  
**1:00 -3:00 P.M**  
**PRICE REDUCED**  
**\$30,000**  
Two Family Semi Detached Brick House, 7 Bedrooms, 3 Baths, Garage, Pvt, Drive, Large Yard.  
**FULLY VACANT!!**  
**CLOSE IN 30 DAYS**  
**FIN# 218002**  
**FILLMORE RE**  
718-368-3200

**Bergen Beach**  
**OPEN HOUSE**  
**SUN 4/29, 12-2 PM**  
**1452 EAST 70th ST**  
Semi-Det 1 Fam 3 BR Duplex! New Custom Kit w/ Granite & Stainless Steel, FDR, LR, 1.5 Baths Plus Master BR w/ Additional Bath! Fin Bsmt w/Sliders to Backyard w/ Deck & Pool! Private Driveway! Asking \$629K! Ref #2543  
**MadisonEstates**  
718-645-1665

**Bergen Beach**  
**Open House**  
**Sunday, April 29th**  
**12:00-2:00**  
**2414 East 74th Street**  
Near Ave X  
Det. brick, Mother/Daughter, 3 BR's, 3 bths & entertainment room. 1 BR apt. Large backyard, private drive, garage on 40x100 lot.  
**Century 21**  
Sav-A-Lot Realty  
718-336-1144  
www.C21savallot.com

**Bergen Beach**  
**Sun 4/29/12 1-3 PM**  
**13 Cove Lane #3**  
**Ave K & Ave L**  
Manhattan style living fully renovated & customized, 2 bdrm with loft, 2 jacuzzi baths, EIK, cathedral ceilings, 2 terraces, community pool, gym, private drive & garage, \$400's  
**Talk of The Town Realty 718-251-7400**

**Bergen Beach**  
**Sun 4/29/12 1-3 pm**  
**2362 East 72nd**  
**Street Ave W & X**  
Price Reduced !!! s/d 1 family duplex, 3 beds, 3 baths, EIK, living rm, dining rm, c/a, fin bsmt with summer kitchen, bkyd with pool & deck, pvt drv, \$500's  
**Talk of The Town Realty 718-251-7400**

**Canarsie**  
**OPEN HOUSE**  
**SUNDAY 4/29**  
**1-3 PM**  
**1331 East 83rd ST**  
(Btwn Ave M & Ave N)  
Large 2 Fam, 3BRs Over 2BRs, Over 2, Lrg Bkyrd, 1 Car Built In Garage.  
**Asking \$599,000**  
**COLDWELL BANKER**  
**LABARCA R.E.**  
718-258-1222

**GRAVESEND/ BATH BEACH OPEN HOUSE**  
**SUN 4/29 1-2:30pm**  
**2630 CROPSEY AVE #1A (ABOVE LOBBY)**  
CO-OP 2BDRM. 900 SF  
**LARGE TERRACE.**  
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**MADISON SUN., 4/29 12-2PM**  
3016 Avenue T  
1 fam brick, 3BRs, 2 new baths, new kitch, 1 car prking, frpic, hdwd flrs, fin bsmt w/sep ent. Exclnt cond. \$478,888  
REF. #CF800

**MADISON SUN., 4/29 12-3PM**  
2053 East 26th St.  
2 fam. semi-det. brk, lg new EIK, ceramic & hdwd flrs, beaut. lg. bkdy, prvt deck off owner's apt, new concrete, new front steps. New heat & hot water. 1 car parking. \$599K.  
REF. #CF806

**DYKER HEIGHTS SUN., 4/29 1-3PM**  
972 77th Street  
1 fam. brick, 3 BRs, 2 full baths, full finished bsmt w/side entrance. Freshly painted. Hdwd flrs. Shared driveway w/ garage. \$599K  
REF. #CF803

**CANARSIE SUN., 4/29 12-2PM**  
603 East 85th St.  
Office Exclusive! Gorg. 2 fam. SD brk cor. prop, 3 BRs over 2 BRs. Full fin. bsmt w/side and rear ents. Gas ht. ADT alarm sys. New win, new bthrm. Lawn has undergrnd sprinkler sys. Well maint. MIC. \$629K  
REF. #AB003

**FLATBUSH SUN., 4/29 1:30-3:30PM**  
70 Erasmus St. #1B  
Lovely 2BR condo, lg rms, hdwd flrs, LR, DR, kit, w/open counter to DR, huge walk-in closets, sliding glass drs to prvt fenced bkdyrd. Prvt prking, conv. to #2, #5 trains, Church & Nostrand Aves, shopping, Great locn on 1st flr, no stairs to climb! \$285K  
REF. #LP023

**BUSHWICK SUN., 4/29, 2-4PM**  
1168 Madison St.  
Beaut 2 BR att frame home, only 20 yrs yng, quiet residential blk, great income potential. Spac, living/dining area, EIK w/D/W & SS applis, new cherry flrs, lrg BRs. Full fin bsmt w/ sep ent & laundry rm. Carport & spac. back garden. \$559K  
REF. #MF001

**BENSONHURST (PRIME) SUN. 4/29, 12-2PM**  
2130 77th Street  
Big 2 fam det on 40x100 lot. Det 1.5 car garage, prvt drv, New htng & hot wr units, updated elec, lrg bright rms w/ plenty of win. & orig hdwd flrs. Lots of closets. 4BRs/ 3BRs w/ access to lrg full bsmt, S/S leaders & gutters. Priced to Sell!  
REF. #LC001

**SHEEPSHEAD BAY SUN., 4/29, 2-4PM**  
2170 Brigham St., #5D  
Immac! Very clean unit, needs no work. 2BR co-op in beaut kept bldg, sep DR, loads of closet space, hdwd flrs thruout, EIK has plenty of counter space & cabinets. Maint \$865, Owner Motivated! A Must See! \$169K.  
Call Susan Nicoletti 917-538-1379  
REF. #SS003



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**MADISON OPEN HOUSE SUNDAY 4/29 12-3 PM**  
3208 AVE K  
1 fam totally renovated, 3 very lrg BR dplx, huge FDR, LR, lrg granite EIK, high ceilings, fin bsmt, lrg yard. Delivered vacant. \$500's.  
Call Agt Serge 917-209-0304

**MARINE PARK OPEN HOUSE SUN 4/29, 12-3 PM**  
1917 RYDER ST.  
S/D 1 Fam, Prvt Drv, 3BR/ 2BA Duplex, Fin Bsmt w/ Kitchen. Motivated Seller. Asking \$510,000  
MadisonEstates  
718-797-2222

**MARINE PARK OPEN HOUSE SUN 4/29, 1-4 PM**  
2021 EAST 33<sup>rd</sup> ST (Btwn Aves S & T)  
1 Fam Semi-Det Brick, Totally Renov, 3BR Dplx w/ Master BR Suite & 15x15 Deck, New Granite Kitch, All New Windows, Hardwd Floors, Plenty of Closets, Fin Walk-In Bsm/ Garage. Vacant. Extra Wide House.  
Call Broker Mike 917-450-4341

**MARINE PARK 1917 Gerritsen Ave Fillmore Ave & Ave S Sun April 29<sup>th</sup> 11:30-13:30PM**  
Completely renov!! 20 ft. attached 3 bdrm duplex with beautiful fin studio with sep entrance. New maple kit with granite counters, European tiled baths, new window, new gas heating, crown moldings, oak flrs, pvt & 1 car gar. Just Move!! One of a kind Asking \$539,000 Fin#214010  
FILLMORE RE 718-998-8820

**MARINE PARK OPEN HOUSE SUN 4/29, 1-3 PM**  
3701 Quentin Rd  
Fully Renovated 1 Family, Prvt drv, 3BR/ 2BA duplex, full fin bsmt, large yard, C/A & more! Asking \$519,000  
MadisonEstates  
718-797-2222

**Marine Park OPEN HOUSE SUN 4/29 2:00-4:00PM**  
1820 E. 36th Street  
Own this renovated five room, two bed and 1.5 bath duplex for the price of a condo! Full finished basement, driveway, 1 car garage and so much more. Walking distance to beautiful Marine Park.  
\$439,990  
Century 21 Block & Lot Real Estate  
718-768-4500

## ► BROOKLYN OPEN HOUSE

**MIDWOOD Sun April 29<sup>th</sup> 1:00-4:00PM**  
3413 Ave K (At 34 St)  
Excellent buy Lrg 2fam w/full bsmnt, very good cond. New roof. Must see. Hurry, won't last!  
\$599K neg.  
Anthony Atlas Realty 917-836-7546

**MILL BASIN 2244 Est 57<sup>th</sup> Place Sun, April 29<sup>th</sup> 2012 3:00 PM - 4:30 PM**  
Between Strickland Ave & MILL Ave  
Corner 2 fam on 38 x 100 lot W/ equal apts. Tastefully renov with granite kits and baths. Professionally designed interior. New radiant heat, plumb, elect. FIN # 226005  
Fillmore RE: 718-615-2007.

**Mill Basin Sun 4/29/12 1-3 pm**  
160 Whitman Drive E66th St & Bassett Ave  
Location, Location! 1 fam oversized 54X100 water view dover split, 4 beds, 3 new bths, new granite EIK, LG lr, formal dining rm, fam rm, fin bsmt, new hrdwd flrs throughout, alarm, c/a, new roof, private prking, garage, A must see!!!  
Talk of The Town Realty 718-251-7400

**Mill Basin Sun 4/29/12 1-3 pm**  
2304 East 65th Street off Mayfair Dr N  
1 family detached 5 bdrm, 4 bath custom home featuring gorgeous EIK, cathedral ceilings in living rm & dining rm, finished bsmt with full bath, large bkdy with inground pool & multi level deck, private 3 car drive, A MUST SEE!  
Talk of The Town Realty 718-251-7400

## ► BROOKLYN OPEN HOUSE

**OLD MILL BASIN OPEN HOUSE SUNDAY 4/29, 1-4PM**  
1760 EAST 53RD ST. (Bet. Ave. O & Fillmore)  
2 family brick, 4.5 over 3.5, features: large bedrms each apt, modern kitchens & baths, prvt drvwy/garage, large yard, MIC. 1st Offering Low \$400's.  
Agent ROZ KINGSVIEW REALTY 718-692-4020

**Mill Basin Sun 4/29/12 1-3 pm**  
2732 Mill Avenue - National Drive  
2 family duplex with 3 bdrms, brand new kitchen with sep. laundry rm, 1.5 baths, Lg L.r./D.r., parquet flrs, sundeck, 1 bdrm walk in w/ 1 full bath & EIK, fin bsmt sep ent, \$629,000, owner listening to all offers!  
Talk of The Town Realty 718-251-7400

**Mill Basin Waterfront OPEN HOUSE SUN. 4/29, 12-3 PM**  
2265 East 66<sup>th</sup> St.  
For sale by owner. Brokers welcome. Det 60 x 210 lot. One of the largest yards on the water. Ranch home, can add a second story. New steel bulkhead, with new docking & new pilings. A rare find with all the water work all done!  
Call today!  
Owner/ Broker Welcome Home Realty Brigitte Zabbatino 917-681-2892

**OLD MILL BASIN 5312 AVENUE O SAT & SUN 28 & 29 FROM: 1-3**  
Spectacular new condominium brick beauty, all units offer 2 large bedrms, granite kit, stainless steel appliances, Cherry wood floors & European tiled bathrm. FHA APPROVED!  
Starting at \$279,000 BB1637  
[www.bergenbasin.com](http://www.bergenbasin.com)

## ► BROOKLYN OPEN HOUSE

**SHEEPSHEAD BAY OPEN HOUSE SAT. 4/28 From 1-4 PM**  
2367 BRAGG ST. (Btwn Ave W & Ave X)  
Excl: 2 family att brick, 3BRs/ 1BR, sep heat, front & backyard. Parking for 2 cars. Asking \$439,888.  
BEST SELLER #1 PROPERTIES LLC 718-646-6900

**SHEEPSHEAD BAY OPEN HOUSE SAT. 4/28 From 1-4 PM**  
2367 BRAGG ST. (Btwn Ave W & Ave X)  
Excl: 2 family att brick, 3BRs/ 1BR, sep heat, front & backyard. Parking for 2 cars. Asking \$439,888.  
BEST SELLER #1 PROPERTIES LLC 718-646-6900

**SHEEPSHEAD BAY OPEN HOUSE SUN. 4/29, 1-3 PM**  
2425 HARING ST. #3-K  
Beautiful 1 bdrm in 100% co-op, no sublease, no pets. Asking \$109,000.  
WILK R.E. Alex 347-276-0010 Nadya 917-407-4543

**SHEEPSHEAD BAY OPEN HOUSE SUNDAY 4/29 1-3 PM**  
1917 AVE X, #1-B  
1 Bdrm Condo, 685 sq ft, 1.5 Baths, Tax Abatement, Good for Investment, Owner Will Finance with 50% Down Payment.  
WILK R.E. Ashraf 646-520-9774

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► **BROOKLYN APTS UNFURN**

APARTMENTS Very large, modern studio, 1, 2, 3 brs \$850 & up. Call R.E Broker 718-382-2573. Equal Housing Opportunity

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Ave S & E. 20's yng 3.5 Walk in mint cond. \$1100. Joseph RE 718-934-2400

Ave U and Bedford, Ultra 4.5 pvt ent. \$1250 no fees "also" Av. U & E. 22 St. Ultra 3 BR \$1650. no fees. Joseph RE 718-934-2400

AVE U/E.2ND. 2 bedroom no pets, non-smoking, near shopping & transportation, \$1,200 + utilities. 718-265-6147

BAY AREA 1, 2 & 3 bdrms avail \$1300-\$1850 BB Agent Patricia 718-791-8896

**BAY RIDGE**

Bright, Sunny, Spacious 3.5 Rm, 1 Bdrm Co-op Sublet, Mod Kitchen w/ Dinette, Mod Bath, Beautiful Hdwd Flrs, Nr "R" Train & Express Bus, \$1,500.

**AMBASSADOR REALTY**  
718-836-8500

► **BROOKLYN APTS UNFURN**

**BENSONHURST, 3 Rms,** good cond, near trains, shopping, \$975 + utilities & heat. No pets. References & credit check required. Call 917-208-5816 Lv Msg

**Bensonhurst/ 63<sup>rd</sup> St 17<sup>th</sup> & 18<sup>th</sup> Aves**  
Large studio apt w/ sep entrance for rent in 4-fam home. Bkryd avail for use. Move-in cond. Nr shops & transportation. \$975/mo. Call Agt 917-804-1177 or 718-851-1087 English speaking please

**BRIGHTON BEACH/ GRAVESEND**



**OPEN HOUSE**  
**BEACH HAVEN APTS**  
2682 West 2nd St. • Apt. 2H  
(Between Ave. Z & Shore Pkwy)  
Sun. April 29, 2012 • 2-4pm  
**1 & 2 BEDROOMS AVAILABLE**

• Renovated • Spacious Rooms • Parking • Security  
• Laundry • Near F Train & Shopping  
**DSJ Realty LLC "Exclusive Broker"**  
**718-266-3700**  
**WWW.DSJREALESTATE.COM**

**BENSONHURST:** 20 ave & 70th St. 1 Bedroom. Newly renovated. Lots of closets. Near all. Affordable. Call Nick 347-674-1538

**BENSONHURST:** 2 Bdrm apartment, new European kitchen and bathroom, marble floors. Near "N" train. \$1,400. Owner 917-771-8100

**BENSONHURST:** 3 rms \$875 4rms \$950 6rms \$1450 Agent 917-805-8324

**Bensonhurst Dyker Heights Sunset Park & more**  
1, 2 and 3 bedrooms available. Buildings & private homes. Credit check.

**EXIT Realty Rental Dept**  
718-838-2600

**Bensonhurst Gravesend Dyker & Bay Ridge**  
2 rms, painted.....\$825  
3 rms, G/E incl.....\$875  
4.5 rms, terrace.....\$1200  
5.5 rms, parquet, fl.....\$1300  
6.5, terr, painted.....\$1475  
6.5, W/D, pet ok.....\$1800  
**10% Discount Off Fee!**  
**BRAVO R.E. LLC**  
718-344-4444

**Bensonhurst No FEE**  
1779 81 St Apt B-17  
1 Bedroom..... \$1095  
Open Houses Wed 3-4pm  
Sat & Sun 2:30-4pm  
Call Super: 347-994-5620  
Marin Mgmt 114 E 39th  
NYC. 212-213-0123  
ext 221

**Bergen Beach/ Bergen Ct E.70's,** 3 bdrm upper, terr, beaut apt, \$1,600. Agent Flo, KINGSVIEW REALTY, 718-692-4020, 917-400-6039

**BERGEN BEACH:** Mint 1 bedroom, 1st floor. Brand new kitchen and bath. Hardwood floors. \$1150 gas and heat included. Metrostar Realty 718-338-8833

► **BROOKLYN APTS UNFURN**

**BERGEN BEACH**  
**E 72<sup>nd</sup> & Ave U**  
**\$1400+ heat**  
2 bd renovated 1<sup>st</sup>  
**Patti @ Fillmore RE**  
**718-258-5616**

**Bergen Beach—Modern,** spacious 6.5 rms, lovely EIK/ appliances/ floor. C/air, terrace, credit check, \$1,650 + utilities. Owner 718-531-6878

**Boro Park vic./ Webster Ave.**

Newly renovated 1 bdrm apt for rent. Near shops & transportation, \$1,095/mo.

**Call 718-851-1087**  
English speaking please

**BRIGHTON:** Ocean Pkwy: 1 Bedroom. Newly renovated. Lots of closets. Near all. Affordable. Call Nick 347-674-1538

**BROOKLYN ALL AREAS**  
Many shares available  
**\$550-\$700**  
Bay Ridge Own  
Furnished Room - All incl.  
**\$700**  
1,2,3,Bdr-some pet friendly  
**\$900-\$1750**  
"America The Greatest"  
Realty 718-996-8938

**CANARSIE**  
3 bdrms \$1650/mo.  
2 bdrms \$1350/mo  
Gas included.  
Call Owner  
**347-406-9438**

**Canarsie- Brand new luxur-**ious 2 bedroom. Granite kitchen. \$1600. Near all. 646-269-3523

**Canarsie/ E.95th/ Canarsie** Road, 1 bedroom walk-in, \$1,100. Call Agent Flo, KINGSVIEW REALTY, 718-692-4020, 917-400-6039

**CANARSIE:** East 90s, Newly decorated 6 rms, Kitchen/Dining rm combo, 2nd flr, \$1,500/mo (heat incl.) **MARILYN RE:** 917-254-0844

**CANARSIE/ E.FLATBUSH** Old Mill Basin/Georgetown Studios.....\$850 & up  
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**CANARSIE - Renovated,** 2 & 3 Bedroom, Non-smoking, no pets. Credit & income check. Call J. 917-750-2544

**Coney Island Ave btwn M & N.** Near all. 1 BR, \$1350. 2 BR, \$1400. Newly renov. By owner 718-435-2724.

► **BROOKLYN APTS UNFURN**

**CONEY ISLAND/ Mermaid** Ave: 1 and 2 bedrooms in small building. Section 8 OK. Metrostar Realty 718-338-8833

**EAST FLATBUSH/ E37th:** 2 bedroom duplex, living room, formal dining room, EIK. Huge master bedroom. Backyard, front porch, driveway. \$1600 gas and heat included. Metrostar Realty 718-338-8833

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**GEROGETOWN**  
**E 73<sup>th</sup> & M**  
**\$1600+ heat**  
3 bd split , 1.5  
baths, terrace  
**Patti @ Fillmore RE**  
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**GRAVESEND, Modern** 1BR, tiled floors, includes all utilities, \$1,000. 347-683-4828

**GRAVESEND:** Modern, Extra large 2 bedroom. Wood floors. Small pet ok. Train on corner. \$1500 heat included. Call agent 347-843-1596

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**KENSINGTON:** 2 Bdrs. in elev. build, close to 'B' 'Q' trains \$1,400. Also 1 Bdr., \$1000 ASP Realty 718-339-5600

**KINGS HWY/ E17<sup>th</sup>:** Lrg, sunny 2 bdrm. Renov. EIK, Bkryd, parking. \$1550 heat incl. RE 917-892-8928

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1 BR available  
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No washer/dryer  
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**718-258-5500**

**MIDWOOD:** 2 Bdr./2Baths in elev. build. Close to "B" "Q" trains \$1,625. Also 1 Bdr \$965. ASP Realty, 718-339-5600

**MIDWOOD, 3 Rms,** private house, good cond, near B&Q trains, shopping, \$975 + utilities. No pets. No fee. References & credit check required. 917-232-6583 Leave Message

**MIDWOOD, 3 Room Apt,** \$1100. Large Rooms. One Month Free Rent. Custom Kitchen and Bathroom, Parquet Flrs, Near Ave K & E.31 St- No Dogs Permitted. For Rent by Owner 718-236-3361

**MIDWOOD:** Ave. M, East 9th St. 2 BR, renovated, new bath, kitchen, parquet floors, heat/hot water included in rent. \$1225/mth Call Kostas Realty 718-833-2000

**Midwood**

**E. 2<sup>ND</sup> Btw M & N AVE**  
Clean & modern 1bdrm on the 3rd fl. \$1250 mth. Near "F" train. 35 minutes to Manhattan. Close to all. Full credit check & fr req. **owner 347-537-5485**

**MIDWOOD, TEENS,** 2 bdrms, LR, DR, eat-in kitchen, terrace, references & credit check, \$1,450 w/ heat. Agent 917-807-9181

**Mill Basin young 6.5 (3 br's +2 bths) ultra mod apt.** Joseph RE 718-934-2400

► **BROOKLYN APTS UNFURN**

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**Sheepshead Bay, 3 Room** Apt, \$995. 1 Block From Water, Prime Block & Locn, Near Shore Pkwy. Modern apt- No Dogs Permitted. For Rent by Owner 718-837-7923

**Mill Basin**

**E 64<sup>th</sup> & National**  
\$1500+ heat  
3 bd, 1.5 baths,  
hardwood floors.

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**SEA GATE, 1 Bdrm apt** for rent. Near beach. All new flooring, Renov kitchen. Hot water/heat included. Freshly painted. \$1100  
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**SEAGATE**

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- B'Ridge- 90s/3rd Ave, 3rms, all modern, 1st flr \$1200
- B'Ridge- 90s/Marine Ave, 3,5rms, elev bldg, laundry facility, hdwd flrs, mod \$1450
- B'Ridge- 60s/4th Ave, 4rms, bldg, mod, hdwd flrs, pet maybe \$1350
- Dyker Hts- 80s/13th Ave, 4rms, over store, all mod, painted, hdwd flrs, refr. \$1200
- B'Ridge- 80s/4th Ave, 5rms, 2bd, skylight, patio, painted, ref \$1700
- Dyker Hts- 70s/10th Ave, 5rms, 2 full baths, all mod, terrace, painted \$1900
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**SHEEPSHEAD BAY** 2 bedroom ..... \$119,000  
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**SHEEPSHEAD BAY 3235 Emmons Ave**  
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Bkr 646-479-5330

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Maint \$928 incl. G&E, Taxes. EIK w/win. 24 hr security. GYM, private playground. 1 block to B3/ B31/ BM4/ NYC Express! Shops on cor! No alt parking area. Parking waitlist \$62/mo  
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**SHEEPSHEAD BAY/ MARINE PARK 2170 Brigham St**  
100% Co-op. 4.5 Room, 2 BR Co-op. Kitchen with Window, Granite Countertops & Backsplash, Porcelain Tile Flr, Dishwasher, Microwave. Ceramic Tile Bathroom with Window. Hdwd Flrs. \$174K Negot.  
**Owner 718-648-8319**

## ► BROOKLYN HOUSE FOR SALE

**AVENUE A, 1 Fam House** on Prime Block w/ 3 Lrg Bdrms, Mod Kitch & Baths. Call Agent 718-934-2902  
  
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Price reduced by \$150K. Asking \$2.85 mill. 15,000 sq. ft. of living space. Owner wants to hear all offers. Tour at: [www.718mansion.com](http://www.718mansion.com)  
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**BRIGHTON BEACH BRIGHTON 11**  
S/D 3 fam brick  
(2) 1 bdrm apts over 3 bdrm apt over full bsmt. Lot 25x1100 bldg 20x76 Ask \$649K  
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New Section. Det 1 fam 4BR dplx w/ 3 baths & fin bsmt. New roof, windows, & siding. Reduced \$459,000. JFD183



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All mod, 3 family, 5 BRs, garage, yard, good rental income, move-in cond, asking \$699,000.  
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**Lower Dyker Heights 2 Family Brick**  
Hse (20x56) Lot (20x100) 4 levels w/ 8BR's. Top flr., 3BR's, 1st flr. 3BR's. Gar street level. W/ recreation, 2BR's. Full bsmt. MIC. Must See! Call for info.  
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**GERRITSEN BEACH**  
1 Fam, det 2 bdrm raised Ranch. sliding Glass Doors to front porch, New windows, New kitchen, full finished basement. Asking \$359,000  
  
New Section, Clean as a whistle, 1 fam 2 bdrm dup, LG EIK, bsmt, yard.  
Near All. Asking \$369,000  
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## ► BROOKLYN HOUSE FOR SALE

**MIDWOOD**  
1 family det center hall, 4BRs, 2 full baths + two half baths, EIK, LR w/ frplc, full fin bsmt w/ summer kitch, half bath, gas ht, 220 wiring, prvt drive for 3 cars + garage. Front, side & rear entrances. Move-in cond. \$1,100,000.

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**MILL BASIN EXCLUSIVE 2 fam,**  
6.5, 6.5, 3 bdrms, FLR, FDR, EIK, 2 bths in each apt, full fin bsmt, yard. Asking \$570K  
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**MILL BASIN "Suburban Style Living"**  
Det All New 1 Fam 4BRs, 3 Bthrms, Colonial, Den & More!!! Cust State of the Art Kitch, Huge LR, Formal DR w/ Sliders to Enclosed Veranda, Beaut Bkyrd w/ Inground Htd Gunite Pool, Garage, Must See!!!  
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**Seagate- Near Beach**  
Renovated 2 Family, 12 Rooms, Large Yard, Deck, Pool, Fireplace.  
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2 Fam. detached, mint condition Garage, shared drive. Delivered vacant  
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Lovely brick home has 3 Bdrms., 4.5 Baths. Private driveway up to 4 cars & detached garage  
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2 fam. completely detached. Brick! 2 bdrms over 2 bdrms over full bsmt  
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Penthouse on Ocean Ave. 1900 sq. ft. interior, 1500 sq. ft. terrace. Must see!  
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2 Bdrm Jr. 4 Co-op. Custom kitchen & redone bath. Hrdwd flrs. New phones/TV/ Internet wiring  
**2 Bdrm Co-op • SHEEPSHEAD BAY**  
2 Bdrm. 2 Bath w/ extra room next to kitchen. Hrdwd Flrs, backyard, children's playground

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Asking \$629K • Julia 917-576-2084

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**MIDWOOD OPEN HOUSE**  
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1292 East 31st Street  
Heart of Midwood! SD. 3 BR Brk Dup., lg LR, DR, EIK, ½ bth on 1st Flr, 3 BR and full bth on 2nd flr, semi-fin bsmt, pvt drv, 1 car garage, lg yd, new boiler and new wtr heater. PL998. . . . \$560s

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**MARINE PARK:** Det. 3 BR Duplex, lg LR, DR, EIK, full bsmt with bath, pvt drive, 1 car gar, very lg rear yd. Needs TLC. PL968. . . . \$490s  
**MARINE PARK:** Fully Det. 3 BR Duplex. MBR has vaulted ceil, pull down attic. Hdwd flrs thruout, newly renovated. kit. with granite cntns, s/s applis, 3 bthrms, full fin. bsmt, yd with pool and gar, carport for 1 car. PL984. . . . \$580s

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**MARINE PARK:** 1 Fam. Brk. 3 BR duplex, LR, FDR, updated EIK, 1st floor office. Move in Condition! Full fin bsmt, den, kitchenette, BR, bath, laundry area, separate entrance. Backyard and detached garage. PM954. . . . \$509K  
**MARINE PARK:** 2 Bedroom Brk Duplex - large LR, EIK, full finished basement, new front porch and repointed. PL989. . . . \$490s  
**SHEEPSHEAD BAY:** Large 2 Fam. Att. Brk, 3 BR Dup. with 2 bthrms, over 1 BR walk-in apt, full basement. Close to All! BT907. . . . \$690s

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**► VIRGINIA LOTS & ACREAGE**

**► VIRGINIA LOTS & ACREAGE**

**► VIRGINIA LOTS & ACREAGE**

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(NAPSI) — If you've ever wondered whether more education would change things for you and your family, you're not alone. More than 38 million Americans over the age of 25 have some college credit, but no degree.

For many, now is the time to start moving. Research suggests that in less than 10 years, 60 percent of U.S. jobs will require a degree beyond high school.

Dr. Mary Hawkins president of Bellevue University offers the following tips to help you get started:

- Decide if you want to advance within your current field or change fields completely. Research job growth forecasts from the U.S. Census Bureau ([www.census.gov](http://www.census.gov)). Search on "industry focus" to see top job growth and top-paying industries by state.

- Once you determine two or three areas of interest, look into schools that offer degree programs in these areas. Check their websites; look for a school that continually re-evaluates its programs to ensure course offerings meet the needs of employers.

- Think about how going to school will fit into your life and what works best for the way you learn. Many schools offer in-class and online options. Some students prefer to attend a class one night each week to fully focus without distraction. Others find that online is the only way to fit school into their busy lives. Determine what works for you.

- Figure out how you'll pay for your degree. For many, this is the most frightening aspect of the journey, but there are many sources of help. First, determine whether your employer offers educational benefits and any caveats that may apply, such as studying a particular major, working for the company for a certain amount of time after completion, or earning a minimum grade in courses. Second, don't assume you're beyond financial assistance — millions of scholarships exist for everything from ethnic origin to essay-writing skills—and not just for recent high school graduates. Next, compare tuition rates at the schools that interest you.

- Finally, look into credit transfer policies. Many schools offer free credit evaluations and some offer credit for work and life experience. See what credit you can earn for your previous coursework — an associate's degree may satisfy your entire general education core. Ask about any corporate or military training and College Level Examination Program tests you have completed — these may also qualify for credit, saving you time and money.

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