

A Tale of Two Papers



photo: Dusty Berke

By Alden Roosevelt
America's Foremost 12-Year-Old Columnist

When I first walked into that book-filled room, and saw the formidable 94-year-old man sitting behind his desk smiling at me, I could tell I was welcome. George gave me an opportunity that day that I will never forget, and I will always be grateful to him. He gave me a voice, and set me on my way.

I know I'm somewhat new to George's life compared to the long working relationships he has had with other writers. He is eighty- three years my senior and comes from an era of undershirts, but he treats me as an equal. A lot of grown ups expect and demand respect from kids without giving respect to kids in return. When we work together, George is a good listener and always looks me in the eye.

As I look out over a frozen lake, I am thinking about George today. He recently had his 95th birthday and as a surprise present his mutinous crew jumped ship and ran off with a new captain, at least from where he stands on deck. I have received quite a few emails from the "New West-View" asking me to write for them but I haven't answered. Please consider this article my answer. George and I have had many

conversations together. He is hurt by the swirl of rumors going around and especially the claims of dementia, as he is proud of his strong mind. Even though I love writing, I for one won't be jumping ship. I feel too much loyalty towards George. As for the captain of the "New WestView" I haven't had the pleasure of meeting him. I hear he's a politician AND a lawyer, so he must be a nice guy.



THE NAKED SHORT



HOPPER'S NEW YORK AT THE WHITNEY



FROM OIL TO MEDICINE: CHINA GAINS

WestView

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WestViews

Correspondence Commentary, Corrections



Confusions Of A Life-Long Democrat

By Lynn Pacifico

I am a very confused ex-staunch democrat. Republican and Democratic politics have flipped and no one is speaking about it. Both party's news stations only give one side of a story. A country founded on free of speech is being severely censored and several states have begun lawsuits against the federal government for the crime of censorship.

Today, even though I have the same centrist sensibilities that I have always had, I might be called a right wing conspiracy theorist. No one is safe from being called out for the slightest variation in thinking. The news is no longer news but an influencer.

My Body My Choice has been a well-used democratic slogan for decades. I chanted it while marching in Washington DC and New York for abortion rights. Now democrats want to mandate laws that will take my bodily autonomy away. The democrats are now the hawks. No one sees the irony?

The republicans want government out of our affairs but now want to legally remove a woman's control over her own body. This sentiment is incited by religious beliefs, in a country with legal separation of church and state. I thought Americans are supposed to "fight or die" to insure freedom. Republicans are against our involvement in Ukraine.

We are hearing about how the federal government has pressured media to quash alternate voices. Both corporate owned political parties do not have our best interests at heart. AI, police robot "dogs", digital currency, censorship, 5G, weather, www3, losing body sovereignty, are making the landscape feel like quicksand. Current political, medical, financial, societal directions are sobering. Who should we trust to control the narrative—what is truth—who decides since we are no longer allowed to think independently?

What I know about the mutiny at WestView News is from our three, hyper-local papers. I have gotten to know George Capsis through reading WVN, and his campaigns for the benefit of the neighborhood. I appreciate his concern and his willingness to spend his resources to build awareness for world and local issues. He puts out an excellent paper that has enriched our community and our lives for twenty years. He is an extraordinary man.

Dusty Berke and I spoke briefly at a 5G meeting. She seemed sharp, logical and I liked her. Like George, Dusty shows concern for the neighborhood by working to bring awareness to 5G health risks and for looking beyond presently accepted narratives.

I have witnessed the time and effort Arthur Schwartz has devoted to our community for 30 years. It was Arthur who facilitated our getting the Leroy St. dog run after we were locked out of JJ Walker Park. Dog owners are the largest segment of park users, yet we were ignored and left with nowhere to go. The only public official that helped was Arthur. He received one of only two Dog Owners Action Committee Doggone awards given out. (The other Doggone award went to Aubrey Lees.)

Greenwich Village is supposed to search for alternative views, to explore and interpret them for art and freedom's sake but informed consent is difficult when the truth is kept from us. Instead of honest debate, the new tactics are censorship, smear campaigns, and exclusion. There have been insinuating and disparaging remarks made, innuendo and character assassination. I didn't expect that here in the village, involving these people.

We are called selfish if we don't conform to the groupthink and virtue signal in recognition of a fraternity of compliance. Whether or not you are pro or anti jab, pro or anti war, pro or anti censorship, this is giving away individual freedom. How is this possible in the neighborhood made famous for questioning everything and the creative individuality that its non-conformity realized?

I do not know what transpired behind the scene to result in a mutiny and the start-up of a new paper. It is unfortunate that community activists, movers and shakers who effectively contribute, and who many of us like and have dealings with, have come to this impasse. Have the divisiveness and the censorship of the last three years gotten out of hand as part of the groupthink?

People now want free choice but for themselves, not for anyone who thinks differently. Maybe the free speech ethic no longer works. Beyond being a centrist, I don't know what I am. Censorship is the opposite of freedom and it shouldn't stain the legacy of the freedom-loving Village.

Lynn Pacifico is a fourth generation Villager who loves dogs, nature and New York City.

Help Bring The 9/11 Tiles For America Memorial Bus Back Home To The Heart Of The Village



9/11 Memorial Bus opens its doors to visitors to honor victims' families and loved ones. Who take comfort in the messages and knowing the tiles live on safely tucked away in the Big Blue Bird Bus that marks the spot where we watched it happen. We remember You. *Photo credit Dusty Berke*

*If you'd like to help bring the bus back home contact
Dusty: godustyb@yahoo.com*

How Much is WestView Worth?

Our loyal readers have been very generous in the past few years when we have solicited help to keep WestView alive. The one-time contributions have helped enormously! However, we've discovered a new platform that will enable you to create a consistent monthly donation, establishing contributors as true patrons, sponsoring the ongoing support of WestView's efforts.

Here's how it works:

1. Visit patreon.com/Westview
2. Select a membership tier-there are 6!!
3. The tier you select will be a monthly contribution to assist with our financial obligations (printer, delivery staff, jour-nalists, production staff).
4. Cancel any time.
5. You will be helping to save a neighborhood treasure!!

Select Your Membership Level and become a sponsor of WestView News!

patreon.com/Westview

Please share this with your community.

George Capsis, The Man, The Myth, The Legend who created it all.....

95! 95! 95 years on our planet! WOW, WOW, and I say WOW again!!!

On your 95th Birthday, I think it is fitting to ring the bell, Sound the drums, raise our glasses, to toast and honor the legacy of Great Newspaper Man, and a legend living amongst us!

Gentle Persons of our vibrant West Village and friends near and far; Let's CELEBRATE the GIFTS and LEGACY

George has so graciously bestowed upon us 21 years ago George Capsis, founded the Voice of the Village, West View News.

With a pledge to deliver journalism excellence and truth in reporting in vast fields of business, science, the arts, theatre, education, politics, architecture, mecine and our legal justice system.

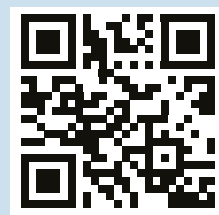
Your leadership and pledge to deliver Truth and Logic has Marshallled talented writers from near and far. This has been your GREATEST GIFT to us all!

George, we thank you for opening your doors to embracing writers, both young and old, fostering a dynamic think tank and salon of creative journalistic integrity. The Newspaper beat of West View News is George's heart, mind and soul which all takes place in an inclusive, diverse, and equitable salon of George's West Village Brownstone 69 Charles Street (former home of Sinclair Lewis).

George personally finances the paper , along with advertisers and donations, for 21 years.

(All George Wants For His Birthday Is 10, 000 New Subscribers)

Give yourself a GIFT that just keeps on giving, truth, logic, journalistic integrity, arts, entertainment, et all, to all!



WestViews

Letters To The Editor

A small model of civility. A robust correspondence between WestView reader Jake Hollinger and WestView contributor Kambiz Shekdar.

Hi Mr. Capsis,
I hope you are well. I have to say, as a longtime West Village resident (although not quite as long as you, our household has maintained a *WestView News* subscription for some time :) , it's been painful to watch the saga play out between the *WestView News* and the "New *WestView*" challenger that seems to have resorted to underhanded tactics; I wish everyone would just get along, and hope that this playacting situation is resolved in short order!

However, as a longtime reader I must say after reading the front-page article titled "From Oil to Medicine," I see why the *New Westview* Staff defected. The article is absolutely correct in stating that UAE governmental support for tech abounds, the UAE is a great place to do business, and that Dr. Shekdar has been very successful. All very true (although the latter point is an assumption). However, I would consider this article grossly negligent in failing to mention the abundance of human rights violations that occur on a daily basis still today in the UAE.

...
Is this the type of country that you want to highlight for New Yorkers do business in? They will detain and kill people for speaking freely, practicing different religions, or simply being from a country that the UAE deems as inferior. Tax dollars generated

from earnings in the UAE directly subsidize human rights violations from the government. I have absolutely no problem with your publication promoting business in the UAE, it's not illegal and it certainly can be monetarily accretive; I take extreme exception to the fact that the article you agreed to publish makes no mention of the constant terror and horrific punishments faced by disadvantaged people in the UAE, subsidized by oil money and tax dollars.

That said, I do enjoy reading your paper, and would appreciate a response.

All the best, Jake Hollinger

Dear Jake,

I am so grateful for your thoughtful response, and for your time and care in laying it out. Thank you for reaching out.

As an Iranian born openly gay man, I appreciate the points you raise very much. My next door neighbor is ACLU director Anthony Romero. Via Anthony I have had some discussions with persons who are expert in the matters you raise, but my trips to the UAE are purely focused on the biotech sector, which is what the subject of my firsthand account. New York State leads the nation in out-migration for two years running. I hope business factors like the ones that can sway New Yorkers like myself may

not only be relevant for individual readers, but also for us to understand as a city and state, if we are to be vibrant in the global economy.

While this does not directly address your points, would you be open to waiting until I get back for us to meet and discuss in person? Currently I am in Dubai and will be in the UAE through the rest of February. I hope and would be grateful to meet you in person.

Above all, thank you for your support of George and the paper and for taking the time to share your well considered and important questions and thoughts.

Kambiz

Hi Kambiz,

Thank you so much for your thoughtful, concise, and good-natured response; I've found the number of people who are willing to have actual conversations about sensitive topics dwindling rapidly.

This is helpful context, I very much appreciate your point of view, and I found the highlighted section I've highlighted in your email particularly impactful. I cannot even imagine what incredible experiences your travels and background have engendered. I wholeheartedly agree that waning globalism and the NYC exodus are things that

can potentially be combated with overseas investment opportunities from the USA's economic capital.

As I'm sure you can surmise, my email was sent not with malice, but with the hope that people examine both the pros and cons of investing abroad (and domestically, frankly) not just from an economical lens, but looking past the ROI to examine the impact on humanity, too. I'm certain you are acutely aware of the tacit implication of looking solely at economic and business benefits while ignoring some of the more macro-level issues facing not just the UAE, but many countries in the region including, tragically, your home country. The *Westview* news is read by wealthy and powerful people (unfortunately I fall into neither category) that can make a difference in the world, both positive and negative — presenting readers with a comprehensive (as comprehensive as feasible within the context of a twopage article) set of facts is paramount. That said, I want to again reiterate that I respect your POV from your experiences, and find your Biotech work fascinating.

Happy to meet at a later date and discuss further, but I am deeply appreciative of your response.

Jake

Adam the Mailman

By Darlene Margeta

Every street in New York City has a vibe. What is the enchantment when you cross W. 10th St. with Bleecker Street?

There is a feeling of the old historic Greenwich Village and the vibrant new bohemian energy. The people and their dogs make this a neighborhood and of course we have the best mailman. Adam Bowen has worked the streets delivering mail for 13 years now. He knows all the tenants and he knows their favorite sports teams as well. And Adam is the man of blue Dash blue post office, uniform, a true blue, Giants fan, and oh yes, the Yankees.

Without missing a beat or handing you a bill he will give you a thorough sports report to rival any of those reporters on TV. He must have walked 1,000,000 miles on the streets so Adam is an athlete in his own right.

As a mailman, Adam has seen weird and wonderful things on his route that he can tell you about. He might mention what he will be cooking for Sunday dinner for his family and included. Is there cat flash.

So next time you see Adam give him a wave or say hi thanks Adam Bowen for being such an important part of West 10 Street and Bleecker. Wow it worked well I'm learning all this new stuff. I'm learning all this new stuff

Photo of Adam Bowen by Darlene Margeta

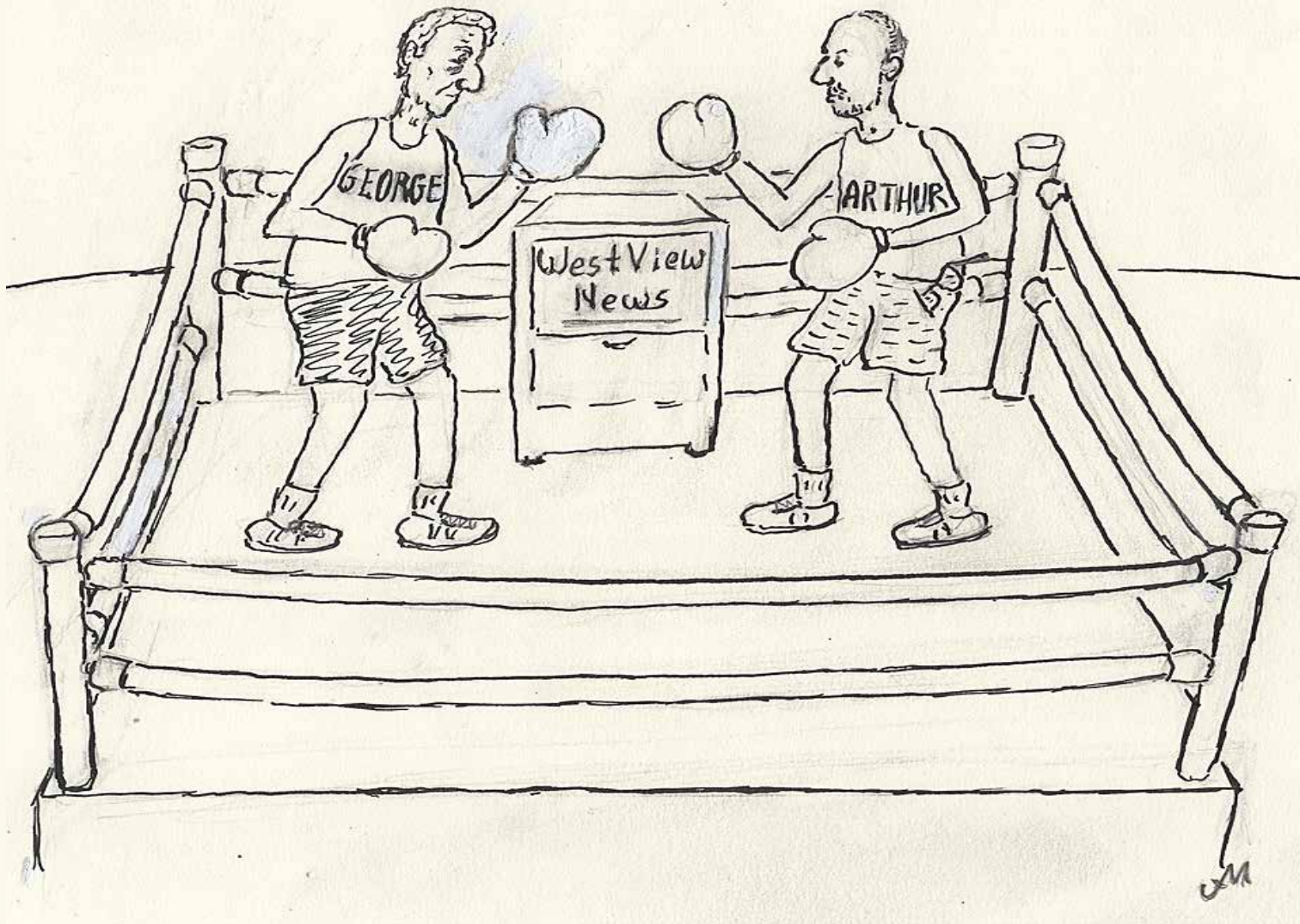




Hillary's Valentine To George Santos

Hillary: “I had always put up elaborate decorations on the house for Halloween, but it was only when COVID happened that I began putting up messages. The neighborhood felt bleak during the lockdown, so I stuck up a “Hang In There NYC” sign. People started coming by, and we began meeting neighbors and conversing with people we had seen every day for years but had never spoken with before. As issues evolved, I started switching out the messages to comment on social issues, send out words of encouragement, and offer

something fun to passersby to make them stop and look up from their phones. Over three years, I’ve been updating the messages I design, which I send out to get printed. I have even been asked on two separate instances to help people in the neighborhood stage marriage proposals, which was such a privilege. I love how the messages encourage people to interact with one another. That sense of community is what’s so unique about the West Village—that feeling of small New York.”



“YOUR CAPTION HERE”
You Write The Caption And Send It To Us At WestView

Reminiscences of a Retail

By Jeremy Frommer Chairman of Creatd (CRTD)
and founder of CEOBLOC

I arrived in Washington DC January 27th, and one by one I met the men and women who had gathered on that cold winter night at the Dubliner Restaurant in the Phoenix Park Hotel. It was an apropos spot for a meeting of like minded individuals committed to a cause. We were gathered at two long tables in a room off to the side of the main bar. It felt like a room where a friendly town hall meeting might take place. Each person in attendance was willing to spend the next two days standing on a sidewalk as the wind whipped off the imposing glass edifice of the Washington

DC headquarters of the Securities and Exchange Commission

(SEC), adding a sharp wind chill to the already frigid temperatures. They were here protesting the injustice of manipulative and deceptive trading practices, including naked shorting. These practices are just the tip of an iceberg for a broader systemic problem facing a corrupted financial services industry, and had impacted every person in the room.

Grassroots movements like Occupy SEC2023 and CEOBLOC are a double-edged sword. While the community aspect of these movements is key to creating the authenticity necessary to effect change, it is also the greatest obstacle to ultimate success.

Success for a movement such as ours meant not focusing



Tales of A Retail Investor

By Michael Mynar

What is my story as a retail investor investing with- in obvious corrupt and incompetent Wall Street. I probably told my story 1000 times but the story I want told is about the retail investor. The ones that are investing in companies that are being attacked and ran bankrupt using methods like naked shorting spoofing ladder attacks and many other loop holes in regulation. Who is it, hedge funds, market makers, banks, brokers, it's folks sitting up on Wall Street laughing at us and calling us dumb money. All in the name of greed. it's corporate America where anyone up top still gets paid even if there's crimes or manipulation taken place they go home with their fat checks but the ones that pay the price is you and I the every day person. Unfortunately, the average person out there doesn't see doesn't hear doesn't even have a clue what is happening right under

their noses these kind of greed actions is destroying our country destroying our economy and as a United States Marine, I call it financial terrorism This is an attack on our National security. Now let me tell you a story about the little guy. And when I say the little guy, I'm referring to the man or the woman that chooses to invest in a corrupt market. This little guy gets up early every morning get your kids ready for school get some cells ready to go off to a 9-to-5 maybe even a 9-8 job just to pay the electric pay the gas pay the car payments pay their house payment pay their medical insurance payments. Maybe even send the kids to private school. The little guy that works all year around. Saves up their vacation time saves up a little money from their paychecks. Maybe uses their tax returns just to take their family on vacation somewhere maybe like Disney World. This guy was told to make sure they save

up money for retirement because Social Security may not be around, Majority of most companies aren't even offering pension plans so they were told to invest blindly into 401(k) plans where they should see a six to hopefully 10% return on their money so maybe by the time they're 65 they can retire enjoy their grandkids. But unknowing to them. The greed on Wall Street has finally reached its cycle again and the ones that are going to pay. Is that little guy when they decide to retire and the market takes another dump and their retirement is slashed in half and now they got to pick up a second job or a part-time job at Walmart being a greeter just to supplement their income. Now, let me tell you a story about the little guy that is fed up and had enough. The little guy that saw after investing in companies like aMc GME gtii mmtlp amongst many. How corrupt the market actually is and how even our SEC government or Congress doesn't even address

Investor: The Naked Short

on the things that divide us, but staying focused on the stories that unite us. One by one, I heard everyone's stories, each very different in many ways, but always the same in one. The 99% was getting abused by the 1%.

The financial system is broken and it is time to hold those behind the curtains accountable for the damage they have done.

The greed on Wall Street goes deeper than most of us realize. I have watched it my whole life. My biggest weakness was my numbness to it all. Good people are fighting over lies. I ask myself how we as a society, as a country, let this all happen?

The battle against the corruption of Wall Street became personal for me when, as a Chairman and CEO of a Nasdaq-listed company, I couldn't protect the investors in my

company. We are a small New York City technology company, which has been fighting to survive for the last three years against extremely challenging headwinds, including abusive trading practices damaging the value of Creatd's stock.

The underlying greed that had become a systemic part of doing business on Wall Street and, in particular the publicly-traded stock markets, shocked me, and even then I wasn't yet sure how to fight back. I hadn't found my voice. I was truly overwhelmed by the extent to which any purpose of a collective good had given way to an exploitation of the weak by the strong.

Much like the people I met at the protest, I started to tell my story to anyone that would listen. It was the beginning of an ongoing recovery process. Soon, many people were telling their stories. Many of their companies would not recover.

We consoled each other with tales of our financial battles. We left all of our differences at the door and listened. There was no single race, ethnicity, age, religion, sexual orientation, gender identity, disability, economic status, or political party that defined this community; there was just a spirit of camaraderie as we united around a common cause. Our diversity was forgotten as we embraced the common hurt that we all felt at having been betrayed by a system we had been taught to trust. Finally, together we are beginning to be heard.

Now we need a revolution in the stock market. We need radical change. And as in all revolutions, those corrupted by power will yield when the strength of the crowd overwhelms them. That strength is built upon each of us telling our stories.



Images from Occupy SEC 2023

“Now, let me tell you a story about the little guy that is fed up and had enough”

these issues that is destroying the retirements of the first little guy. We're talking about criminal acts and bending the rules, such as naked shorting which is creating synthetic, fake unreal shares of companies and selling them on the market. Forcing the share prices of those companies down to pennies on the dollar with the hopes that those companies will go bankrupt so they don't have to pay back or buy back those shares. Another example is taking a dividend share ticker mmtlp that was never supposed to be sold on the open market and taking that share and selling it and then shorting that share and creating if not hundreds of thousands of fake shares and then our own watch dog Finra does a Halt on that stock on the last two trading days which in affect just froze over 65,000 investors accounts without the ability to sell, and that is going on as we speak. Unfathomable how they can lock out retail investors money. What if those folks desperately needed access

to it, to pay their mortgage or pay for life saving medical treatments. It's been over 2 months they have held these folks money in limbo. But here is what these big money institutions never expected. The average guy to unite. And the only way we see that anything changes is when more of the average little guy stands up and unite and says enough is enough, and we get the attention of Congress the only ones that can enact create and investigate what it would take to close these loopholes and these crimes. We the people the new occupysec2023 demand that our Congress put together an investigative committee immediately and take action against these corporate criminals on Wall Street. Our movement is going to continue to grow as more and more people become aware and get fed up with their investments getting cut in half while the Wall Street bankers make billions. We are utilizing social media places like Twitter, Reddit, YouTube,

amongst others to share and learn via crowd, sourced information. We are the true largest hedge fund in the world. We are the retail investor. I myself am utilizing my experience, my training and my life to fight for a better market I use my YouTube channel the marine XXX to connect and unite with other retail investors, we are also currently uniting with executives and CEOs from around the world that are fed up with their companies being ran into the ground. Our next stop finding inspiring politicians to join our cause. We accomplish great things when we become one. I am Mike Mynar, the marine who wrote a blank check on my life many years ago to maintain the freedoms you enjoy. However my oath never ended to defend our great country against foreign and domestic adversaries. This is Financial terrorism on our people. I hope our story touches your heart. Remember Darren Saunders, he lives on within us.

Michael Mynar
“Effort Never Equals Zero”

From Oil to Medicine: China Gains

By Dr. Kambiz Shekdar, PhD

With Chinese spy balloons over American skies as the backdrop, China is winning ground over American national and business interests around the world. The Arab Gulf states are actively pouring oil money to create a new biopharma sector in the Middle East. Once a research leader, America is struggling to maintain its relevance while China extends its lead in the global race. According to Yousif Almahdi, MBA of the U.S. Embassy in Kuwait, the role of the U.S. Commercial Service (which is part of the U.S. Department of Commerce) in the Gulf region is to support U.S. companies to do business through more than 80 international posts, as well as domestic office in the United States. (this section will be on the front page)

There is no legacy biopharma in the Arab Gulf states of the Middle East. Right now is the formative time when countries are selecting which platform biotechnologies they may adopt apart of their foundation. Much like when a company chooses between an Apple or IBM, significant downstream ramifications follow. America has become disregarded PC bypassed by China's gleaming MAC.

In the biotech department, the United Arab Emirates arguably leads among its neighbors, with the Kingdom of Saudi Arabia coming in a solid second place. In addition to billions in investment in early tech, the UAE is already an international destination, a prerequisite for the ability to attract the new talent that's needed to build the new economy. Meanwhile Saudi is not shyly doubling down by investing preposterous wealth to catch up, including the building of a new \$500B floating tech-park in the proximity of Israel in the Red Sea like Manhattan's Little (Dillar) Island, but bigger and more useful.

Chinese government and business interests have already sunk their teeth into the UAE.

According to Akinola Abayomi, Minister of Health in Lagos, Nigeria, this follows a playbook the Chinese have been playing in recent years throughout Africa. In the void of American biotech entrepreneurs in the region, Chinese interests have swooped in and become favorite partners. G42, an Emirati partnership between the UAE and the Chinese pioneered the UAE's vaccine response to Covid, one major pillar of a multi-pronged approach the UAE implemented to defeat the virus. In addition, G42 leads the national human genome sequencing project in the UAE, known as the Emirati Genome Project.



Dr. Kambiz Shekdar (left) with Yousif Almahdi, MBA, Commercial Specialist at Embassy of the United States of America in Kuwait at the USA Pavilion at Arab Health Exhibition at Dubai World Trade Center. *Secondcell Bio.*

When the United States invested in a massive public-private partnership to produce the first draft of the human genome, technologies like CRISPR that could action that data into new medical drugs and therapies were not yet known or mature. Now as the biopharma sector in the UAE is forming, however, vast troves of genomic data may be harnessed to produce the medicines of the future. And it is the Chinese who are playing the assist role, buying themselves a front row seat to form additional strategic partnerships to mine the rich treasure trove.

U.S. representatives are now acutely aware of Chinese balloon as well as China's dominance in the Middle East and Africa. As a U.S. biotech inventor and entrepreneur looking to move to the UAE and set up shop, I had the opportunity to meet with a

gathering of representatives from U.S. Embassies and U.S. Commercial Service office from throughout the Cooperation Council for the Arab States of the Gulf (GCC), a regional, intergovernmental, political, and economic union comprising Bahrain, Kuwait, Oman, Qatar, Saudi Arabia, and the United Arab Emirates on the occasion of the Arab Health Exhibition in Dubai World Trade Center which was held from January 30 to February 2, 2023.

My goal is to establish a joint venture with Emirati stakeholders in the UAE to create a research engine that may be operated to discover new medical drugs at an unprecedented scale. The research engine would be build using a multi-use platform biotechnology originating from The Rockefeller University that has,

among other things, produced a novel non-addictive painkiller that was the subject of an IPO filing by Chromocell Therapeutics in January 2023. My aim is to partner the by-now validated research engine with oil money in the UAE to discover and commercialize a plethora of new medical drugs.

Once established, such an Emirati-American biotechnology facility could open the floodgates for additional American businesses to explore opportunities in the Middle East while serving as a catalyst for the nation's efforts to kick-start their biotech economy. This has potential for relationships that are richer and more strategic than vendor-supplier relationships alone, exactly what is needed to counter aggressive actions of countries that do not stop short of deploying spy balloons.

"Good morning Kambiz. We are approached by a Dubai based investment firm — but I am not familiar with the entity. Given UAE's focus on biotech, I would sincerely appreciate your introduction/reference," wrote the CEO of an IPO-ready U.S. company with a valuation north of \$1B USD. Ever since taking to my LinkedIn account to post experiences I found eye-opening, dozens of friends and colleagues have reached out like this (To connect on LinkedIn, go here:

<https://www.linkedin.com/in/kambiz-shekdar-51a52a34/>).

There are not many examples of U.S. biotech inventors and entrepreneurs like me making the move to the Middle East. China has already taken lead, and the world's future healthcare economy is at stake. By working closely with other American business owners, my Emirati partners and U.S. representatives, perhaps we may be able to at least contend for some of these opportunities.

For those who are interested or for biotech colleagues curious about the new biopharma sector growth in the Middle East, follow my column in WestView News. Also, following the meeting with U.S. representatives at Arab Health, Mr. Almahdi of the U.S. Embassy in Kuwait asked if he could make a recording of my rationale for moving to the region and biotech plans for the region to share among additional colleagues of his.

Rockefeller University alumnus and biotech inventor Dr. Kambiz Shekdar, PhD is co-founder and former Chief Scientific Officer of Chromocell Corporation, President of Research

Foundation to Cure AIDS and CEO of Secondcell Bio.

Contact kambiz.shekdar@secondcellbio.com.

Opioid Alternatives Are an Important Part of Preventing Addiction for Patients in Pain

As we begin a new year, we continue the fight against an old problem: the opioid crisis.

While tremendous strides have been made to put a dent in opioid deaths, we still have a long way to go. The CDC reports that there were an estimated 107,622 drug overdose deaths in the United States in 2021. That is a 15 percent increase from the prior year.

To me, these are not just statistics. Throughout my career as an ER physician, I have seen far too many lives lost to addiction. Fighting the opioid epidemic has become a passion of mine and I plan to continue that fight as the new chair of the emergency department and associate medical director of Lenox Health Greenwich Village (LHGV).

While the facility is already well equipped to treat those in the throes of addiction and withdrawal, our Emergency Department is also very focused on preventing one from developing an addiction at the root by treating patients in pain with more effective and non-addictive opioid alternatives.

During the '90s, healthcare providers prescribed an excessive number of opioids to patients who were experiencing pain. Opioids provided quick relief to those with injuries, illness and chronic pain. Now, with a better understanding of the negative effects of opioids, the healthcare industry realizes how these often well-intended decisions were potentially deadly. Traditional opioids like morphine, oxycodone, and fentanyl raise dopa-



Tucker Woods

mine levels in the brain to unnatural levels. When this is done repeatedly (a 30-day prescription, for example), the opioids will strengthen the pleasure/reward part of the brain called the nucleus accumbens and this part of the brain overpowers the part of your brain in charge of keeping you safe — the frontal lobe.

The frontal lobe area of your brain controls executive functioning, decision making, rationale thinking and judgement. The repeated use of opioids causes unnatural dopamine levels in the pleasure-reward area of the brain and sends signals that "this feels good; let's do more," and the mind begins to develop habits

and cravings that become more escalated and serious over time. In other words, when you become addicted to opioids, your brain has become "rewired". Taking the drug soon becomes absolutely necessary to prevent withdrawal. When the addiction becomes severe, the decision to obtain more opioids, rather than participate in usual life activities, becomes the sole focus as a consequence of your brain being "rewired" and you developing opioid use disorder (aka addiction to opioids).

As the addiction becomes stronger, and prescription opioids are no longer available or becomes too expensive, many turn to more illicit alternatives, like heroin & fentanyl, to raise those dopamine levels and prevent painful withdrawal.

The dangers of chronic opioid use are now well documented. It is now abundantly clear that we need pain management options that won't put a patient at risk of developing addiction. Physicians and researchers have discovered better medication options that provide the same — or even more effective — pain relief as opioids, minus its addictive qualities. For example, in lieu of morphine or hydromorphone, which are commonly used to treat acute pain from kidney stones, we can prescribe acetaminophen, IV fluids,

an intravenous anti-inflammatory called ketorolac and a medication called tamsulosin, which helps in the passage of kidney stones. Another interesting ER treatment option we've discovered to be even more ef-

fective than opioids for kidney stone pain is intravenous lidocaine, a drug that's traditionally used to treat a dangerous heart rhythm called "V-Tach". Under my leadership, the LHGV emergency department will be adding more "tools to its toolbox" and use innovative methods to treat other common conditions like musculoskeletal pain, lower back pain and headaches.

By working as an ER doctor for over 2 decades, I have had a front row seat to addiction.

I have seen so many lives ruined and lost to addiction and it has been a sobering experience. I hope that we have a future world where we can put this epidemic behind us. Non-addictive opioid alternatives is one piece of that puzzle and can lead to an enhanced patient experience.

Throughout my career, I have had many patients who say they want to forgo pain medication because of their fear of opioids, and I have to say those fears are warranted.

Opioids can lead anyone down a dark and deadly path; no one is immune to addiction.

However, it is my pleasure to inform patients in our emergency department that they do not have to forgo pain under our care. We have alternatives to opioids. They can rest assured we care for our patients' wellbeing during their ER visit and we will set them up to succeed long after.

Tucker Woods, DO is the chair of the emergency department and associate medical director of Lenox Health Greenwich Village.

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Then & Now

ARMY CORPS PROPOSAL FOR CITY SEA WALL

By: Samantha Maldonado
and Stephon Johnson

Reprinted from The City

See Walls: Army Corps' Citywide Coastal Storm Plan Takes Shape, Steals Views

Picture this: a concrete wall obscures Christopher Street Pier when looking west over the Hudson River. It's one element of a six-mile-long necklace of levees, barriers, gates and sea walls stretching from Hudson Yards to Battery Park to guard against coastal storms and devastating flooding.

That's all part of a \$52 billion project proposed by the U.S. Army Corps of Engineers to protect the New York City region. The various projects could be finalized over the next few years.

A new series of renderings from the Army Corps offers a glimpse at what some of those dramatic projects could look like around New York City: near Flushing Bay in Queens, at Greenpoint Public Park and Coney Island in Brooklyn, among other places.

"To the extent that anybody is shocked by any of these renderings, we certainly can understand," said Bryce Wisemiller, the Army Corps' New York district project manager. "But this is a starting point that can only get better from here."

Officials say local feedback is of paramount importance in order to shape the plan, which the Army Corps has been at work on since 2016 and is now presenting in detail throughout the region. The public may ask questions and offer opinions at a series of public meetings hosted by the Army Corps over the next month.

"You live in these neighborhoods, you play and work in these neighborhoods, so you are the experts in these areas, and so your feedback is super important," said Cherry Mui, a senior policy advisor in the Mayor's Office of Climate and Environmental Justice.

The Army Corps is accepting comments on the plan through March 7 — a two-month extension from the original period. Rebuild By Design and the National Parks Conservation Association next month will hold a workshop on how to write those comments effectively.

If officials in the city, the state and New Jersey approve the plan — and Congress signs off and allocates funding — construction could begin as soon as 2030, with the date of full completion by 2044.

"This proposes the largest transformation of our waterfront since the Robert Moses era," said Kate Boicourt, director of the



nonprofit Environmental Defense Fund's New York-New Jersey climate resilient coasts and watersheds program.

Along the Hudson River Greenway bordering the West Village on Wednesday, designer Jihé Lee, 33, was walking her dog as she considered the proposed floodwall for the area.

"It's not something that you see, and then one day it's here. It's kind of hard to accept as a resident in the city," Lee said. Still, given water levels rising and global warming, "I think it is something that has to be done."

Steve Carl, 32, who works in sales and lives nearby, expressed a similar viewpoint

while on a walk.

"If it would help protect the city, it would be all right. If it's a life-or-death situation, I don't care if it's aesthetically pleasing," he said.

In East Harlem, pediatrician Aimee Parow paused her daily run along the Harlem River to contemplate what's proposed there: Nearly five miles of floodwalls, sea walls, flood barriers and other protective measures would run along the Upper Manhattan shore between Manhattan and the South Bronx. Part of the plan envisions elevated promenades near E. 106th Street and E. 145th Street.

"Certainly something needs to be done," she said. "I feel like we're at a point where a sea wall, to me, sounds like a band-aid on a much bigger problem."

Parow said she's noticed crumbling segments of her running route, and wondered if the measures proposed would provide a fix.

Councilmember Erik Bottcher, a Democrat whose Manhattan district would field some of the projects, noted, "I think most people would agree that building a 20-foot-tall wall in front of the Hudson River is not a realistic solution. If nothing else, these renderings illustrate how serious the problem is and how elusive the solutions are."

Elsewhere in the city, the Army Corps has envisioned other on-shore projects.

Another floodwall would stretch from Kent Street in Greenpoint along East River to connect with a storm surge gate across Newtown Creek. Similar walls are proposed in Manhattan Beach and Red Hook. In Coney Island, the boardwalk would be elevated and connected to a sea wall and floodwall that wraps around the peninsula, to tie in the tide gates cross Coney Island Creek.

And offshore, the Army Corps proposed 12 storm gates spanning water bodies — like Newtown Creek, Jamaica Bay and the Gowanus Canal — that would close to prevent flooding during storm surges.

Army Corps officials have emphasized the proposed projects are "preliminary" and "conceptual."

"Everything's still on the table with regards to changing things," said Col. Matthew Luzzatto, commander of the Army's New York District Corps of Engineers. "Now's the time we can still make changes overall to the project."

Such changes could include incorporating more natural solutions, such as marsh or oyster registration, into the constructed projects.

"These [nature-based features] have many of the similar benefits, but they also can tend to be used to reduce erosion and wave action," said Pippa Brashear, resilience principal and partner at SCAPE Landscape Architecture. "It can help reduce the height of onshore features and, related to that, often the cost and help preserve the natural shorelines that we already have."

The Army Corps could also develop interventions that would protect communities currently left out of the proposal area. In the event that the city, New York state or New Jersey officials reject the Army Corps' plan, they could propose a different one for the feds to carry out.

Is Senator Hoylman A Serious Man?

By Frank Quinn

Brad Hoylman-Sigal is a smart, strategically driven politician serving as State Senator for the newly created 47th District. He and his family are outstanding neighbors and fellow citizens who set a fine example for us all. When deciding to voice my opinions about public issues where I may disagree with Senator Hoylman, I try to do so while respecting his point of view. Senator Hoylman has been in the news recently because of some irresponsible shenanigans perpetrated by the owners of Madison Square Garden and Radio City Music Hall. There's no question the issue is serious, but is Senator Hoylman?

In an unusually long interview on Good Day New York, Senator Hoylman made the following remarks:

"Facial recognition technology has been shown to be up to 98% inaccurate! It's biased against people of color, women, children and trans-gender folks too. So, it is an ineffective and really dangerous technology that needs to be stopped."

Contrast the Senator's remarks with an article by former NYPD Police Commissioner James O'Neill.

"Technology has improved the profession. These innovations include facial recognition software, which has proved its worth as a crime-fighting resource since we adopted it in 2011. But the technology has also raised concerns about privacy, so the public should know how the New York Police Department uses its system — and the safeguards we have in place."

Senator Hoylman, along with Assembly Member Deborah Glick, is sponsoring legislation that prohibits the use of biometric surveillance technology by law enforcement. Having studied his bill, I find it includes some valuable ideas for appropriate oversight of this powerful and evolving technology. But Hoylman's proposal would ban the technology outright unless a committee votes to allow it, taking a proven crime-fighting resource away from police across the state until further notice. I don't think that's a good idea — there is a better way!

For what it's worth I thought it would be appropriate to raise the subject at a recent Police Community Council meeting in Senator Hoylman's district, so I submitted a question by email asking the Council to arrange a meeting with the Senator to discuss the issue.

Longtime chair person Maureen Remacle replied "the answer is no, the 6th Precinct Community Council does not discuss individual laws like that."

I then used the chat to make the following remark: "You are not making the best use of this meeting by not encouraging our local legislators to attend and discuss relevant issues." Ms. Remacle answered me by saying "we



MARK L EMERSON

do not want legislators to discuss relevant issues at this meeting. This is never supposed to be a political meeting. This is like a cooking class."

I don't agree with Ms. Remacle, but I also don't want to disrupt the good work of the Community Council. I'll simply point out that in January of 2020 the 6th Precinct Community Council hosted a meeting with Senator Hoylman to discuss bail reform. Why was it OK to discuss that issue but not the current legislation the Senator is sponsoring?

Public oversight of evolving surveillance technologies is critical, and I agree that bad actors like the Dolan family should be called to account for misusing it to prevent their business adversaries from enjoying the Rockettes. But Senator Hoylman used this stupid distraction to get a long interview with Rosanna Scotto so he could say that a proven crime-fighting resource is really dangerous

if you're trans-gender. I don't think his comments should be taken seriously because they are ideological and craven. If

he thinks otherwise I am happy to debate him — perhaps Ms. Scotto would host us.

Serious legislators engage in a public dialogue with public safety officials and technology experts to examine how to construct oversight legislation for surveillance technologies. Such an examination would recognize that technology evolves, and good oversight should be designed to evolve with it. Senator Hoylman's bill does not accomplish this.

A well known scholar of NYC recently referred to our "incompetent Legislature" in Albany and noted that in the face of rising crime "New York needs to do better than awful." As someone who loves NYC, I share these concerns and believe we need new leadership.

Frank Quinn is a media executive, parent and musician.

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WHAT A COMMUNITY EDUCATION COUNCIL DOES AND HOW TO JOIN ONE

By: Diva Murty

Reprinted from The City

If you're looking to get involved in decisions in your school district, now's a good time: Positions on the city public schools' Community Education Councils are up for grabs.

Parents, local residents and business owners and even high school seniors are eligible to join.

CECs can weigh in on nearly every facet of a student's education: academics, budgets, transportation, safety, accessibility, diversity and inclusion, special education needs and more.

Each of the 32 school districts in New York City has its own CEC and community superintendent, representing pre-K through 8th-grade students for that district. (High schools are represented by the separate Citywide Education Councils, which have specialized councils on special education, District 75 schools and English Language Learners.)

The current councils' term started in June 2021 and will wrap up by June this year. Applications for the next cohort are open until February 23 to fill vacant positions before the start of the next term in July. (The education department extended the previous deadline, Feb. 13, by ten days.)

Here's our guide on how to apply, what's involved in serving and what you need to know before throwing your hat in the ring. But first, the basics:

CECs are currently staffed by 11 volunteers who, per the Department of Education (DOE), evaluate educational materials and their impact on the district's students; hold public town halls every month with the district's superintendent; approve school district zoning lines; and provide comment, discussion and recommendations for the district's education policy.

But that barely scratches the surface of what CECs *actually* end up doing. Antonia Ferraro Martinelli, who has served on Brooklyn's CEC15 for six years, says the council works on tackling anything that faces students in their day, be it lead in the school water fountains — an issue her council addressed in 2017 — or struggling with hybrid learning during the pandemic.

"It has to be a day that is healthy, safe and emotionally and academically stimulating," Martinelli said. "It's everything you need to foster a happy, healthy environment for a child."

What actual power do CECs have to change education policy?

CECs are advisory bodies with up-or-down voting powers on only one issue: changes to school district zoning. However, joining a CEC can be a good way to influence those with decision-making powers or to mobilize public opinion, CEC veterans told THE CITY.

Collaborating with and establishing a good working relationship with the superintendent and the DOE at large — a key part of making councils successful — is another avenue to effect change, Martinelli said. Her council weighed in on decisions and strategies to reform District 15's middle school admissions process to more accurately reflect the district's racial and economic diversity, as parent groups formed to zero in on the district's high-stakes and competitive admissions process.

"You have the power of your voice and the power of the press," she said. "If CECs feel strongly about an issue, they can bring attention to it."

Being on the CEC also means tapping into the community's concerns on the ground level — kind of like community organizing, said Naomi Peña, who has served on Manhattan's CEC1 for eight years. A CEC member becomes the point

person for their community, directing them to resources or solutions if their child has any problems in school.

"What we really do have leverage on is being accessible to the community so you're able to connect with families," Peña said. "Oftentimes, if there is an issue happening with a child, you will be one of the people that the family will connect with."

Councils also advocate for whatever their school district needs, which might shift from time to time.

For instance, during the pandemic, Peña's council organized food drives and packed boxed meals to distribute at schools to families facing food insecurity. Peña's council is now working on a drive for children of asylum-seekers and migrants, scheduled for next month.

Why should I join?

Martinelli recommends joining a CEC if "you want a greater voice in how the district serves its students — and you can't just be thinking about your child, you have to think about the best interests of all children in that district."

Peña echoed that sentiment — join if "you genuinely, really want to learn about this school education system, if you really want to make a difference in your community," she said,

"For me, being on CEC has been fulfilling because I view it as a state of service," Peña said.

Am I eligible to serve on a CEC?

There are three types of positions on each 11-member council. You can be:

- A parent with a child enrolled in the district
- A local resident or business owner appointed by the borough president
- A high-school senior

You don't need any special experience, but there are some prerequisites for each type of member, and each role has a different application process (more on that later). Here's what you need to know:

Parents and guardians

You can run for one of the nine positions reserved for parents, legal guardians or people serving as parents to a child enrolled in a non-charter public school, pre-K through the 8th grade, in the CEC's district.

Of those nine positions, one is reserved for a parent of a child in an Individualized Education Program (IEP) and one is reserved for a parent of a child enrolled in Dual Language, Transitional Bilingual Program or English Language Learning program.

Local residents and business owners

You can also apply to one of two positions appointed by the borough president for your district. For this one, you'll have to be a local resident, or own or operate a business in the district you're applying in. The position also asks for extensive "trade, business or education" knowledge, the DOE's application says. Though these positions are appointed by an elected official, you don't have to run and be elected yourself — just apply.

High school seniors

There is one nonvoting student position on every CEC. You can run for that spot if you're a high school senior in the district you're applying to and a member of student body government or hold a leadership position in a student organization, like a club. You'll also need your parent's consent to apply.

Who can't apply?

Current DOE employees, people holding public office and

members of the Panel for Education Policy are ineligible.

All right, I'm ready to apply to a CEC. Where should I start?

With a form, of course.

• If you're applying as a parent, here's the form to fill out. Make sure to have information at hand pertaining to your district, borough, employment, volunteering experience and investments by you or your spouse. Those will be checked to screen for possible conflicts of interest between you and DOE-funded groups or projects. You'll have to fill out every section (or type in N/A for the ones that are not applicable to you).

This form will ask you for your school's DBN, a unique identifier for each school that stands for district, borough and school number. For the borough, you'll have to use M for Manhattan, X for Bronx, K for Brooklyn, Q for Queens and R for Staten Island. Find your school here.

You'll also need to create an NYC Schools account (NYCSA), if you don't already have one, with the details of all your children enrolled in DOE schools. This is key, said Peña — a lot of candidates couldn't proceed with their application because their NYCSA wasn't set up. Setting this up and entering your information in the DOE portal automatically transfers some information over to your application.

Once you're done, attach your form to an email and submit your application to the Family and Community Empowerment (FACE) department at ceecinfo@schools.nyc.gov.

Alternatively, you can mail your application to 52 Chambers Street, Room 405, New York, NY 10007.

After the DOE vets your application, districts will hold forums — held in-person before the pandemic, and virtual since — where candidates can talk to parents in the district, hear their concerns and answer questions.

Following the forum, parents vote for their favorite candidates through their NYCSAs. (Parents, even if you're interested in just voting, not running — it's a good idea to set up your NYCSA, Peña said.) Decisions will be made by May before the start of the new term in July.

• If you're applying for one of the borough president's appointee positions, here's the form you'll fill out. This application, too, will ask for information about your employment, experience and investments made by you and/or your spouse.

Once you're done, submit your application to the Family and Community Empowerment (FACE) department at CouncilApplications@schools.nyc.gov.

• If you're applying as a high school senior, here's the form you'll need. The application will ask you about your experience with student clubs or student government, so have that ready.

Once you're done, submit your application to the Family and Community Empowerment (FACE) department at ceecinfo@schools.nyc.gov.

What's the time commitment like?

Two monthly meetings, which at minimum might go for a couple hours, are a given, Peña said. Liaising with the PTA, school leadership, as well as the superintendent and chancellor also take up a significant amount of time for CECs.

You'll also have to participate in two DOE-led training sessions every term to get up to speed on your roles and responsibilities, determine your district's capital needs and submit a plan to the schools chancellor, and hold town halls to let the public air their concerns.

If you're wondering what current and previous council members have to say — you can ask! Find a list of current members for each borough and school district here, along with contact information for each district's council.

Are NYC Schools and Playgrounds Being Overdosed with WiFi?

By: Les Jamieson

An abundance of independent research exists on how children have heightened vulnerability to electromagnetic frequencies due to their smaller body mass. Yet every day we see children from toddlers to teen years still in growth stage with cell phones and various WiFi gadgetry. Parents can take an active role in limiting their children's exposure. However, currently there are wireless antennas installed next to schools and playgrounds throughout New York City. This will only increase with the plans to erect 4,000 5G Jumbo Poles as part of a massive marketing effort that will add to the already excessive levels of radio frequency (RF) we're exposed to from 13,600 pole-mounted antennas. We've also seen a proliferation of rooftop antennas on each corner of apartment buildings and large commercial structures. The building owners are raking in extra revenues on top of their rental income. The RF transmissions from all of these

antennas is cumulative.

What do parents need to know right now? Here is a synopsis from manhattanneighbors.org/protecting-the-children/.

FOR PARENTS TO KNOW

1. We are fundamentally electromagnetic entities.
2. Man-made frequencies from wireless devices and cell phones are biologically disruptive Radiofrequency Radiation (RF).
3. FCC exposure guidelines ignore a large body of science showing risk from this radiation and the guidelines are not protective as they only protect from one form of risk — the heating effects.
4. There are greater risks — and unknown EMF risks — to children, whose brains absorb more RF.
5. RF emitted by cell phones cause brain tumors and other cancers.
6. WHO's International Agency for Research on Cancer (IARC) classified the radiation as a group 2B "Possible Carcinogen" in 2011, and there is now evidence to upgrade this to "Carcinogen".
7. RF impairs fertility.
8. RF causes damage to DNA, impacting our health today and that of future generations.
9. RF is a biological stressor.
10. RF interferes with the Autonomic Nervous System (ANS) that regulates the heart and balance in the body.
11. RF overexposure symptoms, as are being experienced in many schools today with WiFi, indicate dysfunction of the autonomic nervous system.
12. These symptoms can include head-



Pole-mounted 5G and small cell antennas at PS 506, corner of 4th Avenue & 60th Street, Brooklyn, NY. Photo credit: Les Jamieson

aches, dizziness, nausea, pressure in the head, feeling faint, chest pressure, difficulty concentrating, irritability, weakness, fatigue, an irregular heart beat, etc.

13. Children are beginning to show signs of dementia, where they cannot remember basic things, a phenomenon being called "Digital Dementia".

14. RF increases endorphins and is addicting. Children do not have the understanding and discipline to pull away, and parents need to regulate use of any RF-emitting technologies.

15. Exposure guidelines are based on av-

erage exposures yet the body responds to peaks, not to averages. In schools with WiFi, children can be exposed to peak pulsing way above the safety guidelines recommended by independent scientists for a significant portion of the day, with the worst symptoms commonly happening during those peak times.

16. Schools use industrial grade WiFi that is significantly more powerful than home WiFi, and designed to go through cement walls, brick and to travel into outside areas of the school. Newer systems use potentially more dangerous directional radia-

tion patterns in addition to the higher power.

17. RF in a school bus, car or train exacerbates the RF exposures due to the radiation reflecting off the metal vehicle.

18. Children with metal braces are especially prone to symptoms from RF.

19. Fetuses exposed to RF in utero have more relational and social problems later when in school.

20. Radiofrequency Radiation (RF) has no place around children. Over two-dozen foreign countries are taking steps to protect children from RF, including removing WiFi from schools and libraries, preventing advertising to children, and turning off cell towers.

21. There are numerous aspects of risks from tech overuse outlined at a recent Commonwealth Club program on EMF and Children. These include 1) Reward/addiction pathways; 2) Intense sensory stimulation; 3) Bright & Blue-toned light; 4) Media Multitasking; 5) Interactivity & Rapid Pace; and 6) Electromagnetic Radiation.

Recommendations:

- All computer equipment and internet connections should be hard-wired with a cord, and wireless functionality disabled.
- Schools should establish pristine learning environments without electrosmog that impairs cognitive function and learning.
- Mobile phones and RF-emitting devices should be restricted to emergency use only, and especially in the case of children whose brain development is being impacted.

Commentary: Over exposure to RF is every bit as serious as exposure to air pollution,

contaminated water, micro plastics, and "forever chemicals". Safety to our health and privacy should be of foremost importance, not the profits of telecom and cell phone companies. If schools and playgrounds in your neighborhood have wireless antennas, get informed and get active. Educate your school board and local policy makers. Once people develop electrosensitivity and experience symptoms such as headaches, fatigue, neurological problems, cardiovascular problems, weakened immune system, and more, it is extremely difficult, if not impossible, to return to normal. Pre-emptive measures are needed now to enable children to live in an environment free from harmful levels of RF. The next generation has enough challenges without having to deal with RF in the form of pulsed microwave radiation being emitted from wireless antennas in our midst. The world needs them in optimum health so they can create a better future.

Les Jamieson

Body & Soul

KELLY CHRONICLES

By Kelly Gallagher

I was at the end of my rope.

As a cancer thriver who had outlived Stage 4 Hodgkin's Lymphoma cancer, five times, survived 48 radiation treatments, 14 months of chemotherapy, a bone marrow transplant, 120 blood transfusions, numerous chronic illnesses along the way, and is currently powered by a Medtronic's Pacemaker, a prosthetic heart valve, and a variety of energy and wellness protocols like theRasha.com, I was now ready to mentally crack over the state of my crumbling mouth despite all the wonderful opportunities I have in my adventurous cosmic life. After all, I was given a year to live in 1998 by Doctors at

Cedar Sinai Hospital in Los Angeles. By those standards, I'm doing great.

However, once upon a time, I had been on stage...an actor, a filmmaker, an activist and even a singer and a closet spoken word artist. I used to have a perfect smile and now I no longer wanted to smile, be on camera or speak in public.

I was ashamed that despite seeing about 18 dentists over 15 years, and documenting a story about dental health, I hadn't managed to get my mouth fixed. It was held together with superglue more often than not despite the fact that I knew so many fabulous dentists in the world of biological dentistry. No one could really handle all my multiple health problems; scoliosis, degenerating discs, lymphedema, hemochromatosis, blood clots, necrotic bone, no veins, pacemaker, prosthetic aortic valve, pulmonary fibrosis, pain/anxiety management, and my perpetual lack of money.

Let's face it...

I'm complicated...and expensive. Working on me is not easy. And I am truly grateful to all who tried. But by 2021, my mouth hurt constantly, I had no back teeth. I was embarrassed to eat in public as I was chewing on my front teeth. I was hiding. I was an investigative filmmaker who had been around the world from trailer parks to the United Nations in Geneva documenting the issue of mercury in dentistry and researching the toxic aspects of dentistry ad nauseum.

Now I couldn't leave home without toxic superglue in my pocket in case my front teeth fell out. I will explain more of the details of my health journey in future chapters right here at West View and on my www.kellychronicles.com website which is in process but for now what you need to know is that I had all the toxicity taken out of my mouth and then had a terrible time getting restorations for multiple reasons. My non-compliance was one of them. It's expensive, invasive and after surviving a bone marrow transplant, I have a complicated health history and priority list from hemochromatosis to lymphedema to heart and lung management. But dentistry is a priority because it is connected to everything in our body through the Chinese Acupuncture meridians making dentistry a much more important part of medicine and over all body health than we were ever taught.

I share all this with you not to criticize dentistry but to shine a light on the importance of dentistry and the importance of choosing the right dentist for your needs. I know many people struggle with the search for the right dentist because I get so many calls to me with the same issues...money, toxicity, and restoration questions.

Shortly after I got a grip on all these multiple health issues of my own, I was hired to do some branding work for a biological dentist on the East Coast. She was trying to patch my mouth while I was there working on her brands but the torque of the jaw was snapping every restoration she attempted to make. I looked horrible, was in excruciating pain, couldn't chew and really just wanted to cry. I was really tired of supergluing my front teeth back in. My neck hurt. My teeth hurt. My ego hurt. My vanity was impacting my sanity. And every estimate to fix my mouth was coming in around 100,000 dollars.

I finally broke down from the pain and went to get a cortisone shot in my neck. The day I got my cortisone shot the dentist I was working for fired me as an employee and a patient all in the same day. I was now hopeless on more than one front again... mainly my front teeth. I had my heart in that job along with my teeth... and well...my teeth were painful and in disastrous shape. I was in tears again but took a job on a private train. No one really had to see me so at least I had a reprieve from my vanity. Maybe this was God or the universe doing me a favor by putting me in the right place to receive. The door I needed for so long was about to open. Here's how it happened. While I'm on the train working in LA my long-time friend and Numerologist, Julian Michael, calls from NYC to thank me for connecting him to such an awesome dentist. Julian is staring in the mirror at his new perfect front teeth talking about the Dr Gerry Curatola who I had just re-introduced Julian to when he had tooth drama. Poetic full circle loop. Julian now tells Dr.

Curatola what has happened to me and Dr Gerry decides right then he is going to help me. He knew I had advocated for so many in the arena of mercury detox and in that moment, I really just needed someone to be a stand for me. I was praying to have my prayers answered. Thank you God, Julian and Dr. Curatola for hearing those prayers. I was thrilled to get to go see Dr. Curatola as a patient. I had seen his work and I had seen him over the years at Biological dental conferences. He had a great reputation, he was fun, gregarious, great speaker and according to his list of celebrity clientele, a fabulous biological, cosmetic dentist. I knew him but the line to get into his office was long.

And besides, he's in NY. I live in LA and I needed total reconstruction. I needed someone who cared about what my teeth were supposed to look like from the color to the shape to the length to the bite to the seal to the gums. I needed some-



Kelly Gallagher

one who could deal with all my problems with grace and ease. When Julian patched Dr. Curatola into our conversation on the train that day, I cried again. This time because I knew everything was going to be alright. Dr. Curatola had a plan. He had seen my mouth. He knew what I needed and he told me to get on a plane and I did. He did what he said he could do. Fix me. He has. I feel blessed even though it's been expensive, it has been done right on all levels with a great team of experts; biological, cosmetic, implants, bone graft, sinus lift, structural repair, integrative wellness, and nutritionally supported. All the things medicine and dentistry should be.

It is no wonder that Dr Curatola has graced platforms from Forbes to Goop to Dr. Oz to Oprah to Purist.

What he did in my first appointment changed my world.

You can see it in the above photo. My bite was straightened out by Dr. Curatola with temporaries in the first visit. I have had much more permanent work done since that first day a year ago in December of 2021 at Rejuvenation Dentistry in their East Hampton office. My entire face looks better. They not only restored my teeth, they corrected my jawline and performed a sinus lift while installing the dental implants. They restored by confidence. Life changing. We all love our dentists but all dentists are not created equal. All biological dentists aren't non-toxic and all good cosmetic dentists aren't biological. It is important to be both which really is integral to a full dental revision. I feel blessed to have gotten to work with Dr Curatola and his team. I highly recommend you take the 6 train from the West Village to 59 th Street and walk to 521 Park Avenue. They also have a Rejuvenation Health and Dentistry office in East Hampton with additional wellness support offered. A new larger office is opening in 2023 on 5th Avenue overlooking Central Park.

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Defying the Biology of Aging

-By Joanie Klar

At 75 years old, former judo Olympian and doctor of nutritional biochemistry and microbiology Dr. Nabil El-Hag reveals his secrets for defying the biology of aging in his upcoming book *Link to Vitality*. At a time when most of his peers are sinking into their recliners and reflecting on the accomplishments of their youth, Dr. El-Hag is outperforming his younger self. He is what we term a super-ager: someone whose physical energy, mental agility, and physique all appear to be what is more common among people who are decades younger.

The book is the culmination of 35 years of research and experimentation. Relentlessly curious about human biology and evolution, he has used his own body as a living laboratory to continuously refine and optimize his health regimen. He maintains that we must continuously work to understand our unique genetic inheritance, epigenetics, and how the body uses energy and generates waste. The cycle of consumption and conversion is a constant in all body processes throughout our life journey. We are always building, breaking down, and repairing our bodies. The goal is to learn how to assist your body as it cycles through these processes, to keep it running optimally.

There are many books that focus on what to eat, how to breathe, how to improve your sleep, changing your attitude, or any number

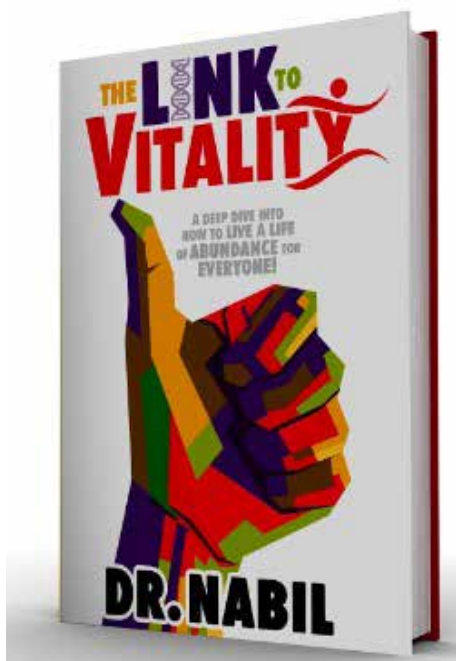


Photo credit: Adam Lamonaca.

of specific yet fragmented aspects of human health, but Dr. El-Hag's journey to defy the biology of aging emphasizes a whole-body approach to health over a lifetime. The goal is to try to create an optimum environment for cell function as we go through each stage of life.

The book strongly emphasizes that there is no one-size-fits-all solution to living your best life. Though we all share the 99.9 percent of the DNA that makes us human, we are very different from one another. What works for one person may not work for someone else. "That's why I didn't want to write a traditional how-to book," says Dr.

El-Hag. "But I did think I could share some of the key biological science that is central to developing a personalized 'user manual.'"

The human body is a very complicated and sophisticated machine, but unfortunately it doesn't come with a user manual. And we only get one body! So learning how to maintain it in good health should be a priority. In his book, the doctor shares how he uncovered his own user manual. Just as importantly, he shares how he learned to interpret it and apply the information to the management of his health. Armed with our own individual user manuals and the ability to listen to the clues that our bodies provide, most of us can get more mileage out of our bodies and enjoy a smoother ride as we travel life's highway.

"It's important to not only have the information, but to actually use it," says El-Hag. "There are an overwhelming number of health books available. But people are increasingly unwell. Two-thirds of Americans are obese. Seventy-five percent claim to have anxiety. We are sicker, fatter, and more depressed than ever. My goal is to help people realize that if they apply the knowledge that is available, consistently over time, they can actually achieve better health."

Some of the most important principles of self-care in the book emphasize cellular health. Trillions of cellular chemical reactions are constantly occurring in the human body. And there are more than 200 different types of cells keeping the body's machinery working. It is estimated that our cells get bombarded 10,000 times per day by free

radicals generating uncontrolled oxidative reactions. These byproducts of the food we eat and the air we breathe do the most damage to our bodies, and it is a process that starts at birth. Toxins and unused waste products accumulate slowly over long periods of time. As they build up in our system, they slowly change the micro and macro environment of our cells. This slows us down, and causes inflammation and disease that further change the internal environment of our cells. As a result, our genes then express differently, eventually setting us on a path of functional decline.

Dr. El-Hag's journey to defy the biology of aging has uncovered ways in which he has helped slow the process of decline. He shares his approach to helping the body rid itself of toxins and reduce inflammation. He shares his ideas on how to fuel the body to optimize physical and mental energy, and how positive thinking has helped him build a life of purpose. Most importantly, he shares how you can apply his ideas to your own search for better health and more vitality.

"I believe we are all born with the genes that we inherited from our parents," says Dr. El-Hag, "but if, when, and how those genes express depends on the environment we create on a cellular level. How we eat, breathe, live, work, think, sleep, and renew ourselves are all important. The body, mind, and soul of the whole person must be addressed. Ultimately, we each need to find our own user manual, so we can discover the link to vitality."

Rx for Stress: Deep Relaxation at Integral Yoga

An interview with Peter Karow

By Sarah McElwain

Yoga Nidra is an essential part of the Integral Yoga Hatha practice as developed by Sri Swami Satchidananda.

In your Deep Relaxation class, you're taking it a few steps further.

In a Deep Relaxation class I can go into greater depth. In the rotation of consciousness, for example, we go through every single part of the body, all 60 points. You can use simple relaxing imagery or elaborate guided meditations or single states like happiness, contentment, and feeling safe. People have to feel safe to be able to relax. Yoga Nidra is also great for coping with the effects of trauma. I follow the basic format of the Integral Yoga practice,



Gia Grier

which is an awareness practice that goes through the five koshas or energetic layers.

People think of relaxation as just lying on the floor but it's actually a very deep and powerful meditation practice that has many benefits. It's something you can work at. You can develop the ability to drop into these states very quickly and easily. It's like a muscle. People might feel like they can't measure results the way you see improvement in strength or stretches. They don't feel like they are doing anything but the simplicity of the practice is deceptive and amazing.

What long-term changes have you experienced or do you imagine your students might feel?

The practice of yoga actually has some fairly profound effects on your brain chemistry. Most are probably short term. It stimulates your parasympathetic nervous system. It stimulates serotonin known as the happy neurotransmitter. It stimulates GABA, which

slows your thoughts and helps you become calm. It stimulates oxytocin, another happy neurotransmitter. It is also great for improving your sleep.

Our subconscious thinks in terms of imagery. You can use imagery to trigger deep subconscious memories and feelings. It can be like a cleansing where you break old patterns or emotional scars. People struggling with certain things emotionally for years can loosen them. It's not like talk therapy; it's subconscious. The imagery triggers deep held patterns of thought and allows you to process them. I'm not saying that taking a 45-minute class will solve all your problems but over time it becomes almost like a yogic purification. These are all amazing things.

This practice is totally safe. You can't physically hurt yourself because we're not doing anything physical. Anybody, any age, as long as they are cognitively able, can do this practice. It can be done in a wheelchair or a bed. People

afraid to try other Yoga classes would feel very comfortable doing this practice.

Most people come because it's relaxing and reduces stress and anxiety. It can also help with healing. Neurotransmitters help with wound healing and managing pain. When you get into those deep states of relaxation the brainwaves change. Because your brain is so relaxed it's easier for intentions to manifest. If you are recovering from surgery or an illness this can be very powerful. I'm not saying curing. I'm not making elaborate, crazy or unsubstantiated claims. I'm referring to the relaxation response that Herbert Benson wrote about. There is a lot of scientific research these days about the benefits of relaxation and meditation on the brain and body.

Peter Karow is a long-time practitioner of yoga and meditation and is certified by the International Association of Yoga Therapists. A licensed Physical Therapist and a Health Care Administrator, he has worked in Health Care Administration for many years.

He has completed trainings in Yoga Therapy in Cancer and Chronic Illness (YCAT) and Therapeutic Yoga and has extensive training and experience teaching Yoga Nidra, a gentle guided meditation practice suitable for practitioners of all ages and experience levels.

Local Pharmacist Honored with Prestigious Impact Award



By WestView Staff

Each year, Schneps Media and Gay City News host the annual

Impact Awards honoring individuals who have made a difference in the queer community

in New York City. LGBTQ+ leaders and allies are recognized for their achievements in their various fields ranging from advocacy, the arts, healthcare, and more. Their motto is “honoring individuals who make a difference to leave people better than they found them.” This year’s awards were generously supported by VillageCareMAX.

Included in this current group of honorees is the West Village’s own neighborhood pharmacist, John Kaliabakos. John is the Director of Pharmacy Services at Village Apothecary, an independent pharmacy on Bleecker Street specializing in HIV care.

John was born and raised in New York City and attended the

Bronx High School of Science and St. John’s University College of Pharmacy. Upon graduating in 1994, he was recruited by the

founder of Village Apothecary, community leader and activist Michael Konnon. Under Konnon’s mentorship, John began his career as a pharmacist serving the community and advocating strongly for patients living with HIV/AIDS.

From early on in his career, John fostered relationships and collaborated with St. Vincent’s Hospital and various infectious disease practitioners in the area

to ensure a collaborative approach to tackling healthcare needs of patients. In an ever-

changing landscape of drug therapies and insurance coverage issues, John has been a fierce advocate of patient’s rights, particularly those in need.

In 2018, he was instrumental in enrolling Village Apothecary in the PEP Program in a partnership with the New York State Department of Health’s AIDS Institute in an effort to promote post-exposure prophylaxis from HIV. In 2019, John joined protests at City Hall to end unfair insurance practices to protect Medicare patients living

with HIV. Throughout the COVID-19 pandemic, John and the staff of Village Apothecary provided continuity of care and pharmacy-related services, including coordination of vaccinations for immunocompromised patients. He also helped secure Village Apothecary’s ability to dispense the COVID-19 therapeutic Paxlovid when its availability was strictly limited. Most recently, John has been actively assisting patients in obtaining monkeypox vaccinations throughout New York City. “I was humbled to be selected for this honor alongside so many exceptional individuals who truly take the motto of making a difference to leave people better than they found them to heart” said Kaliabakos. “It is truly gratifying to be recognized for all the hard work and patient care that we provide at Village Apothecary. It is a team effort and we are fortunate to have such a dedicated staff. This year marks the pharmacy’s 40th anniversary and I am confident that our founder, the late Michael Konnon, would be proud that we are continuing his legacy of providing the greatest pharmacy care possible to our community.”

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*Suzanne Lopez’s Valentine Day Door with Cupids on 4th Street.
Cupid is the Roman god of erotic love is a naked usually winged boy often holding a bow and arrow. © Joel Gordon*



“ ChatGPT is an AI language model created by OpenAI, a renowned artificial intelligence research institute. This model has been trained on an extensive dataset, allowing it to understand and generate human-like text. As a result, it can assist in a variety of tasks that require natural language processing, such as answering questions, translating languages, generating creative content, and more.

In recent years, ChatGPT has become a popular tool for individuals and businesses alike, providing a new level of efficiency and convenience in their daily operations. With the ability to process large amounts of information and generate highly specific responses, it has made many tasks easier and quicker to complete.

For local West Village NYC citizens, ChatGPT can provide a wealth of information on various topics, including local news, events, and attractions. If you’re planning a trip to the city and want to know the best places to eat, shop, or visit, ChatGPT can provide you with personalized recommendations. If you’re looking to stay informed about the latest happenings in the area, ChatGPT can provide real-time updates and news stories.

Aside from its practical applications, ChatGPT can also be a fun and entertaining tool. You can have conversations with it about a variety of subjects, from current events to popular culture, and it can even tell jokes and play games.

In conclusion, ChatGPT is a versatile and powerful tool that has the potential to greatly enhance the lives of local West Village NYC citizens. Whether you’re looking for information, entertainment, or just want to experience the latest in artificial intelligence technology, ChatGPT is an excellent resource to have at your fingertips.”

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Scotty is a long time West Village resident, broker, and neighborhood advocate and enthusiast. Go to **westvillagebroker.com** for detailed info on buying/selling/renting, and to support local.

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RAISE  HEALTH

Advanced imaging revolutionizes heart disease diagnostics

By Varinder Singh MD

Heart disease is the leading cause of death in the United States. In 2020, about 697,000 people died from heart disease, which was one in every five deaths. At Lenox Health Greenwich Village (LHGV), we understand that a major part of preventing these deaths is utilizing state-of-the-art diagnostic techniques to successfully identify diseases and treat them early before they turn life-threatening. Noninvasive cardiac imaging technology advances have revolutionized how cardiologists are able to assess for heart disease. Cardiac CT and cardiac MRI are two of these noninvasive technologies that are transforming identification and treatment of heart disease. LHGV offers cutting edge imaging technology and expertise to see the heart in a whole new light and help patients get the answers needed to advance care.



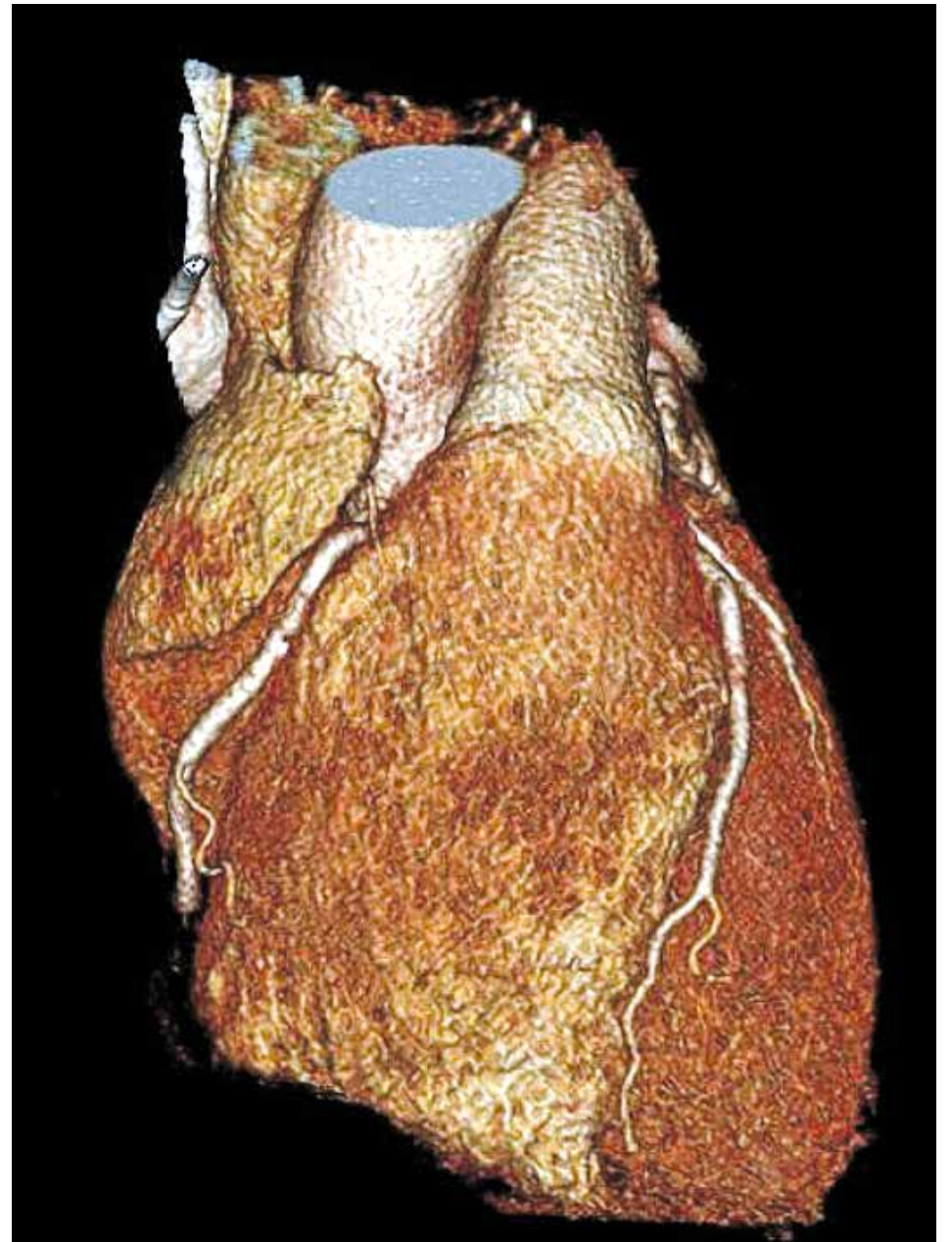
Varinder Singh MD

Cardiac CT angiography (CCTA) is a test that allows doctors to see the coronary arteries and cardiac structures without needing to insert catheters into the leg or arm. Instead, a small amount of dye is injected through an IV and pictures of the heart are taken with an ultra-fast CT scanner to determine the degree of blockage. As cardiologists have learned, not all blockages are dangerous. The advent of cardiac CT fraction flow reserve (CT-FFR) technology helps differentiate benign from dangerous blockages. These incredibly detailed CT pictures of the heart allow for early detection of heart disease and faster treatments, resulting in the best outcomes for the patient.

Calcium scoring is a cardiac CT without contrast that is done to look for calcium (a particular type of coronary plaque) in the coronary arteries. This fast test is used by doctors to better identify patients who are at higher risk for heart disease. The results can guide decisions about medical therapy, particularly statin therapy, to help reduced the risk of heart events.

Cardiac MRI is a specialized examination that cardiologists request when additional information is needed in a broad range of cardiac diseases. Imaging specialists can help answer questions about heart muscle strength, heart valve function and heart muscle scarring. This information helps hone treatment from medications, devices to timing of surgery. Additionally, cardiac MRI is a powerful test to evaluate various forms of birth abnormalities known as congenital heart disease. In addition, cardiac MRI can help diagnosis diseases that weaken the heart muscle know as cardiomyopathies. Advanced cardiac imaging doctors carefully review these images and collaborate with the patient and other physicians to answer questions to ensure best outcome.

Northwell Health Imaging at LHGV is an 11,000-square-foot, full-service outpatient imaging center in the heart of lower Manhattan. Its Advanced Cardiac Imaging (ACI) Program offers comprehensive non-invasive cardiac evaluations for calcium



scores, cardiac CT and cardiac MRIs. Our renowned healthcare team is composed of advanced fellowship trained cardiologists and radiologists with specialized additional subspecialty training in reading cardiac CTs and MRIs. The ACI team is also com-

posed of technologists, nurses and support staff with experience and knowledge on the unique ins and outs imaging and caring for cardiac patients.

Varinder Singh, MD is the chair of cardiology at Lenox Hill Hospital

Covid's Back, but We're Ready

Alec Pruchnicki, MD

Although the worst of the Covid pandemic is over, during the last few months there has been an increase in what would normally be the winter flu season. During this period roughly 500 deaths a day with Covid as the cause or contributing factor were reported. That's on a national level. What's happening on a more grass-roots level?

The Vista on 5th assisted living facility, where I have had my medical practice for almost 20 years, was mostly Covid free until about a month ago. A single case occurred in a resident, probably during a visit outside of the facility. After a few days it spread to other apartments on the resident's floor. Then to another floor. At that point the administration,

including myself, decided that the facility should go on lock-down, as it did during the height of the pandemic.

All group activities were stopped, including the use of the dining room. All residents were requested to stay in their individual studio apartments and every meal and medication was brought to them by the staff. A total of about a dozen residents became infected and exhibited symptoms. Tests were then done on virtually every resident, sick or not, and about a half dozen had positive tests but no symptoms. Sometimes the rapid nasal swab test gives a false positive reading, but a half dozen is much more than you would expect from inaccurate tests. So, about a third of cases showed no symptoms. Eventually, the cases started to drop to zero and all these restrictions were relaxed.

What was the result of these cases? Most of the effected individuals had mild symptoms no worse than a cold or respiratory virus, and were fine in a few days. Several residents were sick enough to go to the emergency room but it was unclear if it was Covid alone, or Covid superimposed on their previous medical conditions. But, there were no deaths, no permanent nursing home placements from Covid related illness and, in general, the entire outbreak was handled relatively easily.

Why so easy? Isolation and social distancing helped stop the spread, but the mildness of the cases, and the asymptomatic cases, could probably all be attributed to vaccinations. Every single person had been vaccinated, almost all got their first and second boosters, and many, possibly a majority, had their third

booster. This third booster was specifically designed for the new Omicron variant going around and it seemed to work very well, as far as we can tell from this small group of cases.

A handful of cases in one facility don't amount to a hill of beans in a crazy world of epidemics (I love to steal and then paraphrase lines from the movie Casablanca) but there is something that the nation can learn from outbreaks like ours. National statistics are showing that, in general, regions of the country and populations with the lowest vaccination rates have the highest Covid death rates. Or, inversely, the regions and populations with the highest vaccinations have the lowest death rates. This is a lesson we should remember when the next epidemic occurs. And, there will eventually be another one.

Culture & Cuisine

“The Women Writers of the Caffè Cino, 1958-1968” To Be Presented At Jefferson Market Library

by Magie Dominic

“The Caffè Cino began before it actually began. It began part way down the street. Outdoor golden, amber and rose colored lights, not neon, spilled across the sidewalk and made their way towards you, silently, like dancers, as you approached. Everything about the Caffè Cino began before it began. Inside the room all time stopped. There was no time inside except magic time. “ This is how I describe the Caffè Cino in my book *The Queen Of Peace Room*.

Caffè Cino, a tiny caffè theater at 31 Cornelia Street, in New York’s west village, was not originally conceived as a theatrical venue, but quickly became a venue for new playwrights to present their work, and often the first opportunity, to present their work. From its opening in 1958 until its closing

in 1968 Joe Cino, owner of the Caffè Cino, produced the work of hundreds of new writers. Many of those same playwrights went on to win a multitude of awards, including Pulitzers, Tonys, Academy Awards and Obies. The Caffè Cino was the incubator.

Experimental work that functioned outside of Broadway’s commercial interests and legal restrictions was presented there and came to be known as Off-Off Broadway.

Among the many writers whose work was presented at the Caffè, fifteen women playwrights and poets presented their work there. Although their work spanned 1958-1968, the Caffè’s existence, their collective contribution to the Caffè Cino’s history has gone basically unnoticed. On Thursday,

March 16th, 6-7:30pm, at The Jefferson Market Library, 435 Avenue of the Americas, I will present the first program to focus on the work of these fifteen women writers. In celebration of Women’s History Month, the evening itself will be history making as it will be the first time that the story of these women writers will be brought together.

Many people worked in a multiple of capacities, writer, director, actor, stage manager. When people found the Caffè Cino, and I believe it was the same for most people, we discovered a world that no one knew had even existed. It was like discovering a new planet. It was that important culturally, and will probably forever be, irreplaceable.

“The Caffè Cino, brought theatre into the modern era, creating Off-Off Broad-

way, and forever altering the performing arts worldwide.” (quote from a plaque on the Caffè Cino building.) That tiny room at 31 Cornelia Street gave me my sense of the world. In 2019 The Caffè Cino was listed on the National Register of Historic Places.

*Magie Dominic’s Caffè Cino archives are with Lincoln Center Library for the Performing Arts and with Fales Archives, NYU. She is author of the memoirs *The Queen of Peace Room and Street Angel* and co-editor of *Koutoukas: Remembered by His Friends*. Her artwork has been on exhibit in numerous galleries including an exhibition at ClampArt in New York. She can be reached in care of the library, jeffersonmarket@nypl.org*

COMING SOON



Salam Al-Rawi, center, and his long-time kitchen staff with a freshly made signature Pizza (pizza made with homemade pita dough). This photo was taken inside Moustache sometime in the restaurant’s 32-year tenure at its Bedford Street location. Moustache will move to 29 Seventh Avenue South in late February or early March 2023.

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By Hannah Reimann

When I was 18, I was an art student living in Kyoto, Japan and had the pleasure of living and learning how to eat out and cook on my own for the first time. I lived in the inaka (“countryside”) where my weaving school was located for seven months and shopped at the outdoor markets for fresh fiddleheads, enoki and shiitake mushrooms, pale, tender new ginger roots in the spring, shiso leaves, freshly made udon, burdock root, slim, tender carrots and varieties of fragrant greens. I got to know the Japanese way of selecting seasonal ingredients, deciding what to eat based on what was available. I was enchanted that everything changed from month to month, the colors deepening as the weather grew warmer, and the different kinds of mochi, fresh and soft, were revealed. I learned how to cook kabocha and small, purple Japanese eggplant. I was entranced by the beauty and freshness of ingredients and the painstaking, artistic presentation of food.

I was the Japanese correspondent for a Northern California punk fanzine called Maximum Rock'n'Roll back then and I visited Osaka with more and more frequency over the year I lived in the Kansai region to photograph and review bands at small nightclubs. Before I got on the train to return home to Kyoto, I would sit outside on a stool at a tiny Ramen stand, slurping and chewing with the other customers. If it was cold outside, the steam from the bowls would be opaque and white. Sometimes the shops were trucks pulled up on the side of the road near the train station with makeshift curtains and a window through which one was handed a full, delicious bowl and where businessmen made a quick stop before going home. Sometimes they were narrow shops with a bar, stools and small tables in the back. Once, a prostitute befriended me at one of the back tables, identifying with my other-ness, braided Mohawk hairdo, leather jacket, combat boots and late night prowling. We had an interesting chat in broken English and Japanese.

When when I heard Ramen Misoya was opening up in 2022 and is opening for lunch this month in 2023 just a few blocks away from where I live now, my mouth watered. In addition to stirring up my memories of Japan, I got excited to taste an exceptional spin on a well-known dish. There's nothing like a hot bowl of Ramen at the end of a work day or to have fun with friends on a weekend night while also sharing appetizers and drinks. Ramen



has become more and more popular in New York over the past 20 years and there have been many shops in the East Village, West Village and Brooklyn, usually inexpensive narrow places with a bar like the ones in Japan, where most people are seated and where you can see chefs filling bowls with soup, noodles, various vegetables, meats, a soft-boiled egg with a creamy egg yolk and condiments.

Ramen Misoya is a bit different from the others. It has a large, speakeasy-style setting in the basement of a residential building on Charles Street, spacious with more tables than bar seats. There are generously-sized booths for larger parties. As its name implies, all the soups contain miso, the salty, fermented soybean paste everyone knows from eating sushi when ordering miso soup instead of a salad. Ramen often has soy sauce-based broth, which is almost clear and lends to tasting the noodles and vegetables more than the broth. Ramen can also be shio (salt) or miso-based. Ramen Misoya's dishes are a complex combination of rich miso broth, succulent noodles and all the particular additions—a full-on taste sensation, more developed than the one miso ramen choice some noodle shops offer. Each noodle-soup menu item is typical to a specific region of Japan.

The popular Ramen Misoya in the East Village, was opened by chef/owner Norimitsu "Nori" Nishida in 2011 as the only NYC ramen restaurant dedicated exclusively to miso ramen. Chef Nori is from Tokyo and has a hands-on knowledge of every regional ingredient. All the dishes are expertly flavored and presented; a feast for the eyes and stomach.

Of course, I had to try the Kyoto-style Shiro Miso Cha-Shu Ramen. Shiro means "white" in Japanese. This is a gentle, less salty and more sweet and mild soup than red miso. It's topped with a pork Cha-Shu, a pressed meat roll sliced into flat, round discs and served on top together with ground pork, bean sprouts, scallions, seasoned bamboo shoots and a miso-flavored egg. It is superbly tasty and fulfilling, like all of the dishes.

Many of the other noodle-bowl selections also include the same elements, plus a fluffy, light, non-greasy fried tofu, other additions and some subtractions. I have listed the special ramens below to call attention to them, however, I recommend fully reading the menu at the restaurant or online since there is something there for everyone. There are sixteen Ramen Bowls to choose from, all variations on a theme of noodles and soup with vegetables and some kind of meat. There are also twelve vegetarian options that feature vegetarian broth made with mushrooms and seaweed, all of which are enriched with different types of miso.

To start, I recommend the Black Pepper Tuna Tartare which has a western-fusion mustard sauce drizzled on top and the Pork Gyoza which are unusually scallion-rich and super tasty. For vegetarians, Sautéed Shishito Peppers, Hijiki Salad and Seaweed Salad are all good choices.

There is no dessert, however, my fellow journalist, Caroline Benveniste, and I had the Yuzu Sake to finish the meal, mainly because we both love yuzu and had never had anything like this before. It is balanced and light, cleansed the palate and cured any sweet cravings. There are adequate selections of beer, wine and sake, soft drinks and ocha (green tea).

Here's a list of the featured Miso Ramen dishes.

1. *Hokkaido Style Come Miso: Standard rich flavor, soybean paste*
2. *Nagoya Style Came Miso: Dark red, bitter finish soybean paste*
3. *Kyoto Style Shiro Miso Cha-Shu Ramen*
4. *Goma Tan Tan Ramen with shiro miso and high-quality sesame paste, a rich and creamy soup*
5. *Miso Curry Chicken Tatsu Ramen with a crispy chicken cutlet, ground pork, the other vegetables and pickled daikon radish*

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ON VIEW AT THE WHITNEY



Edward Hopper's Life on Washington Square

By MELINDA LANG

Like many New Yorkers, Edward Hopper hunted for the perfect apartment, and when he found it, he never left.

One can imagine the real estate listing (updated for today's reader): "north-facing skylight, charming kitchenette, steps from Washington Square Park, location, location, location."

Hopper's modest top-floor studio at 3 Washington Square North seems to have checked off everything on his "must-haves" list. He settled into the new spot in 1913, and was joined there by the artist Josephine (Jo) Nivison Hopper upon their marriage in 1924; several years later, the couple moved across the hall to a larger apartment with coveted park-facing windows, ample sunlight, and space for their individual studios. Edward and Jo remained there until their deaths in 1967 and 1968, respectively.

When I moved to the city in 2010 to attend graduate school at New York University, I rented a small East Village walk-up with a roommate, and during my frequent strolls — typically to and from the library, I would admire the stretch of classic red-brick townhouses that included Hopper's apartment. As a member of the curatorial team who organized the exhibition *Edward Hopper's New York*, currently on view at the Whitney Museum of American Art, I was excited to explore the artist's relationship with his longtime neighborhood and to think about the critical role it played in his life. Naturally, Washington Square emerged as a key topic in our research, and for the show, we designed a central gallery that presents, for the first time together, Hopper's prints, drawings, watercolors, and paintings of the subject.

While the Hoppers retreated in the summers to the New England coast, they returned



Melinda Lang

each fall to New York, eager to get back to their Greenwich Village studio-residence and to reestablish their city routines. For Edward, New York — and in particular, Washington Square and its surrounding neighborhoods — was a constant source of inspiration. Many of the works in Edward Hopper's New York reveal the artist's keen interest in the cityscape visible from his windows and his rooftop, or in views of nearby storefronts and apartment interiors, as glimpsed from the street or an elevated train. In paintings like *The City* (1927) and *City Roofs* (1932), Hopper alludes to the rapid modernization of Greenwich Village during this period, emphasizing the ever-changing nature of New York's built environment.

While some of the sights that Hopper depicted are still around, others have been torn down (the Hoppers' local movie house and the 7th Avenue row houses in *Early Sunday Morning*, 1930, for instance). Rather than capturing a specific location, Hopper often

based his works on a type of place — such as the old-time corner drug stores or the automat-cafeterias once common in Greenwich Village. Visitors can now access an interactive Google map at whitney.org/hoppermap that shows several of the places that the artist painted as they look today.

When Hopper arrived at Washington Square, the neighborhood was already known for its

thriving artist community. Constructed in the 1830s, Hopper's building belonged to a set of mostly Greek Revival homes that were converted into studios in 1884 and nicknamed "The Row." With an influx of artists, writers, and other creatives taking advantage of its affordable housing, the area continued to serve as the city's bohemian center into the second half of the century. However, by the 1930s and 40s, Edward and Jo witnessed a constant cycle of demolition and construction as nineteenth-century buildings like their own were torn down to make way for

new structures. A fascinating group of letters, notebooks, and news clippings from this time reveal the Hoppers' advocacy for the preservation of their neighborhood in the face of encroaching urban development, specifically from New York University's expansion around Washington Square Park. Many of these materials, which are on view in the exhibition, relate to the Hoppers' impassioned—and-ultimately-successful fight to prevent NYU from evicting them and their neighbors. Their lobbying efforts included an exchange with an unsympathetic Robert Moses and drafts written by Jo for later correspondence to mayor Fiorello La Guardia that list notable artists, past and present, who lived in their building.

Several of Hopper's late paintings, made in the 1940s and 50s, indirectly reference his Washington Square studio and home. In the background of paintings like *Morning in a City* (1944), *Morning Sun* (1952), and *Office in a Small City* (1953), Hopper depicted window views overlooking row houses that were likely modeled on his own block or the surrounding buildings.

When walking through Edward Hopper's New York, I often think about the artist's use of this personal architectural motif, and find myself reflecting on the slices of New York that have been part of my life here, and that continue to resonate with me.

Melinda Lang is a senior curatorial assistant at the Whitney Museum of American Art. She was part of a team that put together the Whitney's exhibition *Edward Hopper's New York*, on through March 5. For advanced tickets and information on free and discounted ticket options, visit Whitney.org.

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St. Nicholas Greek Orthodox Church Destroyed During 9/11 Reopens as a National Shrine

By Anastasia Kaliabakos

For the past three and a half years, I have attended The College of the Holy Cross, which is a Catholic institution located in Worcester, Massachusetts. Although I am Greek Orthodox, I sometimes go to Sunday Mass at Holy Cross, preferring to go to church even if I can not receive communion rather than to not go at all. I do enjoy the Catholic mass, but I mostly miss the traditional Greek Orthodox Divine Liturgy I get to experience when I am home in New York City. For my 21st birthday celebration in January, a few of my friends from school came to visit me in Manhattan, and I decided to turn the tables and take them with me to visit the Saint Nicholas National Shrine on Liberty Street in lower Manhattan for the first time since it reopened in December, 2022.

The Saint Nicholas Greek Orthodox Church was the only house of worship that was destroyed on 9/11. The church was founded in 1916 in a small house that had been formerly used as a tavern. In 1892, Greek immigrants living in lower Manhattan purchased it in order to establish a community home that would serve as one of the first stops on the journeys of Greeks coming to America back then. After 1916, the church stood strong as the environment around it continued to evolve. When the construction of the original World Trade Center began in the 1960's, Saint Nicholas held its own as a significant place of worship in the lower Manhattan community.

On 9/11, Saint Nicholas was completely and utterly destroyed alongside the collapse of the World Trade Center. Thankfully, there were no people in the church at the time of the attacks, but during the time period that followed the destruction, not much effort was made to recover objects or relics from the church. Therefore, not much of the original Saint Nicholas church was able to be salvaged.

Of course, the Greek Orthodox community ardently desired to rebuild this significant church that had been standing for nearly a century. There was some difficulty getting the project started, and challenges mounted when, in July 2020, some remains of an 18th century ship were discovered

at the location of Saint Nicholas. Saint Nicholas is actually known as the patron saint of sailors, so this finding was extremely significant for many Orthodox Christians and furthered the idea that this church was especially holy and important to rebuild.

The final negotiations between the Church and the Port Authority to rebuild Saint Nicholas came about under the governorship of New York Governor Andrew Cuomo. In fact, his office helped to solve the issue of the Church's place within the developing WTC site. Ultimately, it was decided to position the new Church at 130 Liberty Street, which was extremely close to the original location. At the signing, Governor Cuomo said:

"We lost Saint Nicholas Church in the destruction of September 11th and for too long its future has been uncertain. Rebuilding Saint Nicholas Church, with a nondenominational bereavement center, is not just good news for the Greek Orthodox community, but for all New Yorkers. With this agreement, we are continuing New York's collective healing, restoration, and resurgence. Now we are finally returning this treasured place of reflection to where it belongs."

On January 15, 2023, I stepped into Saint Nicholas Greek Orthodox Church for the first time. Even before I arrived, I was anticipating the splendor of the church — the structure itself reportedly cost \$85 million, was designed by famous architect Santiago Calatrava, and is made of white



marble imported from the same mine that provided stone for the Parthenon. Its interior is also adorned with icons that were hand-painted by a monk in Greece named Father Lukas. As Jane Margolies of The New York Times wrote, "The icons are everywhere in the new church. One near its entrance shows Ecumenical Patriarch Bartholomew I of Constantinople, the spiritual leader of the world's Orthodox Christians, presenting a model of the church to St. Nicholas.

Another, behind the altar, depicts the Virgin Mother cradling Manhattan in her arms. Other panels include scenes from Sept. 11, like the burning twin towers and some of the firefighters and police officers who died in the rescue effort, which the iconographer [Father Lukas] painted from photographs." The exterior of the church looks almost futuristic—like a glowing space capsule of sorts (literally, since its translucent dome was designed to glow at night). It is also notably made of exceptionally thick concrete and also is lined with bomb panels on the top of the dome, which, according to project executive Andrew Veniopoulos, was so that the church could always "be prepared for the worst." There are also no stained glass windows, which are usually present in Greek Orthodox churches, in order to prevent weaknesses as well. Nevertheless, the interior of the church, although quite small, is very beautiful. It is adorned with bright depictions of biblical stories and a tranquil color palette that is very pleasing to the eye. The Divine Liturgy, delivered by Father Andreas Vithoulkas, was very special to listen to in such a powerful place.

Overall, I enjoyed my experience at Saint Nicholas Greek Orthodox Church and recommend that people of all faiths go visit the shrine. The church is open to the public Monday, Wednesday, Thursday, Friday, and Saturday from 10AM-3PM and Sunday from 9AM-2PM. You may also visit their website at <https://stnicholaswtc.org/>.

Anastasia "Stacey" Kaliabakos is a current senior and Dana



Scholar at the College of the Holy Cross. She is double majoring in classics and philosophy and is a member of the college's

Honors Program. On campus, Stacey is the Chief Opinions Editor of The Spire, co-Editor-in-Chief of the Parnassus Classical Journal, and co-President of the Delta Lambda chapter of the national Eta Sigma Phi Classics Honors Society. Anastasia has been featured in NEO Magazine and The National Herald and has contributed to The WestView News since 2018.

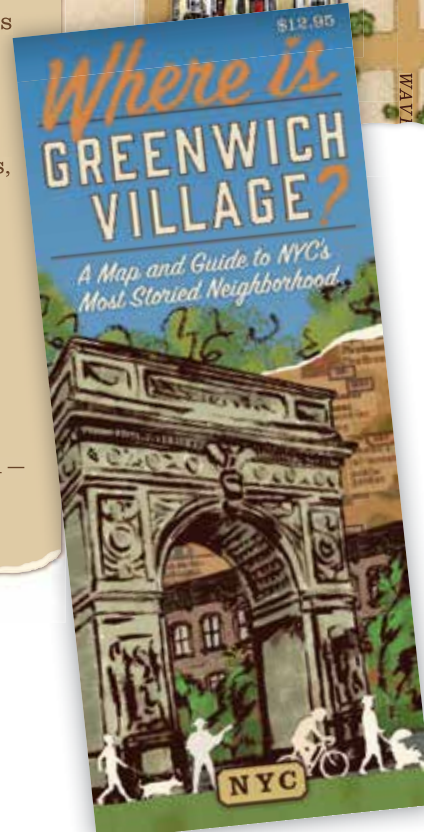
You won't discover the real Village on your phone...

Join us for a stroll through Greenwich Village, known for its rich history, creative vibe, and picturesque row houses. Wander its leafy, winding side streets. Visit historic sites and the homes of legendary Villagers. Drop by TV and film locations. Soak in the sensibilities that inspired artistic masterworks. Relax in the gardens and playgrounds frequented by neighborhood families.

On this small tract of land, the Leni Lenape once fished and grew tobacco. Waves of immigrants and migrants, rebels and refugees have called it home. Beatniks and hippies, musicians and writers, celebrities and CEOs — all have found kindred spirits in the streets, parks, churches, schools, clubs, shops, and cafes of the Village. Here a legendary past coexists with a vibrant present.

As long-time residents who have shown many friends and family around the Village over the years, we developed this map as a guide to give all visitors that same insider's view. Experience the sights and sounds of our neighborhood as a real New Yorker would — up close and on foot.

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Get To Know The Man Behind The Jefferson Market Library, Frank Collierius!

"Frank Collierius has been working at the Jefferson Market Library for over two decades. Today we discuss the history behind the ionic building as well as what reading means to him and how everyone should switch from reading digital books to a physical book instead."

SEVIER
STORIES

Interview by. Danielle Sevier
Produced by. Mike Persico

DS: Hi, I'm here with Frank Collierius at the Jefferson Market Library. Frank, what do you do here?

FC: What do I do? I'm the manager, I guess they call me the branch manager of the library. So, I do a little bit of everything. Really.

DS: How long have you been here?

FC: I've been here since 1999. Since last century.

DS: Nice, long time.

FC: 23 years.

DS: Excellent. So, I know that the library has a lot of programs for children, for adults, different events. How has that been affected since a pandemic?

FC: We also had a renovation, which many of you know, and pandemic, certainly, and we reopened just a couple of months ago. So, I have to say, we sort of missed a generation of children during those years we were closed, like the baby toddler age. But I have to say if you came an hour earlier, you would have seen a million strollers in the children's room because we had our baby time today.

DS: Excellent. I used to bring my daughter for the story hour and things like that when she was young.

FC: Exactly. Kids in the neighborhood have come back to the library wonderfully, and adults interestingly have come back as well. I mean, our patterns of use, I'm still observing them, but they have changed a little bit. I realized libraries, by definition, need to be consistent and reliable to know you can go there and get what you need. However, through no fault of anyone's, the pandemic disrupted that, and so, coming back is sort of

just getting into a routine to say to people that were here and come visit us. I mean, books, amazingly, in terms of circulation, have gone back up to levels of before.

DS: Oh wow that's incredible, I completely agree!

FC: People love books. And I have to say about books, by the way, is that I've learned since the pandemic because I also went online to buy more than I ever did. And I think a lot of people went online because they had to. There was nowhere else to go. We were in lockdown or whatever. And I think now having a book on your bed table, in your house, in your bag, in the kitchen, wherever, one book, an actual book to read without disruption, without interference from text messages. Stuff like that something that's a physical book between you and the author's word is, like, one of the best things you can do for your soul. I'm not kidding, when I read a book, I really realized no one knows I'm doing that it's between me and the author. You get focused because I think you've lost a lot of focus going online over the past couple of years. I've discovered this for myself personally, so I'm forcing everyone to make sure they check out a book, have one book out at all times, whether you finish it or not. Anyway, that's my spiel.

DS: I like that, I'm an avid reader, and being in real estate, if I don't read something that's outside of real estate and reality every evening, I don't think I would ever sleep.

FC: I think it helps you sleep. And I don't mean like, oh, that's boring to read. It's just...

DS: No, it's exciting!

FC: It focuses you, and also it builds your vocabulary. I know that sounds sort of schoolish, but I really think all we've got is our own human experiences and the language to describe it. I think more authors views on their stories, taking it into your own life gives you more words to describe your own experience.

DS: Exactly.

FC: It's really important.

DS: Exactly. Very well said. Yes, I agree

with that.

FC: Thank you.

DS: So, the other thing I'm curious about, which I just read about, was your reference room, which has rare books of New York City and more specifically of Greenwich Village. I didn't know about this. Can you tell us something about that?

FC: Yeah, absolutely. The library was opened in 1967. Obviously, this building was a courthouse and was converted because of the public acidizing in Greenwich Village. The public saved the building and asked to be a library since 1967. So since '67, librarians have been building this collection of books on the history of the Village and New York in general. So, every generation of librarians come along and added to this collection. So, some are rare, some are interesting, some are hard to find, some are not so hard to find. But it's an eclectic collection like the Village itself of books of the history of the Village. And we get people all the time browsing it or asking for specific books that they need for research. There's a book from the 60's about the old Women's House of Detention building, which is incredible. And the new book has come out on the just this year that's amazing too. So that's part of our collection. The Women's House of Detention was next door where the garden is now.

DS: Yes. And how big is this collection? Just curious.

FC: Good question. It's like 25 shelves, maybe a couple of hundred books.

DS: Oh, nice.

FC: I haven't counted it yet lately, but it is a very interesting collection to walk through. And I love when we have browsers who discover it and look through it. And we also let people check out these books. A little scandalous, but they are referenced. But if somebody really needs it for a research project, I don't want to deny them. Then they can check it out too, and many do.

DS: That's very thoughtful. Thank you.

FC: That's what I like to say.

DS: Excellent. Well, thank you so much. It was a pleasure speaking with you. I really enjoyed it.

FC: Thank you!

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Q&A

Today's question was asked about mortgages, so we consulted a mortgage expert, Joe Palermo for the answer.

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A: I think the 7/6 ARM is the best product today. Currently, the difference in interest rate and payment between the 7/6 ARM and the 30 year fixed is substantial. I believe that rates will cycle again at some point and there will be an opportunity to refinance. While this product is a good option for some, it's important to understand the variable nature of adjustable rate mortgages and how they may impact your payments in the short- or long-term. Consulting a Loan officer to know the options is important in this volatile market.

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Gay and Christopher Streets

By Robert Heide and John Gilman

The saga of My Sister Eileen began at 14 Gay Street which is possibly the shortest block in the city and is a narrow crescent connecting Christopher Street to Waverly Place. Here in 1935 a young woman named Ruth McKenney rented a basement apartment with her sister Eileen, an aspiring actress. Ruth's stories about their adventures at 14 Gay Street – constructed in 1827 with two sister buildings on Gay and three on Christopher Street which were completed in 1828 with a courtyard between, all for working class tenants – were first published at regular intervals in the influential *New Yorker Magazine*. These were so popular that by 1938 a wonderful book was published and a comedy, adapted by Joseph Fields and Jerome Chodorov opened on Broadway in December, 1940 with Shirley Booth as Ruth and JoAnn Sayers as Eileen. A movie version of the play was made in 1942 starring Rosalind Russell as older sister Ruth and Janet Blair as the pretty Eileen. Brian Aherne played the romantic male lead. A remake of the movie in Technicolor in 1955 starred Betty Garrett and Janet Leigh with Jack Lemmon. In February, 1953 Rosalind Russell repeated her movie role as Ruth in a musical version of the play on Broadway, this time renamed *Wonderful Town* (Edith Adams played Eileen), with music by Leonard Bernstein, lyrics by Betty Comden and Adolph Green, and directed by George Abbott. It was then that all hell broke loose. The opening night of this brilliant show at the Winter Garden Theater roused the audience and critics alike to a fever pitch of excitement and thunderous applause that had not occurred on the Great White Way since the original *Guys and Dolls* blew into town. It won Tony awards for best musical and best star Rosalind Russell, who also won every other performance award that year.

Bernstein and Comden and Green had worked together for the first time in 1944 on the musical *On The Town* about three sailors searching for love on a 24 hour leave. The songs included New York New York, Miss Turnstiles, and I Feel Like I'm Not Out of Bed Yet. This Broadway musical was made into a movie musical in 1949 with Frank Sinatra, Gene Kelly and Jules Munshin as the dancing-singing sailors. The creative team followed up with *Wonderful Town* in 1953 with its rousing signature song Christopher Street, Ohio, Conga!, My Darlin' Eileen and Ballet at the Village Vortex, the latter a nightclub stand-in for the Village Vanguard where Eileen got her first job singing. The story of two sisters from Ohio living in a dank New York basement apartment where mold hung from the ceilings, where the walls shook from blasts in the construction of the PATH tunnel to New Jersey, and their zany adventures with landlords, neighbors, crazy people, artists, and a group of Brazilian naval cadets will always be an image of life in the Village for as long as there is a Greenwich Village. The opening song extols "such interesting people live on Christopher Street" – the poets, actors, writers, artists, all "searching for self-expression" in the cradle of Bohemia.

There were many hardships and disappointments — at one point, sitting on the steps at 14 Gay Street the girls sadly sang the duet "Why oh- why oh-why-oh, why did we ever leave Ohio?" Eileen McKenna later went to Hollywood and was hired by Walt Disney as his private secretary; the pretty Eileen was also married to Nathaniel West, the famed author of *Miss Lonelyhearts* and *The Day of the Locust*.

After a honeymoon in Mexico, Eileen and Nathaniel were tragically both killed in a car crash returning to Hollywood. She had never even seen her sister's play on Broadway nor any of its incarnations. Ruth became a successful writer, and then eventually a New York State Appellate Court judge.

In 1995 we authors received a call from the folks at the 6 o'clock News — they wanted to do a feature on us and our new book *Greenwich Village* just published by St. Martin's Press. We took the camera crew around to Gay Street and sat on the steps at 14 as we had countless times before with friends and relatives from out of town. As we commenced singing "why-oh, why, oh-why-oh" William Kunstler came out from his house across the street at number 13 and joined us in the sing-a-long. Afterwards he invited us and the camera crew in and through the house and out again to his lush backyard which featured a koi pool.

After a short and jovial time with the lawyer, who had famously defended the Chicago Seven and many other liberal and leftist causes, said we should come back the following week for drinks — or drugs — whatever turned us on. That night our impromptu performance was aired on the 6 o'clock news with the three of us singing the Ohio song, and happily for us, giving our new book a great publicity plug. The following week we were shocked when the same 6 o'clock news announced that Mr. Kunstler had suddenly died.

Many years later, in 2003, *Wonderful Town* had a sensational revival, performing over 500 times on Broadway, first with Donna Murphy, and then starring Brooke Shields as Ruth. In conjunction with the revival the New York Times did a big picture spread on the then current occupant of the famous basement apartment at 14 Gay Street, a young man named David



**“Here we live —
here we love
This is the place
for self expression
Life is keen — life is sweet
Interesting people on
Christopher Street
From Wonderful Town”**

Ryan. A week later, on Christmas Eve, that apartment was destroyed in a fire that tragically also took the life of Mr. Ryan. The following week *The Times* featured the apartment once again, conjecturing that the cause of the fire could have been the photographers extension cords strung around and under untidy piles of newspapers and magazines. Celeste Martin, the owner of the six sister buildings, three on Gay and three on Christopher, with a courtyard between, constructed in 1827 and 1828 for working class tenants, never rented the famed apartment again. She died intestate in 2018 and the City of New York took over her real estate, flipping the six buildings to a developer who did not use caution in his renovations, apparently destabilizing

the foundation at 14 Gay Street. At this writing, with 16 Gay also in danger of possibly collapsing, the New York home of the two sisters from Ohio is being carefully demolished by hand and Gay Street will never be the same again.

Why, oh-why, oh-why-o, why did we ever leave Ohio?

Why did we wander to see what lies yonder

When life was so cozy at home?

Wondering as we wander, why did we leave, why did we roam,

Oh-why, oh-why-o, did we leave Ohio?

Maybe we'd better go O — H — I — O, maybe we'd better go home.

Robert Heide and John Gilman both live on Christopher Street among the interesting people and have been regular contributors to the one and only original — Westview News — since its inception in 2003

PIGEON LOGIC

By: Robert Shapiro

The other day, I watched a fledgling pigeon being fed for one of the last times by its mother before it could fully fly and feed on its own. This pigeon has no choice but to try to survive. Why? Because it was born. The mere fact that it exists on Earth creates a huge responsibility. Every pigeon (and all other entities on Earth) has to work hard just to stay alive except for a few lucky humans, and yet, so many of us disdain these innocent beings.

Pigeons, or Rock Doves were brought here in the 1600s from England to be bred for food. Escapees from here and elsewhere have become so successful that they can be found in cities all over the world.

Bird lovers and experts admire pigeons for their high intelligence, dutiful parenting, powerful flying prowess and the ability for some types to find their way home from over 1000 miles away. They make their nests on ledges and crevices of buildings just as they would on the cliffs of their natural habitats in North Africa, the Middle East and Europe. Ironically, the reason that they are so “common” is because they are so successful.



© Joel Gordon

Pigeons are very social and large flocks that congregate to rest together after they feed, often poop on statues, widow sills, awnings, telephone wires and sometimes us.

For this reason (plus the false assumption that they are dirty) they are generally looked down upon. When the subject of pigeons arises, many people reflexively say, “I hate pigeons”, but this sentiment is unwarranted.

Any being that is born into existence is completely innocent, because it had absolutely nothing to do with it; its birth was literally none of its business. Once here, it is every life form’s responsibility to survive.

Blaming a pigeon, rat, spider, snake, insect etc. for existing is just as senseless as blaming a person for being a different shade, nationality, religion, or sexual preference.

Despite all that humans have inflicted upon the Earth, we so easily pass judgement on innocent animals. Similarly, disliking a person who happened to have been born elsewhere or who has a different look or lifestyle is literally blaming someone for their conception. Rather, the diversity of all life on Earth could be a constant source of interest and awe.

Can We, With Revelation, Unite to Save Humanity?

By Roberta Russell

How could there be an all-knowing, all-powerful god who punished and rewarded his creations for deeds that he made them do?

Even after reading Bertrand Russell, Spinoza, and Freud, three very exciting forces that clarified my thinking, I could not find a reasonable answer to this question. At 16 I was captivated with the age-old conundrum that others had called “free will verses determinism.”

My efforts to solve this riddle resulted in a persistent and formal multid denominational search that entailed scheduled appointments with select priests, ministers, and rabbis. Even heated discussions with Mario Savio, my super articulate junior high school valedictorian classmate, who went on to formidable intellectual achievements, did not resolve this dilemma to my satisfaction.

I, a Jewish girl and veteran of Hebrew school and traditional family observance of Jewish holidays, had set out to discover the answer to my persistently discordant question. My normally intellectually curious father, Frank Ottenstein, a self-educated skeptical businessman, vehemently objected to my outreach to other religions. Regardless of his usual inclination, he could not consider this to be proper behavior for a Jewish girl. I proceeded against his wishes nevertheless.

By age 36 I had become an independent corporate head-hunter specializing in IT professionals, done graduate study in psychology—workshops and independent studies—and had affiliated as an elected public member of NAAP, an American psychoanalytic accrediting body. I presented my report on effective psychotherapy as legislative testimony at a formal hearing before NYS Assemblyman Mark Alan Siegel, and also at international conferences—one of which was in Rome and featured RD Laing, the 1960s rebel philosopher/psychiatrist. Laing concurred with my findings, which favored native ability over academic achievement. Consequently, I later contracted to write a book with him, with the working title *How to Take Your Own Advice*, published in 1992 as *RD Laing and Me: Lessons in Love*, by Roberta Russell with RD Laing.

I found myself ensconced in the house of Francis Huxley in Hampstead, England, as a guest of Laing. Hence, I serendipitously discovered the book *Religion without Revelation* (1956) by Julian Huxley, Francis’s father. Buried within that tome was the answer: ...religion can coexist with a complete absence of belief in a personal god. Julian Huxley thought that although it is necessary to believe in something, he also considered it always undesirable and often harmful to believe without evidence (p. 13). These reflections provided a numinous experience for me, a lone woman

on a path.

My *Report on Effective Psychotherapy: Legislative Testimony*, published in 1981 as an exploration into the evidence for the effective ingredients of therapy, had brought me to Laing’s attention. During our collaboration to create our nascent book, we were meeting daily in Hampstead. I raced excitedly over to Laing’s house, Huxley’s book in hand. Laing said that his father was also an admirer of Julian Huxley’s work. I was in heaven.

“Though gods and God in any meaningful sense seem destined to disappear, the stuff of divinity out of which they have grown and developed remains.” (Julian Huxley, 1967, *Religion Without Revelation*, p. 4.) “A humanist evolution-centered religion too needs divinity, but divinity without God.” (Ibid, p. 5.)

Fast forward to the present. In this time of



world strife and planetary turmoil, most formal religions are losing ground. According to a recent Pew poll in America, the fastest growing religious affiliation is “none.” If unaffiliated was a religion, adherents would be the largest religious group in the United States.

Our divine sense of unity can be expressed individually and in groups. With eight billion people pushing the limits of the planet, and technological change

advancing at exponential speed, the possibilities for divine coming-together have never been greater nor more urgent.

What do you want to accomplish? Don’t wait for a formal ceremony. Reach out and touch someone. Make an alliance. Open your heart and feel life flow in.

www.robertarussell.com
russellk100@gmail.com

©Roberta Russell, February 1, 2023

BLUE
JONI MITCHELL

PERFORMED BY HANNAH REIMANN & BAND
THURSDAY, MARCH 30TH 7PM



LIVE IN-PERSON TKTS



LIVESTREAM TKTS (\$25)



"AN UNCANNY INTERPRETER OF MITCHELL'S CANON."
-NEW YORKER MAGAZINE
"AN EXTRAORDINARY VOICE." -XM SIRIUS RADIO

54 BELOW NYC - CALL AFTER 5.30 PM FOR TKTS
(646) 476-3551 254 W 54 ST

www.hannahreimann.com



Vija Vetra Dances Into 100

By J.T.Basker

Vija Vetra is still dancing — her lifelong passion. She is a resident of the Westbeth Artists Community where she has been honored as a Westbeth Icon. Born Feb. 6, 1923, in Riga, Latvia, her family did not want her to be a dancer. But running away from home at 16 to live with an aunt in Vienna, Austria, Vija secretly trained in classical ballet and modern dance at the Academy of Music and Performing Arts. Escaping the Soviets she became a refugee and spent years in camps in Germany. She then left as a refugee to Australia. There she became the epitome of Indian Dance, where she had her own dance TV series, and performed in East/West concerts around the world. She was received in India by Prime Minister Nehru and Indira Gandhi. Vija was principal dancer in the musical “Kismet,” soloist in performance for Queen Elizabeth II, and in “Carmen” in London. In 1970 she remained in the US following one of her tours due to many offers to perform and teach. She received numerous awards from the Latvian government after it gained independence from the Soviet Union. She has annually visited her native country, performing and teaching master classes since 1990. Although interrupted by the Covid pandemic for two years, her last Latvian performance was last summer. At age 99, she was likely the oldest performing dancer in the world. She also visited her beloved Greece on her own. February 6 she turned 100 years young. She featured in two books and three documentary films that were shown at her birthday celebration in the Westbeth Community room. City Councilman Eric Bottcher presented her a certificate from Mayor Adams. On February 7, the Latvian Delegation at the United Nations held a second ceremony and presented her with a letter from the President of Latvia, Egils Levits. The young woman who survived, nearly crushed to death on the last refugee train out of Austria, was a seed that escaped its imprisonment and flowered into a dancer, choreographer, teacher and inspiration.



Vija Vetra with a letter from the president of Latvia.

Credit: J.T. Basker



Me holding two of my favorite styles, the “Celine” and the “Duchessa”. Sparkle with a side of sparkle please!



Shoe stylist Inuer helps me pick out the perfect pump. The banquette for try-ons is divine. The boutique’s interior is blanketed with blush pink 1970 inspired decor.

Sarah Jessica Parker Opens New Flagship Boutique On Bleecker Street

*I stopped by for an afternoon of shoe shopping
and neighborhood celebration*

BY KARILYN PRISCO



Carried over from the first flagship location on West 54th Street, the iconic lucite shoe fixture, created by NYC manufacturer Plexi-Craft, stands in the shop’s most southern window.

Photo Credit © A Dope Artist



Shoe style “Promise”, designed for the popular HBO Max series And Just Like That can be found at the NYC flagship boutique a long with other hand-selected styles, all made in Italy.



I met Gina who is visiting from Alaska! She just purchased a SJP City Osette handbag. A brand new collaboration between SJP and Strathberry.



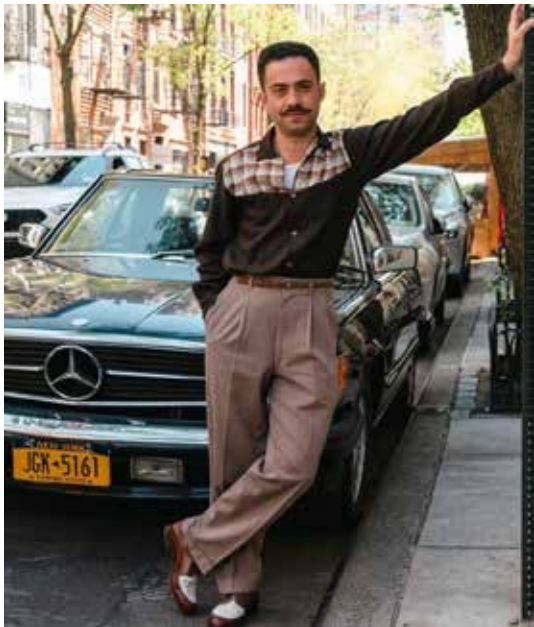
Neighborhood friends and designers stopped by 385 Bleecker Street to celebrate the store’s opening. Sarah Jessica Parker, Cynthia Rowley and Andy Cohen pictured above. Photo credit: SP by Sarah Jessica Parker



Our own George Capsis, publisher of WestView News, stops in to welcome the team to the neighborhood and sample smells from the SJP perfume collection.

Style on the Street

BY KARILYN PRISCO



Follow us on Instagram @styleonthestreet_WestViewNews
Submit your favorite neighborhood fashion looks for a chance to be featured.

FEBRUARY EVENTS 2023

Citywide Special Events

THE ORCHID SHOW: NATURAL HERITAGE

New York Botanical Gardens
Saturday, February 18, 2023 - Sunday, April 23, 2023

Be Enveloped in Lily Kwong's Fantastical Vision
Acclaimed artist Lily Kwong, the designer for The Orchid Show's 20th year, presents a meditative and captivating design inspired by her ancestral connections to the natural world.

For Tickets <https://www.nybg.org/visit/admission/?keyword=orchidshow>

WINTER VILLAGE

AT BRYANT PARK Through March 5, 2023

Skate at a 17,000 sq. ft. rink (free with your own skates), shop at the open-air market, eat and drink, and reserve an igloo! See the Treasures exhibit at the 42nd St Library. 40-42nd Sts. bet. 5th & 6th Aves. Bryant Park Tuesday, February 21, 2023 (Kids Week) at 11:50 AM

ICE SKATING

Reserve at the Rink in Brookfield Place (3 World Financial Center, 230 Vesey St.); Sky Rink at Chelsea Piers (indoors, 23rd & the Hudson), The Rink at Rockefeller Center (600 fifth Ave) or Wollman Rink in Central Park (midpark at 62nd)

The Macy's Flower Show in NYC Take a moment to smell the roses at the annual Macy's Flower Show.

Macy's Herald Square New York City
Sun. March 26-Mon April 10
151 West 34th St

<https://www.macys.com/s/flower-show/>

Black History Month

LUV! The Short Play Festival 2023
Saturday, February 18, 2023 at 7:00PM
The Steve & Marie Sgouros Theatre (The Players Theatre Loft)
115 MacDougal Street
Between West 3rd & Bleecker Streets
New York, NY 10012
The Third Floor Loft Theatre.

NEW YORK BOTANICAL GARDENS

BLACK HISTORY MONTH

Jan 17- February 28 Various Times / At the Garden
Self-Guided Exploration: 10 a.m.-5 p.m.
Guided Activities: Weekdays, 1:30-4:30 p.m.; Weekends, 10 a.m.-4:30 p.m.
Storytime: 2:30 p.m. on weekends and holiday Mondays, weather permitting Come, to the Everett Children's Adventure Garden to explore ways in which people of the

African Diaspora, have contributed to our understanding and uses of plants around the world! Investigate seeds native to Africa, and learn about West African indigo dyeing by making your own dyed bag. Create your own pine cone bird feeder in celebration of NYC Black birder Christian Cooper. Discover inspirational stories about Black botanists, herbalists, and environmentalists from history and today.
900 Southern Blvd, The Bronx
nybg.org

Museums Galleries & Public Art

THE MUSEUM AT FIT

Wed-Fri 12-8pm; Sa-Sun 10-5pm
Nov 30th-May 14, 2023

DESIGNING WOMEN; FASHION CREATORS AND THEIR INTERIORS

The first exhibit to illuminate the connections between the world of high fashion and interior decoration from 40 female designers including Coco Chanel, Anna Sui.

fitnyc.edu/museum

HIGHLINE ART: NYC LOVE

Nov-Fall 2023

A new mural, celebrating NYC via its iconography, by Nina Chanel Abney. 22nd Street on the Highline.

thehighline.org

JACKIE ROBINSON MUSEUM

Thurs-Sun 11am-6pm

A tribute to the legend's life and legacy. Highly recommended.

One Hudson Sq. 75 Varrick

jackierobinsonmuseum.org

POSTER HOUSE

Thurs-Sun 10-6pm

Free Admission on first Fridays
119 West 23rd St.

posterhouse.org

THE RUBIN MUSEUM OF ART

Thurs-Sun 11am-5pm

Ideas, cultures, and art of the Himalayas. Free Friday nights 6-10 with cocktails, Art and DJ Music
150 West 17th St.

rubinmuseum.org

SKYSCAPE

An interactive high-tech museum. Seven immersive zones; Encryption, Deception, Surveillance, Hacking, Cyber-Warfare, Special Ops, and Intelligence.
928 8th Ave.

spyscape.com

© A Dope Artist



WHITNEY MUSEUM OF AMERICAN ART

Pay What You Wish

Fridays 7-10pm

Edward Hopper's New York

Through March 5

More than 200 pictures exploring Hopper's lifelong fascination with New York. No Existe Un Mundo Post Huracán:

Puerto Rican Art in the

Wake of Hurricane Maria

Nov 23-April 23, 2023

50 artworks, 15 artists from Puerto Rico and the diaspora, responding to the 9/20/17 hurricane.

Selections The Whitney's collection, from 1900-1965

99 Gansevoort Street

whitney.org

MERCHANT'S HOUSE MUSEUM

Exhibitions on display

(No reservations, purchase tickets at the door)
General Admission \$15

Seniors (over 65) & students (with valid ID): \$10 MHM Members FREE. Become a member. Contact Number 212-777-1089

merchantshouse.org

Theater

NEW YORK THEATER WORKSHOP

MERRILY WE ROLL ALONG,

music & lyrics by Stephen Sondheim, dir by Maria Friedman
Through Jan. 21

Based on the play by George S. Kaufman &

Moss Hart, Merilly...follows the relationship of three lifelong friends.

79 East 4th (2nd Ave); 212-460-5475

NYTW.ORG

REPERTORIO ESPANOL

Plays in Spanish with English subtitles LA BREVE Y MARAVILLOSA VISA DE OSCAR WAO

In rotating repertory through May 28, 2023

Based on Junot Diaz novel

EVA LUNA, by Caridad Svich, dir. By Estefania Fadul

In rotating repertory through May 27 Based on Isabelle Allende novel

LA LOCURA LO CURA

In rotating repertory starting Dec. 28

Stand-Up Comedy

LA GRINGA

(has been playing for 25 years!)

Plus additional plays in rotating repertory 138 E. 27th St.

Repertorio.org

Comedy

COMEDY CELLAR

Founded in 1982, widely considered best comedy club in NYC

117 MacDougal

ComedyCellar.com

THE VILLAGE UNDERGROUND

130 West 3rd St
New York, NY 10012

Greenwich Village

(212) 777-7745

Thevillageunderground.com

February 2023

Events Calendar



© A Dope Artist

GREENWICH VILLAGE COMEDY CLUB

99 MacDougal Street
Greenwich Village
212) 777-5233

greenwichvillagecomedyclub.com

Music**ARTHUR'S TAVERN**

Live jazz, bebop, rhythm & blues, and dixieland.

57 Grove St.

arthurstavern.nyc

BITTER END

NYC's oldest rock club
147 Bleecker

bitterend.com

THE BLUE NOTE

131 West 3rd St

bluenotejazz.com

CAFE WHA

Features a well-known house band. Former hangout of Bob Dylan, Jimi Hendrix, Allen Ginsberg, etc.

cafewha.com

SMALLS JAZZ CLUB

Live jazz bands and jam sessions in a tiny space

183 West 10th St.

smallslive.com

THE VILLAGE VANGUARD

178 7th Ave South

villagevanguard.com

ZINC BAR

Live Jazz, Latin & World Music

82 West 3rd St

zincjazz.com

Classes, Courses & Clubs**MURRAY'S CHEESE**

More than a dozen courses from Winter Whites & Cheese to

Burrata or Mozzarella Making.

254 Bleecker St.

See calendar at murrayscheese.com

SING TIME SESSIONS

at Westbeth With Voice Teacher Eve Zanni

Jazz Artist and Somatic Voicework teacher.

Fri 4:30-5:30pm

or call 212-228-1141

westbethmusicworks@gmail.com

CRAFT CIRCLE; KNITTING & CROCHETING

Wednesdays, 11am

Bring your project and meet fellow crafters.

66 Leroy St.

nypl.org

MCBURNEY YMCA

Fitness and exercise classes, swimming, sports, dance, recreation and more. Membership required. 125 West 14th St.

ymcanyc.com

PURE BARRE/WEST VILLAGE

Free class for local residents & first timers.

Low impact, high intensity group workouts.

Daily classes, 273 Bleecker St.

Book Talks

Wednesday, March 1, 2023, at 6 - 7:30PM
Jonathan Ned Katz, historian of the United States LGBT past, presents:

The Daring Life and Dangerous Times of Eve Adams, Eve Adams, a Polish, Jewish, lesbian emigre to the U.S. in 1912, befriended famous anarchists and sold radical periodicals to make a small living.

In 1925 she published the earliest lesbian community study, Lesbian Love, her survey of women she had met.

In Greenwich Village, Eve opened a bohemian hangout at 129 MacDougal Street. Then, J. Edgar Hoover, U.S. government officials, and New York City police officers set out to entrap her.

Jefferson Market Library 426 Sixth Ave. (End times are approximate. Events may end early or late.)

For Kids, Teens, and Families**CHILDREN'S MUSEUM OF MANHATTAN**

Tuesday-Sunday, 10am-5pm

212 W. 83rd St., Upper West Side

cmom.org

FILM FORUM JR.

Reduced price tickets

209 West Houston St.

filmforum.org

RUBIN MUSEUM OF ART

Family Sundays: Free art making Work shops 1-3pm Ages 3 & Up with Adult

150 West 17th St.

rubinmuseum.org

CENTER FOR ARCHITECTURE,

536 LaGuardia Place, NoHo Youth and Family

Vacation Program: Dream House (Grades 3-5)

Vacation Program: Great Escapes (Grades 6-8)

9am to Feb/23 4pm

Register

calendar/aiany.org

HUDSON PARK PROGRAMS FOR KIDS

Download February 2023 events

Calendar at NYPL.org/locations/hudson-park

Hudson Park

66 Leroy St

NY, NY 10014

212-243-6876

HUDSON PARK PROGRAMS FOR ADULTS

Download February 2023 events Calendar at

NYPL.org/locations/hudson-park

Hudson Park

66 Leroy St

NY, NY 10014

212-243-6876

<https://www.nypl.org/calendar>

For Seniors**GREENWICH HOUSE OLDER ADULT CENTERS**

Free social, education, cultural and wellness activities as well as free lunches at four downtown locations. In Person and Online. A vital resource for seniors including case assistance and other social services.

Download monthly calendar at

info@visitingneighbors.org

RUBIN MUSEUM OF ART

First Thursday of Every Month Free

Admission For Seniors

150 West 17th St.

rubinmuseum.org



© A Dope Artist

February 2023

Events Calendar

**SENIOR PLANET**

Free programs, courses, activities covering health, and wellness tech services, book clubs, financials and creative expression. Online and at Chelsea Center. 127 West 25th St.

seniorplanet.org

ST JOHN'S IN THE VILLAGE

Senior Standby Program seats for the arts programs unsold at the time of the event are distributed, free on a first-come first-served basis.

218 West 11th St. stjohnsinthevillage.org

VISITING NEIGHBORS

VN helps seniors maintain their independence by connecting them with dedicated volunteers and various health and wellness programs. Washington Square Village Suite, 212-260-6200

Visiting info@visitingneighbors.org

WESTBETH CLASSES

Westbeth Community Room 155 Bank St.

westbethevents@gmail.com

For LGBTQ+**THE GAY CENTER**

Sirens Women's Motorcycle Club February 21, 8:00 pm-10:00 pm Sirens Women's Motorcycle Club meets every third Tuesday from 8-10pm. This event is in-person.

The Sirens women's MC of NYC is an association of women motorcycle enthusiasts who emphasize safety, solidarity, support and friendship, organize and participate in charitable and community activities, support and participate in LGBTQ+ Pride events and women's health initiatives, and strive to improve, public acceptance of all motorcyclists.

208 W 13 St
New York, NY 10011
212.620.7310

gaycenter.org/calendar

CENTER YOUTH:

Clubhouse Music Group February 23, 4:00 pm-5:00 pm The Clubhouse Music Group meets every Thursday from 4-5pm. This event is In-Person. Calling all musicians,

singers, performers, music producers, spoken word poets and performance artists/creatives. Professional musicians from Road Recovery will work with participants to discover, their talents and develop their skills while working, towards a community performance. No prior musical experience needed. For youth ages 13-22.

To sign-up contact youth@gaycenter.org.

Tours**THE HIGHLINE**

Free FROM FREIGHT TO FLOWERS Wed.10-10:45am; Sats 12-12:45 Tour The Highline with a knowledgeable docent. MEET at Gansevoort St. entrance Free Thehighline.org

MADISON SQUARE PARK Free

sundays 11am-12:30pm Tour the Park and surrounding area with a knowledgeable guide. Meet at the top of the Flatiron Bldg. 23rd & 5th Ave.

flatiron free
nomad.org

Sports (very selected)**PIER 25 MINIATURE GOLF**

13,000 square foot, 18-hole professional grade course, featuring waterfalls, a pond, sand traps, and a cave. Hudson River Park at Pier 25, West St. & North Moore St.

hudsonriverpark.org

Health & Wellness**PURE BARRE/WEST VILLAGE**

Free class for local residents & first timers. Low impact, high intensity group workouts. Daily classes, 273 Bleecker St.

westvillage@purebarre.com

CHELSEA PIERS

Fitness-and sports-for all ages with 150 classes, 75ft. pool, 30 trainers and 5 star-gym. Day passes & memberships.

Pier 60, 20th St. & Hudson River Park
Fitness.chelseapiers.com
Little Island

Little Island is a new public park, located in Hudson River Park, where all New Yorkers and visitors can experience nature, and art in a unique urban oasis on the Hudson River.

Pier 55 in Hudson River Park @, W 13th St. New York, New York 10014

littleisland.org

INTEGRAL YOGA INSTITUTE OPEN MEDITATION

Mon-Sat 12pm-12:30 & 6pm
227 West 13th St.

iyiny.org

MCBURNEY YMCA

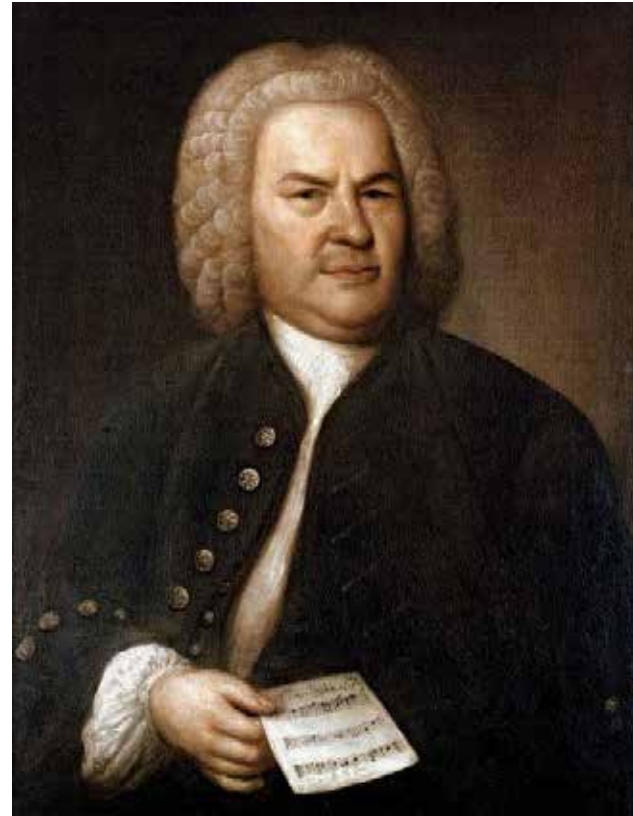
Fitness and exercise classes, swimming, sports, dance, recreation and more. Membership required
125 West 14th St.

ymcanyc.com



Back to Bach

Cantatas for solo voice by JS Bach: BWV 209 and BWV 51



Cantata BWV 209 *Non sa che sia dolore*

Cantata BWV 51 *Jauchzet Gott in allen Landen*

Soprano Mary Ellen Callahan

Strathmere Ensemble and guests:

Deborah Booth, baroque flute

Maximilian Morel, baroque trumpet

Mitsuru Tsubota and Karl Kawahara,
violins

Louise Schulman, viola

Daire FitzGerald, cello

Jack Kulowitsch, bass

Robert Wolinsky, harpsichord

Bill Zito, lute

With our concert "Back to Bach" we celebrate our continued devotion to performing the music of the composer that was "the culmination of everything before him, and the inspiration for everything that came after him".

Friday 10 March

7pm

Saint John's In the Village
218 West 11th Street,
New York, NY 10014

For tickets (\$20):

cantatas.eventbrite.com

A woman with long, wavy brown hair is captured in a joyful, mid-air pose. She is wearing a black, long-sleeved, form-fitting top and a voluminous, black, pleated skirt. Her arms are raised high above her head, and her legs are spread wide in a playful manner. She is wearing bright pink high-heeled shoes. At her feet, on a white surface, are numerous other high-heeled shoes in various colors including red, blue, yellow, green, and purple. The background is a plain, light gray.

SJP BY SARAH JESSICA PARKER
IS THRILLED TO ANNOUNCE
THE OPENING OF THEIR
BRAND NEW FLAGSHIP BOUTIQUE

385 BLEECKER STREET
(CORNER OF BLEECKER AND PERRY)

MONDAY - SATURDAY: 11AM TO 6PM
SUNDAY: 12PM TO 5PM