



Up Rockaway!



Photos by Dan Guarino & Katie McFadden



Parade Day Saturday!
Lineup, Honorees & Post-Parade Fun
Inside



EST. 1980

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Happy Rockaway St. Patrick's Day (RSPD)!

Watch the Parade on the Deck while enjoying a cold pint of Guinness
Irish Tunes playing all day!

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Appetizers		Food Specials		LAMB SHANK 34		BEER BRAISED IRISH STEW & COLCANNON 22	
Potato Leek Soup	cup 5 bowl 6	CORNED BEEF SANDWICH	15	sliced corned beef on rye		beef, carrots, onions, celery in a savory brown sauce served over potatoes colcannon	
Irish Nachos	14	CORNED BEEF THUMBITS	22	CHICKEN POT PIE 18		IRISH GUINNESS SIRLOIN STEAK 32	
Duck Wonton	16	sliced corned beef on garlic bread topped with mozzarella cheese		chicken, peas, carrots, onions, celery, potatoes in a white cream sauce topped with a puff pastry		sliced sirloin topped with sauteed mushrooms, onions in a rich stout sauce	
Onion Rings	12						
Broccoli Cheddar Bites	10			CORNED BEEF DINNER 24			
Chicken Teriyaki Dumplings	12			slow cooked corned beef with cabbage, red potatoes, carrots			

WINTER MUSIC LINE UP

Saturday 3/9 | Wine with Sue
Sunday 3/10 | Gerald Bair
Sunday 3/17 | RockaWades (St. Patrick's Day show)
Sunday 3/24 | Frank Persico
Sunday 4/21 | Susan & Gerald
**check social for times*

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Paul King Endorsed by Queens County GOP and NYS Conservative Party in Race for Congress



Belle Harbor resident Paul King was endorsed by the Queens County GOP and New York State Conservative Party in this year's election for Congress in New York's CD 5, which covers all of Rockaway and much of southern Queens. King also ran for Congress against incumbent Gregory Meeks in 2022.

"Paul is an outstanding candidate," said Jerry Kassar, the New York State Conservative Party Chairman. "He will work hard for the community. We will be proud to have him represent us in Washington."

King is pleased to have the support of the Conservative Party again. "The Conservative team was very knowledgeable and helpful to my campaign in 2022. Their focus on being faithful to the Constitution is important in these times - especially with progressives and socialists having such a big voice in New York government."

In the previous election, Meeks won but King earned the largest percentage of votes ever achieved against the Democrat in his 25-year career in Congress. The strength of that challenge has inspired other Republican candidates. However, King earned the County's support ahead of the coming primary.

Councilwoman Joann Ariola, who is the GOP District Leader, said, "I trust Paul to spend our taxpayer dollars wisely and to represent our community needs."

Primary election day is June 25 with early voting beginning on June 15. King is not disappointed to have a primary challenge for the Republican nomination. "I know it is unconventional thinking, but I believe the primary will make my campaign and the party stronger. My competitors in June will be allies in November."

King is confident he will prevail in a primary due to the inroads he made across CD5 in 2022 and the strength of the Rockaway Republican Club. "When I ran in 2022, our local club was dormant. Now it is a powerhouse, as is the club in Howard Beach. The support of the RRC will make me hard to beat. They will be great assets for Tom Sullivan and Mike O'Reilly in November, too."

The Rockaway Republican Club rebooted one year ago and quickly grew to more than 200 members. Its next meeting is March 6 at the Breezy Point Catholic Club.

The main theme of King's campaign is the American Dream. His policies promote solutions that will remove the barriers to opportunity. These include policies to reduce lawlessness, to promote small business, and to protect parents' rights in education and medical decisions.

King launched a new website (king2024.us) and new Facebook and Instagram pages for 2024. The website includes a new section -Elephants in the Room- that claims to address the tough questions elected officials often dodge.

King has lived in Rockaway since 1972. He is a member of Community Board 14, President of the Belle Harbor Property Owners Association, and a coach and longtime supporter of Rockaway Little League.

UPCOMING EVENTS MARCH

377 BEACH 92ND, THE BAY SIDE

RSPD FEAT. THE IRISH
MUTTS & DJ TEDDY 3PM
IRSIH FOOD SPECIALS

MARCH
2



HAIR OF THE DOG DAY
DRINK SPECIALS & MUSIC BY
ARTURO RIVERA 1PM-4PM

MARCH
3



MARCH
10

PRETTY IN PINK CHARACTER BRUNCH
1030AM & 1PM SEATINGS
\$25 A KID INCLUDES FOOD, DRINK AND ENTERTAINMENT



ST PATRICKS DAY
MUSIC 2PM-5PM
W/ KIERAN MONAGHAN

MARCH
17



BUNGALOW

This Week in History

FEBRUARY 29

1692- The first people are accused of witchcraft in Salem, Mass.—Sarah Good, Sarah Osborne and Tibuta, a West Indian slave.

MARCH 1

Pat McCarthy was born.
Robin Redmond-Tozza was born.
1961 - President John F. Kennedy signed an executive order establishing the Peace Corps.

MARCH 2

1962 - Philadelphia Warriors center Wilt Chamberlain scored an NBA-record 100 points in a basketball game.
2001 - The Taliban began the destruction of ancient Buddha statues in Afghanistan.

MARCH 3

Joseph Manno was born.
Quinn McCallion was born.
Lee Ann Ferriola was born.

1845 - Florida became the 27th state in the United States.
1931 - The "Star-Spangled Banner" was adopted as the national anthem.

MARCH 4

Joan Roughneen Donohue was born.
Ed Wilkinson was born.

1789 - The Constitution of the United States went into effect.
1861 - Abraham Lincoln was inaugurated as president.

MARCH 5

1770 - The Boston Massacre, a pre-Revolutionary incident that grew out of anger towards British troops, occurred. Five anti-British rioters were killed.
1933 - In the last free elections in Germany until after World War II, the Nazi Party received 44% of the vote.

MARCH 6

Michelle Gunn was born.
Mike McMahon was born.
Lily McVeigh was born.

1981 - Walter Cronkite, "the most trusted man in America," retired from the CBS Evening News and was replaced by Dan Rather.
1997 - Queen Elizabeth II launched the first royal website.

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McVeighing In

By Sean McVeigh

Holiday Hangover

No, I am not talking about next Sunday morning.

Last week, the ol' ball and chain and I decided to take a page out of everyone else in Rockaway's book and left town. We were treating ourselves to a delayed honeymoon and flew off to a tropical paradise.

We woke up in the wee hours of Saturday morning and were face to face with more snow than I had seen in years ... literally. The meteorologists seemed to nail the last snowfall we had — schools were canceled a day earlier, the salters and plows were out and about all night — but this one seemed to take them, and consequently us, by surprise. Good thing there weren't that many people planning to travel that day, it being the first day of winter break and all ... Another W for the trusted weather service! After sledding to JFK, it appeared the airports were, for the most part, ready for this storm and after a slight de-icing delay, it was clear we were going to make it out. As soon as the wheels left the ground, there was a symphony of "so long suckers!" from seats 13C and 13D ringing throughout the cabin.

It was an amazing week. There is just something about a drink hand-delivered to you while lounging on a beach. And no, the nutcracker guy is not the same thing. Do you know how I know it was a great vacation? I have nothing

to share. I went into this trip thinking I would have a list of gripes a mile long to mention in this column. I was leaving Rockaway and getting on a plane, after all! But I have nothing. It was truly a great and relaxing trip. That was just fantasy land, however. I was soon back in the real world and the real world is a mean b***h and she will not soon have you forget it.

I don't think I have ever returned from a vacation not feeling like I really needed a vacation. Even this one, where everything that could go right went right. Allow me to put on my extreme cynicism hat for a minute and say that vacations, most of the time, are not worth the headache that awaits when you get home.

Without fail, you are going to come home to a messy house. I want to be that clean freak, but it is just not in my blood. Preparing to take a vacation usually involves digging to the back of the closet for that Hawaiian shirt that can only be worn unironically in a tropical place, and in the process, you have scattered the rest of your closet's contents around the entire house. This goes for that mini, TSA approved toothpaste container and your bathroom, too. And sifting through the post vacation inbox is like trying to find that wedding ring that fell off in the ocean (OK, maybe there were a few things that happened that I could write about in the future).

The worst, however, is the laundry. Maybe some of you overachievers are different, but when I am packing, the only clothes that I am worried about being clean are the ones I need on my trip. When you get home, that means there is a full laundry basket to go along with your suitcase which has been doing its best hamper impression since the first night of the trip. It's the laundro-pocalypse just as John described in Revelation.

Most trips, especially this time of year, serve as a tease. You step out of the airport to get an Uber and are met with the familiar New York whipping winter wind. Six hours ago, I was sipping a piña colada on the beach, and you think to yourself, how is this possible? But don't worry, your ride is here. You just need to figure out how to get to Terminal 7 and find a place labeled E3 — I'm sure it will be a cinch.

And just like that, you need a vacation again. The vicious cycle continues.

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ShamRockaway Around Town

By Katie McFadden

That came quick! The Rockaway St. Patrick's Day Parade is Saturday, March 2, and there's plenty of ways to find some good craic before and after the parade.

Saturday's parade begins on Beach 130th Street and Newport Avenue at 1 p.m. It continues down Newport to Beach 116th Street, where it will turn on to Rockaway Beach Blvd. and continue down to St. Camillus on Beach 100th Street. The grandstand will be on Beach 105th Street. The parade day will begin with a Mass for Peace and Justice at 9 a.m. at St. Francis de Sales on Beach 129th Street. All are welcome.

Before the march, why not go for a run? The Rockaway Track Club is hosting its Parade Day 5K and Half Marathon on Saturday morning. Check in and day-of registration takes place at 8 a.m. at St. Rose of Lima on Beach 84th Street and the run begins on the boardwalk at Beach 85th Street at 9:30 a.m. To



register, head to Rockawaytc.org

The elevated Harbor Light on Beach 130th Street offers some of the best parade views in town, as it's where it all begins. Watch the parade from the deck, enjoy corned beef, Irish stew and a Guinness or Irish coffee and stick around for some tunes afterwards.

There is plenty more musical entertainment to keep your party going. One of the biggest events each parade day is the Rockaway Fishheads Rugby tent featuring popular

band Shilelagh Law. On Saturday, the tent will be in the Sands Point Parking lot on Beach 102nd Street. Doors open at 2 p.m. The band Two Degrees kicks off the music at 3 p.m., followed by Shilelagh Law sometime after 5 p.m. DJ Timmy Tubz will also be playing sets. Note that this is strictly a 23 and over event, and IDs will be checked. Cover charge is a \$30 donation.

Another big party this year will take place at The Rockaway Hotel on Beach 109th Street. On Friday,

March 1 at 7 p.m., they'll have Irish musician Ray Coleman singing some tunes as you drink and dine at Margie's (reservations recommended), while the GrassLighters play the Rooftop. On Saturday, the Hotel will be hosting an Irish Shopping Village in the Pool House from 12 p.m. to 5 p.m., so stop by and find all of your favorite Irish goods and more and grab some to-go drinks for the parade. The Harbor Room

Continued on page 7

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SHAMROCKAWAY

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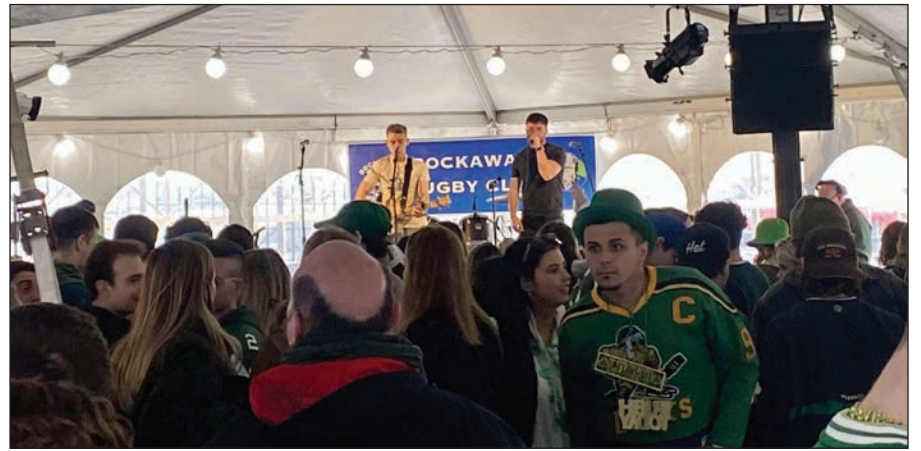
opens for a ticketed event at 2 p.m. with Ninemile House kicking off the tunes at 3 p.m., the O'Malley Irish Dance Academy performing at 4:30 p.m., the Canny Brothers taking the stage at 5 p.m. and Slainte ending the night starting at 7:30 p.m. Tickets are \$55 and can be purchased at www.therockawayhotel.com. Tickets aren't needed for the Rooftop where DJ Paddy Tubz will be spinning tunes starting at 3 p.m. Plus Ray Coleman is back for another set at Margie's from 3 p.m. to 6 p.m., followed by The Wooden Nickels Duo from 6:30 p.m. to 9:30 p.m.

Jamesons on Beach 129th is kicking off the celebrations early with two lads straight from Ireland, Two Degrees, performing Friday, March 1 at 9 p.m. On parade day, Jamesons will have Kieran Monaghan playing at 4 p.m. and they wrap it up Sunday with a hangover brunch at 11 a.m., serving up a special Irish menu all weekend long.

The Belle Harbor Yacht Club on Beach 126th Street will be keeping

the post-parade party going with Wine With Sue, followed by The Knobs and The Indecisions playing, starting at 3 p.m. The Wharf on the bayside of Beach 116th will have live music by AMO from 4 p.m. to 7 p.m., followed by DJ Cash, plus corned beef and cabbage specials. The Rose Den on Beach 116th Street will be opening at noon, serving up hot drinks and a serving of John Baxter playing Irish tunes. Tap That, along the parade route at Beach 111th Street, will have plenty of beer on tap, a special menu with corned beef on rye and Bailey's Irish cream cheesecake, and Anthem playing acoustic tunes starting at 4 p.m.

At Bungalow Bar on Beach 92nd Street, they'll be opening at 11:30 a.m. with brunch featuring Irish specials. All who purchase an entrée can take advantage of a shuttle from the Bungalow to the parade route at Beach 108th Street from 12:15 p.m. to 1:30 p.m. After the parade, you can catch Bobby Butler and The Irish Mutts back at Bungalow at 3 p.m., with DJ Teddy keeping the party going.



Smoke and Barrel on Beach 98th Street will have some post-parade fun with The Brooklyn Bards playing from 2 p.m. to 6 p.m., followed by Chris Solo from 6 p.m. to 10 p.m. Smoke and Barrel will have 14 beers on tap and will be serving up corned beef and cabbage and smoked bbq.

Connolly's on Beach 95th Street is open for the day starting at noon. They'll be serving up greeña coladas and more. Murphy's Lawyer will be playing tunes from 1 p.m. to 5 p.m.

Want to keep your daytime she-nanigans going into the night?

Rogers on Beach 116th will provide some late-night entertainment with The Gobshites at 9 p.m.

If your Irish eyes are still smiling come Sunday, head to the St. Camillus-St. Virgilius St. Patrick's Day Dance on March 3. The McLean Avenue Band will be playing live, plus there will be a corned beef dinner. It all takes place Sunday, March 3 at St. Camillus Springman Hall from 3 p.m. to 7 p.m. Tickets are \$60 for adults and \$20 for kids ages 6-12 and are available at the St. Camillus rectory. Call 718-634-8229 for info.



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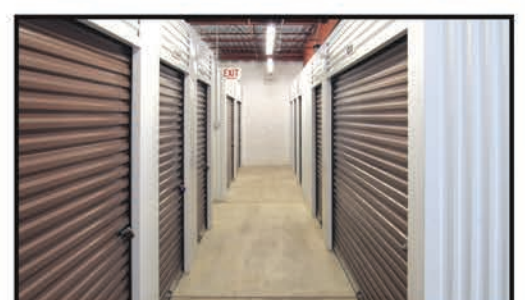


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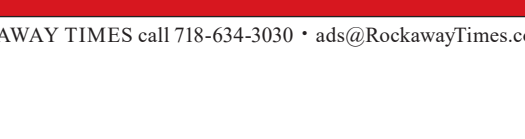
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Happy Leap Day! February just will not leave us alone!

Happy Rockaway St. Patrick's to all! Get your green ready! The Rockaway St. Patrick's Day parade will be held this Saturday, March 2, at 1 p.m., with festivities to follow throughout the entire peninsula. It is always a great day in Rockaway. Thanks to all who make it possible and congratulations to all of this year's honorees!

Advertiser Alert! As you may know, Rockaway's St. Patrick's Day also marks the unofficial start of spring around these parts, regardless of what the thermometers and the weather people say. With the thought of warmer weather also comes The Rockaway Times Summer & Community Guide! Back by popular demand, The Summer Guide, which has been a hit year after year, will be

returning for its TENTH year! Time is flying by, so start planning your Summer Guide ad now!

The wait is over. Crustinos Pizza on Beach 116th Street, taking over the old Ciro's spot, will be open for parade day. Michael Fiore, owner of Meat Up Grill is behind this latest venture. He rolled out the dough this week and is serving up pies and slices as part of a soft opening, with more Italian delicacies to come. We'll have more details next week.

Jamaica Bay - Rockaway Park Conservancy is hiring for their 2024 Jamaica Bay Wetlands Fellowship. This is a six-month paid workforce development and job training program for young adults (ages 18 to 25) focused on skills for wetlands maintenance, monitoring, and restoration within Jamaica Bay. For more info and to apply, visit www.jbrpc.org/fellowship

Speaking of summer opportunities, there is still time to become a NYC lifeguard. And we know how important lifeguards are to our

community. Plus, starting pay is now \$22 an hour! For more information and to register for the qualifying test visit <https://www.nycgovparks.org/opportunities/jobs/lifeguards>

The Army Corps of Engineers has reported two incidents of vandalism to their ongoing beach dune construction in Belle Harbor. The first involved kids taking the crew's supplies — mostly wood materials used to construct the perimeter of the dunes and walkways — to start a bonfire. The fire department was called and extinguished the flames and the crews presumably had to have all new supplies brought in to continue the work. This is unacceptable. The second incident, however, is a little bit more nuanced. With the recent snow, the dunes have served as an ideal sledding slope for kids in the neighborhood. The images reported as vandalism by the Army Corps are of the vegetation after the sledding. Obviously, this was not the intent of the sledders. But does that excuse the action and the resulting "vandalism"? Folks are on both sides of this

argument. We even printed a letter last week concerning the need for kids to have some room for sledding. Kids will be kids. It seems the Corps' latter example is unlikely to receive as much sympathy as the former.

The Rockaway Republican Club announced another addition to their March 6 agenda: U.S. Senate candidate Cara Castronuova. She joins Sid Rosenberg and Curtis Sliwa on the agenda for RRC's next meeting at the Catholic Club in Breezy. You can RSVP for the meeting at <https://is.gd/zusa6l>

The Rockaway Times 2024 Photo Contest opened two weeks ago, and the submissions have been coming in fast and furious. The photos are looking great so far! But keep them coming. And be sure to follow the rules ladies and gentlemen! Remember, submit contest photos to Contest@Rockawaytimes.com. And only submit up to four entries! Have a few extra you want in the paper? Submit them to our weekly Local Color pages by sending those photos to Mail@Rockawaytimes.com



The Parish Family of

St. Francis de Sales

invites you to join us at the

9:00AM Mass - Saturday, March 2nd

as we pray for Peace and Justice

prior to the start of the Rockaway parade.

Bishop Robert Brennan

will be the main celebrant.

Bishop Brennan is being honored as Gael of the Year by the Queens County St. Patrick's Day Parade Committee.

Please join us at Mass on Saturday morning.

129-19 Rockaway Beach Boulevard, Belle Harbor, NY 11694

Anyone that would like to march with us in the parade is welcome as well.



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Irish Tenor Emmet Cahill Returns for St. Patrick's Day Show



By Katie McFadden

Oh, Danny boy, the pipes, the pipes are calling you to St. Francis de Sales Church, to see world renowned Irish tenor Emmet Cahill sing that song and more on St. Patrick's Day.

On Sunday, March 17 at 3 p.m., Emmet Cahill, of Irish singing group Celtic Thunder, is making a stop in Rockaway once again as part of his 2024 solo tour. Cahill has been a member of PBS phenomenon Celtic Thunder for about 12 years and started doing solo acts around the world in between Celtic Thunder tours about eight years ago. The tenor from Mullingar, Ireland, made a sold-out solo concert debut at New York's Carnegie Hall, to rave reviews, and recently had the pleasure of performing with the world acclaimed Tabernacle Choir and at New York's St. Patrick's Cathedral for dignitaries and world leaders. He's performed with prestigious orchestras such as the Atlanta Symphony Orchestra, The Pittsburgh Symphony, as well as sold out concerts in some of North America's most famous music venues and has made several TV appearances.

So how did he wind up coming to Rockaway? Someone simply asked. "I was doing a concert down in Palm Beach, Florida and Keith Sullivan was at a concert, visiting his dad down there and he said 'we have a huge Irish community in Belle Harbor, and they'd

love what you do. Would you come do a concert?'" Cahill recalled. On March 11, 2023, Cahill made his first appearance at St. Francis de Sales, singing to a sold-out show.

And Rockaway gave him a big Irish welcome that made him feel at home. "It really felt like I had gone back to Ireland. People are so welcoming, they knew all the songs and honestly, there's a real Irish community out there," Cahill said. "It felt very much like I was part of the community for the day, which I really appreciated." And of course, locals wouldn't let him leave without a visit to a local pub. "I was brought to a pub around the corner. There was a big birthday party that I ended up joining. They treated me to cake and food. It was great. I was well looked after," he said.

So this year, he's doing it all again, bringing a special St. Patrick's Day treat to Rockaway. "They asked me to come back again since this is a way to support the church and we felt doing it on St. Patrick's Day would be the ideal time," Cahill said. So on March 17 at 3 p.m., Cahill will be back at St. Francis de Sales, belting out your favorite Irish tunes from "Irish Eyes are Smil-

ing" to "The Parting Glass" and of course, "Danny Boy." "If I don't sing 'Danny Boy,' I think people would ask for their money back. I know people are waiting all concert for me to sing that one. I try to keep people happy," he said. He'll also mix in some church songs like "Amazing Grace" and others. "I was raised on church music. My dad was a music minister, so that is a big part of my life," Cahill said. And there may even be some Broadway tunes, as it wouldn't be a New York show without them. "I might throw in some Broadway, like Phantom of the Opera. People love to hear me do that stuff," Cahill said. And he encourages all to join in. "This will be a sing-along event," he said.

Since Cahill was treated to such great hospitality last time, he'll be paying it back with a post-concert meet and greet and gathering. "There will be a post-concert reception where I'll be answering questions and available if anyone wants to take photos, plus there will be food and drinks. It'll be a little St. Patrick's Day party. It's not just about the concert, everyone will be well looked after just like I was when I came there," Cahill said.



Cahill encourages all to join in the fun. "It'll be a big Irish party on St. Patrick's Day, so come and join us," he said.

Tickets to Emmet Cahill's St. Patrick's Day show at St. Francis de Sales are \$60 and include the concert and post-show reception. Tickets can be purchased at EmmetCahill.com or at the St. Francis de Sales Rectory next to the church. Doors open at 2 p.m. and the show starts at 3 p.m. on March 17. St. Francis de Sales is located at 219 Beach 129th Street.





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Love Train Makes Its Last Stop in Rockaway



By Katie McFadden

Last stop—Rockaway! Beach 129th was full of love on Sunday, February 25, as the Anthony Filippazzo Grant Love Train pulled into Bulloch's station, spreading love and awareness for Williams Syndrome.

All were welcome to celebrate as the AFG Love Train made its final stop in Rockaway after a month-long tour around the boroughs, with conductor Anthony Filippazzo, a 12-year-old boy who lives with Williams Syndrome, at the helm.

The afternoon party at Bulloch's was full of giveaways, DJ music, a visit from Cupid (Roger Hanson), performances by singers Bella Priolo and Emma Berardelli, and some epic dance moves by Anthony.

Filippazzo himself made a speech before the performances saying, "Thank you for Frank Naccarato for building our love train and thank

you for Bulloch's and thank to all of you for coming here and spreading love together."

Anthony's mom, Camille Fortunato, added, "Thank you to those who came out and weathered the cold with us. The amount of support and love and enthusiasm that we've gotten from everyone, businesses and individuals, is something we will cherish always. We appreciate all the amazing relationships we've made along the way. Williams Syndrome is rare, Williams Syndrome is poorly understood, and Williams Syndrome is currently untreatable. We have spent the last 10 years working very hard to change all of that."

For more about Anthony's story, see @AFresearchgrant on Instagram. To donate or learn more about Williams Syndrome, see: www.ws-research.org



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body, mind and spirit. Thai massage combines rhythmic massage, acupressure, Yoga stretching, gentle twisting, compression techniques, energy work and meditation. The therapist uses their hands, arms, legs, feet and elbows to perform this technique and help you reach your goals.

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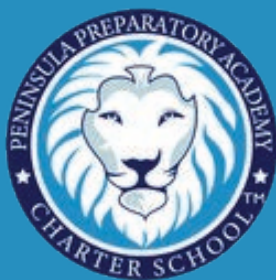
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Ariola Applauds Appellate Decision on Noncitizen Voting Law

By Katie McFadden

A noncitizen voting law passed in New York City in December 2021 has been ruled unconstitutional on appeal. Councilwoman Joann Ariola was one of sixteen officials to sign onto a lawsuit against the law that was blocked last week.

“When it was voted in 2021, this law would have allowed any non-American citizen like those holding a green card to be able to vote in our local elections,” Ariola explained, adding that this would have encompassed 800,000 people at the time, with likely even more qualifying since 170,000 migrants have entered New York City.

When Staten Island Borough President Vito Fossella proposed a lawsuit against the new law, he invited others to join. Then newly elected

Councilwoman Ariola joined right away. “I joined immediately because it is the right of an American citizen to vote,” she said. “If you work here and you’re here with a green card and you’re seeking citizenship, then you will one day become a citizen and have the privilege of voting. This would have given 800,000 people new voting rights. That is enough to move the needle in any election, and I think it would have been a detriment to the integrity of our elections. It was just too open ended, and it left too much leeway for voter fraud.”

In June 2022, Judge Ralph Porzio, of New York State Supreme Court for Staten Island, ruled the law violated the state constitution. Mayor Eric Adams and some city council members then appealed it. On February 21, in a three to one vote in the Appellate Division for

the Second Judicial Department in New York, the judges ruled to uphold Judge Porzio’s decision. Ariola called it a big win for New Yorkers.

“I felt in my heart that there wasn’t any way we could lose because I knew this was unconstitutional,” she said. “I was very happy with the ruling because it’s important that we follow our laws the way they’re supposed to be followed. We don’t change our laws to fit a certain narrative of allowing noncitizens to vote, especially when you’re talking about 800,000 noncitizens, and we now have 170,000 more people here trying to apply for expedited work authorizations, expedited green cards and they would have been given the right to vote. American citizens have the right to vote because they are the ones here, they pay taxes and they would be most negatively or positively affected by the election, and this would have furthered people distrusting the election process and possibly further disengage American citizens from going out to vote.”

Mayor Adams has another opportunity to appeal this latest ruling. Ariola and the others on the lawsuit are hoping he chooses not to but are ready to keep fighting if necessary. “Our lawyers are confident that this would be a waste of the city’s taxpayer dollars. If he does appeal it, we will fight it again,” she said. “This was a matter of a very small group of committed people who signed onto this lawsuit and won, so I don’t want anyone to lose hope in this city. A small group of people can make a change and bring this city back to the way it used to be.”

In a matter even closer to home, Ariola was asked about where things left off with the Floyd Bennett Field migrant shelter injunction case. Assemblywoman Jaime Williams, Councilwoman Ariola and others made their case on that matter on January 18 in front of Judge Peter Sweeney at Kings

County Supreme Court. Sweeney gave the city and state two weeks to respond. As things currently stand, Williams and Ariola are still awaiting a decision from Judge Sweeney. However, Ariola says they’re keeping the pressure on. “Our attorney called over to the judge’s law secretary. We don’t want to be waiting a long time for a decision and as new facts arise, we send them over. We don’t want a hasty decision, but we want a decision that does not linger and is handed down in our favor,” Ariola said. She is confident that a decision will come before the summer.

In the meantime, Ariola has been in contact with the mayor’s office to encourage the city to place a curfew for the migrants living at Floyd Bennett Field, as has been done at other migrant shelter, and has been working closely with the 100th Precinct to enforce any issues. “We had a meeting with law enforcement and the mayor’s office and the agencies that oversee Floyd Bennett, and it seems to be one of the areas where most of the panhandlers and those selling goods on the side of the road seem to be coming from. We’ve been pushing hard for enforcement and to prioritize Floyd Bennett on the list for curfews,” Ariola said. She also recently toured the shelter and discovered more issues such as many of the migrant children not attending school due to illness or other reasons. “We’re looking at every angle that we can and making sure while that base camp remains, it doesn’t have a negative impact on our community,” Ariola said.

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turns down Beach 116th and ends at St. Camillus on Beach
100th Street. Grandstand at Beach 105th Street.

Lineup subject to change. This is the latest lineup received from President Michael Benn before press time.

DIVISION I - BEACH 130/131ST STREET
CAPTAINS- JOHN MURPHY & TOM TOUHEY

- 1. UNITED STATES PARK POLICE MOUNTED UNIT
- 2. MTA POLICE DEPARTMENT CEREMONIAL UNIT
- 3. N.Y.C. POLICE DEPARTMENT
- 4. COUNTY TYRONE PIPE & DRUM BAND
- 5. QUEENS COUNTY PARADE BANNER WITH IRISH AND AMERICAN FLAGS
- 6. GRAND MARSHAL RICHARD W. TULLY JR - OWNER INTERSTATE MECHANICAL CORP
- 7. HONORARY GRAND MARSHALS - BN CH MICHELE FITZSIMMONS – FDNY, ROLAND REXHA - SEC TREAS MEBA MARINE ENGINEERS, GAE OF THE YEAR -BISHOP ROBERT J. BRENNAN, BISHOP OF BROOKLYN/QUEENS
- 8. VIPs - ELECTED OFFICIALS - MAYOR CITY OF NEW YORK HON ERIC ADAMS, COUNCILLORS FROM LIMERICK CITY IRELAND -CLLRS ADAR TALUKDER, BRIDIE COLLINS, DANIEL BUTLER, LEADERS FROM CORK, IRELAND - LORD MAYOR OF CORK CITY, IRELAND CLLR. KIERAN MCCARTHY, CHIEF EXECUTIVE ANN DOHERTY & DIRECTOR OF SERVICES PAUL MOYNIHAN, CONG. GREG MEEKS, AG LETICIA JAMES, LABOR LEADERS.
- 9. NYPD MARCHING BAND – OFFICER GILL
- 10. QUEENS COUNTY ST. PATRICK'S DAY PARADE & CULTURAL COMMITTEE
- 11. ANTIQUE CARS
- 12. DEPUTY GRAND MARSHALS (UP FRONT OR WITH UNITS), CARS AND TRANSPORTATION FOR DEPUTIES, SIGNS ON CARS

DIVISION II - BEACH 132ND STREET
CAPTAINS - ANNE McGOVERN, DONNA MORAN, MARY FORDE, ANNE FORDE & VOLUNTEERS

- 1. CLANN NA EIREANN PIPE BAND
- 2. HONORING GRAND MARSHAL RICHARD W. TULLY JR, OWNER INTERSTATE MECHANICAL SVCS
- 3. INTERSTATE MECHANICAL WORKERS UNIT WITH FLOAT TRANSPORT, NYS PIPE TRADES ASSOCIATION – LOCAL UNION 638 STEAMFITTERS
- 4. NYC DEPARTMENT OF CORRECTION BAGPIPE BAND
- 5. MARINE ENGINEERS BENEFICIAL ASSOCIATION HONORING HON GM ROLAND REXHA, MARINE ENGINEERS MARCHING UNIT AND OFFICERS
- 6. GAE OF THE YEAR BISHOP ROBERT J. BRENNAN
- 7. ST. FRANCIS DE SALES SCHOOL AND MARCHING UNIT ST FRANCIS CYO MARCHERS
- 8. EMERALD SOCIETY SANITATION BAGPIPE BAND
- 9. EMERALD SOCIETY SANITATION DEPT. COLOR GUARD HONORING EMERALD SOCIETY SUPERVISOR JOHN HANSON
- 10. EMERALD SOCIETY SANITATION DEPT. MARCHING UNIT
- 11. COUNTY MAYO SOCIETY KIERAN McANDREW PRESIDENT HONORING DEPUTY G.M KEITH SULLIVAN
- 12. BREEZY POINT CATHOLIC CLUB PIPE BAND
- 13. O'MALLEY SCHOOL OF IRISH DANCING
- 14. FDNY EMERALD SOCIETY PIPES AND DRUMS BAND HONORING HON GRAND MARSHAL BN CHIEF MICHELE FITZSIMMONS

- 15. FDNY AND CIVILIAN MARCHING UNIT
- 16. PS/MS 114 GLEE CLUB & SCHOOL MARCING UNIT - BELLE HARBOR SCHOOL
- 17. RIDGEWOOD SAVINGS BANK MARCHERS HONORING LOUANN MANNINO

DIVISION III - BEACH 133RD STREET
CAPTAINS - THOMAS AND SHEILA RAY, TOMMY & LISA GURRY, RICHARD KIRWAN & CONNOR RYAN BOLES

- 1. NEW YORK CITY POLICE EMERALD SOCIETY PIPE AND DRUM BAND HONORING RETIRED NURSE DEPUTY G.M. ANNE WALSH
- 2. LADIES ANCIENT ORDER OF HIBERNIANS DIV 25 WITH THE FLAGS OF 32 COUNTIES OF IRELAND HONORING DEPUTY G.M. EILEEN BAUMANN
- 3. NEW HAVEN COUNTY FIREFIGHTERS EMERALD SOCIETY PIPE AND DRUMS
- 4. A.O.H.DIVISION 21 HONORING, JAMES WARD, DEPUTY G.M.
- 5. MARK EDWARDS, PRESIDENT, DIV 21 MARCHING UNIT
- 6. COUNTY CORK BAGPIPE BAND
- 7. ST. JOHNS EPISCOPAL HOSPITAL HONORING NEW CFO DEPUTY G.M. STEVEN GUIDO
- 8. ST JOHNS MARCHING UNIT WITH PRESIDENT ROSE GUERNER
- 9. MSGR RICHARD AHLEMAYER PASTOR ST. CAMILLUS /ST VIRGILIUS HONORING DEPUTY G. M. THERESA TRAINOR
- 10. ST. CAMILLUS SPECIAL OLYMPICS MARCHING UNIT
- 11. NEW YORK STATE COURTS PIPE AND DRUM BAND
- 12. NEW YORK STATE COURTS CEREMONIAL UNIT COLOR GUARD HONORING RETIRED COURT OFFICER DEPUTY G.M. DAN LEARY
- 13. N.Y. STATE COURTS EMERALD SOCIETY MARCHING UNIT
- 45. N.Y.P.D. VINTAGE FLEET - DETECTIVE MARTIN

DIVISION IV - BEACH 134TH STREET
CAPTAINS - VINCENT MACINTYRE, JOANN MACINTYRE, DAVE BLEDSOE, BRIAN BRENNAN & VOLUNTEERS

- 1. SCHOLARS ACADEMY MARCHING BAND
- 2. SCHOLARS ACADEMY SCHOOL CHEERLEADERS AND MARCHING UNIT (SEA WOLVES) - PRINCIPAL MICHELE SMYTH, ALEX LEICHT BAND DIRECTOR, MRS QUINTANA
- 3. XAVERIAN HIGH SCHOOL PIPE AND DRUM CORPS HONORING DEPUTY G.M 2LT MIKE ROGERS
- 4. 88TH BRIGADE, NORTHEAST COMMAND
- 5. 88TH AREA COMMAND MARCHING UNIT
- 6. COUNTIES LIMERICK, OFFALLY DOWN PRESENT
- 7. WATERSIDE CHILDRENS STUDIO SCHOOL
- 8. HAWTREE MIDDLE SCHOOL DRUMLINE MARCHING BAND
- 9. JOHN ADAMS HIGH SCHOOL AIR FORCE RESERVE UNIT, CADET MARCHING UNIT
- 10. ROCKAWAY BEACH COMMUNITY GROUP AND BOARD 14, QUEENS DISTRICT ATTORNEY, MELINDA KATZ , DOLORES ORR CHAIR, BOROUGH PRESIDENT DONOVAN RICHARDS
- 11. RE/MAX ELITE MELISSA CARRINGTON
- 12. K LOVE - LIVE ON AIR - SPIRITUAL MUSIC TO LIVE BY

- 13. LISTING OF COUNTY ASSOCIATIONS, LIMERICK, SLIGO, LEITRIM, CAVAN (PRESENT)
- 14. CHILDRENS SCHOOL 317 318 BEACH 110TH STREET
- 15. BROOKLYN CYCLONES JADA BENNETT STAFF AND KING HENRY

DIVISION V - BEACH 135TH STREET
CAPTAINS - JIMMY McGOORTY, MARY KAY GIBBONS – VOLUNTEERS

- 1. FDNY EMS PIPE AND DRUM BAND
- 2. JOE BRASKY MILITARY VEHICLES
- 3. LYNBROOK VOLUNTEER FIRE DEPARTMENT
- 4. BROAD CHANNEL SPORTS GROUPS AND ASSOCIATIONS
- 5. AMERICAN LEGION POST 1404 BROAD CHANNEL
- 6. BROAD CHANNEL ATHLETIC CLUB AND MARCHERS
- 7. BROAD CHANNEL SHAMROCK FOOTBALL TEAM
- 8. IONA COLLEGE PIPE BAND
- 9. KIWANIS CLUB OF THE ROCKAWAYS
- 10. VOLUNTEER FIREMEN'S ASSOCIATION CITY OF NEW YORK
- 11. BROAD CHANNEL VOLUNTEER FIRE DEPARTMENT
- 12. POINT BREEZE VOLUNTEER FIRE DEPARTMENT
- 13. ROCKAWAY POINT VOLUNTEER FIRE DEPARTMENT
- 14. ROXBURY VOLUNTEER FIRE DEPARTMENT
- 15. EDGEWATER PARK VOLUNTEER FIRE DEPARTMENT
- 16. TALLY -HO ENGINE COMPANY #3, LYNBROOK FIRE DEPARTMENT
- 17. GERRITSEN BEACH VOLUNTEER FIRE DEPARTMENT
- 18. WEST HAMILTON BEACH VOLUNTEER FIRE DEPARTMENT
- 19. VALLEY STREAM VOLUNTEER FIRE DEPARTMENT BN 3

DIVISION VI - BEACH 136TH STREET
CAPTAINS- JIMMY MCGOORTY, D BRIAN HEFFERNAN & COMMUNITY VOLUNTEERS

- 1. CHANNEL VIEW SCHOOL FOR RESEARCH MARCHING BAND
- 2. HOUSE OF ROCK CHURCH PASTOR LEVI GASKA
- 3. CYCLING MURRAYS WITH PENNY FARTHING BIKES ETC.
- 4. 100 PCT EXPLORERS YOUTH MARCHERS
- 5. HOLY CROSS HS DRUMLINE AND MARCHERS
- 6. ROCKAWAY ARTIST ALLIANCE WITH FLOAT
- 7. MOLLOY HIGH SCHOOL BAND
- 8. WOODHAVEN VOLUNTEER AMBULANCE CORPS
- 9. GIRL SCOUT TROOP 6406
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- 11. TROOP 4286 AND BROWNIE TROOP
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PLEASE NOTE: ALL LATE ENTRANTS WILL BE IN DIVISION VII. THERE WILL BE ADDITIONS TO THE LINE OF MARCH AS THEY ARE RECEIVED BY THE COMMITTEE. ALL LATE ENTRANTS, PLEASE REPORT TO THE FORMATIONS (BY 12 P.M.) AND SEE CHAIRMEN THOMAS TOUHEY AND JOHN MURPHY AT 130TH AND NEWPORT AVE. IF YOU HAVE ANY QUESTIONS, CALL PARADE PRESIDENT MICHAEL BENN AT 718-318-4749.
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This Year's Honorees



The 2024 Parade Honorees

By Katie McFadden

‘Tis a grand lineup of honorees at the 2024 Rockaway St. Patrick’s Day Parade. Parade day is Saturday, March 2, and among the lineup will be a

group of fine lads and lasses that make up this year’s honorees. This year’s grand marshal is Richard Tully Jr., the owner and principal of Interstate Mechanical Services. The honorary grand marshals

this year are Marine Engineers’ Beneficial Association Secretary Treasurer Roland Rexha and FDNY Battalion Chief Michele Fitzsimmons. Bishop Robert Brennan, from the Diocese of Brooklyn, is being honored as Gael of the Year. There’s a fine lineup of deputy grand marshals this year. They include Anne Walsh, a retired nurse, Keith Sullivan, a personal injury attorney and co-founder of Sullivan & Galleshaw, Dan Leary, a retired court officer and Graybeards president, John Hanson, a member of the DSNY Emerald Society board, LouAnn Mannino, first vice president and director of branch services at Ridgewood Savings Bank, James Ward of Ancient Order of Hibernians Division 21, 2nd Lt. Mike Rogers of the 88th Area Command New York Guard, Steve Guido, executive vice president and chief financial officer of St. John’s Episcopal Health, Ei-



Grand Marshal Richard Tully Jr.

leen Baumann of the Ladies Ancient Order of Hibernians Division 25, Theresa Trainor of St. Camillus Special Olympics and the Columbiettes, and NYC Councilwoman Joann Ariola of District 32. Congratulations to all of the honorees!

Plover Project & NPS Clean Up Breezy Point Tip



On Saturday, February 24, a few dozen volunteers braved the cold and cleaned the coastline at Breezy Point Tip, part of the Gateway National Recreation Area. The event was organized by NYC Plover Project and Na-

tional Park Service and attracted not only NYC Plover Project volunteers but also Rockaway residents and New Yorkers from across the city. The event was in part timed to get ready for the impending ar-



rival of migratory beach-nesting birds which include American Oystercatchers, Least and Common Terns, and of course, Piping Plovers, who will begin to arrive this month. “As we head towards our fourth season working with Gateway, we see the importance of connection of clean coastlines, healthy ecosystems and favorable nesting outcomes for beach-nesting birds,” said Chris Allieri, executive director, NYC Plover Project. “We have seen



support grow for Plovers and other beach-nesting birds exponentially. We can all get behind a clean beach, which is healthier for us all.” Participants removed hundreds of pounds of trash, much of which was plastic which washes up from the channel between Brooklyn and Queens. Future volunteer events will be advertised on Facebook and Instagram. Follow both organizations at @NYCPloverProject and @GatewayNPS to find out more.

What's What: The New York City Council

By Dan Guarino

What's what? Rockaway has any number of community groups, elected officials, civic associations, city, state and federal departments and agencies, charitable/service organizations and more. Many may have heard of them. But how many know exactly what they do, what issues/areas they deal with and which they don't, and where/how they can directly help Rockaway/Broad Channel residents?

What's What, an occasional feature, aims to focus on our many organizations and offices, what they do and how they can help you. First up, the New York City Council.

The New York City Council is the lawmaking body of New York City government, something like Congress is for the federal government. As the name implies, they deal with issues directly connected to the city. Got an issue with say your garbage pickup? That's a city issue. As opposed to a concern about State Trooper activity, which would go to your NY State Senator or Assemblymember. Or a federal National Parks usage question, which would fall under your congressman or U.S. Senator. Although they do overlap and can offer help in some areas, it helps to break down if the issue you're dealing with is a federal, state or city issue.

According to NYC.gov, "Besides enacting legislation, the Council approves the City's budget and has oversight powers for the activities of City agencies. The Council monitors the operation and performance of city agencies, makes land use decisions, and has sole responsibility for approving the city's budget." They also act as a check and balance to the Mayor and can override any legislation he or she vetoes.

The City Council also has 38 standing committees, plus additional subcommittees, that focus on specific areas of city government. These include committees on public safety, transportation

and infrastructure, zoning and franchises, sanitation, aging, technology, housing, civil service and labor.

The Council has 51 members representing 51 districts spread over the five boroughs. Due to redistricting and changes to the NYC

Charter in 2020, members elected during 2021-2023 will serve two-year terms, with full four-year terms resuming after the 2025 elections.

The Rockaways are ably represented by two NYC Councilmembers.

Councilmember Selvena Brooks-Powers represents City Council District 31, which includes Arverne, Brookville, Edgemere, Laurelton, Springfield Gardens, Rosedale, and Far Rockaway. She is Chairperson of the Transportation and Infrastructure Committee and serves as majority whip of the City Council. She's working on issues like the MTA's proposed congestion pricing plan to ensure vulnerable residents, like those in heavily car-dependent Rockaways, "are not unduly burdened."

Councilmember Joann Ariola covers District 32, which stretches from Glendale to Breezy Point and covers Forest Park, Woodhaven, Ozone Park, Howard Beach, Broad Channel, and all of Rockaway's western peninsula.

Ariola says, she was inspired to serve by her parents "who were always very involved in their community and especially in their church community. From a young age, I watched how they were able to make a big difference in their community and I decided I wanted to have a similar impact on those around me. This led me into politics, where I am able to use my voice to really advocate for my communities and my city."

She is currently Chair of the Fire



NYC Councilmember Selvena Brooks-Powers



NYC Councilmember Joann Ariola

and Emergency Services Committee. So in that capacity, for instance, she can "advocate for the men and women of the FDNY, ensuring that they receive the resources that they need to keep our city safe."

She notes she has "a good working relationship with the FDNY brass. Additionally, some of the city agencies she and her office regularly deal with include "the NYPD, DOT, and Department of Sanitation, to help make sure we maintain a good quality of life throughout our district. That means safe, clean streets for all of our residents."

What are the some of the things they most often help residents with? "The most common issue we deal with is dirty streets," Ariola says. "People call into our office every single day to report litter conditions in their neighborhoods. Fortunately, we have an excellent relationship with our local DSNY garages, and they are great when it comes to dispatching a crew and rectifying the situation. My office also sponsors a group called the Center for Employment Opportunities, which deploys clean-up teams on a regular basis to sweep trouble spots and pick up litter."

She has also worked to get city firefighters who were suspended for declining Covid vaccinations back on the job after mandates were lifted.

What types of issues do they not handle, such as those which would be out of their jurisdiction and/or referred to other levels of government, agencies, or organizations?

Ariola explains, "One of the things I like to stress to my staff is that we are not a referral office - we are a solutions office. We make it a practice to handle anything we can in-house, rather than handing constituents off to some other official or agency. If there is one thing nobody likes, it is getting bounced around from place to place without any real answers. In my office, we are all about answers. If there is a problem - no matter how big or how small - we will do our best to get it solved."

That includes unusual problems like "a constituent who accidentally dropped his wallet through a sewer grate in Manhattan. The wallet wasn't even in the basin - it went into the pipe. I was able to get in touch with a contact at the DEP, and they sent someone out to actually go into the sewer tunnel and recover the wallet!"

Whatever your situation, it is worth reaching out.

If you live in the District 32 area, you can reach out to Councilmember Ariola at 718-318-6411, or email to District32@council.nyc.gov. Locally she maintains a Rockaway Park office and staff at 114-12 Beach Channel Drive in Suite 1.

In District 31 you can contact Councilmember Brooks-Powers at 718-471-7014 or District31@council.nyc.gov. Her Far Rockaway office is located at 1931 Mott Avenue in Suite 410.

Got a city-related problem? Call your councilmember!

Photos by NYC Council Media Unit.



■ Benita Lachner ■ Richard Farina ■ Matt Dory

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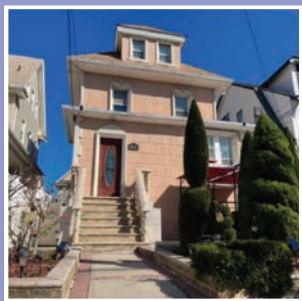
Coop - Boardwalk Ocean Front

Two nice bedrooms, one bathroom, plus terrace. Must see.

\$425K Maint. \$968 month

P.S.114 School District

P.S.114 School District
Beautiful Four Family Home
featuring two studio apartments, one,
one bedroom apartment. Owner has
five
bedrooms,
three
bathrooms,
backyard,
long
driveway.
\$1,348,000





BELLE HARBOR

Beach Block 99 steps to the ocean. Two family
40x100 includes three bedrooms over three
bedrooms. Additional suite for in laws in basement.
Gorgeous front porch, lovely backyard, two car
garage with private driveway....
enough parking for 10 cars! **\$1.399M**

Upper Belle Harbor Coop

Beautiful large one bedroom
with dynamic water and city
views. Indoor parking spot,
washer/dryer. Needs
updating **\$349K**

IN CONTRACT





**Belle Harbor Spectacular
Two Family**

Beach block, six rooms, two baths,
over six rooms, two baths with a
beautiful finished basement.
parking for five cars, hardwood
floors, two separate heating zones.
MUST see. **\$1.349M**

APARTMENTS FOR RENT

Belle Harbor - Beach block fully furnished, three bedrooms,
two bathrooms, 4-5 month rental.....**\$3,000**

Belle Harbor - Beach block, gorgeous new spacious studio
with parking and heat included..... **\$2,100**

Belle Harbor - Beach block, six rooms, two baths, ocean view
terrace, heat & parking**\$2,700**

Belle Harbor Upper - Four large rooms with washer
and dryer, parking.....**\$2,400**

Rockaway Park - Adorable four room bungalow, all new
..... **\$1,800**

Rockaway Park - Adorable one bedroom Bungalow
..... **\$1,600**

Belle Harbor - Furnished three rooms, lower level, beach
block..... **\$2,000**

Belle Harbor - Six rooms, one bathroom with terrace and bay
views. **\$2,800**

COMMERCIAL RENTALS

Beach 116th - 500sqft **\$1,300**

Beach 116th - 750sqft**\$1,700**

Rockaway Beach

- Two bungalows together
on a beach block. This is a
REAL steal at **\$714K Firm.**
Call for details





Belle Harbor - Vacant Land
on Beach 130th Street.
Approved lot for a two
family on a 40 x 100.
Asking \$550K

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Licensed Real Estate Salesperson

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NEPONSIT



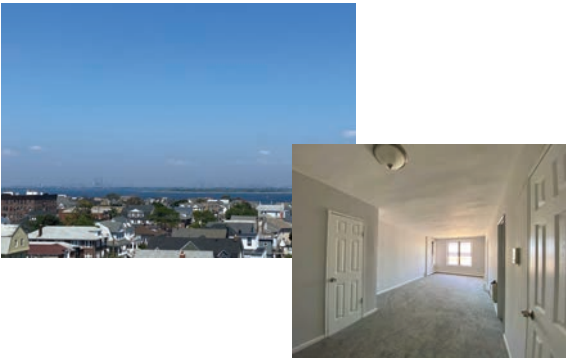
Two-bedroom, three full baths on 40 x 100. Room for a third bedroom. Open lower level. Hardwood floors, stone facade, two car garage.
Offered at \$998,000

OCEAN ONE



Mint 2 BR, 2 Bath Condo. Unobstructed ocean views from every room. Laundry in unit. Private balcony.
Offered at \$685,000

ROCKAWAY PARK



Large Studio. Top floor with unobstructed views of the bay and Manhattan skyline.
Offered at \$220,000

NEPONSIT SUMMER RENTAL



Renovated three bedroom, two bathroom home. Hardwood throughout. Bright and airy. New washer/dryer. Large back deck with jacuzzi. Private driveway. Memorial Day through Labor Day.
\$30K for the season.

NEPONSIT VACANT LAND 50 X 143



Oversized Lot Adjoining vacant federal land. Private and serene Build up to a 3,575 square foot home as of right.
Offered at \$825 ,000

COMING SOON!

Rockaway Park
2 BR, 2 Bath Condo
Corner Unit,
Oceanfront.
Washer/Dryer in unit.
Private parking.

Offered at \$575,000

ROCKAWAY PARK RENTAL

Rockaway Park
Oceanfront Two bedrooms,
one bathroom,
private terrace.
\$2900 plus electric

ROCKAWAY PARK - INCOME PRODUCER

Steps from the Rockaway Hotel
Two buildings on one lot. Cinder block building has basement with 7 foot ceilings.
Rear summer bungalow.
Offered at \$714,000 Firm

SUMMER RENTAL - ROCKAWAY PARK Beach Block

Renovated three bedroom,
one and half bathrooms,
washer/dryer, parking,
outdoor space
\$5,500 per month

SUMMER RENTAL - ROCKAWAY PARK Beach Block

Renovated three bedroom,
two bathroom,
washer/dryer, parking,
outdoor space
\$6,000 per month

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Robin Shapiro, Broker/Owner

Steven Shapiro, Associate Broker
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Sean McNamara, Salesperson
Rachel West, Associate Broker



Belle Harbor - Beach block. Lovely Brick Colonial
Three bedrooms, two and half bathrooms. Formal living and dining room, eat in kitchen with door to backyard and shower house. Covered front porch, two car garage. Shared driveway **\$999K**



OCEAN GRANDE Condo
Three bedrooms, two bathrooms, plus terrace. **\$799K**
Call for a private viewing



Beach 91st Street
Legal Two Family
Call for details. **\$999K**



Move right in to this Neponsit Colonial Home
Open eat in kitchen, den, finished basement, three bedrooms, two and half bathrooms, attached garage, private parking. **\$1.350M**



Belle Harbor – Legal 2 on 60x100 lot
Mint one bedroom apt w top 2 floors 6 bed and 4 baths
Needs work! **\$1.3M**



OCEAN VIEWS GALORE / NEPONSIT BEACH BLOCK
Move right in! Great room w/ wbf, EIK plus den, 4 bedrooms, 4.5 bathrooms, finished basement, in-ground & heated pool & spa, long private driveway, 1 car garage. **\$2.6M**

RENTALS

- RENTED** • Belle Harbor House Rental – Four-bedroom, two-bathroom home with eat in kitchen, living room, den, full basement, private driveway. **\$4,200**
- Belle Harbor - Beach block - three bedrooms, one and a half bathroom duplex w/ large deck and ocean views. Heating and parking included. **\$3,000**
 - Beach 116th Street - Third floor, two bedroom. **\$2,000**
 - Beach 116th Street - live /work space. Large loft with kitchen and full bath **\$3,000**

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... ~~NINE~~ SIX AVAILABLE COMMERCIAL AND MIXED USE OPPORTUNITIES ...



ROCKAWAY PARK - 60'x100' - R7A - C1-3
Exciting opportunity to own and develop this iconic property on Beach 116th St. Make an Offer! **\$3,800,000**



ROCKAWAY PARK - 40'x100' - R5B, C1-3
Money Making Machine! Fully occupied. Great for a 1031, park your money here! **\$3,600,000**



ROCKAWAY PARK - 34'x100' - R7A-C13
Beach block prime location. B.116, two store fronts or combine into one. Priced to sell. **\$1,200,000**



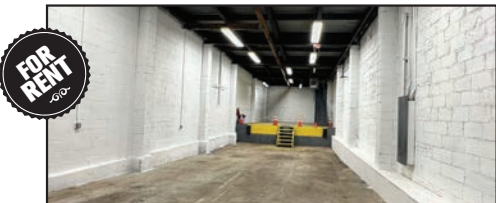
ROCKAWAY PARK - 76'x48' - R5D,C1-3
Located one block to beach on Rockaway Beach Blvd, get creative!!!! **\$799,000**



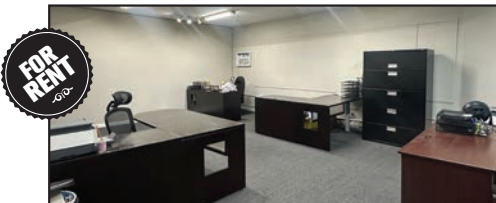
ROCKAWAY PARK - R5B, C2-3, M1-1 FAR 1.35
Remodel this 2 fam or develop with street level commercial spaces and rentals above. 40'x121' lot. **\$688,000**



ROCKAWAY PARK - R5B, C2-3, M1-1 FAR 1.35
The possibilities are many and varied. Call for more information on this land. 40'x121' lot. **\$499,000**



ROCKAWAY BEACH - FREE BUILD OUT! - \$8,816
Expansive 4,600 sq.ft. two-level commercial space, remarkable opportunity, loading, docking & office facilities!



ROCKAWAY PARK - 2ND FLOOR OFFICE - \$1,700
Spacious with off street parking and two bathrooms. Conveniently located all transportation & shops.



ROCKAWAY PARK - 2ND FLOOR OFFICE - \$1,300
COMMERCIAL OFFICE SPACE on busy thorofare of Beach 116 St. This quiet space is useful for many office uses.

... SEASONAL AND YEAR ROUND HOME AND APARTMENT RENTALS ...

NEPONSIT



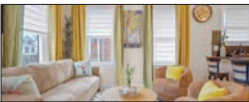
ENTIRE HOME RENTAL
5 BR, 4 BATH - **\$7,500**

BELLE HARBOR



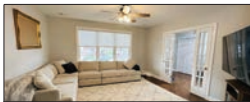
BEACH BLOCK HOME
3 BR, 3 BATH - **\$5,500**

ROCKAWAY PARK



BEACH BLOCK FURNISHED
GORGEOUS 3 BR, 2 BATH - **\$5,000**

ROCKAWAY PARK



HOUSE RENTAL
5 BR, 3 BATH - **\$5,000**

BROOKLYN



STUNNING CONDO
2 BR, 2 BATH - **\$4,500**

OCEANFRONT



FULLY RENOVATED W/ W/D
3 BR, 1 BATH - **\$4,000**

BELLE HARBOR



BEACH BLOCK - BRAND NEW
2 BR, LR, DR, 2 BATH - **\$3,600**

ROCKAWAY PARK



SEASONAL RENTAL
2 BR, 1 BATH, PARKING - **\$3,500**

ROCKAWAY PARK



BEACH BLOCK - FURNISHED
2 BR, 1 BATH - **\$3,500**

ROCKAWAY PARK



BEACH BLOCK
2 BR, 1 BATH - **\$3,500**

ROCKAWAY PARK



BEACH BLOCK W/ TERRACE
2 BR, 2 BATH - **\$3,300**

ROCKAWAY PARK



SEASONAL RENTAL
2 BR, 1 BATH - **\$3,250**

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BEACH BLOCK 2ND FLOOR
2 BR, 1.5 BATH - **\$3,000**

BELLE HARBOR



MASSIVE STORAGE
2 BR, PARKING INC. - **\$2,600**

ROCKAWAY PARK



3RD FLOOR DUPLEX
2 BR, 1 BATH - **\$2,550**

•rockaway properties•



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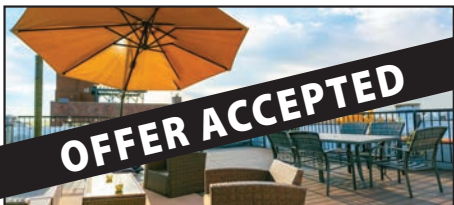
... VISIT OUR OFFICE OPEN HOUSE THIS SUNDAY! ...



BELLE HARBOR - BEACH BLOCK HOUSE RENTAL
Single family home has 3 BR, 2.5 baths, private parking for 3 cars, garage and beautiful backyard. Great deal! **\$5,500**



BELLE HARBOR - MASSIVE PARKING
Attractive ALL BRICK single family home has 4 BR, 4 baths, full finished basement with 2 additional BR's. **\$1,285,000**



BROOKLYN - PRICED BELOW MARKET VALUE
Ultimate urban oasis in Brooklyn. 2 BR, 2 bath condo, perfect blend of modern and convenience. **\$650,000**

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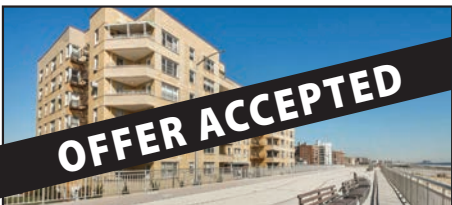
Lisa Jackson
Lic. R.E. Broker / Owner
917.623.8985



BELLE HARBOR - Incomparable 5 BR, 6 bath
home thoughtfully designed with high-end finishes throughout and in-home movie theatre. **\$2,300,000**



BELLE HARBOR - CITY AND WATER VIEWS
ALL Brick 3 BR, 2.5 bath Ranch with a bonus/loft that spans an impressive 50' in length (585sq ft.). **\$1,250,000**



121-16 OCEAN PROMENADE
FIRST SHOWING - Fully renovated 1 BR, with H/W floors, deep crown moldings and stone accents. **\$345,000**

... MORE HOMES FOR SALES ...

RIDGEWOOD MULTI-FAMILY 12 BR, 6 BATH - \$1,750,000	ARVERNE BY THE SEA LEGAL TWO FAMILY 4 BR, 3 BATH - \$1,575,000	ROCKAWAY PARK MULTI-FAMILY 8 BR, 6 BATH - \$1,348,000	ARVERNE BY THE SEA LEGAL TWO FAMILY 5 BR, 4 BATH - \$1,075,000	ROCKAWAY PARK BEACH BLOCK - 4 FAMILY 5 BR, 4 BATH - \$985,123
ROCKAWAY BEACH STUNNING VICTORIAN 4 BR, 2 BATH - \$888,000	ROCKAWAY PARK SPACIOUS CONDO 3 BR, 2.5 BATH - \$769,000	ROCKAWAY PARK BUILD YOUR DREAM LAND FOR SALE - \$689,000	ROCKAWAY PARK SPACIOUS CONDO 3 BR, 2 BATH - \$649,000	ROCKAWAY PARK OCEANFRONT 2 BR, 1 BATH - \$599,000
FAR ROCKAWAY 5,662 SQ.FT. LOT ZONED R4-1 - \$499,000	FAR ROCKAWAY PRIVATE DRIVE 2 BR, 1 BATH - \$490,000	BELLE HARBOR FABULOUS OPPORTUNITY MULTI FAMILY - \$1,500,000	NEPONSIT UNDER CONTRACT CORNER LOT, 76'X100' 3 BR, 3 BATH - \$1,480,000	BELLE HARBOR MOVE RIGHT IN 3 BR, 3 BATH - \$1,399,000

Beautiful Co-op for Sale 1E

121-16 Ocean Promenade Rockaway

- 2 huge bedrooms
- 2 amazing bathrooms
- New Custom Kitchen
- Quartz countertops
- Balcony
- Ocean Front
- Furnished option
- Loads of closets
- Great building on the boardwalk

asking \$549,000



Use this code to see more pictures



Living room



New Kitchen



Full Bath

Open House 2/25 AND 3/3 12-3 PM

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All ocean views. Close to transportation, congregations, shopping
Close to ocean. \$1.190M
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Happy Rockaway St. Patrick's Day!



Anna Montella
Sales Agent, Notary



Lorraine Tom
Sales Agent, Title Closer



Donna Melli
Sales Agent



Maria Falcone
Sales Agent

NEPONSIT EXCLUSIVE



Priced to Sell

Beautiful country cottage style home located on one of Neponsit's best blocks. This home consists of a large living room with corner wood burning fireplace, formal dining room, upgraded modern kitchen, three bedrooms with a den, one and a half baths on the first floor, playroom, laundry room and an additional full bathroom in the basement. Situated on a 40x100 property lot with a private driveway front porch, secluded backyard, one car garage.

This home has it all!
Price Reduction \$955K

APARTMENT RENTAL



Summer Rental or Yearly.
Rockaway Park – second block from the ocean includes five bedrooms, five bathrooms, large rooms, great outdoor space.
\$30k / \$5k/mo

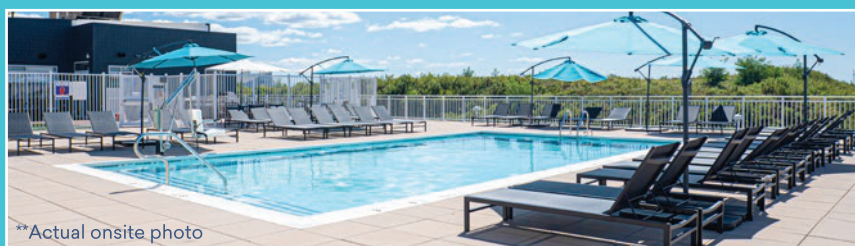
Breezy Point Estate

Lot is 24.5ft wide x 84ft long with a first-floor buildable expansion of 14.5 ft wide x 45ft long. The second floor can be expanded to 14.5ft wide x 39ft long allowing for a second-floor front setback of 6ft. Parking year round. Offered at \$400,000
This property is not a knock down. Call for details.



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Real Estate Corner



By Robin Shapiro



VIOLATIONS

I have heard of more deals haunted by old Department of Buildings fines and violations than in recent memory. Some violations occurred because renovations after Hurricane Sandy did not have proper permits, or the permits were not signed off (final approval) by the building department. The architect, general contractor, or the “expediter” didn’t finish the job. Other properties, old buildings which are common in Rockaway, had not been sold in decades. The certificate of occupancy had not been looked at by anybody recently. Old liens, lawsuits, violations, and fines may have been attached to the property – in many cases issues which had been resolved, but proper

notification to the buildings department had not been completed.

How does this affect the sale? It can be difficult to obtain a mortgage. Some banks require a clean certificate of occupancy before issuing the mortgage. Even cash buyers, or even people who CAN obtain a mortgage, are reluctant to proceed because they don't want to have deal with the buildings department in order to remedy the situation. These people are reluctant to pay an architect, contractor, and/or expediter. Sometimes a sale price reduction or money left in escrow can make the deal work. However, it's a good idea to "clean up" your "C of O" in advance of trying to sell. Call me. Love, Robin ❤️

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**MATH
ROCKS**

In a bag of small balls $\frac{1}{3}$ are black, $\frac{1}{6}$ are white, $\frac{1}{4}$ are red and the remaining 12 are blue.

What is the total number of balls in the bag? What is the number of each color ball in the bag?

Find the answer on page 46

Calling All Artists!

The Rockaway Artist Alliance is looking for submissions for their new exhibition: "All Who Wander." For this juried exhibition, Rockaway Artists Alliance is seeking work that explores or documents our trips, travels, forced evacuations, escapes, and arrivals. The exhibition will take place at the T7 Gallery at historic Fort Tilden in NYC, and will be on view from May 18 to August 17, 2024.

"All who wander are not lost," but perhaps some are. So much of one's life can be defined by how and why we went from Point A to Point B – and beyond. From youthful road trips on shoestring budgets to stressful business trips that leave us wondering – Is this what I worked so hard for? Destination weddings, gap years, second honeymoons, hiking the Appalachian trail – all are documented in social media feeds of seniors and those just starting out. There are flights from cartels and war, migrations, refugees, the search for desperately needed gallons of water stashed in the shade of saguaros.

Citizens of the globe are in motion – leaving, coming, leaving, staying. Through widely varied circumstances– survival, exploration, healing a broken heart, starting over, having the privilege of being able to take a break, and more – we relocate ourselves physically and often spin our internal axis permanently.

Juror Eto Otigbe (Brooklyn College) will award one artist "best in show." The selected artist will receive a solo exhibition in our "East Gallery" in 2025.

For further details and to submit artwork, scan the QR code:



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Sunday, March 3rd
12:00PM - 2:00PM

This beautiful semi-detached updated home features a first floor with a large eat-in kitchen, living room, dining room and half bath. The second floor consists of 3 bedrooms, 2 bathrooms and plenty of storage closets. The full finished basement with private entrance, offers a recreation room, separate office/bedroom, half bathroom and laundry area. Additional amenities include a modern kitchen, long private driveway, enclosed backyard, central air, hardwood and tile flooring, skylights, vaulted ceilings and much more!

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by Jennifer Kelleher

Purify Your Body In March

It's hard to believe that we are almost through winter. I love to watch nature's patterns from the big windows of our beautiful yoga studio on the third floor of the Belle Harbor Yacht Club. Over the past month, brilliant sunsets during our weekly 5 p.m. Monday Pilates Class begin to remind us of longer days and warmer weather.

Springing forward on March 10 and officially moving into the spring season on March 19-20, there is much to say about the pivotal month before us. Ayurveda (India's natural medicine system) describes that from the body's perspective, March may as well be the hottest month of the year. After your body has built resiliency to the cold all winter long, the sudden rise in temperature can be shocking. Winter fat begins to melt into the bloodstream,

thickening it and congesting the circulatory system.

As we move into March, our bodies initiate a natural process of clearing themselves out in preparation for Spring, which is why I thought, "What better Ocean Bliss Yoga studio theme for the month than Saucha ('purity'- read on below)?"

Rising temperatures in March signal to our cells that it is time to begin a shedding process. You may notice that you are not as hungry as you were during late fall into winter and that instead of rich, oily, sweet foods, you are beginning to crave lighter, naturally green-colored foods that are rich in 'prana' (kinetic energy). In terms of taste, Ayurveda recommends focusing on bitter, pungent, and astringent. Enjoy salads and vegetable juices to build prana and gently cleanse your liver. Add pungent spices to your meals (in proportions that feel right for your constitution) to open your pathways and flush out winter's excess. Including cooked brassicas (broccoli, cauliflower, brussel sprouts) will also help your body in its natural cleansing process.

Saucha is the first Niyama (internal

observance) of Patanjali's Yoga Sutras, and it translates to mean "cleanliness" or "purity." Saucha applies not only to our physical bodies, but also our environments, mental bodies, spiritual bodies, and practices (actions). Again, just like our physical systems naturally begin their clearing process at the start of spring, this time of year also often inspires us to do some 'Spring Cleaning' in our surrounding environments. Energy increases and we start to feel more ex- troverted with an organic momentum to spring forward, free of anything that might slow us down or clutter our path.

I invite you to reflect: What are some ways that you can practice Saucha this month? Notice how cleaning out one area of your life effortlessly brings clarity to your entire being.

In terms of breath work, I recom- mend practicing Kapalabhati ('Breath of Fire'- join us in the studio to learn) during this time of year. This cleansing and energizing pranayama technique clears the lungs and the mind, purifies the blood and meridians, improves cir- culation, increases alertness and cogni- tive function, tones the organs, balanc- es and strengthens the immune system, and improves immunity. Practice with

caution if you: are pregnant, have high or low blood pressure, have coronary heart disease, or have problems with your eyes, ears, or nose bleeds.

For yoga postures and stretches, fo- cus on twists. Twists are cleansing, clearing, and detoxifying. Physically, twisting helps to restore and maintain the spine's natural range of motion by decompressing and neutralizing the vertebrae, lengthening the spine, and increasing vital energy. Twists are also great for digestion, as they "wring out" areas in and around the organs and help food to move through the digestive tract. Finally, twisting engages and bal- ances both hemispheres of the brain. This stabilizes the mental field, result- ing in greater clarity, broader perspec- tive, and increased memory.

There are many variations of twists for all bodies and levels. Practice cau- tion while twisting if pregnant.

We invite you to join us in the studio all March as we practice and explore Saucha through breath work, yoga pos- tures, meditation, lifestyle, and more! Check our website at oceanblissyoga. net to register for classes and work- shops. Call or text me at 917-318-1168 with any questions.



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hands and feet tingle all night."**

What do all of these people have in common? They suffer from **Peripheral Neuropathy**. It is estimated that more than 20 million people in the US have peripheral neuropathy. Unfortunately this figure may be significantly higher as the disease is often misdiagnosed because of its wide array of symptoms.

Jennifer Beltrani, of Acupuncture and Wellness of Rockaway Beach shares this belief. "I've been treating neuropathy, in all it's various forms, and so often my patients come to me because of symptoms, not because of the diagnosis . "

Frankie M. testified to this . "I remember my husband driving me to my consultation and I saw a woman running just outside our neighborhood. I was so envious-I just kept thinking I would give anything just to walk again. My primary care doctor told me my troubles with pain and balance were just symptoms of old age and gave me a prescription, I was so depressed."

"Almost all of our patients come to us with a similar story to Frankie's. They have been every where else.They've been told they have no hope. They have been told it's just part of getting older." Jennifer stated, "It breaks my heart but I know how much I can help people like Frankie so I'm always so happy when they walk through the door."

Those diagnosed with peripheral neuropathy often face a very grim reality. Western medicine declares that there is no solution. Jennifer Beltrani at Rockaway Acupuncture and Wellness

prides herself on being "the last resort with the best results."

Peripheral neuropathy is a result of damage to the nerves and this damage is commonly caused by lack of blood flow in the hands and feet. A lack of blood flow results in a lack of nutrients; the nerves then begin to degenerate and die which causes pain ranging from discomfort to debilitating. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate they will continue to do so until they are completely expired, leaving those suffering with crippling balance issues. "In this case, the absence of pain is not necessarily a good thing, shares Jennifer Beltrani, Licensed Acupuncturist. This usually indicates that your nerves are hanging on by a fragile thread."

So how exactly is Jennifer able to reverse the effects of this degenerative disease?"Acupuncture has been used to increase blood flow for thousands of years which helps to get the necessary nutrients to the affected nerves. But the real magic happens when I integrate ATP Resonance BioTherapy(TM). This technology was originally developed

by NASA to expediate recovery and healing."

According to Frankie's test results, she has seen a 74% improvement in pain and functionality, which is on par with a majority of our patients.

"But more important than those test results is the joy she's expressed being here and hearing about all the amazing things she's able to do because she feels great!"

By seamlessly blending the ancient science of acupuncture with modern medical solutions,Jennifer has a 88% success rate in reversing the effects of neuropathy. She starts each patient with an initial consultation during which a sensory exam is performed.

"This not only aids in making a proper diagnosis but helps to define just how much nerve damage has occurred. This is important because if a patient has suffered more than 95% damage, there is little that I can do to help them. I'm familiar with the medical miracle but I know my limits as a practitioner and the limits of my medicine."

When it comes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves your chances of a full recovery.

If you or someone you love are suffering with chronic pain that presents as burning, tingling or "pins and needles" or you've recently been diagnosed with peripheral neuropathy, it's important to know there are options.

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THINGS TO DO

Let’s Get Vaccinated

On Thursday, February 29 from 1 p.m. to 3 p.m., head to Queens Public Library Far Rockaway Swing Space (1003 Beach 20th Street) for assistance for older adults to get flu and Covid vaccines. RISE has a team of trained Community Health Workers who are coordinating vaccine appointments for local residents. See them at the RISE table in the library. Also, order your free at-home COVID-19 test kits at <https://special.usps.com/testkits>.

Flu Shot Friday

On Friday, March 1, from 12 p.m. to 2 p.m., head to RISE (58-03 Rockaway Beach Boulevard), get your free flu shot and be entered into a raffle to win a \$50 VISA gift card! Everyone who gets their flu shot will receive a goodie bag.

Parade Day 5K and Half Marathon

On Saturday, March 2 at 8 a.m.,

head to St. Rose of Lima (130 Beach 84th) to register or pick up your bib for the half marathon or 5K. The runs begin at 9:30 a.m. on Beach 85th Street and the Boardwalk. Pre-register at Rockawaytc.org

Spring Bird Walk

On Saturday, March 2 at 10 a.m., head to RISE (58-03 Rockaway Beach Blvd.) to join RISE and the NYC Plover Project for a bird walk until noon. Binoculars will be provided. Dress for the weather. Registration is required at riserockaway.org.

BRIDGE FEC Grand Opening

On Saturday, March 2 from 12 p.m. to 5 p.m., head to the B.R.I.D.G.E. Family Enrichment Center at 217 Beach 92nd Street for their homecoming celebration. Learn about the FEC and all they have to offer.

Rockway St. Patrick’s Day Parade

On Saturday, March 2 at 1 p.m., line up from Beach 130th and Newport Avenue to Beach 116th, or Beach 116th to Beach 101st Street and Rockaway Beach Blvd. to watch the Rockaway St. Patrick’s Day Parade.

Food Pantry Giveaway

On Tuesday, March 5 at 12 p.m., head to 426 Beach 41st Street for NYC Plover Project and Beach 41st Street Tenants Association food pantry giveaway. Fresh produce and shelf stable items available.

Rockaway Beach Civic Meeting

On Thursday, March 7 at 7 p.m., head to the Knights of Columbus (333 Beach 90th Street) for the monthly Rockaway Beach Civic meeting. Receive updates on the neighborhood from elected officials, the 100th Precinct and more. Become a member (Beach 73rd Street to Beach 108th Street from bay to ocean). 2024 Membership forms will be available for

new members and renewals (\$20 individual/\$30 business, cash or check).

Cardio Punch

On Saturdays at 11 a.m., head to Seaside Library (116-15 Rockaway Beach Blvd.) to join Gloria for this total-body, non-contact workout for all fitness levels.

Master Fitness™

On Monday, March 4, from 11 a.m. to 11:45 a.m., head to RISE (58-03 Rockaway Beach Boulevard), as Ann Fosteris teaches a free 45-minute exercise class. All ages and fitness levels are welcome!

Core on the Floor

On Monday, March 4, from 11:45 a.m. to 12:15 p.m., head to RISE (58-03 Rockaway Beach Boulevard), as Ann Fosteris leads a free 30-minute class focusing on core and lower body. Participants should bring their own mats. All levels are welcome!

Got events? Send an email to katie@rockawaytimes.com with details for consideration to be listed.

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And Yet She Flourished LLC Arts. of Org. filed with NY Sec. of State (SSNY) on 12/14/2023. Office in Queens Co. SSNY designated as agent upon whom process may be served. SSNY shall mail process to: 44-70 21st Street #3139, Long Island City, NY 11101. Purpose: Any lawful purpose.

32-33 47ST LLC, Arts. of Org. filed with the SSNY on 01/17/2024. Office loc: Queens County. SSNY has been designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: The LLC, 157-46 25th Ave, Whitestone, NY 11357. Reg Agent: Johnny Batelic, 74 Crabapple Rd, Manhasset, NY 11030. Purpose: Any Lawful Purpose.

Karmani, LLC Articles of Org. filed with NY Sec. of State (SSNY) on January 20, 2024. Office in Queens Co. SSNY designated agent of LLC upon whom process may be served. SSNY shall mail copy of process to 58-12 Queens Blvd. Suite 2, Queens, NY 11377. Purpose: Any lawful purpose.

Notice of Formation of ALS ADULT HEALTH NP, GERONTOLOGY NP AND NP IN PSYCHIATRY PLLC, Articles of Organization filed with the Secretary of State of New York (SSNY) on 12/18/2023. Office location: Queens, NY. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to ALS ADULT HEALTH NP, GERONTOLOGY NP AND NP IN PSYCHIATRY PLLC, 33-45 94TH STREET APT 3J, JACKSON HEIGHTS, NY 11372. Any lawful purpose.

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Notice of Formation of BELLA PEARLMAN LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 01/31/24. Office location: Queens County. Princ. office of LLC: 21-59 36th St. - #2, Astoria, NY 11105. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC at the addr. of its princ. office. Purpose: Any lawful activity.

Dagia LLC, Arts of Org. filed with Sec. of State of NY (SSNY) 1/5/2024. Cty: Queens. SSNY desig. as agent upon whom process against may be served & shall mail process to 24-30 Little Neck Blvd, Bayside, NY 11360. General Purpose

Notice of formation of ZORI NAIL LLC. Art. Of Org. filed with the Sect'y of State of NY (SSNY) on 06/13/22. Office in Queens County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail process to the LLC, 45-11 78TH ST FL 1 ELM-HURST, NY, 11373. Purpose: Any lawful purpose

Atara Lynn Interiors LLC Articles of Org. filed with NY Sec. of State (SSNY) on 02/08/2024. Office in Queens Co. SSNY designated agent of LLC upon whom process may be served. SSNY shall mail copy of process to 81-18 Surrey Place, Queens, NY 11432. Purpose: Any lawful purpose.

GymBaked LLC Articles of Org. filed with NY Sec. of State (SSNY) on 12/09/2023. Office in Queens Co. SSNY designated agent of LLC upon whom process may be served. SSNY shall mail copy of process to 17520 Wexford Terrace Suite 12A Jamaica Estates, New York 11432. Purpose: Any lawful purpose.

Kear LLC, Arts of Org. filed with Sec. of State of NY (SSNY) 1/16/2024. Cty: Queens. SSNY desig. as agent upon whom process against may be served & shall mail process to 23-08 207th St, Bayside, NY 11360. General Purpose

Park One Realty LLC filed 1/16/24. Cty: Queens. SSNY desig. for process & shall mail to: 3520 147th St., #12C, Flushing, NY 11354. Purp: any lawful.

Luli Consulting, LLC, Arts of Org. filed with Sec. of State of NY (SSNY) 12/1/2023. Cty: Queens. SSNY desig. as agent upon whom process against may be served & shall mail process to 39-38 Bell Blvd, Bayside, NY 11361. General Purpose

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Rollie Pollies

Have you ever turned over a rock in your yard and gotten totally grossed out by these little oval shaped grey bugs with a hard shell crawling all over the place? Well, I have! It turns out that these bugs are actually terrestrial crustaceans. They are not an insect at all; they just happen to look like one. However, no matter what we think of their appearance, the fact is, they are very beneficial to our environment.

The proper name for a rollie pollie bug is oniscidae. They are also known as pill bugs, but I have

always called them as rollie pollies, so that is the name I'm sticking with. They get this name from their tendency to roll up in a tight ball and protect their vulnerable underside with their armored shell when they feel threatened. These creepy little creatures are actually really, really good to have in our gardens. Their main diet consists of decaying organic matter, such as plants and dead leaves. They break it down into smaller parts. This accelerates the decomposition rate and releases essential nutrients back into the



soil. They also feed on the larva of some harmful insects in our gardens, helping to keep their numbers in check. Believe it or not, rollie pollies also remove heavy metals from the earth such as mercury and lead. They take in these heavy metal ions and crystallize them in their guts. This keeps those harmful metals from contaminating our water supply. So, the next time you see them under an upturned rock or crawling under the damp mulch — silently thank

those ugly little critters, and let them do their job! Isn't nature cool?!

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Participants can submit
no more than 4 photos



Jamaica Bay -
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Rockaway Residents Make Their Voices Heard

By S. C. Samoy, RISE Director of Operations & Communications

It is not convenient to catch the A train before daybreak to get from the Rockaways to 26 Broadway in Manhattan for an 8:30 a.m. appointment. But more than fifty residents from Far Rockaway, Edgemere, and Arverne made the commitment to sit at the table with Barnard College, Cornell AAP (Architecture, Art, and Planning), Cornell Tech, George Mason University, Hunter College, the New School, Universe City, US Forest Service, and RISE (Rockaway Initiative for Sustainability and Equity). Two residents from Broad Channel and a handful of folks from Brownsville and East New York attended too. The topic? “Urban Climate Change Research.”

The seven-and-a-half-hour workday began with a hearty breakfast of fruit, yogurt, pastries, coffee, tea, and juice. Afterward, participants took part in 5-3-3, a breathing exercise led by Franklyn A. Mena, one of the founders of Universe City.



Everyone breathed in deeply and exhaled in the same way five times. Then, people breathed in deeply and exhaled, making a sound, three times. Finally, they breathed in deeply and exhaled in abrupt puffs (“Don’t spit!”) three times.

This led to “Community Agreements and Guidelines,” where attendees pledged to “Be here and be present,” “Expect unfinished business,” “Share the space,” “Speak from the ‘I,’” “Keep confidentiality,” “Provide peers with the benefit of the doubt,” “Avoid assumptions, ask questions,” “Do what you need to take care,” and “Honor everyone’s perspectives.”

Then everyone went around the room and introduced themselves, which took more than an hour because of the showing of advocates, activists, and academics.

The first exercise was to draw circles of connections in one’s life. So the first circle would represent oneself and then other circles outside of that could be a community garden, a civic organization, a house of worship, a tenants association, a school, a job, and on and on. This visual graph clearly spelled out the expansiveness of how an individual does not live in isolation but rather in community.

After a lunch of Indian food (basmati rice, paneer, curry, naan, samosas), smaller groups broke out in discussion sessions for the second exercise. Issues of development, infrastructure, environment, and well-being were covered, and conversation could have gone on



and on. But the final piece was a brief panel presentation by Jeanne DuPont, executive director of RISE, George Del Barrio, creative director of Universe City, and Erika Svendsen and Lindsay Campbell, research social scientists of U.S. Forest Service.

It was 4 p.m. before you could blink an eye; a wrap, if you will. One woman summed it up: “I don’t know what will come out of this, but it was important for me to show up and be heard and I appreciated the opportunity.”





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Facts You Probably Don't Need

These Facts You Probably Don't Need are reprinted from the February 27, 2020 issue of the Rockaway Times.

- ☛ The solar year is approximately 365.2422 days long and ignoring that small fraction creates a much bigger problem than one might expect. Which is exactly why we now have a leap year.
- ☛ The concept of "Leap Years" started when Julius Caesar decided it was time to reform the calendar which had fallen out of sync with the seasons.
- ☛ To fix the problem, Julius Caesar decided on a single, 445-day-long "Year of Confusion" in 46BCE to correct the years of slow drift in one go. This marked the last year of the Pre-Julian Roman Calendar and the start of the Julian Roman Calendar which included a leap day every fourth year similar to what we think of today. This made the average year 365.25 days long.
- ☛ This, however, did not work either as .25 is a slight over correction of the actual .2422 leftover in the solar year making the calendar year around 11 minutes shorter than the solar year. This makes the two calendars off from each other by an entire day every 129 years.
- ☛ By the time of Pope Gregory XIII in 1582, important dates and holidays were seeing discrepancies of around ten days forcing him to release the now almost universally used Gregorian Calendar.
- ☛ To correct the issues of the past 1600 years, the new calendar dropped 10 days from the month of October in 1582.
- ☛ To prevent the same issue that was just corrected from happening again, the Gregorian Calendar decided that moving forward, now bear with me, leap years that are divisible by 100, like the year 1900, are skipped. That is unless they are also divisible by 400, like the year 2000, in which case they are observed.
- ☛ So in short, every 400 years three leap days are dropped and that is what keeps the calendar on time.
- ☛ This INSANE "solution" puts the calendar year at just a half a minute longer than the solar year. That means it will take 3,300 years before the Gregorian Calendar will be off by a day from our seasonal cycle meaning that future generations will have to make yet another decision on how to handle the leap year.

Facts by Sean McVeigh, factologist.



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Ask the DOC

By Peter Galvin, MD



Pressure Points

The word dissection has several meanings, including opening and examining organic tissues (i.e., a fetal pig) and a tear in the wall of a high-pressure artery, like the carotid or aortic artery. A carotid artery dissection can cause a stroke while an aortic dissection can lead to a heart attack or stroke. Both can lead to sudden death, and therefore are considered medical emergencies. Also, both can be caused by years of uncontrolled, untreated high blood pressure which causes the arterial walls to thin out. Hypertension usually has no symptoms, at least in the early stages, which is why it is known as the “silent killer.” Uncontrolled high blood pressure is often found during a routine medical exam, which is one of the reasons why regular check-ups are so important.

The aorta begins at the aortic valve of the heart and travels upward. This section is known as the ascending aorta. The coronary arteries branch off from the base of the ascending aorta. At the top of its ascent, the aorta gives rise to three main arteries that supply blood to the head, arms, and torso. This is known as the aortic arch. Then the aorta travels downward,

supplying blood to the abdomen and lower body. This is known as the descending aorta. An aortic dissection usually causes sudden sharp, and severe pain in the neck, chest, back, or abdomen, depending upon where the tear occurs. After the tear occurs, blood pools inside the aortic wall, causing blood clots that narrow the blood flow within the aorta, or the pooled blood can cause a bulge in the wall or an aortic aneurysm. A burst aneurysm is usually fatal.

Ascending aortic dissection can cause a heart attack, stroke, or dysfunction of the aortic valve, which leads to heart failure. A tear in the descending aorta may reduce flow to the intestines, abdominal organs, and the legs. Aortic dissections occur in five to 10 per 100,000 people each year and are more common in males and older individuals. Risk factors include high blood pressure, atherosclerosis (plaque buildup inside the aorta), preexisting aortic aneurysm, bicuspid aortic valve (two leaflets instead of three), cocaine use, traumatic chest injury, certain genetic diseases (like Marfan and Turner syndromes), and certain connective tissue diseases

(like Ehlers-Danlos syndrome). An aortic dissection can be imaged using CT, MRI, or echocardiography. Reducing the patient’s blood pressure immediately is vital. Ascending aortic dissections usually require emergency surgery. Descending ones can be treated with medications but often require surgical correction if they disrupt blood flow to vital organs, such as the kidneys or intestines.

Surgery can either be open or endovascular (done using a catheter). Open surgery to repair an ascending dissection requires open heart surgery, use of a synthetic graft, and often aortic valve replacement. Endovascular repair inserts a graft via a catheter inserted at the groin. After repair of an aortic dissection, patients must be closely monitored to ensure their blood pressure is well controlled and will require regularly scheduled aortic imaging studies.

If you haven’t been to your doctor for a checkup in a while, schedule one today to check your blood pressure, especially if you are 45 years of age or older. Your life may depend on it.

Please direct questions or comments to editor@rockawaytimes.com

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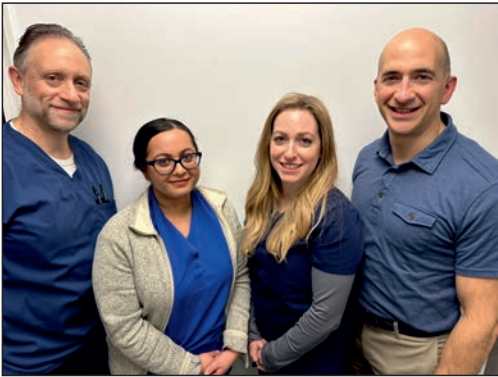
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ROCKAWAY GOOD TIMES

By Kami-Leigh Agard

Éirinn go Brách! This Saturday is the 49th Annual Rockaway St. Patrick's Day Parade, and there are loads of local spots celebrating Rockaway's steeped Irish heritage. From live music performances to post-parade pub crawls, here's the ultimate guide on where to get 'Irish-ed' on Saturday!

LIVE MUSIC

FRIDAY, March 1

6:45 p.m. to 9:45 p.m.

Kick off your weekend Just for your dinin' pleasure, local jazz maestro, Simon Chardiet, is back at Uma's.

92-07 Rockaway Beach Blvd.

FRIDAY, March 1

7 p.m.

Board the weekend train at Adrienne's and unwind with Dillon Mealy's acoustic vibes.

25 Van Brunt Road, Broad Channel

FRIDAY, March 1

9 p.m.

Back at Rogers warmin' you up for Parade Day is punk-influenced Folk 'n' Irish band—The Gobshites!

203 Beach 116th Street

SATURDAY, March 2

12 p.m.

Connolly's is open all day—ready with your favorite green piña colodas. Plus, Murphy's Lawyer is on deck throwin' down the St. Paddy's Day par-tay from 1 p.m. to 5 p.m.

155 Beach 95th Street

SATURDAY, March 2

1 p.m. / 7 p.m.

Adrienne's joins in the RSPD fun-athon with Irish folk band, Tennessee Border in the afternoon, and at 7 p.m., multifaceted piano man, Phil Kadet, keys in with songs from the American Songbook.

25 Van Brunt Road, Broad Channel

SATURDAY, March 2

2 p.m. / 6 p.m.

Smoke & Barrel serves up a smokin' RSPD double header! First, from 2 p.m. to 6 p.m, the Brooklyn Bards charge in with their classic and contemporary Irish folk songs, followed by DJ Solo sizzlin' up the dance floor from 6 p.m. to 10 p.m.

97-20 Rockaway Beach Blvd.

SATURDAY, March 2

3 p.m.

With the Irish Mutts back at Bungalow lightin' up the bayside mainstay, get ready to do a jig or two or more!

377 Beach 92nd Street

SATURDAY, March 2

4 p.m. to 7 p.m.

Grab a Guinness and take in the bayside views as AMO plays some tunes for your post-parade celebration at The Wharf.

416 Beach 116th Street

SATURDAY, March 2

4 p.m. to 8 p.m.

Bookmark your 2024 Rockaway St. Pat's Parade Day at Tap That with Anthem Acoustic's rock classics—straight, no chaser.

111-04 Rockaway Beach Blvd.

SATURDAY, March 2

7 p.m.

Chillaxin' in Rincón a.k.a. Rockaway-South? Celebrate RSPD Boricua style with Squid Squad at Calypso on La Playa de Maria! For more info, follow: guynev6106 on Instagram.

PR-4413, Rincón 00677, Puerto Rico

SATURDAY, March 2

7 p.m. to 9:30 p.m.

The Robert Whaley Duo takes you to church at Thai Rock with a dash of Herb Albert, a pinch of David Bowie and a handful of Andy Kaufman.

375 Beach 92nd Street

SATURDAY, March 2

8:30 p.m. to 11:30 p.m.

Continue your RSPD celebrations in Breezy with Southern rock and blues band, Blackstone at The BayHouse.

500 Bayside Drive, Breezy Point

SATURDAY, March 2

9 p.m.

What better watering hole to keep your Rockaway St. Paddy's frolics goin' than Rockaway's oldest Irish pub, Rogers, headlining the Gobshites.

203 Beach 116th Street

SATURDAY, March 2

Enjoy a Breezy treat with divine sunset views, food, bevies and music by JoJo at Kennedy's. Call (718) 945-0202 for showtime and reservations.

406 Bayside, Breezy Point

SATURDAY, March 2

Watch the parade on the deck at Harbor Light, while enjoying a cold pint of Guinness, some Irish grub and tunes all day! For reservations, call: (718) 474-2202.

129-18 Newport Ave.

SUNDAY, March 3

1 p.m.

It's post-Parade Day, so wine down at Adrienne's with picturesque bay views, divine food and sweet acoustic tunes with Evan Kuriga.

25 Van Brunt Road, Broad Channel

SUNDAY, March 3

1 p.m. to 4 p.m.

Feeling a bit hungover after RSPD? Bungie has you covered with "Hair of the Dog Day" drink specials, plus music by Arturo Rivera.

377 Beach 92nd Street

ONGOING

Wine WEDNESDAYS

7 p.m.

Bask in an evening of rhythmic storytelling with Ireland's Cork-born songsmith, Niall Connolly at Sayra's.

91-11 Rockaway Beach Blvd.

SPECIAL RSPD MENTIONS—

SATURDAY, March 2

49TH ROCKAWAY ST. PATRICK'S DAY PARADE

1 p.m.

Don your green and get ready for marching bands, bagpipers, Irish step-dancing and so much more! The parade kicks off at 1 p.m. from Beach 129th St. and Newport Avenue., then travels down Newport Avenue to Beach 116th Street, down Rockaway Beach Boulevard, past a reviewing stand on Beach 105th Street to the parade end at St. Camillus on Beach 100th Street. Before the parade, early birds can attend a Mass for peace and justice at 9 a.m. at St. Francis de Sales Church, located at Beach 129th Street and Rockaway Beach Blvd.

SHILELAGH LAW HEADLINES ANNUAL ROCKAWAY RUGBY CLUB PARADE FÊTE

2 p.m.

The Rockaway Fisheads Rugby Club hosts the biggest RSPD fête with DJ Timmy Tubs waxin' the vi-

nyl all day long, and with Shilelagh Law as the headliner, expect a jam-packed, fun-loving lineup of fun and more fun! Two Degrees opens the show at 2 p.m., then at 5 p.m. Shilelagh Law hits the stage. Note, get there early because the line to get in is long! Ages 23 and over. Donation at the door is \$30.

Beach 102nd Street & Rockaway Beach Blvd.

BELLE HARBOR YACHT CLUB

RINGS IN RSPD

WITH LIVE MUSIC

3 p.m. to 11 p.m.

The Belle Harbor Yacht Club serves up a triple threat of craic with this bangin' music lineup—3 p.m. to 7 p.m., Wine With Sue and The Indecisions, and 7 p.m. to 11 p.m., The Knobs. Note, these performances are happening in different areas of the club.

533 Beach 126th Street

CELEBRATE ROCKAWAY

ST. PATRICK'S DAY

AT THE ROCKAWAY HOTEL

2 p.m. to 9 p.m.

The Rockaway Hotel joins in the post-parade celebrations with an all-day emerald lineup of music, food and vendors. In the Harbor Room, doors open at 2 p.m., then from 3 p.m. to 4:30 p.m., Irish American band, Nine Mile House; 4:30 p.m. to 5 p.m., O'Malley Irish Dance Academy; 5 p.m. to 7 p.m., The Canny Brothers Band; and from 7:30pm to 9 p.m., Beantown's own Sláinte—all emceed by Sean Duane. Harbor Room tickets are \$55. Additional RSPD festivities include Ray Coleman 3 p.m. at Margie's (tickets not required, reservations encouraged). On the Rooftop, DJ Paddy Tubz (tickets not required). Also, 12 p.m. to 5 p.m., shop from local vendors at The Irish Village, located at The Pool House. And at 6:30 p.m., Wooden Nickels Duo (Sean Feeney and Jessica Semins) jam at Margie's. For tickets, reservations and more info, visit: <https://www.therockawayhotel.com/happenings>

108-10 Rockaway Beach Drive

Got info on local live music, arts and more? Email: editor@rockaway-times.com

Biz, Beats & Arts — A Spotlight on Rockaway's Unsung Heroes:

Tap That Proprietor John Agnello

By Kami-Leigh Agard

Who are some of Rockaway's unsung heroes? The businesses, bands, performers and artists that keep Rockaway alive all year long—even during the brutal winter months. In this bi-weekly feature, read about the entities and individuals who make the peninsula and Broad Channel one of the best places in NYC to live, dine, jam and enjoy the arts in all its forms, and exemplify why we should support local all year round.

In this week's installation, meet local resident, John Agnello, the owner behind Rockaway's revolutionary restaurant/pour-your-own drinkery, Tap That. Originally from Bridgeport, Connecticut, Agnello is a third-generation chef, who followed his father's and his grandfather's footsteps into the roller coaster food and drink service industry. His training ground was the U.S. Navy, where he served two years cooking at a naval base in San Diego. Following his job at Morton's Steakhouse in Connecticut, Agnello moved to NYC in 2000, and has since garnered quite a reputation for his culinary prowess in high-end steakhouses. He then took a leap and opened his own upscale burger establishment, Burger Bistro; one location in Park Slope and the other in Bay Ridge, both unfortunately, shuttered by the pandemic. In the following Q&A, Agnello narrates how his mantra—"Be kinder than necessary, for everyone you meet is fighting some sort of battle"—has kept him pushing despite all the challenges of not just running a business, but keeping afloat during the lean winter months.

RT: What made you decide to open a restaurant here in Rockaway?

JA: We lived here while I owned the two Burger Bistro restaurants in Brooklyn, but unfortunately, they both closed during COVID. I owned these restaurants for a little more than 10 years, and when something like that happens, you don't really see the other side. Not so much that your life is over, but these restaurants in which you invested your time, money, blood, sweat, tears; now all of a sudden, they're gone. However, I knew at



some point, I was going to do something else, and being Rockaway is my home, I really just wanted to be a part of a neighborhood restaurant. So, I opened Tap That just after Memorial Day in 2022. Food is my passion, and I was going to do it where I live.

RT: So how did you come up with the pour-your-own concept of Tap That?

JA: After the pandemic and all the pain that restaurants went through with the closures, I really wanted to do something a little bit new and innovative. I searched for a while trying to think of the next concept, and I came across this technology of the self-pour. The minute I saw it, I knew for a fact I was gonna build a restaurant around this technology. Some people may say it's not as personal because they're pouring their own, but the truth is it gives us as hosts more time to spend with guests, instead of just being behind a busy, bustling bar. Plus, the customer gets to taste and pour how much they want, even if it's just an ounce they want to sample. You're only charged by the ounce, so you're not committed to pouring a full pint of anything. We like to say, "Stop waiting, start pouring."

RT: How would you describe the cuisine at Tap That?

JA: Upscale bar food. For example,

we have an appetizer called hog wings, which are mini pork shanks that are either barbecue or buffalo. Every bar in the world has chicken wings, so we try to be a bit more upscale and different. So, instead of regular chicken wings, we have hog wings.

RT: So how do you think the receivership has been with locals and people just coming off the beach?

JA: I think we've been very well received. There's probably some who are a little apprehensive about pouring their own beer, ordering from a tablet, where there's technology involved. However, I think if they're open-minded and give it a shot, they'll realize that we're really just a local bar/restaurant providing a high level of service to people that couldn't be more warm, welcoming and hospitable.

RT: Why is it crucial to support a local establishment, especially during the lean winter months, to keep Tap That and others open all year round?

JA: As a business owner, people are kind and complimentary, but the truth is, you feel as though your worth to people shows up in the sales. You hear, "We love John. We love Tap That." However, some weeks, it's like, where is everybody? Why aren't they here? We struggle through the winter to keep our doors open in the summer. The truth is the expectation for the winter is to just break even, and still provide a good time for our neighbors with our service and the bands we book for their entertainment. We just want folks to enjoy what we have to offer, be it the 30 different self-pour



taps, the food which we are absolutely passionate about, plus, provide them a little entertainment as well.

RT: On Tap That's website, the quoted mantra is "Be kinder than what's necessary, for everyone you meet is fighting some sort of battle." Why?

JA: Because it's one thing to just be kind, but do we really go above and beyond sometimes? Just go that little extra mile because you really just don't know who's suffering, and maybe you can just brighten their day a little bit, at no expense to you. What does it take to just give a smile, a kind word or a compliment?

Tap That is located at 111-04 Rockaway Beach Blvd. To check out their menu and for more info, including opening hours, follow on Instagram: tapthatrbny or visit: <https://tapthatrbny.com/>





LOCAL COLOR: READERS SEND IN THEIR PIX



We might be a little biased, but we think some of the best photographers in the world live in Rockaway. Here are some shots that readers shared with us this week. Send your photos (limit to 2 per week) to mail@rockawaytimes.com and we'll do our best to print them (space permitting). We do receive more than we can print.



Daniel Rayder



Bill_Blu-Lite_Louw



Louisa Guzman



Robert Sarnoff



Marek Piechocki



Ken Lavery



Raisa Dot



Drew Capul



My Academy Award Picks

The Academy Awards have always cast their little golden men in the air on arbitrary criteria, with picks often finding themselves situated amidst politics, (plummeting) ratings, popular demand, and possibly a shrivel of critical acclaim somewhere. For this year, I've put together a guide with my predictions and opinions, along with context as to why some films or people may be chosen and others may not. It will be in two parts. This week, I will touch on what I personally think should win, and next week, I will list predictions for what I think will win.

ACTOR IN A LEADING ROLE: PAUL GIAMATTI, "The Holdovers"

Paul Giamatti brings an explosive performance to "The Holdovers" as the reclusive and erudite professor Paul Hunham, which he captures with as much vivace as one would expect of Giamatti.

His performance is loud with a bit of schmaltz, and certain to find itself up there with the John Adams miniseries or "Sideways."

ACTOR IN A SUPPORTING ROLE: ROBERT DOWNEY JR., "Oppenheimer"

Robert Downey Junior's portrayal of Lewis Strauss, a conniving and paranoid New Deal bureaucrat, is on point. This is a man who had people refer to him as "Admiral" despite having never served on a ship at sea.

ACTRESS IN A LEADING ROLE: SANDRA HÜLLER, "Anatomy of a Fall"

Sandra Huller leads us through a twisting series of revelations regarding a murder, and we as the audience are meant to discern whether she is or is not guilty. There is nothing more indicative of good acting than her deceptively timid performance and our total inability to really lay down the truth against it.

ACTRESS IN A SUPPORTING ROLE: JODIE FOSTER, "Nyad"

Jodie Foster's chemistry with Annette Bening is insane; it's literally an acting stand-off between two really powerful performances.

CINEMATOGRAPHY: "KILLERS OF THE FLOWER MOON," Rodrigo Prieto

"Killers of the Flower Moon" presented some truly tactical cinematography with, for instance, Ernest Burkhart's (played by Leonardo DiCaprio) arrest, as the camera winds in and out of characters we at first believe are just part of the background, before they slowly reveal themselves to be bureau agents out for him.

DIRECTING: "OPPENHEIMER," Christopher Nolan

Christopher Nolan has always derived his greatest strength from a cohesive film that wraps up through time-jumps and a seemingly disjointed narrative that slowly reveals itself to be entirely by careful design. "Oppenheimer" is arguably his greatest venture yet in that regard, as he applies what he has typically done with say "Memento" or "Inception" to a three-hour biopic, and it works.

FILM EDITING: "ANATOMY OF A FALL," Laurent S  n  chal

"Anatomy of a Fall" is carefully, and cleverly edited to confuse us, and play with our overconfidence, confabulating memories until we haven't got a clue as to what originally happened at the film's start.

Other Personal Picks:

COSTUME DESIGN: "POOR THINGS," Holly Waddington

INTERNATIONAL FEATURE FILM: "THE ZONE OF INTEREST," United Kingdom

MAKEUP AND HAIRSTYLING: "POOR THINGS," Nadia Stacey, Mark Coulier and Josh Weston

MUSIC (ORIGINAL SCORE): "OPPENHEIMER," Ludwig G  ransson

MUSIC (ORIGINAL SONG): "I'M JUST KEN" from "Barbie," Music and Lyrics by Mark Ronson and Andrew Wyatt

BEST PICTURE: "OPPENHEIMER," Emma Thomas, Charles Roven and Christopher Nolan, Producers

PRODUCTION DESIGN: "KILLERS OF THE FLOWER MOON," Production Design: Jack Fisk; Set Decoration: Adam Willis

SOUND: "OPPENHEIMER," Willie Burton, Richard King, Gary A. Rizzo and Kevin O'Connell

VISUAL EFFECTS: "GODZILLA MINUS ONE," Takashi Yamazaki, Kiyoko Shibuya, Masaki Takahashi and Tatsuji Nojima

WRITING (ADAPTED SCREENPLAY): "AMERICAN FICTION," Cord Jefferson

WRITING (ORIGINAL SCREENPLAY): "PAST LIVES," Celine Song

SFDS 5th Grade Girls Crowned Champs



This past Sunday at McClancy High School, the fifth grade SFDS Girls basketball team won the Brooklyn-Queens Diocesan Championship over St. Camillus by a score of 34-24. Mara Brady led with 18 points, Ava Masullo had 10 points, and Kayla Egan and Juliette Jamin added key baskets. The team has worked extremely hard all season, working

on their offensive plays and defensive game plan to accomplish a successful season. The family and friends who came out to support the team all season long, especially on Sunday, have been awesome. The coaches Kerry Brady, Mike Brenna, and Courtney McCool are extremely proud of all the girls and what they achieved throughout the season.



Crunchy Veggie Salad

By Chanee from Kosher.com

- Ingredients:**
- 1 pound string beans, trimmed
 - 1 can whole baby corn
 - 1 container bella mushrooms, sliced
 - 1 small red onion, quartered
 - 3-4 cloves of garlic, diced
 - Pinch of salt
 - 1 tablespoon lemon juice
 -   2 tablespoon balsamic vinegar
 - 2 tablespoons olive oil
 - Honey, for drizzling
 - Handful toasted, slivered almonds

Directions:
Preheat oven to 350 degrees. Line cookie sheet with parchment paper.

Mix all ingredients together and spread onto a pan in a single layer. Roast for 15 minutes. The veggies should be a little tender. Remove from oven. Drizzle with honey and return for five minutes. Add nuts right before serving. Serve warm or cold.



St. Camillus / St. Virgilius MVPs of the Week

By Bill Swensen

The St. Camillus/ St. Virgilius basketball program is underway with roughly 150 local kids from 4th grade to 8th grade, playing in the Girls and Boys leagues. Here are some standout players this week.



Savannah Vaccaro - Girls League

Savannah led her team in scoring with 12 out of their 30 points this week. She is a really smooth player, who just makes everything she does on the offensive side of the court look effortless. She never looks like she's in a hurry, but she still constantly beats the defense to the basket. On the defensive side, it's a different story. Her effort is obvious. She refuses to let her player beat her and then she gets under the boards and aggressively rips down rebounds. Savannah led her team to a very exciting 5-point win.



Robert Giuseffi - Senior Boys League

Robert scored 21 of his team's total of 61. He is a dominating player who can singlehandedly take over any game. Nobody goes stronger to the basket than Robert. The young man can leap, and he uses his strength to not be denied. With these talents, he rules on the defensive end as well. Just tearing down rebound after rebound. In the most critical part of the game, Robert stepped up big time. He scored 12 of his 21 points in the 4th quarter and was the key player that held off a strong comeback from the Yellow team.

Rockaway Girls Take Home CHSAA Awards



Two Rockaway girls took home Catholic High School Athletic Association honors this weekend. Congratulations to Caitlin Mullen on being awarded the Marianne Noonan Sportsmanship Award and CHSAA Tier 1 - 3rd Team All



League Award and to Alex Carbonaro on winning the Tier 1 - 2nd Team All League Award.

Both Mullen, who plays basketball for Archbishop Molloy, and Carbonaro, who plays for Xaverian, were given the honors on Sunday, February 25. As Mullen's father, Jim Mullen, explains, "Those awards are nice because the opposing coaches from Xaverian and Molloy nominated worthy opponents."

In addition to the various All League Awards, Mullen earned the Marianne Noonan Sportsmanship Award. Coincidentally, the late Marianne Noonan was a Rockaway resident. As a player for St. John's, Noonan not only earned her place as a top rebounder and set records, she also went above and beyond to support her team as a whole. Unfortunately, Noonan was killed in a car accident in 1980. An award is now given in her name for sportsmanship.





Rockaway Word Search



Find and circle each of the words from the list below. Words may appear forwards or backwards, horizontally, vertically or diagonally in the grid.

I	C	V	S	U	W	F	I	B	G	W	Z	J	Q	M	E	C	Z	P	Q	N	Y	F
R	M	B	Q	U	B	M	F	G	Z	I	Z	L	P	A	G	X	M	J	L	S	K	R
K	E	A	A	W	Q	X	T	K	U	H	L	X	I	R	R	D	K	O	D	E	E	W
S	W	J	R	F	E	G	B	Q	P	N	Y	M	A	I	B	R	R	A	O	V	V	X
T	M	N	C	Y	K	W	Z	O	Y	P	Z	O	D	B	Z	O	E	N	N	A	I	B
E	M	A	O	R	E	J	L	Q	D	R	V	T	I	E	S	F	H	C	N	R	N	R
V	R	G	N	U	S	L	F	B	M	I	T	H	J	T	G	F	E	R	A	G	K	N
E	F	E	P	E	D	N	L	H	L	W	M	R	M	H	S	I	L	O	G	E	E	L
G	P	Y	V	Y	M	M	T	E	G	D	P	Q	C	F	G	L	L	W	R	V	L	N
I	E	L	P	R	V	U	H	M	N	N	V	S	T	I	S	C	E	L	A	A	L	T
F	Q	L	O	O	J	Z	Z	O	D	O	O	J	J	N	C	A	K	E	V	D	E	R
F	S	I	V	D	W	O	W	Q	R	T	L	A	I	E	K	C	L	Y	E	A	H	L
O	U	B	X	T	A	O	N	W	Z	J	O	S	K	G	P	I	O	Z	S	F	E	E
R	W	W	K	T	F	K	A	L	N	Q	G	P	E	A	A	N	R	P	H	S	R	M
D	Q	S	T	A	P	F	L	B	V	E	K	B	X	N	A	O	A	M	G	T	V	J
R	H	P	J	M	U	O	R	A	Q	Q	F	V	J	V	A	M	C	X	E	Y	S	H

Find the following words in the puzzle.
Words are hidden     and .

BILLY EGAN	JOAN CROWLEY	MATT DORY
CAROL KELLEHER	KEVIN KELLEHER	MONICA CLIFFORD
DAVE GRAVES	MARIBETH FINEGAN	STEVE GIFFORD
DONNA GRAVES	MARY ELLEN OLSEN	

KIDS' KORNER

SPOT THE DIFFERENCES (8)





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Answer:

$\frac{1}{3} + \frac{1}{6} + \frac{1}{4} = \frac{4}{12} + \frac{2}{12} + \frac{3}{12} = \frac{9}{12}$;
therefore, $\frac{3}{12}$ ($\frac{12}{12} - \frac{9}{12}$) or $\frac{1}{4}$ of the total balls is 12.
 $12 = \frac{1}{4}$ of 48. Total balls in the bag is 48.

There are $\frac{1}{3}$ (of 48) or 16 black balls, $\frac{1}{6}$ (of 48) or 8 white balls, $\frac{1}{4}$ (of 48) or 12 red balls and $\frac{1}{4}$ (48) or 12 blue balls.

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RIP Ole Anderson

Hey Wrestle Talk Fans! This week, the wrestling world lost a true old school legend of this sport. He was one of the founding members of the legendary Four Horsemen and his name was Ole Anderson.

Ole, born Alan Robert Rogowski, passed away on February 26, 2024 at the age of 82. He was a founding member of the Four Horsemen and started his career in 1967 with the American Wrestling Association (AWA), wrestling under the name Rock Rogowski. Around 1968, he started wrestling for Jim Crockett Promotions, which was based in the Carolinas.

There he worked in the legendary tag team The Minnesota Wrecking Crew, with his partner Gene Anderson. They both portrayed themselves as real life brothers, The Andersons.

After he successfully ran with Jim Crockett Promotions, he started working for Championship Wrestling from Florida in 1971. This is where Ole became the NWA Florida Television Champion and one half of the NWA Florida Tag Team Champions. In 1972, he returned to Jim Crockett Promotions, and worked for Georgia Championship Wrestling, and he built an incredible

record of becoming a Tag Team Champion with The Minnesota Wrecking Crew, winning the NWA Georgia Tag Team Championship and NWA World Tag Team Championship seven times. He worked with various wrestling legends as Greg Valentine, Jack and Jerry Brisco, Dusty Rhodes and Wahoo McDaniel. Ole also worked behind the scenes as a booker, and put together, at the time, a host of great matches by bringing various talent from different NWA territories.

As we mentioned, he was known as a founding member of the Four Horsemen, with Ric Flair, Arn Anderson, Tully Blanchard and manager James J. Dillon. This heel faction turned out to be one of the most successful wrestling groups in wrestling history. They were the pinnacle of heel wrestlers and set the standards that to this day are followed by heel factions throughout Wrestling Promotions, all over the world. Around 1987, Ole retired from wrestling stating he wanted to have a more of a hand in his son's

amateur wrestling career. But in 1989, he returned to wrestling and reformed the Four Horsemen with Ric Flair, Arn Anderson and Sting. In 1990, he retired again and took a backstage role with World Championship Wrestling (WCW).

Ole, unfortunately, was diagnosed with multiple sclerosis later in his career which caused a decrease in his mobility and memory loss and took him away from pro wrestling. But Ole left his mark in pro wrestling. He was known as a no-nonsense man who was either loved or hated. But he was a straight shooter and told you what you were doing wrong and what you could do to fix it. He is definitely one of the last in his class and from the Golden Years of professional wrestling.

We here at Wrestle Talk send our condolences to his family and friends. Thank you for the memories, Ole.

If you have a question or comment, please send it to eavil183@yahoo.com and have a great weekend!

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