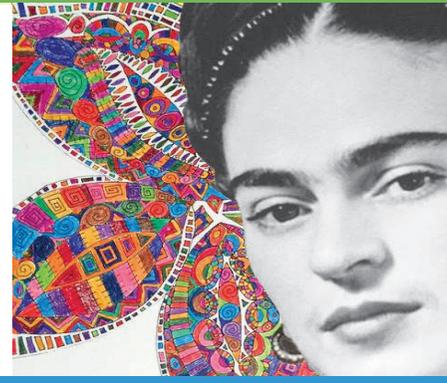


PARK SLOPE

READER

**ART
IN THE
SLOPE**



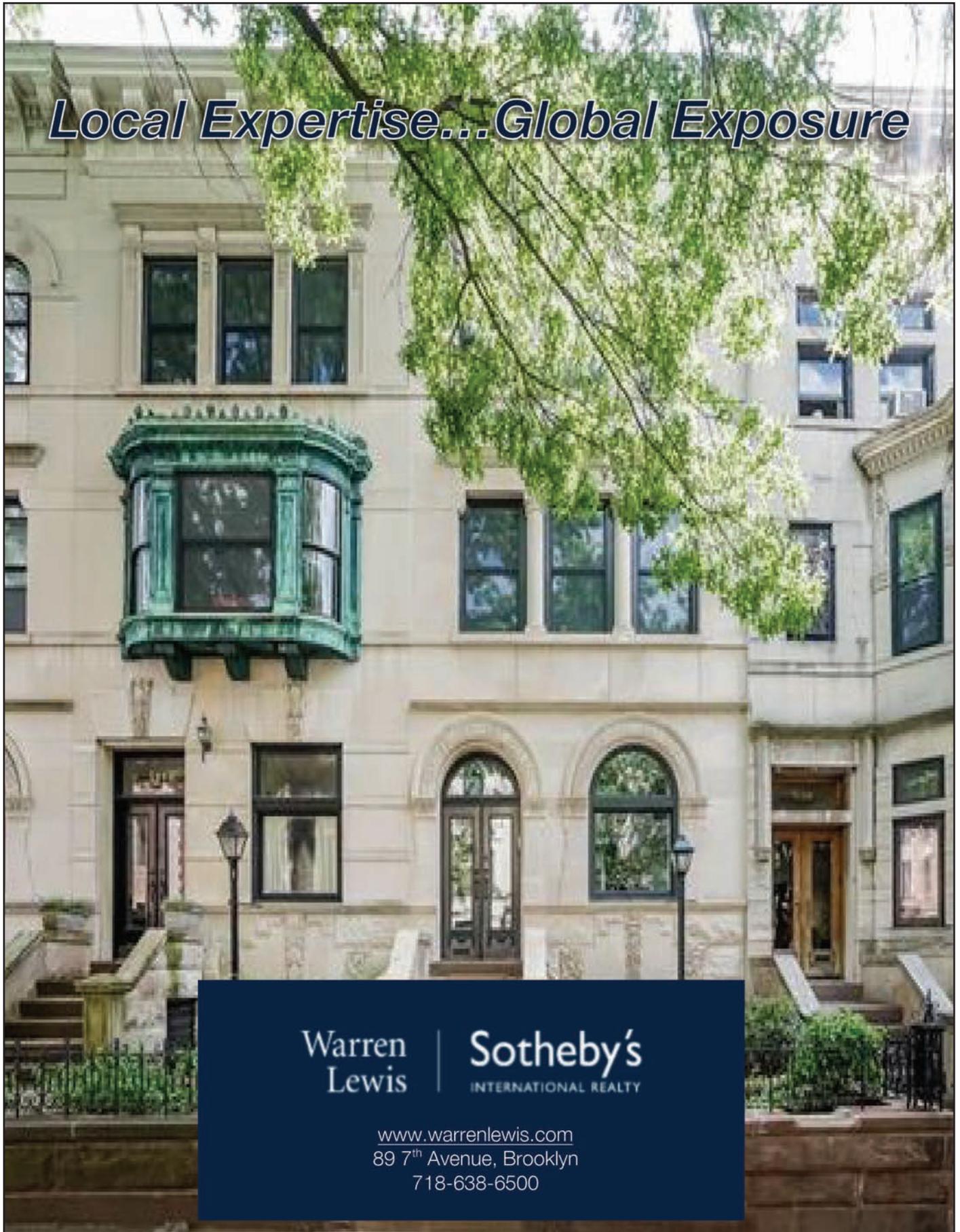
HANDMADE IN BROOKLYN

FALL 2016 / ISSUE #58



BIRD WATCHING IN PROSPECT PARK » LIFE AS YOGA » SALLY KOHN » FALL ELECTION

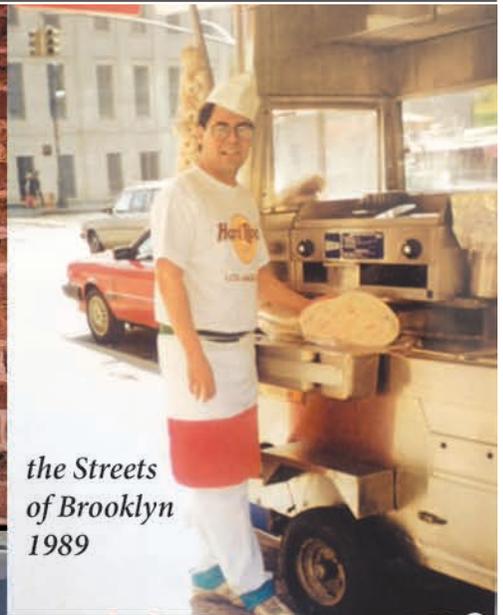
Local Expertise...Global Exposure



Warren
Lewis

Sotheby's
INTERNATIONAL REALTY

www.warrenlewis.com
89 7th Avenue, Brooklyn
718-638-6500



*the Streets
of Brooklyn
1989*



**Original
California Taqueria
(Bergen Street 1990)**

**LaTaqueria
(7th Avenue 1990)**

**Rachel's
(Fifth Avenue 2005)**

**Varrío 408
(Fifth Avenue 2015)**



11:30am-10pm • Sun-Thurs - 11:30am-11pm • Fri-Sat

718-398-4300

412 Fifth Avenue www.Varrío408.com

YOU NEED

AN AFFORDABLE
TWO BEDROOM

because saying "Hello, baby"
shouldn't mean saying
"Goodbye, bedroom."

WE'VE GOT

THE KEYS TO THAT.



Our brokers live and work in Brownstone Brooklyn and know it like no other agency. Serving clients for 20 years, we offer personalized attention and the expertise to simplify a commonly complicated process. Come find your new home with us.

garfield
REALTY

garfieldbrooklyn.com | 155 Seventh Avenue, Brooklyn, NY 11215 | 718.622.7600



DIANA KANE

BROOKLYN NEW YORK



Now more than ever.



Sending you love, warmth, and
equality for all, this holiday season.

handmade jewelry • clothing • gifts

Feminist Gold

229 FIFTH AVENUE
between president and carroll
P718 638 6520 F718 230 4632



dianakane.com, please shop with us online.

Thank you for supporting local business and our community.

because
EVERYONE
deserves a
**HEALTHY
SMILE!**



SOPHIA MILITO,
GENERAL AND COSMETIC DENTIST



PARK DENTISTRY

55 8th Avenue, Brooklyn
(718) 622-7275 | parkdentistryny.com



Exceptional dental care, in the
heart of Park Slope

Our elite team is passionate about listening, educating, diagnosing and treating your dental needs and desires in a relaxing and comfortable environment. Stop in and meet our team today!



Photo Credit: Marcia Halperin 2016

Move For Life @SPOKE THE HUB

Spoke the Hub offers dance, fitness, theater and yoga classes with some of the finest teachers around. Offerings include:

CLASSES FOR PRE-K, K-1

Action Heroes (Boys Only and Co-ed)
Creative Ballet
Sing, Dance & Make Believe
Street Beatz!

CLASSES FOR KIDS & TEENS

Ballet
Boys Dance
Broadway Song & Dance
Hip Hop & Street Beatz!
Improvisation & Composition
Modern Dance
Latin Dance Party
Tap Dance
Acting Workshops
Young Artists Performance Workshops
Zumba Kids

CLASSES FOR TEENS & ADULTS

Ballet
Ballroom/Latin & Swing*
Cardio/Dance
Hawai'an Dance
Hip Hop
Integral, Kripalu & Kundalini Yoga
Middle Eastern Belly Dance*
Modern Dance & Improv
Performance Workshops
Step 'n Sculpt
Super Sunday Workout
Tai Chi/Qi Gong*
Tap Dance
Hatha Yoga & Meditation for All

CLASSES FOR SENIORS

Beginner's Yoga
Chair Yoga
Yoga For Arthritis
Restorative Yoga

New Classes Now Forming - Register Now!
* Classes taught by STH Teaching Associates



LEARN TO FLY AT SPOKE THE HUB!
CREATIVE DANCE CLASSES
FOR THE VERY YOUNG (AGES 2-6 YEARS)

WE OFFER THESE CLASSES FOR PRE-K AND K-1:
ACTION HEROES • CREATIVE BALLET • BOYS DANCE • SING, DANCE & MAKE-BELIEVE

SPOKE THE HUB DANCING
748 UNION STREET, PARK SLOPE | 295 DOUGLASS STREET, GOWANUS

718.408-3234
WWW.SPOKETHEHUB.ORG



ACUPUNCTURE

and Healing Arts of Park Slope

Helene Kostre, L.Ac./M.S.
Serving the community since 1990

(718) 965-9458 • www.parkslopeacupuncture.com

RADIANT HEALTH

can be yours with the right support

ACUPUNCTURE WORKS FOR:

Pain, Stress, Digestion, Asthma,
Fatigue, PMS, Sinuses, Fertility,
Headaches, Immune and more...

ALSO OFFERING...

Nutrition Response Testing
Nutrition designed just for you.



Yoga to nourish your soul.

TEACHING YOGA, PILATES, AND THE JOY OF MOVEMENT.

newleafbody.com



d'mai



peace in bklyn

Experience the best
of Brooklyn's laid-back luxury
at Park Slope's coolest oasis.

Knowledgeable caring wellness professionals committed to the spa lifestyle.

Open 7 days a week.

dmaiurbanspa.com

718.398.2100

157 5th Ave. BKLYN

d'mai
urban spa



The people you can trust

(917) 407-1357

It takes just one call to hire your Local Handyman to solve all your home repairs in a quick and efficient manner.

Renovations

Shelving

Floor Repairing

Plumbing

Carpentry & Driwall

Tile Work

Furniture Assembling

Kitchen & Bathrooms

Plastering & Painting

Ceilings & Light Fixtures

Whether the project is a repair or a complete remodeling job, Local Handyman provides customers with quality, tidy craftsmanship and timely work performed at a fair price.

 Licensed & Insured

 Call for Appointment

 Free Estimates



LOWER EAST SIDE
240 EAST HOUSTON STREET
AT AVENUE A

COBBLE HILL
288 COURT STREET
BET. DEGRAW & DOUGLASS ST.

PARK SLOPE NORTH
754-756 UNION STREET
AT SIXTH AVENUE

PARK SLOPE SOUTH
402-404 SEVENTH AVENUE
BET. 12TH & 13TH ST.

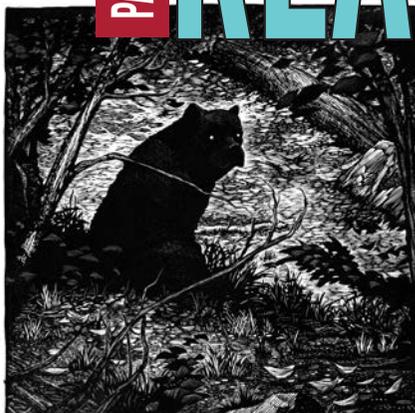
718.230.5152



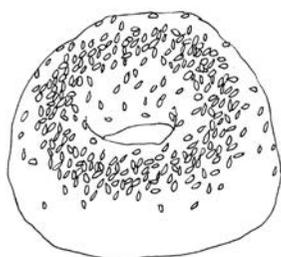
UNIONMARKET.COM

PARK SLOPE READER

CONTENTS FALL TO WINTER 2016



p.16



16 Local Art

ART IN PARK SLOPE

by anni irish

20 The Natural Slope

A FIRST TIMER'S GUIDE TO BIRDWATCHING

by Annika Andersson

24 The Reader Interview with Sally Kohn on election day and beyond

EQUALITY IS NOT A ZERO-SUM GAME

By Mirielle Clifford

30 Community Spirit

PARK SLOPE VOTES

by Meghan Cook

32 Dispatches From Babyville

THE PERFECT PARTY

MADONNA DANCE-OFF. LIMBO CONTEST.
CANNOLI CREAM CAKE.

by Nicole Caccavo Kear

36 Eat Local

A SLICE OF LIFE:

THE PIZZAMAKERS OF PARK SLOPE

by Beth Kaiserman

41 Park Slope Life

WHAT IT MEANS TO BE HALF-WHITE

by Ambika Samarthya-Howard

44 Bending Towards Brooklyn

LIFE AS YOGA SERIES, PART II

THE FIRST SUTRA AND MODERN SEPARATION

by Tatiana Forero Puerta

50 Last Word

SLOPE SURVEY: JOHN TUCKER

by Mirielle Clifford



p. 32



Sara's Three Selves

JACK ADAMS



READER GALLERY Sara Erenthal

Sara Erenthal is a Brooklyn-based, multi-disciplinary artist whose work focuses on themes of displacement, survival, and liberation. Born into an ultra-Orthodox Jewish family, she left home at 17 to avoid an arranged marriage and has spent the next two decades creating art and traveling the world. She works across mediums such as painting, sculpting, and video, often integrating everyday materials into her process. Erenthal has presented her work in solo and group exhibitions in New York and internationally, in addition to mural commissions and public art projects throughout New York City. More about Sara: [Facebook.com/SaraErenthalArt](https://www.facebook.com/SaraErenthalArt)

CONTRIBUTORS



ambika



tatiana



meghan



nicole



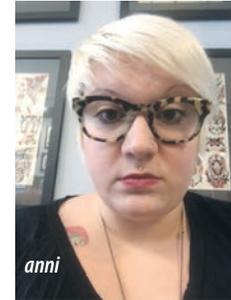
annika



beth



mirielle



anni

JOHANNA GOODMAN (COVER ART) THE THREE FACES OF EVE.

Johanna is an artist and illustrator living and working in Nyack, New York. She went to Boston University School for the Arts and then to Parsons School of Design in New York, where she earned her BFA in Illustration in 1992. Her work has been exhibited widely and her illustration work has appeared just about everywhere -- she has painted portraits of world leaders for the cover of Time, rock stars for Rolling Stone, CEOs for the Wall Street Journal, and everyone in between. Her work has been recognized by numerous design organizations including American Illustration, Communication Arts and The Society of Publication Design.

MIRIELLE CLIFFORD once heard a poet say that "Brooklyn is the home of every new creation," and she just might agree. Her writing has appeared in One Green Planet and Philanthropy News Digest. She has studied poetry with Cynthia Cruz and Jean Valentine, and she is a co-founder of Sweet Action, a monthly poetry workshop.

AMBIKA SAMARTHYA-HOWARD is a documentary filmmaker and communications specialist. Her freelance projects focus on social issues, specifically gender, public health, and child rights. After receiving her MFA in Film at Columbia University, she went on to shoot and direct art and media projects in Japan, Bollywood, and West Africa. She completed the Dharma Teacher Training program at the Interdependence Project, a secular Buddhist organization in Manhattan, and has taught meditation at Third Root Community Center in Brooklyn and WeWorks. She has worked with organizations such as BBC Media Action, UNICEF, and other agencies in creating social activism tools and trainings.

LAURA BERLINSKY-SCHINE hails from Rhode Island and has lived in Park Slope for five years. She works in publishing and spends most of her time reading. Her work has appeared in *xo Jane* and *The Avalon Literary Review*.

NICOLE CACCAVO KEAR'S memoir, *Now I See You*, debuted June '14 by St. Martin's Press, and she contributes regularly to *Parents* and *American Baby*, as well as *Salon* and *Babble* in between her

dispatches at the Reader. You can keep up with her misadventures in Mommydom on her blog, *A Mom Amok* (amomamok.com). A native of Brooklyn, she lives in the Slope with her three firecracker kids, one very patient husband, and an apparently immortal hermit crab.

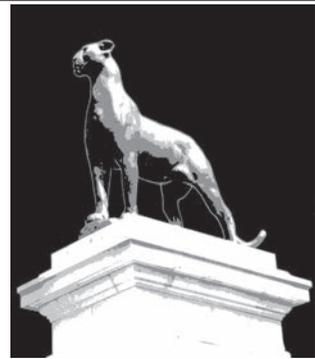
BETH KAISERMAN is a writer and restaurant worker in Brooklyn. Her work has appeared in *Highbrow Magazine*, *Paste Magazine*, *Examiner.com* and *The Gotham Palate*, a local food blog. She likes to cook and tap dance. Her biggest fear is losing her ticket at Katz's because it was scary enough the first time, and she still has flashes of pastrami and prison cells.

TATIANA FORERO PUERTA is a writer, yogi, and teacher. Tatiana has studied Religion and Philosophy at University of the Pacific, Stanford University and New York University. Tatiana works with yoga teachers and private clients teaching yoga, philosophy and nutrition. As a writer, Tatiana's work deals issues in philosophy, yoga, nutrition and their relevance in our daily lives. Her writing has appeared in *Assisi Literary Journal*, *Religion and Psychology Research*, and *JOY: The Journal of Yoga*. She can be contacted through her website: www.tatianayoga.com

ANNIKA ANDERSSON is a New York-based writer with a background in film, social media marketing, sponsorship sales and management. For more information, please visit www.cinespons.com

ANNI IRISH is a Brooklyn based writer and cultural critic whose work has been featured in *Timeout New York*, *Bomb Magazine*, *Flavorwire*, and *Vice* among other publications. Irish holds an MA from New York University in Performance Studies, MA in Gender and Cultural Studies, and a BFA from Tufts University. When she's not writing, Anni enjoys spending time with her pet mini lop rabbit Isabella.

MEGHAN COOK lives in Brooklyn, NY and currently interns at the *New York Review of Books*. Her aspirations lie in writing television but, for now, any kind of writing will do. She likes sketch comedy, *Mindy Kaling* memoirs, and pretending she can cook.



PARK SLOPE READER

executive editor

Paul English

artistic design

Annabel Brandon

layout & design

Lafayette Gleason

advertising closing dates

Let us help you to reach energized, sophisticated consumers who put their money where their values are.

Next Issue: WINTER 2017**Ad Due Date:** December 1st**publisher's liability**

The Park Slope Reader does not warrant any of the services or products advertised in this magazine. We do, however, encourage the highest possible practice of conscious business. Feedback from our readers, both positive and negative, can aid us in this process.

PARK SLOPE READER

107 Sterling Place

Brooklyn, NY 11217

718-638-3733

office@psreader.com

handmade in
brooklyn

PROSPECT HEIGHTS

GOWANUS



PARK SLOPE

PROSPECT

PARK

WINDSOR TERRACE

PARK SLOPE READER COMMUNITY



Park Slope, meet your local artists at

Ground Floor Gallery this Fall!

We connect emerging, Brooklyn-based artists to new art buyers, families & small business owners interested in original and affordable artwork for their home and work spaces.

Mention “PSReader” if you visit or contact us by November 30th, 2016 to save 15% on your first art purchase at \$200 or more!

ground floor
gallery

343 5th Street (off 5th Avenue) Brooklyn, NYC 11215 646.801.3338 | krista@groundfloorbk.com | groundfloorbk.com

With fall in full effect, there are a plethora of art exhibitions that are on view for the public throughout the city. But don't feel like you need to leave the borough to see great art! In the Park Slope neighborhood there are several galleries that offer the community a chance to see world class art .

Art in the Slope



Here is a breakdown of the top five shows to see now and also a sampling of what these galleries have to see through the end of the year!

By Anni Irish



Slope is on view until 10/9. This group exhibition features the work of Allie Rex, Elise Kagan, Mie Kim and Rhia Hurt. The show explores subject matter from popular culture through "experiments in collage, painting, and mixed media." Groundfloor Gallery is located at 343 5th Ave Brooklyn, NY 11215. Visit their website for more information.

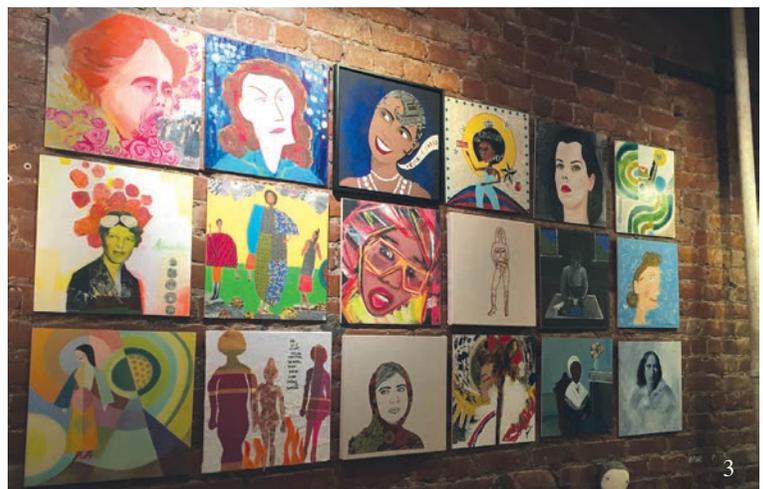
Up until October 16th **440 GALLERY** currently has a solo exhibit of the work of Gail Flanery. Flanery who is a graduate of Cooper Union has produced a series of mixed media prints for this show entitled *Tumbled Sky*. The imagery Flanery uses in these prints are derived from nature however the "geography is rarely specific." The images created are gestural, colorful and create "an expansive sense of space." 440 Gallery is located at 440 6th Ave Brooklyn, NY 11215

WHAT TO SEE RIGHT NOW:

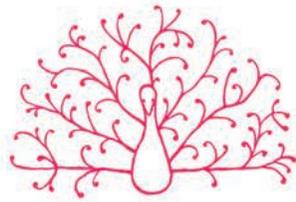
Diana Kane who is a Brooklyn based jewelry maker and artist and owner of **DIANA KANE BOUTIQUE** opened her latest show, *Portraits of Women: Icons and Feminists* last weekend. The exhibition features over twenty artists who are working in various mediums. The premises of the show is based in its subject matter-- to create portraits of women on 12"x 12" wooden panes that each artist was given. Who each artist decided to commemorate on their board was up to them and the results are stunning! The show is on view until 10/17 at the Diana Kane Boutique located at 229 5th Ave Brooklyn, NY.

On view until 10/8 at **SITE: BROOKLYN** is *Up From Under Video Art* by the artist Madeline Altmann. The show consists of multiple video installations that are in a larger dialogue with Henry David Thoreau-- Altmann lives and works close to where Thoreau's home is located. By considering issues of time, nature, technological change and visual representation, Altmann's work delves deep into the human psyche. While the pieces that are on view are shown together as a tightly bound unit, many took over three years to create. To see *Up From Under* visit Site: Brooklyn located at 165 7th Street, Brooklyn, NY 11215. Gallery hours are Thursday-Sunday 1-6pm and by appointment.

GROUNDFLOOR GALLERY *Assembled Desire* a show that opened during ArtSlope, a nine day art festival that happens in and around Park



On 9/23 Friday **TRESTLE GALLERY** premiered their last group show, *Paper Pushers*. This exhibition features the work of ten artists who have come together to explore the larger use of paper in two ways. First, there is a



DIANA KANE

BROOKLYN NEW YORK



We can have it all



Equality. Bling. Grace.

#FeministGold

instagram @dianakane

229 FIFTH AVENUE
between president and carroll
P718 638 6520 F718 230 4632

www.dianakane.com



4



5

commonality among the material being used and second through the way that each artist has repurposed it to create something entirely new. The show was just curated by Rob de Oude and Mel Prest. It is on view until November 4th at Trestle Gallery located at 168 7th Street, 3rd Floor Brooklyn Gallery hours are Monday, Wednesday and Friday from 1:30-6:30pm.

WHAT'S COMING UP:

OPEN SOURCE

GALLERY: On October 1st Open Source Gallery will debut *Once Upon Unfolding Times*. On weekends with the assistance of the hypnotist, visitors will be invited to take part in a unique

experience of visiting a fictional city. "Once Upon Unfolding Times has been conceived by Valeria Schwarz and is produced by i Collective. i Collective is an organic, collaborative platform of artists, curators and scientists working in the intersection of art, urban interventions and socially-engaged project." Tours will occur on: October 1 (6pm), October 9 (11am), October 15 (6pm), October 22 (6pm)

GROUND FLOOR GALLERY The group exhibition, "Portal," celebrates local artists based in Gowanus, in conjunction with **GOWANUS OPEN STUDIOS** weekend and runs from October 14th - November 27th, followed by #newcollectorbk: Gifts by Artists, our holiday show featuring original and affordable gifts made by local artists (December 2 - 18th).

On November 3 **OPEN SOURCE** will show *Another Space: Permanent Construction*. Curated by Victoria Bugge Øye and co-founders of Another Space, architect Nicola Louise Markhus and curator Marte Danielsen Jølbo. This exhibit aims to "aims to instigate immersions and critical approaches to the cross-disciplinary field and its potentials through presenting current and enduring issues within art, architecture and society. Their



6

curatorial approach is based on concerns for spatiality, materiality and craftsmanship” and features the work of : Melodie Mousset, Anna Daniell, and Owen Armour

SITE: BROOKLYN: Opening on October 1st, is the *2nd Annual Hand Pulled Prints: The Current Practice in Printmaking*. This group exhibition featuring over 30 artists seeks to show a wide reaching set of pieces that are capturing the current state of the medium of print making.

GALLERY 440: Opening on October 20th is artist Vicki Behm in an exhibit entitled *1000 Drawings of NYC*. This show will consist of 1000 5”x5” drawings Behm produced and will hang within the gallery space. Despite the size of the drawings, they will come together to create a large impact.

On December 1st the gallery will debut their annual small works show. Currently there is a call out for artists who wish to participate. More information can be found here. The work is all 12”x12” or smaller and will be juried by Joanne McFarland, the former Director at A.I.R Gallery.

TRESTLE GALLERY: On December 9th from 7-9 pm join the gallery in their annual art benefit event. Featuring works from over 100 artists as well as food and drinks from local vendors, Trestle Gallery hopes to raise \$30,000 to fund their 2017 exhibition series *Artist as Curator*.

- 1 Portal, Kimberly Mayhorn / *Ground Floor Gallery*;
- 2 AquaPoster Viscosity, Chad Andrews / *Site:Brooklyn*;
- 3 Portraits of Women: Icons and Feminists / *Diana Kane Boutique*; 4 Tumbled Sky, Gail Flanery / *440 Gallery*; 5 Ghost Dog of Prospect Park, David Klein / *Site:Brooklyn*; 6 Another Space: Permanent Construction / *Open Source Gallery*; 7 “A knot, a tangle, a blemish in the eternal smoothness”, Hedwig Brouckaert / *Trestle Gallery*;
- 8 Once Upon Unfolding Times / *Open Source Gallery*;

ARTS GOWANUS PRESENTS

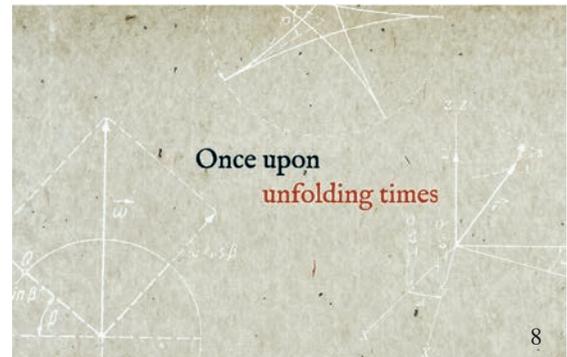
GOWANUS OPEN STUDIOS 2016

October 14–16

300+ artist studios
open Sat + Sun 12–6pm



More info and listings of special events at:
www.artsgowanus.org



Say YES to Your Life!

with Ariel & Shya Kane



“As two working parents with a growing family - including twins - the Kanes’ seminars are the single most supportive resource we have found! Come join us and see for yourself.”

–Pam & Dave Stern, Greenwood, Brooklyn

September 26 • October 3, 17, 24, 31

November 7, 21*, 28 • December 5, 12, 19* • January 2, 9, 2017

Skyline Hotel

725 Tenth Ave. at 49th Street Penthouse Ballroom, NYC

Time: Friday, 7pm-9.30pm Fee: \$20/Session

Visit TransformationMadeEasy.com/Mondays or email info@ask-inc.com for more info or to Pre-register

Come to any one evening... Come as often as you like!

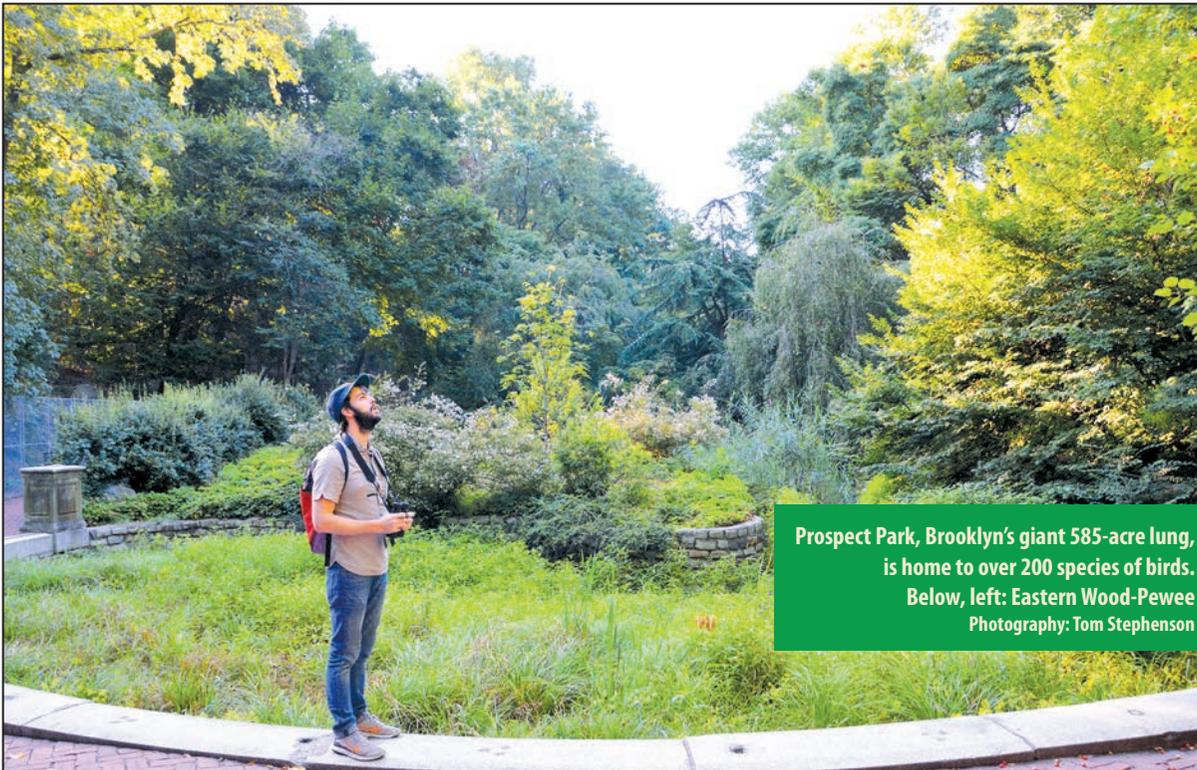
*Please reconfirm this date on website.



TransformationMadeEasy.com

THE NATURAL SLOPE

Browsing different alternatives online, I was looking for a new Brooklyn experience. I wanted to do an activity involving fresh air and the peace and quiet of nature, as much as allowed by living in the largest city in the U.S.



Prospect Park, Brooklyn's giant 585-acre lung, is home to over 200 species of birds. Below, left: Eastern Wood-Pewee
Photography: Tom Stephenson



A FIRST TIMER'S GUIDE TO

Birdwatching

LUCKILY PROSPECT PARK, Brooklyn's giant 585-acre lung, offers plenty of fun from horseback riding to nature walks throughout the fall.

I opted for Brooklyn Bird Club's (BBC) birdwatching tours. Every Tuesday, Thursday and Saturday morning, a knowledgeable guide will lead you through the best birdwatching spots in the park, starting from various entrances. The walks run throughout September, which is migration season, and will be replaced from October and onwards by monthly Sunday walks. Weekly beginner walks continues Saturdays at noon.

I have very little previous experience of birdwatching. In fact, my whole experience consists of one single birdwatching excursion

during my childhood in Sweden. Because the days are so long during summer, we had to get up at 3am to catch the sunrise, which is when the birds are the most active. I remember the excitement of being up that early, and allowed out in the middle of the night. I also remember the deafening cacophony of what must have been thousands of birds singing their tunes in the magic hour of dawn. I absorbed this new, secret world of sounds in awe, feeling like I've entered some kind of a parallel universe.

What I don't remember, however, is seeing any birds. Perhaps a guided tour under Tom Stephenson's competent leadership would ensure a visual birdwatching experience this time? At 7:15am on Thursday, August 25, we met at the Grand Plaza entrance of Prospect Park, along with a group of about 12 enthusiastic

By Annika Andersson

birdwatchers. Tom kindly lent me a pair of binoculars, and having been briefed about my lack of experience, offered some insights to what we were about to experience.

Apparently, Prospect Park, despite being crammed in between urban concrete, is a birdwatching heaven. Home to over 200 species, an impressive 40-100 species can be spotted in one single walk, although you're more likely to hit the higher numbers in the spring. One reason for the abundance of birdlife, is that the general westerly component of winds in the U.S. tend to push migrating birds towards the east coast. Since they will resist flying over water, their flight path is often concentrated along the eastern shoreline.

Urban areas without parks offer no place to rest and recharge, which the birds are dependent on, to survive their long journeys. They need the right kinds of shelter and feeding environments, where they can stay for several days to gain enough body fat to continue or recover from their long journey. Sadly, urban areas by the sea without parks become death traps for migrating birds, especially if there are many feral cats.

Prospect Park is one of New York's 130 Important Bird Areas (IBA) critical for bird conservation, and harbors some species unusual enough to create headlines (in birdwatching circles). Three years ago, the first Brooklyn-nesting Ruby-throated Hummingbird was documented by BBC, although the birds you are likely to spot most frequently are American Robins, European Starlings, Northern Cardinals and House Sparrows. But with Tom being not only an avid birdwatcher, but also the distinguished author of *The Warbler Guide*, which won the 2014 National Outdoor Book Award in Nature Guidebooks, we set out to find the Warblers.

We walked at a slow pace, and I had the chance to chat a bit with my fellow birdwatchers, who turned out to be a very friendly and welcoming bunch. Many were regulars, and most of them locals, but some were tourists just briefly visiting. Rachel Ramaker, a Dutch girl living in England, had brought her binoculars for the opportunity to birdwatch. In fact, since a set of binoculars is all you need, birdwatching is a great hobby to bring along when traveling. It's easy to join local networks for a chance to spot new species, although Rachel turned out to be a frequent visitor, as

well informed as the locals. Charmed by Park Slope, she said she kept meticulous track of local happenings through the Park Slope Reader.

It didn't take long before we spotted our first birds. Well, to be accurate, it didn't take long before the group started to see Starlings, Robins, and Cardinals. I couldn't see anything but blurry leaves, and was surprised to learn that using binoculars requires a bit of a technique. You have to look at one spot, and bring the binoculars up while still looking, Tom instructed, rather than trying to find the spot by circling around with the binoculars.

To me, Tom gave the impression of a bird whisperer. He whistled, they answered, and we watched. He could hear if it was young birds, not yet able to sing as well as their parents, and explained that baby birds deprived of hearing their parents sing will never be able to learn it well later. Some species will even lose the ability completely and sing songs that would be unrecognizable by their own species, making it unlikely for them to ever be able to breed. It's mainly the male birds who sing in Prospect Park, I learnt, as opposed to the birds in tropical forests, where both males and females sing. This is because tropical birds don't migrate, so both males and females have to help out defending their territory.

When we got to the lake, Wood Ducks were peacefully gliding by. I learnt that they are the only duck with claws, which they use to climb up high trees, to nest in holes, like owls. The trees help them avoid predators, and at least two pairs of Wood Ducks have successfully raised their young in Prospect Park this season. The list of spotted birds kept growing, and would eventually come to include Double-crested Cormorant, Canada Goose, Mute Swan, Wood Duck, Mallard, Northern Shoveler, Spotted Sandpiper, Rock Dove, Mourning Dove, Chimney Swift, Ruby-throated Hummingbird, Red-bellied Woodpecker, Downy Woodpecker, Northern Flicker, Eastern Wood-Pewee, Eastern Kingbird, Warbling Vireo, Red-eyed Vireo,



Black-and-white Warbler
Photography: Tom Stephenson



We were rewarded with sightings of the rare Blue-winged and Chestnut-sided Warblers.

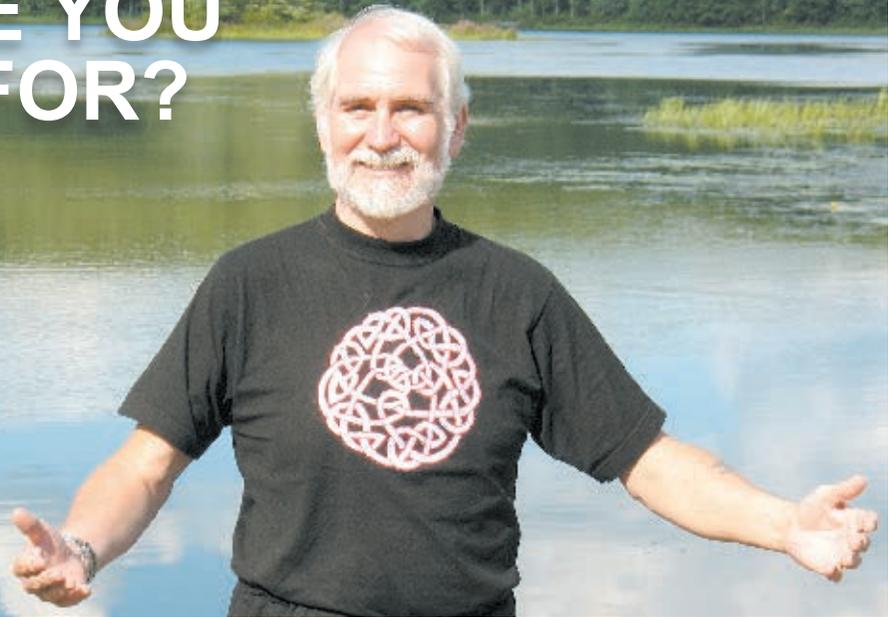
An impressive 42 birds were spotted while I practiced maneuvering my binoculars. But it wasn't in vain. Eventually, I managed to focus on a movement in the leaves, and soon a... wait, could it be ... yes, a Blue-Winged Warbler emerged and strutted about in the sun for quite some time, as if to reward me for my struggles.

WHAT ARE YOU WAITING FOR?

**Learn Qigong
Have More Energy
Be Healthier**

**Be Centered
De-Stress
Enjoy Living**

**Once you learn it
—it is yours for life!**



Relax, Refresh, Renew, In Minutes...anywhere!

Classes at 263 Seventh Ave., New York Methodist Hospital, Medical Office Pavilion (Center for Complementary Medicine)

Call Michael McComiskey at (718) 857-6598

www.qigongforhealthandwellness.com

Blue Jay, Barn Swallow, Tufted Titmouse, Red-breasted Nuthatch, White-breasted Nuthatch, Veery, American Robin, Gray Catbird, European Starling, Cedar Waxwing, Blue-winged Warbler, Yellow Warbler, Chestnut-sided Warbler, Black-throated Green Warbler, Black-and-white Warbler, American Redstart, Northern Waterthrush, Common Yellowthroat, Northern Cardinal, Common Grackle, Baltimore Oriole, House Finch, American Goldfinch and House Sparrow.

An impressive 42 birds were spotted while I practiced maneuvering



Tour leader Tom Stephenson helped identify the different species with a nifty 3D App.

my binoculars. But it wasn't in vain. Eventually, I managed to focus on a movement in the leaves, and soon a... wait, could it be... yes,

a Blue-Winged Warbler emerged and strutted about in the sun for quite some time, as if to reward me for my struggles, before disappearing back into the leaves. I was surprised at the thrill I felt of getting so close visually to the delicate Warbler.

Will I do it again? Probably! Birdwatching is a great recreational outdoor activity, and the slow pace makes it suitable for all fitness levels. Even I, with a broken ankle in a boot, had no trouble keeping up. My advice to the first timer would be to start with the Saturday beginner walks in the winter, when there are no leaves in the way. Also, this is not the right target group for cute cat stories. Cats are the number one bird killer. Don't mention your cat!

TO DO: WWW.PROSPECTPARK.ORG/VISIT-THE-PARK/THINGS-TO-DO

BIRDWATCHING: WWW.PROSPECTPARK.ORG/VISIT-THE-PARK/THINGS-TO-DO/BIRDWATCHING

TOM'S BOOK ON WARBLERS: PRESS.PRINCETON.EDU/TITLES/9968.HTML

GOATS: WWW.PROSPECTPARK.ORG/NEWS-EVENTS/NEWS/RETURN-GOATS

KENSINGTON STABLES:

BBC: WWW.BROOKLYNBIRDCLUB.ORG

SCHEDULE: WWW.BROOKLYNBIRDCLUB.ORG/TRIPS.HTM

— THE READER INTERVIEW —



**“EQUALITY IS NOT A
ZERO-SUM GAME”**

THE READER INTERVIEW WITH **SALLY KOHN** ON ELECTION 2016 AND BEYOND

ON A MUGGY DAY IN IN LATE SUMMER, I sat down with Sally Kohn, columnist and CNN commentator. I picked her brain about the presidential election, Dog Whistle politics—rhetoric that uses coded language to convey a message to specific segments of the population—and Kohn’s idea of emotional correctness, as presented in her 2013 Ted Talk. For Kohn, emotional correctness refers to “a daily spiritual practice” that consists of trying “to find compassion for the people I not only disagree with, but who are fundamentally lacking in compassion for me and my side.” **By Mirielle Clifford**

Kohn is currently working on a book that’s informed by that notion of emotional correctness. Throughout our conversation, Kohn showed how the choice to examine the systems at play, instead of simply blaming individuals for actions we may not agree with, can lead to a much more productive understanding of our current political landscape.

HOW DO YOU THINK THIS ELECTION WILL BE REMEMBERED?

Either as the beginning of the end, or the beginning of the beginning. It’s very hard to say, in this universe of political thinkers and talkers. Everybody always says, ‘this is the most important election of our lifetimes.’ We’ve all heard this before. This actually does feel like an important one, in an existential way, in terms of the future of both parties’ ideologies which are being wrangled with in really interesting ways, and in terms of the future of American values and identity. Belonging and inclusion or exclusion are being wrestled with in fundamental ways. Fundamental precepts of democracy, voice, respect, and civility are facing unprecedented turmoil in this election.

“
**WHEN YOU’VE ONLY EVER
 KNOWN PRIVILEGE, EQUALITY
 FEELS LIKE OPPRESSION**
 ”

Which way does it go from here? I think it’ll keep getting worse in some of these regards, but it could be the moment where, historically we’ll look back and say, this is when it started to turn. The profound ugliness, elitism, and exclusion of the racial bias-fueled politics of the right for the last forty years probably won’t end after November. But this could be the moment we look back and say the wool was pulled off the disguised wolf and America saw it for what it was. I hope that’s the case, but I’m not sure.

YOU WROTE FOR CNN THAT “SO MANY AMERICANS SEE THE ADVANCEMENTS OF OTHERS AS A STRIKE AGAINST THEMSELVES.” WHY DO YOU THINK THAT IS?

How much time do we have? This could be the entirety of the interview, trying to understand this. I’m careful not to say that people who support Donald Trump, or who are against affirmative action, or who think we need a wall between the United States

and Mexico are racist. First, I think “racist” is a loaded word that shuts down the conversation. Second, it locates the whole conversation in the personal, while what we’re going through as a country is bigger than that.

This is about forty plus years of politics—largely fed by the right, but not exclusively—responding to the progressive successes of the New Deal in helping to build the white middle class. These politicians thought, ‘we can’t attack those policies on their face because they’re so effective, but we don’t like them. What are we going to do?’ When the Civil Rights movement came along, and Lyndon B. Johnson tried to expand these New Deal policies, which specifically excluded African Americans, the Right saw an opportunity to exploit and fan white racial resentment, to turn it against public policy the Right didn’t like.

So you had Nixon, Reagan, and this practice called the “Southern strategy,” but which was really a national strategy, of Dog Whistle racial politics. ‘We’re not going to say Black people are inferior, or endorse segregation; we’re going to move away from that. But we’ll talk about law and order, welfare cheats, and Cadillac-driving Welfare Queens.’ If you’re Bill Clinton, you’ll talk about Super Predators. They tried to feed into the notion, or create the notion, that by making our country more equal, by creating opportunity for people of color and Black people in particular, that you’re taking something away from white people. Your schools will get bad, your neighborhood will get dangerous, your property values will decrease, you won’t be able to get that job.

It fascinates me when I hear white liberals say off-handedly when they don’t get a job—‘Oh, they probably gave it to a person of color.’ No, they probably gave it to a white person. We know the statistics. If there are five job openings, and one goes to a person of color, the inclination as a white person is to say, ‘Oh, the person of color took my job,’ as opposed to the four other white people. The assumption is that you, as a white person, and the other white people, were entitled to the job, but the person of color only got the job because of affirmative action. White people reading this, even the good Clinton-supporting or Sanders-supporting liberals, can hear a kernel of truth—they’ve thought these things, too. Certainly it’s something to be held accountable for as an individual, but it’s not just about individual bias. It’s also about these social, political, and economic systems that have encouraged white people to think of equality as a zero-sum game. There’s a great, unattributed quote: ‘When you’ve only ever known privilege, equality feels like oppression.’ That’s true.

This is also how you end up with an economic system where working class and middle class white folks vote for elite economics, which is mind-boggling unless you understand this notion of racial hierarchy and racial supremacy, which is very much in place today.

Can't actually figure out what to do about it. If you point it out, half the country will say, 'Sally, you're the racist for bringing it up.' It's like blaming the person who pulls the fire alarm for starting the fire. But you can't solve a problem if you don't talk about it.

IN YOUR TED TALK, YOU TALK ABOUT EMOTIONAL CORRECTNESS. I THINK WE COULD ALL USE MORE OF THAT EVERY DAY, BUT DO YOU HAVE ADVICE FOR SOMEONE WHO MAY HAVE A HARD TIME CULTIVATING THAT EMOTIONAL CORRECTNESS BECAUSE THERE'S SO MUCH AT STAKE? I'M IMAGINING A MEMBER OF THE BLACK LIVES MATTER MOVEMENT WHO FEELS THAT ENDING POLICE BRUTALITY IS A MATTER OF LIFE OR DEATH FOR THEM, AND THEN YOU HAVE PEOPLE VILIFYING THEM FOR QUESTIONING THE POLICE'S TACTICS.

I'm working on a book that's informed by the idea of emotional correctness, the Ted Talk, and how we can be less uncivil and mean to each other in small ways and in massive ways, in terms of actual hate and violence. Part of my work with the book is me interrogating these questions, like, how much of this is naivete? There are times when incivility could be seen as being in furtherance of justice, but I maintain that there aren't. That's where I am the moment, and have been for a while.

If we look at the history of social justice movements, long before Black Lives Matter, there have been these tensions, the tensions between Martin Luther King's idea that 'Hate cannot solve hate; only love can do that,' and Malcolm X, the Black Panthers, and a very understandable desire to fight fire with fire, literally and metaphorically.

I personally, spiritually, and ethically fall on the side of peace, love, kindness, and civility as the antidote to hate, violence, and cruelty. For me, the answer is try to lead by example with my own life and share those ideas, but that's a far cry from proscribing that everyone should act that way in every single situation. It's a personal choice. Now, there are some interesting and real tensions in social justice movements that I support, like Black Lives Matter or immigrant rights.

There are dimensions of these movements that are more on one end of that spectrum than the other. That's both an individual decision to make and a movement-wide struggle which is sort of healthy. For me, I try to find compassion for the people I not only disagree with, but who are fundamentally lacking in compassion for me and my side. So far I've found that effective.

I've been talking to people who have left movements of hate, like former white supremacists. One common thread in their transition out is that someone they would never have expected it from showed them compassion, like an African-American woman showing compassion to a white supremacist. I take that as a good sign.

Emotional correctness is a daily challenge. To me, it's a daily spiritual practice. I could pick up my Twitter feed and find fifteen tweets that it would be so fun and gratifying to tweet rude, nasty responses to. It would probably feel great—I don't know, I haven't done it—but only for a few minutes.

I have a seven-year-old, and one thing you try to teach your kids is not just delayed gratification, but that you can make choices that

aren't just satisfying in the short-term but that are good for you, your family, and everyone around you in the long-term. I feel that way not just about social media but about being a public voice in general. Yes, you can say the thing that would be gratifying and cathartic in the short-term, that would get you the most clicks and the most airtime, but are you actually doing good for society and your own soul in the long-term? I don't think so.

HOW DO YOU EXPLAIN THORNY OR EVEN PAINFUL POLITICAL TOPICS TO YOUR DAUGHTER?

She's only seven. By the time this comes out she'll be eight. She's very excited. She'll also have pierced ears, so look out, Park Slope, when you see that bling walking down the street.

I realized this the other day when I did a CNN interview on Skype in my in-law's basement, which one can do. Everybody wanted to watch it, because my in-laws wanted to see their basement on TV. We all watched it, including my daughter and her little aunt and uncle who are around her age. We were talking about some god awful thing Trump had said. I felt ashamed watching it, though not for anything I'd said. I pride myself on helping my child to be informed, engaged with the world, and thoughtful, in age-appropriate ways. This was one of the moments where I thought, I'm not sure if I want her to know this, that people are saying these things, and someone running for President is saying these things.

//
I PERSONALLY, SPIRITUALLY, AND ETHICALLY FALL ON THE SIDE OF PEACE, LOVE, KINDNESS, AND CIVILITY AS THE ANTIDOTE TO HATE, VIOLENCE, AND CRUELTY.
 //

It's a hard time to talk to kids about politics. The same thing goes with what's happening around race and racial bias in this country. People, including well-meaning liberals, think the way to talk to their kids about race is to teach them to be color-blind. That's not practical, first of all; it's not the world we live in. Secondly, the elevation of color-blindness as a solution to racial injustice in this country is a right-wing adaptation intended to serve their agenda. As in, race can't be a factor in affirmative action or public policy.

The same way we talk to our daughter about gender is the same way we talk about race. She picks up gender cues all the time—pink is for girls, blue is for boys; boys are good at this, girls are good at that. When we see these things in movies or in books, we say, 'you know, the thing I don't like about this is...' and we help her deconstruct her environment, and think thoughtfully about the world as it is and the world as it should be, as opposed to letting her live within her metaphorically and literally lily-white bubble.

There's an interesting conversation around police. As a white parent with a white kid in a somewhat diverse but still fairly privileged community, especially for New York City, my instinct is to teach my kid, if you're ever in trouble, you can go to the police.

stem & bloom



flowers for
EVERYDAY

easy. affordable. delivered.

- Weekly flower subscription service in Manhattan and Brooklyn
- Choose your bouquet size and leave the rest to us!
- Convenient delivery windows make it easy to always have fresh flowers
- Prices start at just \$35 and delivery is included!

stemandbloom.com

follow us:    @stemandbloom

*savings on first delivery

 *bodycraft*
fitness & wellness

Pilates on the park

Offering pilates sessions for fitness and rehabilitation

All ages and levels welcome

142 Prospect Park West at 9th St. | bodycraftstudio.com | 718-499-9488 | bcfitandwell@gmail.com

But I don't want to instill the notion in my child that 'the police are always a good thing, so if someone is critiquing the police, then they're necessarily wrong.'

We have to help our children understand from the very beginning that their perspective isn't the only one in the world, which is incidentally really hard to do with little narcissists, which all seven-year-olds are. Like all of us, when I was a kid and didn't finish the food on my plate, I was told, 'there are starving kids in Ethiopia.' It was very distant, but there are starving kids in New York, too, and we try to help her see that. There are things we're fortunate to be able to expose her to, through travel, through having a diverse group of friends, through going to a racially and economically diverse school, but also in the way we talk to her, to help her situate herself and deconstruct the world around her. That's what makes a good citizen.

But she's only seven. How do you explain Donald Trump to a seven-year-old? How do you tell her, 'you can't talk this way. Even though Donald Trump said it, you can't say it.' My kid thinks that being President must be the greatest thing in the world, and you would have to be a pretty special person—a great role model—to run for President. The Right has made the same critique about rappers. Fine, some valid points, but what about your presidential candidate?

SOME PEOPLE SAY THAT YOU SHOULDN'T VOTE FOR 'THE LESSER OF TWO EVILS,' BUT SHOULD VOTE YOUR CONSCIENCE, EVEN IF THAT MEANS ABSTAINING. WHAT WOULD YOU SAY ABOUT THAT IN THIS ELECTION?

I'm going to say this as clearly and as non-judgmentally as I can—if you do not do everything you can to get Hillary Clinton elected this November, I think you have some soul-searching to do. This includes not just voting yourself, but spending your time, money, and talent to elect Clinton and defeat Donald Trump.

I'm a lifelong left-wing progressive. I agree our two-party system is broken, that the Democratic Party is too beholden to corporate interests, too hawkish, that a lot of these dynamics around Dog Whistle politics harken back to Bill Clinton. I'm not naive about the past and present structural issues in the Democratic Party, and the challenges and blindspots of Hillary Clinton in particular.

That said, elections are about choices. If we had a multi-party system, which I really wish we did, it would go a long way to address issues like the current hyper-partisanship. But when you have two parties, you have a choice. You pick one or pick the other. Any action you take is picking one or the other. I've admired Jill Stein for a long time. I find what she's doing now unconscionable. Donald Trump isn't Jeb Bush. If this was Jeb Bush, and we said, 'Ok, it's time to teach the Democratic Party a lesson. We're going to use this as a teachable moment to transform the party for the future, and so it'll stop taking these issues and these voters for granted.' I'm down. But this isn't that time.

And thinking like that assumes that the only way to have power or influence in this two-party system is by withholding votes. Look at the influence that Bernie Sanders had on the party platform; it's the most progressive platform in history for either party. You can say, 'look, you've had influence by being at the table, and you can continue to do so.' If Clinton wins, constituencies that weren't involved in helping her get elected will have less input. When we talk about a broken political system, that's what we're talking about. We're talking about, 'who helps?' We're never going

to have as much influence as big money, but if you didn't help, if you weren't there, you have no influence. Clinton has already moved to the left in this election, but the larger point is, you can engage in that struggle, but you can't win it. I've talked to people on the left who insist they're not going to vote for Hillary. Some of those people have the luxury to do that because Trump's policies won't affect them. They're not immigrants who will be deported or whose families will be broken up, they're not Muslims who will be treated with suspicion and whose loved ones won't be able to come into the country.



Also, we can walk and chew gum at the same time. You can support Hillary Clinton. I don't think she's the lesser of two evils. When you look at what she stands for and what Sanders and Jill Stein stand for, there's 80% or 90% overlap. There are real, serious issues around which we should still be struggling, but to cast those disagreements as overly broad is disingenuous and in the case of this election, very dangerous.

I get emotional about it. I was a Hillary Clinton critic, I remain a critic, I was a Sanders supporter. But you don't go and elect a protofascist hatemonger and call yourself a Leftie. Clinton wants to raise taxes on the rich; Trump wants to give away \$7 billion in tax giveaways to millionaires and billionaires. Clinton believes in public education, while I think Donald Trump wants to get rid of the Department of Education. These are fundamental things. The edges of the conversation are essential, but I think the core of agreement between Sanders, Stein, and Clinton is profound, vast, and not to be overlooked.

WHAT WAS IT LIKE TO BE AT THE DEMOCRATIC NATIONAL CONVENTION?

It was very helpful, inspiring, and positive. I learned things about Hillary Clinton I didn't know. Her record fighting school segregation early on, the work she's done for foster kids in New York City, her deep commitment to children with disabilities, and to 9/11 victims' families, survivors, and first-responders. I used to question whether Clinton was a progressive. The Convention challenged me, in that I don't think she's a progressive on certain issues, but on other issues, she is. It's dangerous if we become too dogmatic. And she's the first presidential candidate to talk about getting rid of the Hyde Amendment and expanding access to abortion. In my book, that's progressive. So the Convention made my image of Hillary Clinton more complex.

It was also incredibly inspiring to me, in the juxtaposition with the Republican National Convention, which was not only frightening because of Trump's rhetoric, but also decisively white. That

reflects choices made by the Republican Party post-1964, to be the party of white people, and they're succeeding. Going to the DNC helped me appreciate that the Democratic Party is a diverse, pluralistic party that's largely led by women of color, in terms of the Convention and now the DNC itself with Donna Brazile. Appreciating the social and political significance of that made me proud to be a democrat.

DID THE ANTI-CLINTON MOOD WANE?

Yes. People needed to get it out of their system. Bernie did a good job going group to group, talking to folks. A larger percentage of Sanders supporters now support Hillary than her supporters supported Obama in 2008. It continues to strike me that some of these Bernie-or-bust people were very pro-Obama, and Hillary is running to the left of Obama, or at least his governance for the last seven years.

HAS YOUR WORK AS A COMMUNITY ORGANIZER INFLUENCED YOUR CURRENT WORK IN MEDIA?

Yes. Organizing is about communicating ideas to people, helping make ideas accessible and understood. That carries over.

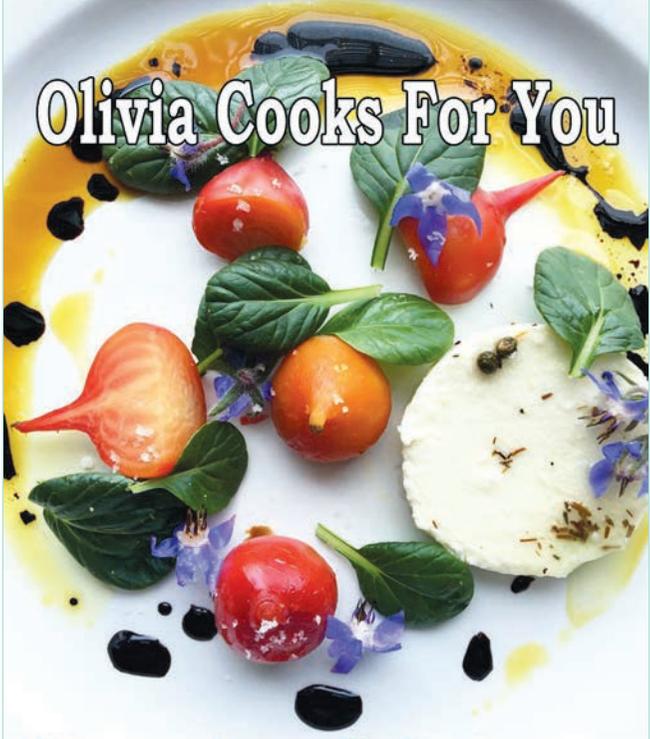
WHAT DO YOU THINK IS THE MOST PRESSING ISSUE FOR PARK SLOPE RESIDENTS TO BE INVOLVED IN?

There's something about the complacency of liberalism, that everyone in Park Slope should be thinking about. There's the notion that 'we live in a progressive bubble, so we're good.' Demographically, it's a diverse community, but there's a fair amount of hierarchy and segregation in Park Slope. Are people thinking about the overwhelming whiteness of PS 321 and the implications of that? Are they thinking about their nannies and housekeepers, how much they're being paid, and whether they're getting paid sick days? As liberal Park Slope people, we say, 'Of course we support raising wages and paid sick days,' but are we doing that for the people who work for us who, in this neighborhood, are largely women of color? Systems of inequality and patterns of bias are about systems and structures, but they're also about us. I'm not saying, put on a hair shirt. Don't walk around feeling guilty and suffering. But everyone can ask what they can do in their own lives, not to mention their own companies and investments. We can ask ourselves, am I investing in companies with diverse leadership in terms of people of color and women? In every facet of our personal and professional life, can we all look at how we can do 20% better? What kind of difference would that make? Especially for people with privilege and power, which people in Park Slope tend to have.

WHAT IS YOUR FAVORITE PART OF LIVING IN PARK SLOPE?

I love running into friends, knowing people on our block, having neighbors we hang out with. I do love off-leash hour. I wish it were an hour later on weekends. I love small businesses. I love the walkability. A lot of what I love is about city life in general, but there is a really lovely sense of community and belonging that's delightful.

AS THE WEATHER COOLS BUT THE PRESIDENTIAL ELECTION HEATS UP THIS FALL, WE CAN HOPE THAT THE VALUES OF COMMUNITY, BELONGING, INCLUSION, AND CIVILITY ARE GIVEN THEIR DUE.



Olivia Cooks For You

Your Local Caterer and Meal Delivery Service
olivacooksforyou.com

t'ai chi & Qi Gong



An ancient martial art with many medically proven benefits – among them • balance • stress reduction • bone density • improvement in chronic auto-immune conditions ... and the best, an inner balance...

For Class schedule and other info...
taichiinparkslope.com

community

PARK SLOPE VOTES

By Meghan Cook

Every four years November acts as a pivotal month in our nation's political calendar. The months of lively debate leading up to the election often cause tensions to flare in communities across America, and never has an election stirred up controversy and vitriol as much as this one has.

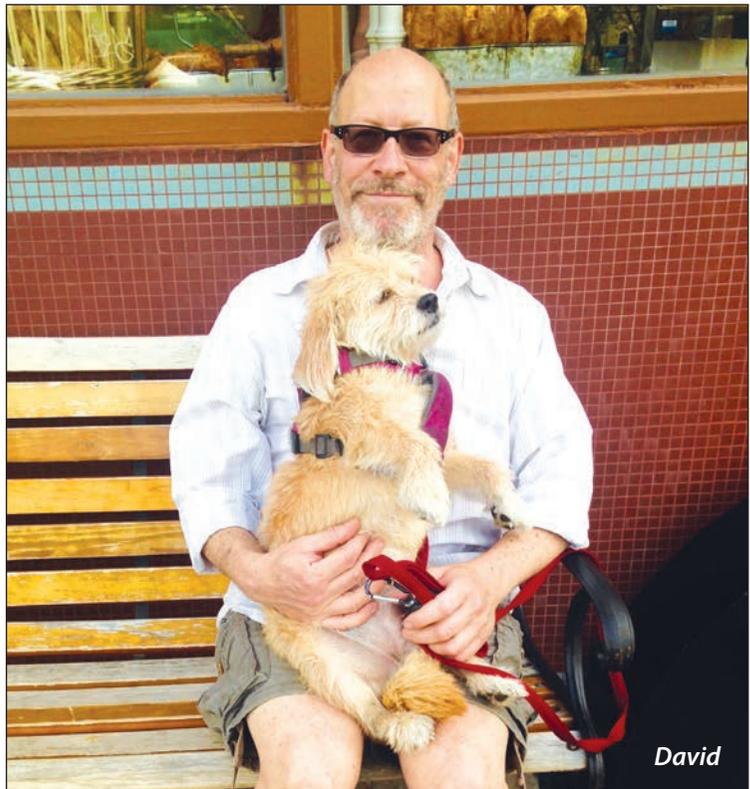
Yet, despite all of this, the majority of local residents seem squarely unified against a particular candidate in the running for the future President of the United States. It should not come as a surprise, that in a community as diverse and unique as Park Slope, that a certain resentment would be felt towards Donald Trump -- a man who has distanced himself from nearly every minority group with reliably divisive rhetoric.

There are a number of Americans who admire Trump for saying what others won't, and for not shying away from the more turbulent areas of conversation that most politicians avoid. But there are also those who find this mindset distasteful.

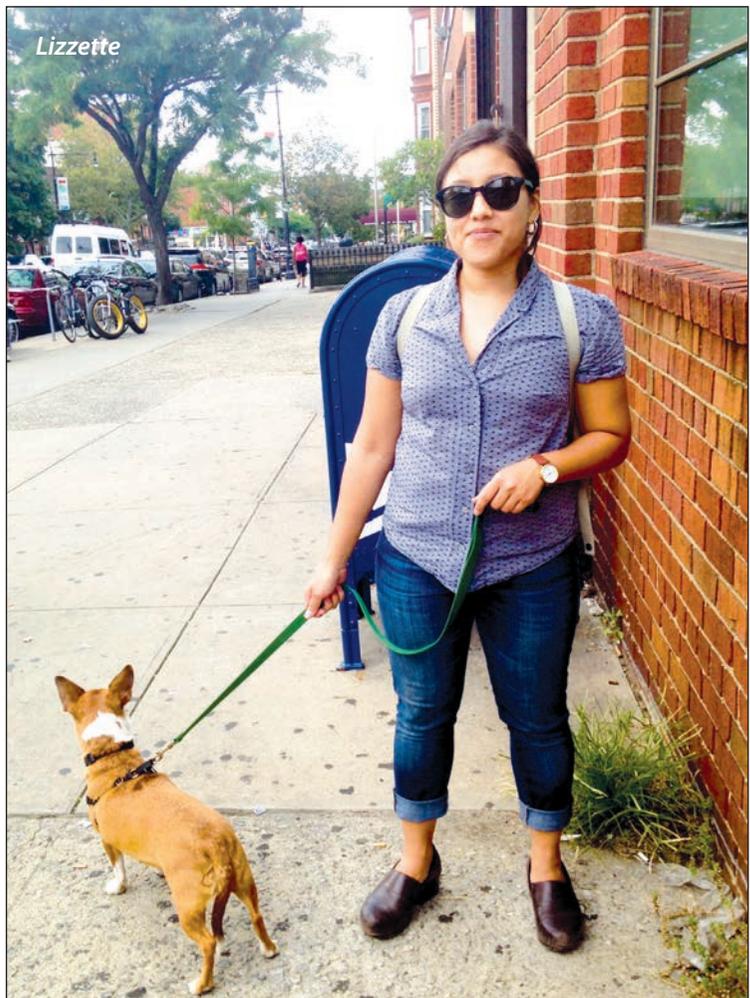
"I don't like Donald Trump, especially for the Mexican people," said **LUIS CORREA, 64**, local resident and taxi driver. "He speaks poorly of us." Correa identifies as an Independent but he finds himself drawn towards Hillary Clinton, finding her likable and attentive. "She works for honest, hardworking people. She works for my community."

For many, the upcoming election results are cause for concern, with supporters on both sides keeping their nominees aloft in the polls. But for Correa, the future is clear. "I'm not worried," he said firmly, rapping his knuckles decisively against the top of his taxi cab. "Hillary Clinton will be our next president."

LIZETTE CHAPARRO, 26, works for a non-profit affordable housing company and is a proud Democrat. She said that her party has "long championed the well being of the working class and has reached out to communities of color." She plans on voting for Clinton come fall, "for obvious reasons." She is genuinely a supporter of Clinton's policies and calls her "the most experienced candidate running for office," but she



David



Lizzette

With support mounting on both sides, whether passionate or resigned, this election in particular will ride on the citizens who actively stand in line for the voting box come **November 8th.**



also is driven by a desire to “make sure Donald Trump doesn’t end up in the White House.”

Chaparro also praised Clinton for championing women’s rights. “As a future mother, I worry about equal pay and maternity leave,” Chaparro said. “If Hillary Clinton wins the White House she’ll do a lot for working women. She’s very focused on giving women equal rights and opportunity in the workplace.”

DAVID HOFFER, 58, is a computer technician who has been a Democrat for his entire life. He believes in the Democratic party because “they seem to care more about people and want to truly do good for us.” He paused for a moment before admitting, “At least most of the time.”

Hoffer expressed his discontent with the current voting system in place. “It’s all gone digital. I know technology progresses, we all progress, but if you look at any other field where technology is a large component - there’s always going to be people who try to supersede the rules. It’s too easily hackable; it’s hard to challenge discrepancies.” Hoffer said frustration in the voting system is nothing new, referencing the Florida election recount of 2000 and the controversy over hanging chads, stating that gray areas such as this hamper true democracy.

When asked about his thoughts on Trump as a presidential nominee, Hoffer could not help but laugh and respond, “Where to begin? I think he’s the biggest pathological liar and bigot there is. The fact that so many support him makes me wonder about our country.” For Hoffer, his vote is less a personal choice and more about choosing the lesser of two evils. “I’m not a big fan of Hillary, but choosing between the two? No question.”

Local graduate student **RIYANA DASGUPTA, 23**, believes that this election has “struck a chord with many people for a variety of reasons” and that it is much more than a popularity contest. “The presidential candidates’ policies and character brings out the morality of their supporters,” said Dasgupta. “And I think this election has a lot to do with morals, in addition to electing a new Commander-in-Chief.”

Dasgupta described Clinton and Trump diplomatically, stating that, “One of the candidates has well thought out policies, a solid temperament, and a positive character that can truly enact change in this country. The other candidate, however, has policies that have the potential to do more harm than good and a quick, haughty temperament.”

However Park Slope residents personally felt towards either candidate, each expressed encouragement in every American’s right to vote. “I would like to see more people, older and younger alike, come out and vote,” said Dasgupta. With support mounting on both sides, whether passionate or resigned, this election in particular will ride on the citizens who actively stand in line for the voting box come November 8th.

THE PERFECT PARTY



MADONNA DANCE-OFF. LIMBO CONTEST. CANNOLI CREAM CAKE.

Year after year of my childhood, that was the formula for my birthday party, which took place in the basement of my Staten Island home. It was a three-prong party plan that worked. Well, four prongs, really. Just before the cake was served, came the Chaplin-esque birthday cake pratfall, courtesy of my father. He'd walk down the stairs to the basement, carefully holding the cake box aloft, only to stumble at the bottom, throwing himself down the last few steps and tossing the box extravagantly into the air. The crowd would gasp, and he'd jump to his feet, open the box and reveal that IT WAS EMPTY! Ha! Ha HA! No need to worry, the cannoli cream cake was intact, upstairs.

So:
Madonna dance-off.
Limbo contest.
Father pratfall.
Cannoli cream cake.

After the age of 11, I could have done without the pratfall, but generally speaking, it was a good party. The formula worked. I am reminded of this as I enter the winter, also known as Kear Family Birthday Season. Three kids. Three birthdays. Lots of headaches.

I'm not the sort of parent prone to observing wistfully, "Things were so much simpler when we were kids." First of all, of course things were simpler. We were kids. Really, though, I'm just not terribly interested in adjudicating which time period was better/ easier/ simpler/ less stressful. The circumstances of our lives and our world are too fluid to make it a satisfying enterprise. Besides, since I'm not the proud owner of a time machine, there's not much I can do about it anyway.

If I were that sort, though, I'd definitely observe that birthday celebrations were simpler when I was a kid. Of course, it might just be that birthday celebrations were, and are, simpler when you inhabit a living space in which more than 260 square feet is allocated to each family member (yes, I've done the math).

We just don't have the space to host a birthday celebration at home. This is the party line.

It is part true and part me playing the NYC No Space Card.

“No space” is the golden excuse that comes free with your exorbitant rent in New York City. I’d say it’s one of the hidden perks except that I think it’s the only one. Regardless, it’s a goody.

Unwanted house guest angling to crash at your place?

“I wish we could but we just don’t have the space.”

Your spouse planning to purchase some hideous piece of furniture on the level of When Harry Met Sally’s wagon wheel:

“I wish we could but we just don’t have the space.”

Your child begging for a dog, or a baby brother:

“I wish we could but we just don’t have the space.”

The No Space card is so valuable it almost makes up for not having any space.

But the truth is, even if I had all the space in the world, even if I lived in Staten Island, I would try to get out of hosting a kid party. Because of the cleaning.

It’s not that I’m against cleaning. For an adult cocktail party, I’d happily scour my bathroom like Joan Crawford in Mommie Dearest. But tirelessly cleaning my apartment, top to bottom, only to have a horde of children obliterate it again, within minutes, has always seemed to me a task that only a dupe like Sisyphus would take on. The pointlessness demoralizes me.

For these compelling reasons, I’ve avoided hosting parties at our apartment for over a decade. This would have been impossible financially – since paying for a kiddie birthday party in Park Slope costs what weddings do in other parts of the country – except that my grandmother’s apartment building happens to have a party room.

The party room is the hero of this tale. The party room, spacious and clean and practically free, has made it possible to celebrate my children’s birthdays . . . not to mention baptisms, first holy communions, Halloweens and whatever random holidays they’ve had a hankering to observe.

We’ve thrown so many birthday parties at the old party room that my husband, the kids and I are nothing short of a well-oiled party machine. We can set up a party in a tight fifteen minutes if need be.

My husband does streamers. It has taken him years to perfect his streaming technique, and to describe it would be to reveal trade secrets I am not at liberty to disclose. Let’s just say his moves are as intricate as a Simone Biles floor routine: double stranding and full twists and three-point-anchoring. It’s not for novices.

The kids are on balloons. Thankfully, they’ve spent

WHAT DO YOU MEAN YOU HAVEN'T TRIED ACUPUNCTURE?



HI THERE! WE'RE GARDEN ACUPUNCTURE. TRADITIONAL CHINESE MEDICINE AND ACUPUNCTURE FROM OUR BROOKLYN FAMILY TO YOURS.

ONE-ON-ONE CARE PERSONALIZED SERVICE EVERY VISIT

SCHEDULE AN APPOINTMENT TODAY!

SPECIALTY ACUPUNCTURE SERVICES:

- FERTILITY
- WEIGHT LOSS
- ALLERGIES
- FEMALE PELVIC PAIN SYNDROME
- PAIN & STRESS REDUCTION
- SLEEP QUALITY IMPROVEMENT



GARDEN ACUPUNCTURE
ACCEPTS INSURANCE AND CAN
CHECK YOUR ELIGIBILITY.

GARDENACU.COM
790A UNION STREET
BROOKLYN, NY 11215
347.987.4399

HEALTHY, HAPPY SMILES FOR LIFE



When you visit us for dental care, we'll get to know you on a personal level so we can provide you with the most customized treatment possible. Call [718.369.2300](tel:718.369.2300) to schedule your convenient appointment!



BrooklynOak DENTAL CARE

FAMILY-ORIENTED DENTISTRY

Patients of All Ages Welcome

ECO-CONSCIOUS OFFICE & MATERIALS

Including Digital X-Rays
& Paperless Charting

TVs IN TREATMENT ROOMS

Plus Complimentary Beverages & WiFi

KID-FRIENDLY PRACTICES

Toys, Books & Fun Prizes for Children

INSURANCE & PAYMENT PLANS

Options For Every Budget

EMERGENCIES SEEN PROMPTLY

You Don't Have To Wait In Pain



319 6th Avenue, Brooklyn, NY 11215

T 718.369.2300 | F 718.369.2331

BrooklynOakDental.com

brooklynoakdental@gmail.com

Siana Muhammad, DMD

Sarah Taylor, DMD

Committed to bringing healthy smiles
to both you and the environment.



LuLus
then & now

Rock out at our
Indoor Play Space!

Open Play is FREE on Tuesdays
in October & November!

Also shop our new & gently used clothing!

And check out our Event Calendar for
Story Time, Sing-a-Longs,
Arts & Crafts Classes & More!

187 4th Ave, Brooklyn NY, 11217 718.398.5858
LuLusThenAndNow.NYC

their whole lives training their lungs for the task. At least, that's what I surmise all the yelling was for.

I set up the folding tables with juice and snacks and paper products. I hang up the charming homemade birthday signs. I spread age-appropriate art supplies and activities in key locations around the room.

Then David turns on the music and the party is on.

We've perfected the party the way you nail down anything, through trial and error

Pinata?
No, oh no, never again.

Karaoke machine?
Yes, indeed, well worth the investment.

Finding the right number of guests has involved a learning curve, too. Instructive, indeed, was the year I let my daughter invite everyone her heart desired and everybody came, creating a level of mayhem not witnessed since the sinking of the Titanic. She ended up hiding under the table, in tears.

Then, only a month later, there was the party for my other daughter, in which we catapulted to the other end of the guest list spectrum. So eager was I not to repeat my over-inviting mistake, that I severely under-invited kids. That's not exactly accurate. I invited all

the kids in her day care class. I just intentionally threw the party at a time when I knew no one would be able to come. It worked. Only two guests made it. The three toddlers ended up overwhelmed in the large room and I couldn't handle the strain of having to make conversation with the two parents in attendance. My daughter ended up under the table, in tears. I felt like joining her.

Of course, no sooner did we stumble upon the perfect party formula then the kids outgrew it. Now that my older kids are tweens, it's all about the sleepover birthday party. And sleepovers, I have found, can't be shot on location. They are not an away game. You can't outsource sleepovers. You have to have sleepovers at your house.

I have tried to play the No Space card, but my kids are old enough now to play their own cards. The Guilt cards. The Childhood-Is-So-Fleeting-And-Before-You-Know-It-You'll-Wish-We-Were-Still-Taking-Up-More-Than-Our-Allotted-260-Square Feet Card.

I've got nothing that can trump that one.

And so we begin a whole new trial and error process. Which, I guess, is parenting in a nutshell.

Nicole C. Kear is the author of the memoir Now I See You (St. Martin's Press, 2014). Her chapter book series for children, The Fix-It Friends, will be published by Macmillan Kids' Imprint in spring 2017.

EAT LOCAL

A SLICE OF LIFE

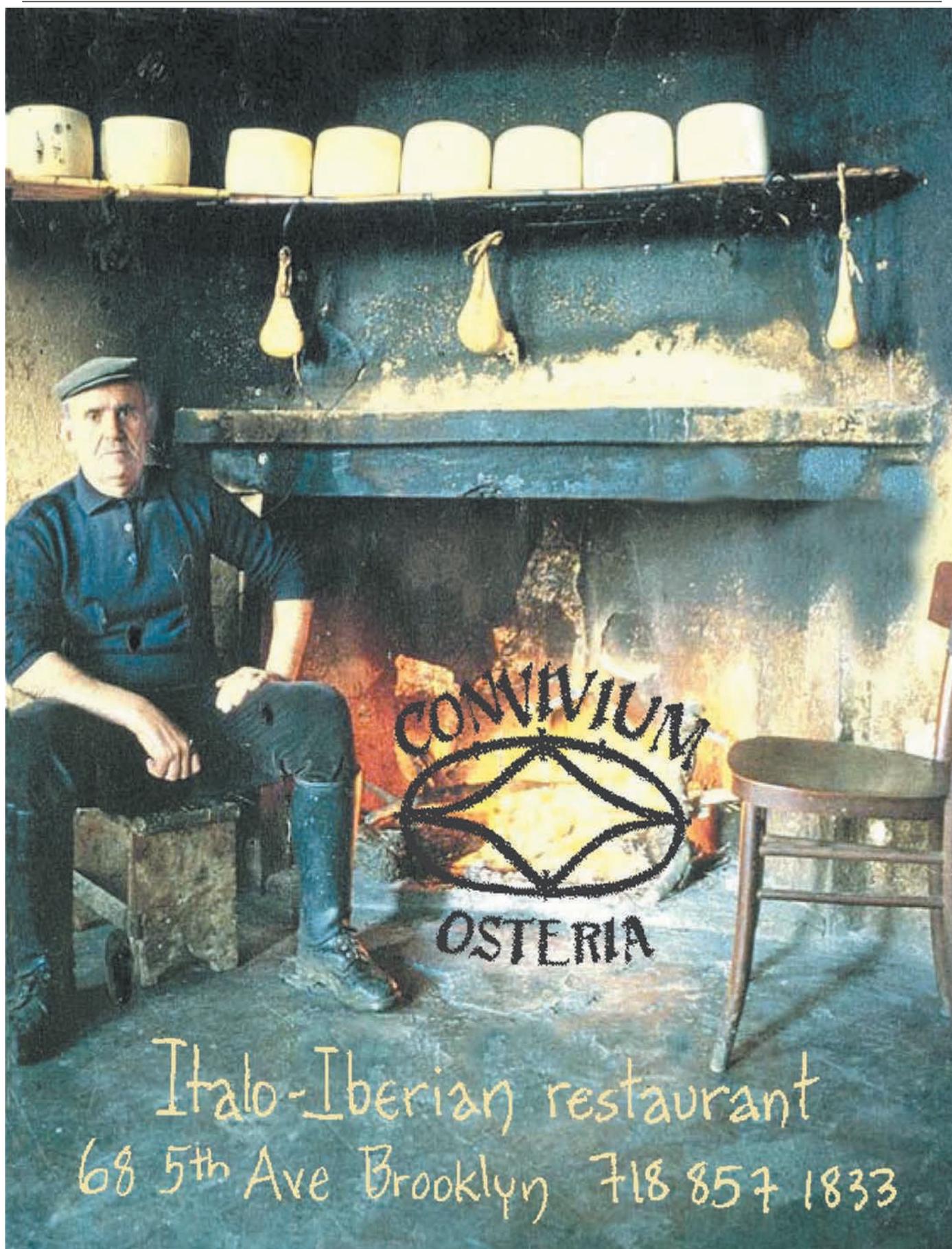
THE PIZZAMAKERS OF PARK SLOPE



Sicilian slices on plates at Pino's La Forchetta

THERE'S NOTHING QUITE AS SATISFYING AS A TASTY SLICE OF NEW YORK PIZZA. I CHATTED WITH THREE LOCAL PIZZERIA OWNERS ABOUT WHY THEY DO WHAT THEY DO, HOW THE NEIGHBORHOOD HAS CHANGED AND WHAT THEIR FAVORITE SLICE IS.

BY BETH KAISERMAN / PICS BY BETH KAISERMAN



Italo-Iberian restaurant
68 5th Ave Brooklyn 718 857 1833

'TIS THE SEASON TO BE CHOCOLATEY



FIND DELICIOUS GIFTS AND CELEBRATE THE HOLIDAYS AT OUR TWO LOCATIONS:

51 Fifth Avenue, Brooklyn – 718-783-2900
269 Court Street, Brooklyn – 718-246-2600

HOURS
Sun-Thurs 11am-11pm, Fri-Sat 11am-Midnight

thechocolateroombrooklyn.com



LORENZO SCOTTO, PINO'S LA FORCHETTA, 181 7TH AVENUE

Lorenzo Scotto, or "Larry," has been involved with Pino's since 2005.

"Almost 12 years," he said. "Wow, fast. Ohmygod, time flies."

Pino's opened in 1962. They had another store in Staten Island, which his father recently sold, before the Brooklyn location. The biggest change since 2005 is from lots of walk-ins to way more delivery with Seamless and Grubhub.

"I think that made people stay inside all day," he said. "They don't wanna move; they just play with their phones and that's it."

Pino's actually had its own delivery app for a while, but even with a 10% discount, people still used Seamless and Grubhub.

Of course visiting a pizzeria has its own perks, including the potential for a freshly made pie right out of the oven.

"We just try to make it fun. Service with a smile - we try very hard for it," he said.

People ask for crazy things though. Sugar is a weird one. A sprinkle of mustard before baking? Too far.

"Ketchup - ok I could understand once in a while, but mustard?" he said.

Business-wise, this year was "exceptionally crazy," he said, partly due to the snowstorms closing roads in the winter. But it's been consistent otherwise, and new locations are definitely possible, probably in New Jersey or downtown Brooklyn.

COLSON
PATISSERIE

MONS, BELGIUM / BROOKLYN, USA

Homemade pastries, ice creams, cookies and savories. Wine & Beer Selections available.

Open 7 days. Breakfast/Lunch/Supper
Weekdays 7:00am-9:00pm / Weekends 8:00 am-10:00pm
www.colsonpastries.com

374 9th street (at 6 Avenue), Park Slope, Brooklyn, NY 11215 TEL. (718) 965 6400 - FAX. (718) 965 6410

KOS KAFFE
A
— ROASTING —
HOUSE

House-roasted, thoughtfully sourced beans and fresh, seasonal food served daily, 8am to 7pm.

The pizza: "Old school straight up pizza."

Preferred slice: "Me personally I like regular and Sicilian - plain. I like the plain just regular old style."

Drink with a slice: "I'm addicted to water."



Is Your Advisor a Fiduciary?

If you are unsure, ask your Advisor. Or better yet, for your family's protection, have them sign a fiduciary oath.



Photo by Virginia L. S. Freire

fi•du•ci•ary- A Financial Advisor held to a Fiduciary Standard occupies a position of special trust and confidence when working with a client. As a fiduciary, the Financial Advisor is **required** to act with **undivided loyalty** to the client. This includes disclosure of how the Financial Advisor is to be compensated and any corresponding conflicts of interest.

FIDUCIARY OATH

The advisor shall exercise his/her best efforts to act in good faith and in the best interests of the client. The advisor shall provide written disclosure to the client prior to the engagement of the advisor, and thereafter throughout the term of the engagement, of any conflicts of interest which will or reasonably may compromise the impartiality or independence of the advisor.

The advisor, or any party in which the advisor has financial interest, does not receive any compensation or other remuneration that is contingent on any client's purchase or sale of a financial product. The advisor does not receive a fee or other compensation from another party based on the referral of a client or the client's business.

BREWSTER FINANCIAL PLANNING LLC



641 President Street, Suite 102
Brooklyn, NY 11215
646.249.9880

info@brewsterfp.com
www.brewsterfp.com

Helping Individuals Create and Preserve Wealth™

The pizza: "Wood-fired oven pizza. Personal and large size. Pizza cooked to high heat and charred to perfection. You're not gonna get a lightly baked pie if you don't ask for it that way."

Preferred slice: "Grandma slice; anything with pepperoni on it I can eat. I go traditional; I don't go out of the box."

Drink with a slice: "Coke. I like a coke and a slice."



PHIL CASTELLANO, ROMA PIZZA, 85 7TH AVENUE

Phil Castellano's father owned a pizzeria on 5th Ave. when he was a kid. His family is Sicilian. Back then, the neighborhood was very different.

"5th Avenue was horrible. You couldn't walk on 5th Avenue past sundown," he said.

It was particularly scary running a business there, especially since all the businesses were cash-only back then. In 1982 they opened Roma on 7th Ave. His pizzeria is still cash-only today.

"That's just the way it was, and no one really changed it. Now, people get a real kick out of it. It's like going back in time," he said.

Castellano remembers playing outside when he was nine or 10 and sneaking away to eat a whole pizza pie himself. There was no doubt he was going to go into the family business.

"Women were seamstresses, and men were cooks," he said.

The same recipes from his father's shop are used at Roma today. The shop now has a liquor license and serves more meals like veal, mussels, clams and handmade soups.



The pizza: "Traditional, classical NYC street pizza. What the city is built on."

Preferred slice: "Regular and Sicilian. Those are our biggest sellers."

Drink with a slice: "I drink a lot of water. Coke occasionally."

PARK SLOPE LIFE

What it means



to be Half-White

By Ambika Samarthya-Howard

Artwork by Daniel McCann

When I first returned to New York to study film at Columbia in 2000, I remember hearing about a Brooklyn based parenting group created for South Asian parents called Mixed Masala. The group included parents who adopted from South Asia as well as parents who had recently emigrated from the subcontinent – the common thread being a desire to raise children within that culture. I decided if I had children in America I wanted to be part of that subculture.

Fast-forward 15 years and I found myself married to a Seattleite and living in Prospect Lefferts Garden. When I go to restaurants and parenting groups in the area, I'm very conscious of the fact that Ananda does not look particularly South Asian. I realize based on my clothing and the vibe I give out that particular day, many people assume I'm his nanny, and I can see their discomfort as to how to refer to our relationship when they ask me questions about him. His skin is not pale, but it's not dark, and his features, aside from a robust set of hair, do not mimick those of Indian men. It then became even more important to go out of my way to raise my child with as much Indian traditions and culture as I could muster, and my husband was very supportive of this. For me being Indian meant communicating a Buddhist tradition, introducing him early on to Indian music and foods, as well language and place.

We became close to a few people from the MM group and attended their events. I found a Buddhist Tibetan nanny through a vigorous hunt where I pooled all my listserves together, and for the first year of my son's life she brought a deep spiritual and cultural nuance to childcare. My mom cooked most of his early solid foods, from daal to idlis (South Asian rice patties), and my husband and I introduced him to spices early. My husband danced bhangra with him, and my friends showered him with Indian clothes. O insisted that my mother only speak to him in our mother tongue and I repeatedly spoke the few words of Hindi I can muster. I'm committed to bringing him to India early on, and for him to be immersed in Indian culture.

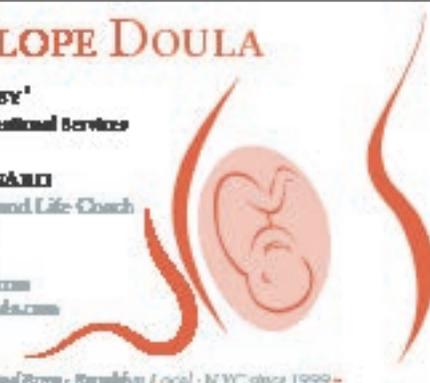
I feel good about all of this, at least for now. I resist when people ask how to shorten his 6 letter name and if he has a nickname. I respond that it's already quite easy to pronounce and only 3 syllables. And I know I unconsciously give him an abundance of kisses and attend many happy hours to make sure everyone knows he's definitely my son. The plight of bringing up a mixed child is old news, especially in Brooklyn.

PARK SLOPE DOULA
'BRING IT BABY'
 Doula and Organizational Services

JAYE MAYNARD
 Labor, Birth, and Life Coach

917-608-6593
 jayemaynord@gmail.com
 www.parkslopedoula.com

— Honorary Born - Brooklyn Local - NYC since 1999 —



PAUL STEIN, LMSW, Ph.D.
 Analyst
 Jung / Freire

"Dreams" / Relationship(s) / Projections / Context
 Archetypes / Anima / Animus
 Reconciliation / Creation Mythos / Ethos / "Culture"
 Self-Education / Empowerment

Domestic/International Consultation
 dreamsphd@gmail.com
 646-709-8634

Grand Opening!

PARK SLOPE HAPPY FEET

93 5th Ave. Tel: 718-576-3577

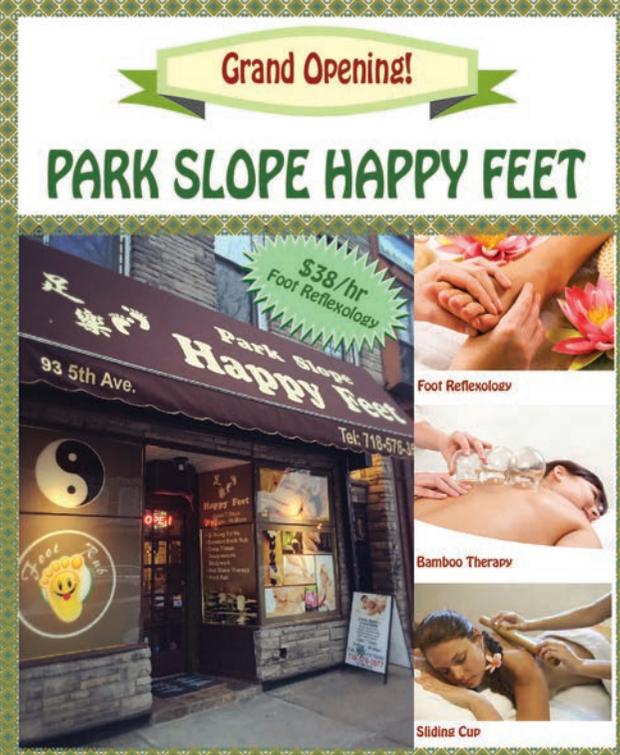
\$38/hr
 Foot Reflexology

Foot Reflexology

Bamboo Therapy

Sliding Cup

718-576-3577
93 5th Ave. Brooklyn NY 11217



What has changed recently is the intensity of the racial climate in America – or perhaps more transparency of a historically existing one. Within the context of the Black Lives Matter movement and the hatred Trump has brought into the American forefront, I now have to learn what it means to raise my son half white.

In the same way that introducing language, spices, and spiritual beliefs early on will impact Ananda's life down the road, I think that's important to begin communicating the cultural and political burden of his whiteness. I asked my husband how will we raise him white and he joked and said "consumerism." Since the dominant culture in America is white culture, we don't have to go out of our way to raise him white per se, as that's the default.

But I want to make sure to teach Ananda that whiteness means privilege. It means that he may get scrutinized in airports when people see his hyphenated last name, but not when the police don't issue him a ticket. I don't want him to be ashamed of his whiteness, or adopt it too willingly – I want him to understand the deep responsibility to be aware of the political situations of our times, and feel deep compassion and act accordingly. It means understand that being white carries power that he can choose to use wisely, and that how his parents are treated differently is not coincidence.

I wonder how I will teach him these things. It's not the same as my sing-song voice which hums tunes to calm him during a diaper change, or adding a bit of spicy chutney to his solids. It's nuanced. How early does one learn privilege and power? How early does one understand racism and discrimination? I'm really not sure. I do know that habit formation happens early on, as does recognition of smells and people, and this is not something that can wait until school to be taught.

What I do know is that there are progressive communities like Mixed Masala and the anti-gentrification movements in Brooklyn to support me as I raise my son. I'll continue to help navigate my son through the experiences he has when we ride the subway, and we ride it often. And that rooting myself in how my neighborhood is growing may be as important an education as a trip to Bangalore.

SALLY RAPPEPORT
 LICENSED ACUPUNCTURIST

ACUPUNCTURE
CHINESE HERBS
 Board Certified (NCCAOM)

BODYWORK/BOWEN

911 Union Street, Grdfl. Brooklyn, NY 11215
 718.398.5284 tel/fax sally@sallyrappeport.com
 www.sallyrappeport.com

★ PAULA ROBERTS ★
 THE
 ENGLISH PSYCHIC



INTERNATIONALLY KNOWN FOR THE ACCURACY OF HER CLAIRVOYANT READINGS, HANDWRITING ANALYSIS AND DOWN TO EARTH MANNER. PAULA HAS HAD HER FULL-TIME PRACTICE IN NYC FOR OVER 30 YEARS AND HAS APPEARED ON MANY TV AND RADIO SHOWS AS WELL AS IN PRINT MEDIA. SHE HAS ALSO KNOWN FOR HER ANNUAL NEW YEAR PREDICTIONS IN NY POST.

PRIVATE READINGS ARE AVAILABLE INPERSON (U.E.S.), SKYPE OR PHONE.

212-751-7122 POLROBNYC@MSN.COM WWW.PAULAROBERTS.ORG



GOWANUS SOUVENIR SHOP

Visit us at our new location!
 567 Union Street
 Brooklyn, NY 11215

gowanussouvenir.com



For families in transition.

A peaceful alternative for restructuring the family.

When you want to resolve conflict, you need an expert to guide you safely through the process. Rachel Green is an experienced mediator who can guide you safely and smoothly through conflict to a resolution. Rachel can give you the information you need to brainstorm solutions, so that we can put together a settlement that will work as well as possible for you, your ex, and your child(ren). Mediation helps you to honor the years that you spent together, while acknowledging the reality that you are not going to stay together for the future. Your children will never thank you for destroying their other parent! Call for a consultation.



120 Garfield Place, Suite A-6, between 5th & 6th Avenues
 www.Mediate2Resolution.com | Rachel@Mediate2Resolution.com | 718.965.9236

HELPING PARK SLOPE FAMILIES RESTRUCTURE SINCE 1995

YOGA FOR THE WHOLE YOU

children • adult • prenatal • postnatal

(new student special 3 classes for \$30)



708 Sackett Street | between 4th & 5th Avenue | Brooklyn, NY 11217 | 347.987.3162
www.bendandbloom.com

YOGA: BENDING TOWARDS BROOKLYN

LIFE AS YOGA



PART II: THE FIRST SUTRA AND MODERN SEPARATION

BY TATIANA FORERO PUERTA / ILLUSTRATION BY YEVGENIA NAYBERG

Upon opening the Yoga Sutras of Patanjali, the very first statement we read is: Now the teachings of yoga. Like many sutras, there is more than meets the eye here. A sutra is a succinct statement or aphorism that was deliberately created to be short so that it may be easily memorized and so that its meaning might be dissected through study, reflection, and chanting. Much like a bullet point in a lecture, the sutra itself is the tip of the iceberg of a larger point being made. Sutras are a lot like poetry; there is a lot packed into a limited space. As a result, every word is intentional—every word matters. The brevity of each sutra is purposefully done to facilitate unpacking this meaning.

ARTS GOWANUS PRESENTS
**GOWANUS
 OPEN
 STUDIOS
 2016**



October 14-16
ARTIST STUDIOS OPEN SAT + SUN 12-6PM
 More info at www.artsgowanus.org



OPAL MASSAGE & ALLIED THERAPIES, LLP
 28 8th AVENUE AT LINCOLN PLACE
 BROOKLYN, NY 718-857-6183 WWW.OPALCENTER.COM

COULD YOUR BUSINESS USE MORE QUALIFIED REFERRALS?



FACT: 97% of businesses rely upon referrals to grow, but only 3% of businesses actually have a strategy to generate them!

Network with our 26+ local Brooklyn business owners and professionals, learn how to expand your business through referrals and lock out your competition.

To register and learn more: <http://bit.ly/2b9d3eL> or contact us at bnibrownstonebiz@gmail.com

a·ware·ness

noun

- knowledge or perception of a situation or fact.
- *"we need to raise public awareness of the issue"*

synonyms: consciousness, recognition, realization;
MORE

- concern about and well-informed interest in a particular situation or development.
- *"a growing environmental awareness"*

YOU + PARK SLOPE READER = AWARENESS

If you have an event, class, workshop, opening, sale or simply want to introduce yourself and your service this season, use this effective tool to reach our entire readership online, including Facebook, Twitter and Instagram. *Click for more information.*



When the Yoga Sutras were first written down (prior to being written down they were part of a rich oral tradition), many other philosophical texts already existed. As a means to clearly differentiate the subject of a particular text, it was common for treatises like the Yoga Sutras to open with a definitive statement that addressed the topic at hand. In this case, we are dealing with the subject of yoga.

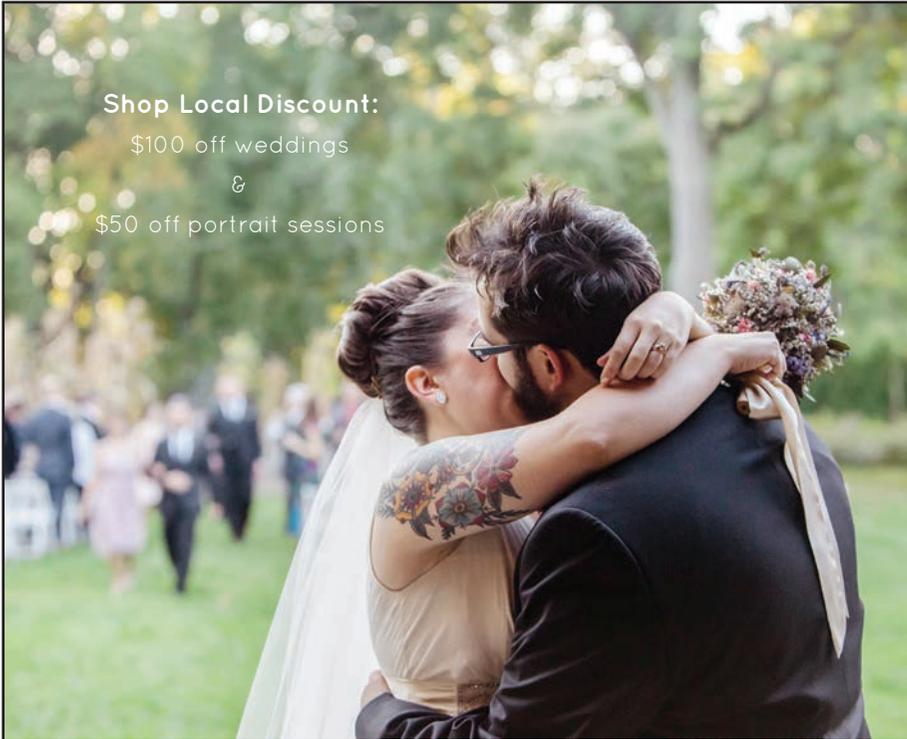
Yoga, as I mentioned in the opening article of this series, is a word that etymologically most resembles our English word for to "yoke." As such, the subject of what we are about to delve into is the yoking/joining/uniting. This begs the question: What then is apart/disjoined/separate?

This is where the philosophy becomes relevant and tangible. The sensation of precariousness in modern life is clearly evident. Both national and international news are filled with stories of pain, anger, and anguish. In my own social circles I've heard many voice fear and anxiety about recent events that seem to highlight the darker aspects of the

We reach for our smartphones the second we feel bored. We are rarely whole-mindedly, whole-bodily, wholeheartedly here for ourselves or for each other.

human condition. Even the very basis of our political structure—a two-party system—is demonstrative of precisely what the sutras are referring to here: separation. Said simply, we all tend to abide in a space of separateness, and this is true on many levels. The degree of separation we experience within ourselves is then reflected by our actions and behavior. As a result, the state of separation on a large scale is most obvious in the current social upheaval—the internal reflects externally, or as the aphorism goes: As within, so without. This means, necessarily, that the greater social suffering we are experiencing is

only possible as a result of smaller, more personal suffering or separation. We are, after all, a part of a greater canopy, a stitch on a larger quilt of humanity, and our actions as well as our internal states have an effect on the whole quilt. There is a deep and relevant truth here and we can see it clearly when we take a look at any of the perpetrators of recent tragedies—their actions, which affected many, many people, were all based on one fundamental and ultimately flawed assumption: separation. We cannot hate or attack that which is united, that which is ourselves; we can only harm that which we believe is different from us, that which we believe is separate. The recent tragedies we're seeing are a result of the separation mindset.



Shop Local Discount:

\$100 off weddings

&

\$50 off portrait sessions



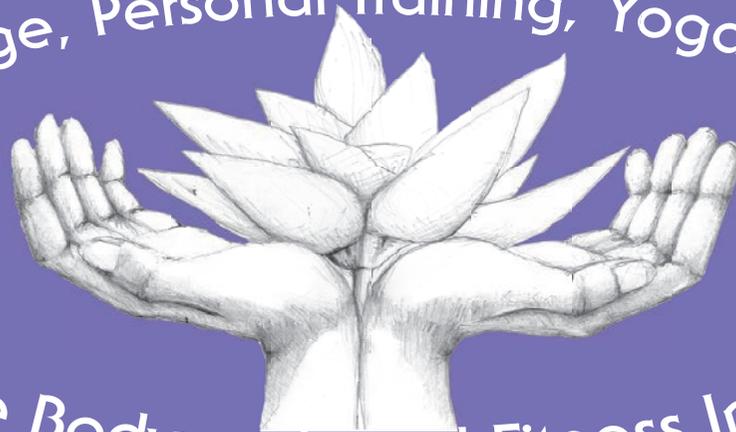
www.lizligonphotography.com

email: liz@lizligon.com

phone: 917.526.1631

HANDS ON HEALTH

Massage, Personal Training, Yoga, Pilates



Where Bodywork and Fitness Intersect

Jennie KixMiller LMT, ACE Certified

1663A 8th Avenue (btw. Prospect Ave. & 17th St.), Park Slope, Brooklyn

tel: 917-836-6034

email: jenniekix@aol.com



SUNSHINE BEST BODYWORK

Visit us today by Appointment or Walk-In

HOT STONE SPECIAL
(over one hour sessions)

**Proudly serving the Park Slope Community
for over a decade**

Our technique came from thousand of years of Traditional Chinese Medicine.

Notorious for treating: Muscle tension,
pain and soreness due to prolong usage of muscles

- Tui-Na Deep Tissue-
- Foot Reflexology-

PARK SLOPE:

4 Park Pl. Brooklyn NY 11217. 718-783-1268

SOUTH SLOPE/ WINDSOR TERRACE:

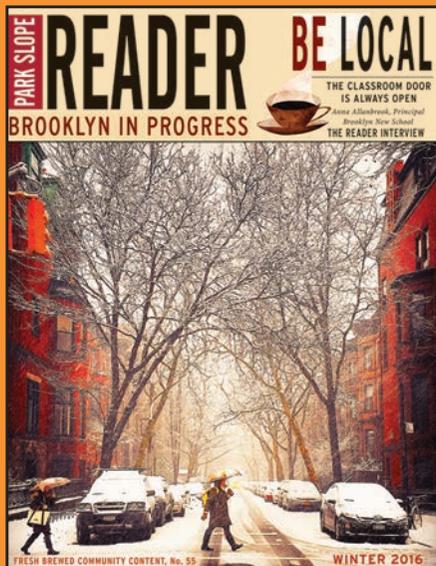
457 7th Ave.. Brooklyn NY 11215. 718-788-2372

The Yoga Sutras, then, are a text about the space within our consciousness which we are all very familiar with, and how to yoke, unite, and bring it back together. Or, more accurately, how to recognize the falsehood of separation. As such, the wisdom and techniques presented by the yogic wisdom are not a religious or prescriptive code to follow blindly, but rather a guide into ourselves, our experience, and our consciousness. In using them, we aim to create real, palpable change, and live more cohesive lives, so that our experience of the world is more united, and less separate. As a result, we create bonds instead of weapons; we heal, instead of harm.

The Sutras, as a manual of self-knowledge made of an organized system of techniques, gives us the first clue into creating that unity in the most simple of places—the first word of the first sutra, “now.” The first place where separation seeps in is in the here and now; our first line of disconnection is in the present. We live in a world of texting-while-doing just about anything. We reach for our smartphones the second we feel bored. We are rarely whole-mindedly, whole-bodily, wholeheartedly here for ourselves or for each other.

The first homework of the Yoga Sutras in the very opening line is simple: practice presence now. This begins by noticing our degree of presence at any given moment. Notice the times you are tempted to reach for a phone when you are engaging in another activity. Notice the times when you are tempted to disconnect from a conversation mentally. If we can commit to deepening our presence even slightly, we are committing to taking the first step into the realization of a deeper existential truth we will continue to explore—the truth of our underlying unity.

JOIN US THIS WINTER



ADVERTISING DUE DATE: DECEMBER 1ST •
EMAIL TO RESERVE A SPACE: OFFICE@PSREADER.COM

**BE LOCAL
PARK SLOPE**



PARK SLOPE READER NOW ON

facebook

JOIN. SHARE. CONNECT.
CONTRIBUTE.

TAKE YOUR BIRTHDAY OVER THE TOP.

With birthday packages, private room rentals, and other group booking options, Brooklyn Boulders will help make this your BEST. BIRTHDAY. EVER.

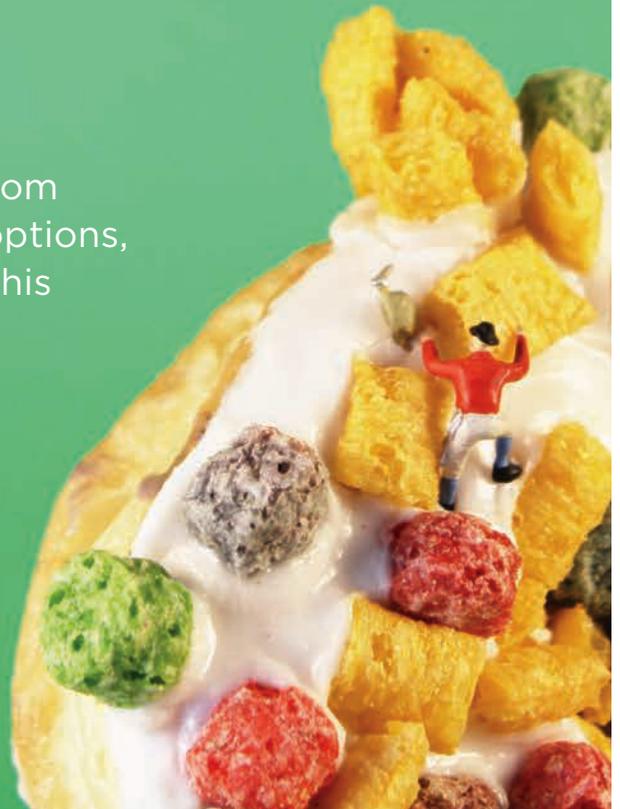
BOOK YOUR EVENT NOW:
brooklynboulders.com/birthday



BROOKLYN BOULDERS
CLIMBING • COMMUNITY

575 DEGRAW STREET, BROOKLYN, NY 11217
347.834.9066 | [BROOKLYNBOULDERS.COM](https://brooklynboulders.com)

**9 person minimum. Members are complimentary. Climbing instruction is available at an extra charge.*



SLOPE SURVEY

— By Mirielle Clifford —



Restaurateur, devotee of local, seasonal food, and one of Edible Manhattan's "Dads We're Loving," John Tucker was the perfect fit for the Slope Survey's third installment. Here, the owner of Rose Water muses on a changing Park Slope, getting away, and the surprising qualities that make a hero.

What brought you to Park Slope? I'm as Slopian as they come: my wife and I came over the bridge in 1999 with a two-year-old in tow, looking for square footage, green space, good school, and a community of like-minded tree-huggers. We checked every box, and within months many unexpected benefits appeared, like the Food Coop, and the notion that the neighborhood might support a restaurant like the one I opened in 2000. **What is your most memorable Park Slope moment?** Rose Water's opening day was big, but not specifically a Slopey moment. My most memorable moments are about coming together as community - happy times in the park at Celebrate Brooklyn and the PopUp dinners, or Halloween and baseball parades. Even sad gatherings, such as grieving together at Beth Elohim over the tragic loss of a wonderful boy. Handing out food at Green and Healthy Night at PS 321, and watching kids perform at MS 51 with Mr. McEneny's drama department. There've been many, many memorable moments for me in my village. **A good day for you is...** I own and operate a long-running Park Slope business that I'm proud of, and I help run a Brooklyn non-profit youth soccer program. A good day includes both, and also watching my sons play soccer. But, in the summer when the kids are away, my best days are spent upstate, swimming in the Plattekill Creek with my wife and our dog. **Describe your community superpower.** I'm very fortunate to have had the time and energy to be a volunteer youth sports coach, referee, and administrator for many years. And I'm proud to be considered an asset to my community as a small business owner that supports local schools, charities, and nonprofits. **If you could change one thing about the neighborhood, what would it be?** Diversity. When I moved to Park Slope in 1999 there was more racial, ethnic, and cultural diversity, which was a big draw for me. New York City is still a vibrant and wondrous place, but less interesting than when I arrived from Detroit in 1986. Particularly in this contentious election season, I'd love to be in charge of a magic wand that promotes tolerance, inclusion, and understanding. **What do you think Park Slope will look like in 10 years? in 20 years?** Wet? Hopefully it'll be many decades before the Gowanus Canal stretches from Fourth Avenue to Hoyt Street. Meanwhile, I worry the neighborhood will continue to lose interesting mom-and-pop shops in favor of chains, and become more pricey and even less diverse. I hope I'm wrong, because I want to keep living here. **What were your childhood nicknames?** Johnny. **What is your greatest extravagance?** I raid the Rose Water wine cellar fairly frequently and drink well above my life station. Or, perhaps it's my "country house," which is a travel trailer that never travels—it sits on a campsite near Saugerties, New York. **If you couldn't live in Park Slope or in Brooklyn, where would you go?** Besides Provence? A barrier island on the Gulf Coast of Florida that has no bridge, no cars, no roads, no commerce, and a beautiful, mostly unpeopled beach where I like to look for shark's teeth. I also love the Catskills, and I could see myself in all those places, but I refuse to imagine not having a home in Brooklyn, too. **Who is your hero, real or fictional?** My dog. We never disappoint each other, he's never told a lie, and he's always reliably and irrationally pleased to see me. Mostly, I feel like people are too human to be heroes. That said, I think ALL educators are the bomb!

AIM HIGH



*Aim high...
Reach new goals,
Improve and motivate your life
With pure energy martial arts,
And be the best!*

*All Levels - All Ages
Juniors 3 to 5 - Juniors
Advanced Juniors
Teens and Adults*

*Tessa Gordon
Founder, Owner, and Chief Instructor
1988 Olympic Team
National Champion
Pan American Champion
World Championship Medalist
Over 30 years of experience*

**548 Union Street
Brooklyn, New York 11215
1-718-965-4222**

tessa@pureenergymartialarts.com

www.pureenergymartilarts.com

"COME IN FOR A FREE TRIAL CLASS"

U N I O N
M ★ R K E T™

LOWER EAST SIDE
240 EAST HOUSTON STREET
AT AVENUE A

COBBLE HILL
288 COURT STREET
BET. DEGRAW & DOUGLASS ST.

PARK SLOPE NORTH
754-756 UNION STREET
AT SIXTH AVENUE

PARK SLOPE SOUTH
402-404 SEVENTH AVENUE
BET. 12TH & 13TH ST.

718.230.5152



UNIONMARKET.COM