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# READER



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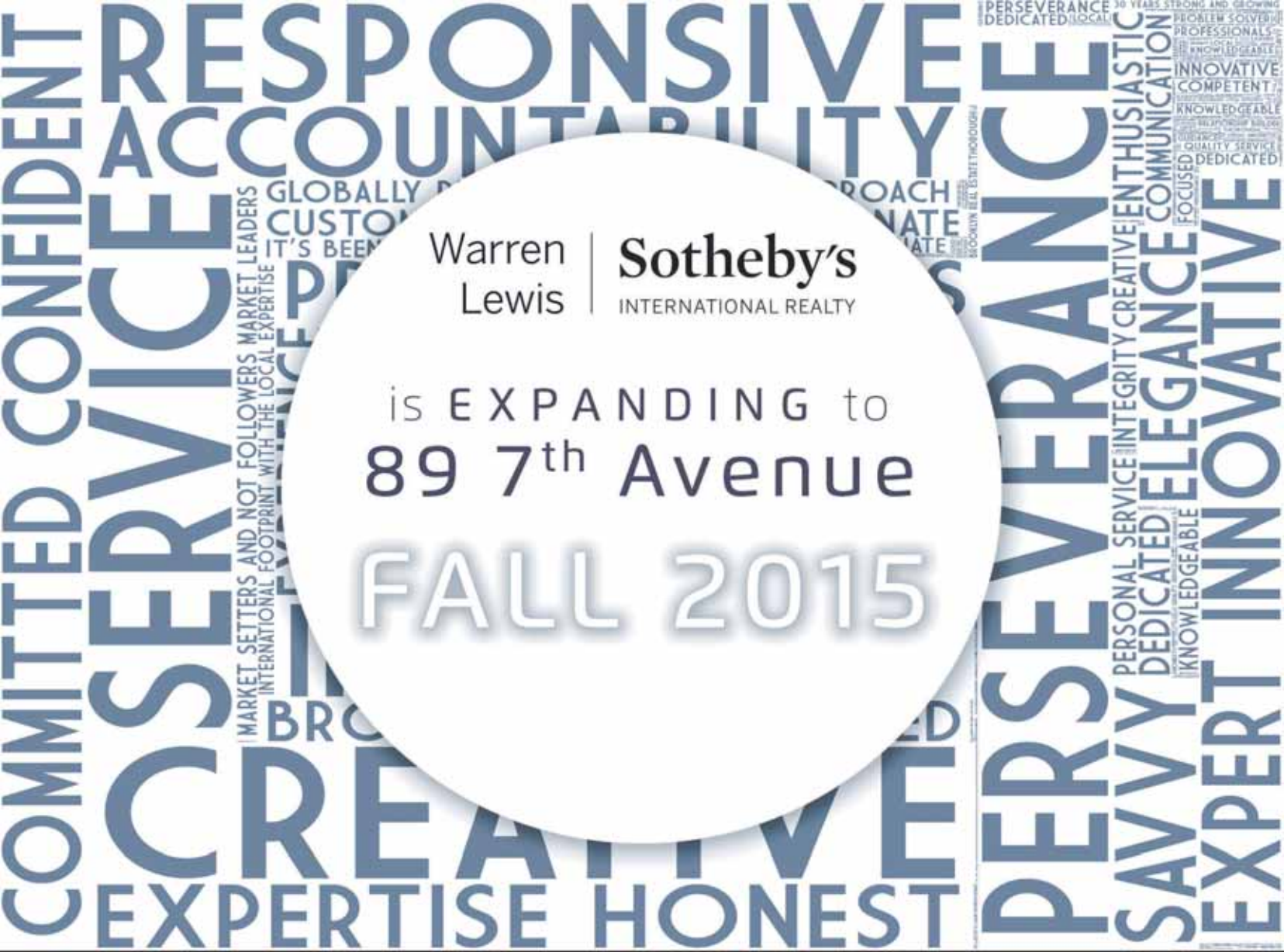


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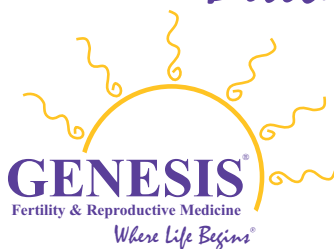
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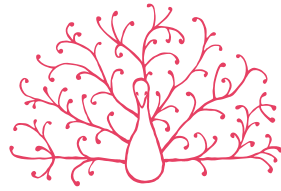
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AUGUST 1, 14, 28 + 29  
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We may know Fifth Avenue now as a hub of activity, with loads of restaurants, bars, and shops. Back in the '70s, however, that was not the case. Meet Irene LoRe, the woman who made Fifth Avenue what it is today.

## CONTRIBUTORS



nicole

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.



sally

SALLY KOHN is one of the leading progressive voices in America. She is currently a CNN contributor and columnist for the *Daily Beast*. Sally was previously a Fox News contributor, the motivation for her widely-seen TED talk, as well as a regular guest on MSNBC. Sally's writing has appeared in the *Washington Post*, *New York Times*, *New York Magazine*, *More Magazine*, *Reuters*, *USA Today*, *Salon*, *Politico*, *Time* and many other outlets.



melanie

MELANIE HOOPES is the writer and director of Laurie Stanton's *Sound Diet* (sounddietradio.org), a hilarious but darkly painful radio drama show that's been described as a twisted, urban version of Garrison Keillor's *A Prairie Home Companion*. She also creates funny and poignant pledge drive spots for WNYC and WBUR (public radio stations). She's an Executive Storytelling Coach for The Next Level, Inc. and the Magnet Genius Machine and she teaches solo performance at the Magnet Theater. She lives in Westchester with her husband and their two kids and is a proud Girl Scout leader.



nancy

NANCY LIPPINCOTT is a writer living in Brooklyn, though she makes frequent trips to Queens just for the pho. She has strong opinions about tacos, sandwiches, and negronis.



jessica

JESSICA PHILLIPS LORENZ has been teaching yoga and creative drama classes to children and families in NYC for over a decade. Also a playwright and lyricist, she has performed many original solo works and her songs appear on the award-winning children's record *Come Play Yoga*. Her work has appeared in *Mutha* magazine. Jess lives in Brooklyn with her husband and two kids, who sometimes co-teach family yoga classes with her.



jacqueline

JACQUELINE SHEPPARD hopes to get her M.S. in Publishing: Digital and Print Media from New York University at some point in 2016. At this point in time, she's been published in *BUST Magazine* and *Smithsonian Magazine's* Around the Mall blog. She moved to South Slope two years ago from Tampa, Florida and still feels like a newbie to the neighborhood.



john

JOHN TUCKER opened Rose Water in August 2000 with the hope there was a hunger in the wilds of Brooklyn for a restaurant devoted to Seasonal American cooking with ingredients from regional family farms. Thankfully, that hunger did exist, and still does.



olivia

OLIVIA WILLIAMSON attended culinary school almost immediately after high school, about a year after arriving in NYC. Once she had her degree she began working in restaurant kitchens and eventually held a myriad of positions in the world of restaurant hospitality, from the back of the house to the front. After the birth of her first daughter she discovered the world of personal cheffing and fell completely in love with it. These days she has both a list a regular weekly clients and a growing catering business. You can find more of her work at [oliviacoooksforyou.com](http://oliviacoooksforyou.com) and <https://instagram.com/oliviacoooksforyou/>.



david

DAVID WOHLSTADTER, DVM, CCRT, is a senior emergency clinician with BluePearl Veterinary Partners and has been with BluePearl in NYC since its very first day. He also is a certified canine rehabilitation therapist. Dr. Wohlstadter is married to veterinarian and enjoys spending time with his large family, which includes many people, many dogs and many cats.

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## Community Environment Health . Arts



## PARK SLOPE READER

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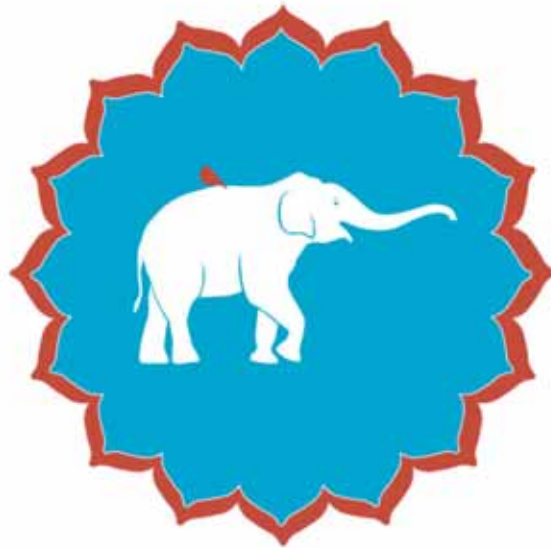
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# SUMMER OF LOVE



June 26th 2015 marks a major date in history for civil rights—the Supreme Court of the United States has ruled marriage discrimination unconstitutional, making it now possible for any two people to be legally married, regardless of sexual orientation or gender identity. It's one more step in the right direction towards a more just and equal society, where the morals and beliefs of some do not dictate the rights of others. It was a triumph that served as the perfect follow-up to this year's Pride festivities. We can applaud our government with lack of cynicism for once, as we enjoy one of those rare moments where love has truly conquered all!

Photos by Jacqueline Sheppard











The morning after Lorenzo was born, I was lying in my hospital bed, cradling the baby in my arms and gazing at his sleeping face when he suddenly started to choke. On thin air. He hadn't been nursing or anything, he just went from slumbering in that unreachable, newborn way to gagging.

**BY NICOLE CACCAVO KEAR, ART BY CAITLIN MALONEY**



**"From Now I See You by  
Nicole C. Kear. Copyright  
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I lay immobilized for a second or two and then I raced into the hospital hallway, holding Lorenzo and yelling: "Help me! Someone! My baby is choking!"

I was fully aware of how ridiculous this sounded and what a spectacle I was making but my panic overrode any sense of decorum. This was life and death.

A middle-aged nurse strode over. She was solid in her scrubs, and she walked like she meant business. Within a few seconds, she'd grabbed the baby out of my arms like a sack of beans and whacked him on the back, twice, with what seemed like excessive force. I winced as I imagined his spinal column shattering. But he remained in one piece, as erect as a newborn can be, and his gagging was replaced with bawling.

"That's normal," the nurse explained, handing the baby back to me and paying precious little attention, I noted, to supporting his head. "He's just gagging on his amniotic fluid. They do that sometimes."

She said it casually, like it was supposed to make me feel better. In fact, it had the opposite effect. I'd been prepared to protect my son from all sorts of choking hazards—loose change, hot dogs, paper clips—but later, in a few months, when I'd had a chance to hone my mothering skills. I'd never thought I'd need to start now, right out of the gate, and that I'd have to also worry about him choking on stuff that was already inside of him. The very stuff that had shielded him from harm for the past nine months.

All of a sudden, the enormity of the enterprise before me slammed down on my shoulders. Holy Mother of God. There'd be things I would fail to protect him from. And not just the stuff I'd already, very diligently, worried about like clipping off his fingertips instead of his fingernails because I couldn't see details that small. There was a whole world, a whole galaxy, of other stuff that I couldn't protect him from, stuff that hadn't even occurred to me, stuff I didn't even

know about. What the hell was I going to do now?

What I was going to do was hang my head and cry, the which I did right there in the hospital hallway, in my no-slip socks and pink polka-dot pajamas.

"You mean he's going to do it again?" I sobbed, "and there's nothing I can do to stop it?"

Without missing a beat, the nurse put her hand on my shoulder and ushered me back to my bed. She seemed so unfazed by my sudden crying fit, it gave me the strong suspicion that that hallway had seen far worse mental breakdowns. Working in maternity was probably pretty similar to working in the psych ward, except with bigger maxi pads.

"It's going to be all right," she promised, "A little gagging won't hurt him."

"But what if—" I sputtered. "What if he chokes so much he can't breathe?"

"He won't," she replied. "I've never heard of that."

That wasn't sufficient reassurance for me. There was all sorts of shit you never heard about until it happened to you and then it was too late. I'd never heard about retinitis pigmentosa and yet, here I was, unable to see the tissue she was holding out to me until she finally shoved it right in my hand.

I blew my nose and took a deep breath. Too late to back out now.

"Tell me what to do, exactly, if it happens again," I pleaded, "Step by step."

"There's only one step," she replied, "Just give him a good old whack on his back."

"But how will I know for sure that his airway is clear?" I pressed.

The nurse looked over in the direction of my roommate who was buzzing her call button insistently from behind the room's dividing curtain. I'd been privy to my roommate's every sound for the last twelve hours and despite the fact that I hadn't caught a glimpse of her, I'd put together a pretty detailed profile: Polish, first baby, C-section, not much luck nursing, prone to sudden meltdowns herself.



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From the sound of the call button, there was another breakdown in the works, which meant mine had to be wrapped up.

“Look,” said the nurse, “if the baby’s crying, you know he’s not choking. So I guess if you really wanted to be sure his airway was clear, make him cry. Give his big toe a good squeeze—that’ll aggravate him.”

“OK,” I affirmed, “Got it.” If I have any suspicions that the baby is choking, any at all, I should make him cry.

Which is why I spent the first month of my infant’s life annoying him relentlessly.

I’d look over at the bouncy seat, where Lorenzo lay still, silent, and peaceful.

Though this is most mothers’ dream, it was my call-to-arms. Why was the baby so preternaturally still? Clearly, he was not breathing. Likely, it was that damn amniotic fluid causing trouble again. Who knew how long he’d been like this?

As I sat pondering, his brain might be losing oxygen! No time to undertake the subtle investigative measures I’d

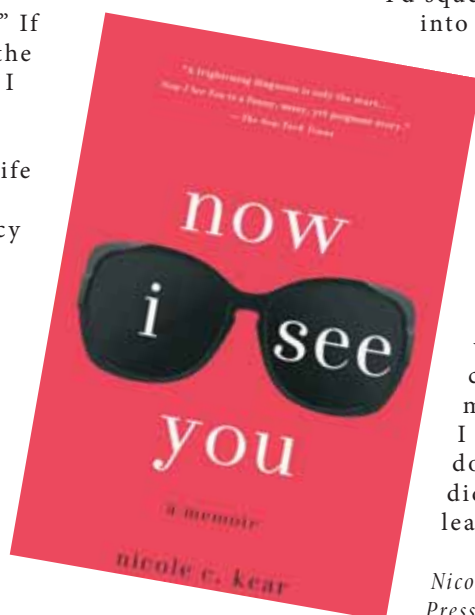
learned in infant CPR class like watching his chest rise and fall; I couldn’t trust myself to see the ever-so-slight movement of his chest anyway, my vision was so poor. No, no, this emergency called for the squeeze-the-toe test, approved by medical professionals as the quickest, most effective way to confirm baby’s respiratory health.

I’d squeeze the toe. He’d scrunch his placid face into a scowl and commence caterwauling.

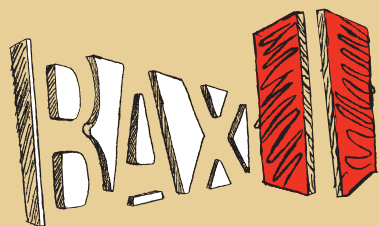
Mission accomplished. The baby was breathing. And, now royally pissed off.

Over and over again in the first weeks of my baby’s life, people were assuring me that if I trusted my mother’s instinct, I’d be fine and over and over again, I was finding that was a load of horse-crap. Maybe other mothers, ones with all their primary senses intact, had functional maternal instincts, but worry and a severe lack of confidence had caused mine to short-circuit. None of this mothering business was coming naturally. I needed a detailed instruction manual to do everything and sometimes, even that didn’t work. It was a classic case of the blind leading the blind.

Nicole C. Kear’s memoir, *Now I See You* (St. Martin’s Press) comes out in paperback on July 14th. You can order the book and find more info at [nicolekear.com](http://nicolekear.com).







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Dear Hypocrite,

I love your column. Often when I'm facing a problem that I'm not sure how to handle, I'll think about what you'd say and I follow your imagined advice. This time, however, I can write in and wait for your real response! My husband and I are struggling with this one. We're hoping you can help us out.

My husband has a group of good friends from college. Over the years, I've gotten to know them and their wives and consider them my pals, too. We've gone on many trips together as couples, and now that our kids have finally made it to a good traveling age, we've started to take family vacations together. Last year we rented a house in Mexico and it was a success for the most part. The only issue is with "Lucy," one of "Ann and Tom's" children. My husband and I are not sure what's wrong with Lucy. She talks constantly and is forever trying to enlist the entire group in playing a game. Ann and Tom encourage the behavior by playing her games which involve making animal sounds and answering senseless riddles. She's forever hijacking conversations and telling stories that have no point. Her parents make no effort to curb her. She sabotages whatever is going on. Lucy is eight and already the last person I'd want to sit next to at a dinner party.

At the end of the Summer, all the families are meeting at a house in Michigan for ten days. The house is not as big as we wanted. Some of the couples have to sleep in twin beds, some are on a sleeping porch. There isn't a lot of privacy. My husband and I are dreading being cooped up with Lucy. My husband wants

# ABOUT LUCY



to tell Ann and Tom that we're reconsidering the trip because we're not sure if we can tolerate Lucy's behavior. I agree something needs to be said, but that seems too strong. How do we ask them to rein her in so we can catch up like old days?

Signed  
What To Do About Problem Child

BY MELANIE HOOPES  
ART BY JENNIFER GIBSON

Dear What To Do,

First of all, there are no more old days. Kids change absolutely every dynamic they touch. Trying to get back to the energy of the old days is as fruitless as flossing your teeth with one hand. You won't be able to do it. Let go of that fantasy now.

I hear you when you say you want to catch up, though. Being able to share your lives with people who've known you in your wilder days is the absolute best. The thing you need to figure out now is how not to fuck that up. And you, What To Do, are at the precipice of ruining everything. There are a couple of reasons why I'm going to tell you to do absolutely nothing in your struggle with Problem Child.

When I was twelve I was pretty sure I was done with the human species. I'd been betrayed by my friends and wasn't feeling so great about my family. But there was one thing I had a lot of faith in. Squirrels. My backyard was filled with them. Every afternoon after school, I would sit on the steps going down to the yard and watch them gather chestnuts for hours. Every couple minutes or so, I would sneak a few inches closer to them, determined to be their Jane Goodall. I'd heard of some people who had squirrels as pets. I wanted squirrels as friends.

I wasn't successful at forging the species divide. I was never able to hand them a chunk of Lender's bagel like I wanted. After about three months, I turned my back on the squirrels and got on my bike. Within a few weeks I ended up getting a new pack of human friends who let





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## ABOUT LUCY

me get close to them. The squirrel thing was a phase—one of a hundred or so I have gone through. Kids go through phases constantly. You last saw Lucy a year ago. I bet you \$23 that the kid has moved on to another more or less annoying phase. You need to see where she is before you say anything to the parents about curbing her behavior.

There's another even more important reason you shouldn't say anything before the trip.

When kids are young, they are their parent's possessions. Parents are hard at work guiding and shaping them. They

do their best to create their child's afterschool and summer schedules and encourage friendships for them that are morally sound and emotionally supportive. This is why parents can't help but feel personally attacked when someone talks shit about their kid. Saying something bad about Lucy is the same as telling Ann and Tom that they are shitty parents. You say, "Lucy is hard to take," they hear, "You have created a monster."

You have two choices: You can sit this trip out or you can go. If you go, I think you will discover a different Lucy. But if Lucy is how you last left her, you're allowed to drop a well-constructed, well-timed comment to her parents that may help the situation. Here are my suggestions.

"It's so good to see you. Sometimes it's so hard with all the kids around to get a word in edgewise. Want to sneak in a walk and talk?"

"What do you guys think of using a local sitter for the night? Catching up is hard at dinner with all the kids. I want to know how you guys are doing."

"Lucy has so much energy!"

All of these statements can start conversations. The last one will work only if said without judgment. Say it like you'd say "Seven times seven equals forty-nine" or "Cows give milk you can drink."

Good luck with this. I feel for you. But I also feel for Lucy. I wasn't a fan of grownups when I was young because they were always telling me to be quiet so they could talk. Sitting there and watching them talk was excruciating. How could they be so boring? Would it really hurt them to play a game during dinner *once in while*?

*See you next time.*

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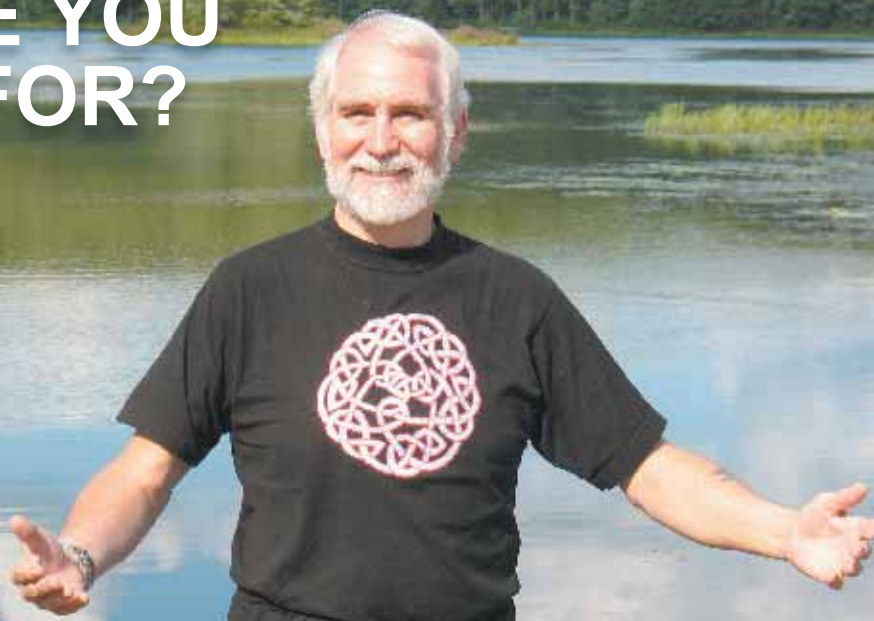
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# SALLY KOHN



TO GET A DOG OR NOT TO GET A DOG

## DOG ASPIRATIONAL, WITH LINGERING DOUBTS

WELL, IT'S BEEN DECIDED THAT MY DAUGHTER WILL INDEED GET A DOG. WHICH MEANS WE'LL ALL GET A DOG, SINCE WE ALL KNOW THE IDEA THAT THE DOG WILL BE "HER RESPONSIBILITY" IS A FICTION AT ANY AGE, BUT CERTAINLY AT SIX. SO NOW IT'S JUST A MATTER OF WHEN AND WHAT.

I find that big life decisions are best made in two phases. Take, for instance, having a child in the first place. This is the purpose of gestation. You first decide you want to have a child, and then you wait a while — however long it takes to get pregnant and then grow and deliver a baby, or to adopt or use a surrogate or what have you. The waiting period is strategic. It's the world's way of helping you come to terms with the reality of your decision and start to grasp its full implications. I remember in the movie *Baby Boom* when the Diane Keaton character is suddenly, unexpectedly given the baby of a distant, deceased relative, and her life falls into complete chaos. Of course, even if you had months or years warning, having a child leads to complete chaos. But less, I think.

And so I'm imagining that anticipating the having of a dog will help prepare the way for the real thing. I've noticed myself now thinking things like, "I guess now would be a fine time to walk the dog if we had the dog," and "That looks like a sturdy brand of carpet cleaner for when we have the dog." This is like how world-class runners prepare for a race by visualizing the route over and over again in their heads. I'm picturing the carpet stains.

But at the same time, I'm also making excuses. Especially when it comes to when we actually cross that threshold from fiction into reality. We can't get a dog now, I think. It's summer. It's too hot. And we already have vacation plans that are dog-less. That beach rental doesn't allow dogs, and it would be negligent to leave it alone so soon. Which leaves the fall. But that's back to school, hectic enough. And piles of leaves mean ticks, right? Winter? No way! Too cold, wet paws, plus I hear that salt on the sidewalks really hurts them. So spring it is! It seems far enough away to not be anytime soon.

As for the kind of dog, this is a matter of much contention. First there's age. Do we want a puppy or a more seasoned, broken in year-or-so-old dog? From what I gather, each has distinct advantages. Older dogs are already mellowed out and, apparently, sometimes come housebroken. Hence no stains, or fewer anyway. But what the hell is the point of getting a dog if you don't get a puppy? Sure, they're difficult, but they're also adorable as all get out and they're cuddly and they smell good. My six-year-old has stopped smelling good. It would be nice to have something good smelling in the house. At least until it stains the carpet.

Lastly, we're up in the air as to breed. Me, I want a mutt from the pound. That seems to me the most socially responsible option as well as the best statistical bet, combining the best of several breeds into one better-than-average result. My daughter wants an Irish Wolf Hound. This, in case you didn't know, is a dog the size of a small convertible. It is literally bigger than her bedroom. And it is not cuddly, though it doesn't require much exercise which is a definite plus. But to me, Wolf Hounds look sort of the dogs that might accompany the grim reaper and I worry that in the middle of the night, catching its passing shadow might cause me to have a heart attack. I don't want to have a heart attack.

Meanwhile my partner wants a Bernedoodle. This is a Bernese Mountain Dog crossed with a Poodle. They are absolutely as cute and cuddly as they are expensive, which is to say very. Plus there's a not small part of me that worries that if I start by giving into a designer dog, next thing my partner will want a designer handbag or something, and we can't really afford that either.

All of which leaves us, I suppose, in the category of "Dog Aspirational, With Lingering Doubts." Suggestions welcome.



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WE'RE LUCKY TO BE IN PARK SLOPE, A DOG-FRIENDLY COMMUNITY WITH SEVERAL TERRIFIC GREEN SPACES THAT ARE PERFECT FOR EXERCISING WITH YOUR POOCH. BUT BEFORE YOU LAUNCH INTO A ROUTINE, HERE ARE SOME IMPORTANT THINGS TO CONSIDER TO SAFELY GET YOUR DOG MOVING.

By David Wohlstadter, DVM, CCRT,  
Photographs by Jolie Kinga

As the temperature grows warmer and the days grow longer, many of us feel the urge to get outside and increase our level of activity. What better way of doing this than getting some exercise with our canine companions?

Exercising with your pet is a great way to bond and has health benefits—physical and psychological—for both of you. According to the Association for Pet Obesity Prevention, more than 54 percent of America's pets are overweight or obese. Starting an exercise routine with your pet is an important step toward maintaining a healthy weight.

Exercise can also help your dog burn off the excess energy that can lead to behavioral problems such as hyperactivity, destructive chewing or digging, and attention-getting behavior such as barking, whining, and jumping up on people.

The additional activity is good for people, too. Did you know that studies have shown pet owners walk an average of 300 minutes per week, whereas non-pet owners only clock about 168 minutes? That translates into a greater number of calories burned, improved cardiovascular fitness, as well as better mental and emotional well-being.

**WARM-UP/COOL DOWN** Just like humans, there are some warm-up and cool down routines that may benefit your dog. Launching immediately into strenuous exercise increases your pet's risk of spraining or pulling a muscle or developing cramps. And by cooling down, you allow your dog to catch his breath. His heart rate will return to normal, and the likelihood of post-exercise soreness will decrease as lactic acid is removed from his system.

The length of your warm-up or cool-down depends on you and your dog's individual requirements, but five to ten minutes should be enough for your dog's body to adjust. It can be as simple as taking a light jog or a brisk walk with your dog before and after engaging in any intense exercise.



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Routines suitable and safe for your dog will depend on aspects such as age and pre-existing orthopedic conditions, so it is essential to consult with your veterinarian prior to starting a warm-up or cool down/stretching routine.

**GET MOVING!** Are you or your pet new to exercise? The first step is to schedule a check-up for your pet to ensure there aren't any heart or respiratory problems that should be addressed.

Once your pet has a clean bill of health, get started by introducing a ten minute walk into your daily routine. Try taking a stroll around Prospect Park and gradually build the length and intensity of your sessions as you and your pet adjust to the increased activity. Be sure to vary your route occasionally to give your pet new places to smell and explore.

For those who are already more active, on-leash running, inline skating, and bicycling are fun activities to do with a canine companion.

Here are a couple of important points to keep in mind:

- Dogs aren't all well suited for jogging or running long distances. Many are built for short, intense bursts of speed. If you do decide to run with your dog, be careful not to overextend her. If she seems sore or exhausted after a jog, cut back next time.
- Be sure to check your dog's paws after a run. Dogs are susceptible to blisters, just like humans. Hot pavement can also be damaging to a dog's paws. Consider running or cycling on soft surfaces that won't be as harmful, such as dirt or grass trails. You can also purchase booties to protect your dog's pads.
- Sustained running or jogging isn't recommended for young dogs whose bones are still growing. If you have a young dog, be sure to check with your veterinarian before taking her on a run.

If you're looking for something more structured, try an exercise class designed specifically for dogs and their owners, such as Go Fetch Run (gofetchrun.com). Classes meet on Tuesday and Wednesday evenings at 6:30 p.m. and on Saturday mornings at 9 a.m. in Prospect Park.

**HEAT-RELATED ILLNESS** As we enter the "dog days" of summer, it's important to be aware of the heat-related illnesses that have the potential to turn a fun afternoon activity into an emergency trip to the veterinary hospital.

The most common heat-related illness people hear about is heatstroke. Heatstroke occurs when the body's core temperature rises to a high level, inciting inflammation and organ failure. Avoid heatstroke by knowing limitations of your dog, breed specific problems and giving your dog time to adjust to the heat.

Our dogs dissipate heat through their skin and through evaporation from their respiratory tract via panting. They cannot sweat in the same way we do. Humidity makes heat loss through evaporation even more difficult, so be especially careful on humid days.

If your pet does become overheated, contact a veterinarian immediately. You can spray the animal down with room temperature or cool water, but never ice water. Ice cold water causes a decrease in blood flow to the skin and heat can't escape the body, which makes heat exhaustion symptoms worse.

Don't give sports drinks or electrolyte supplements to pets. Supplements like sports drinks can actually harm animals and make pets sick.

Lethargy, vomiting, diarrhea, and dark red gums are all signs of heat-related distress. If your pet is panting uncontrollably or collapses, take the animal to your veterinarian or nearest emergency veterinary hospital immediately.

Pet owners should also remember to make sure their pets have access to plenty of water at all times. It's also good to stay near shady spots where a dog can rest and cool off if necessary. There are a number of pet-friendly businesses in our area that will provide water and a place to cool off for you and your pooch. Check Brooklynforpets.com for an up-to-date list.

Certain breeds, termed brachycephalic (short head), are at greater risk for heat-related illness because they have conformations that make heat loss from the respiratory tract difficult. Brachycephalic breeds include French bulldogs, English bulldogs, and pugs. These breeds should be exercised with extreme caution. A simple walk around the block may cause their temperature to rise to dangerous or even life-threatening levels.

**GETTING USED TO THE HEAT** A good way to head off heat-related problems is to ensure your pet has adjusted to the warmer summer weather. Heat acclimatization is the body's gradual physiological adaptation to heat stress. It is what makes an exercise a month into the summer less taxing than that same exercise in the first few hot days. Heat stress on the body is generated by the environment (a hot day), normal metabolism, and exercise.

Acclimatization includes changes such as salt conservation, changes in blood volume, and in humans, the amount we sweat. Heat acclimatization in humans takes around two weeks, so keep this in mind as you begin to take your dog out in the heat.

Also, consider exercising your pet early in the morning or later in the evening when the heat isn't as intense.

**JUST DO IT** Exercise can be fun and beneficial for both you and your dog. Whatever activity you choose, be sure it is one that is safe and that you both enjoy. Also, remember to use your common sense and consult your primary care veterinarian if you have any questions.

Dr. David Wohlstadter is a senior emergency clinician with BluePearl Veterinary Partners. He is also certified in canine rehabilitation therapy.

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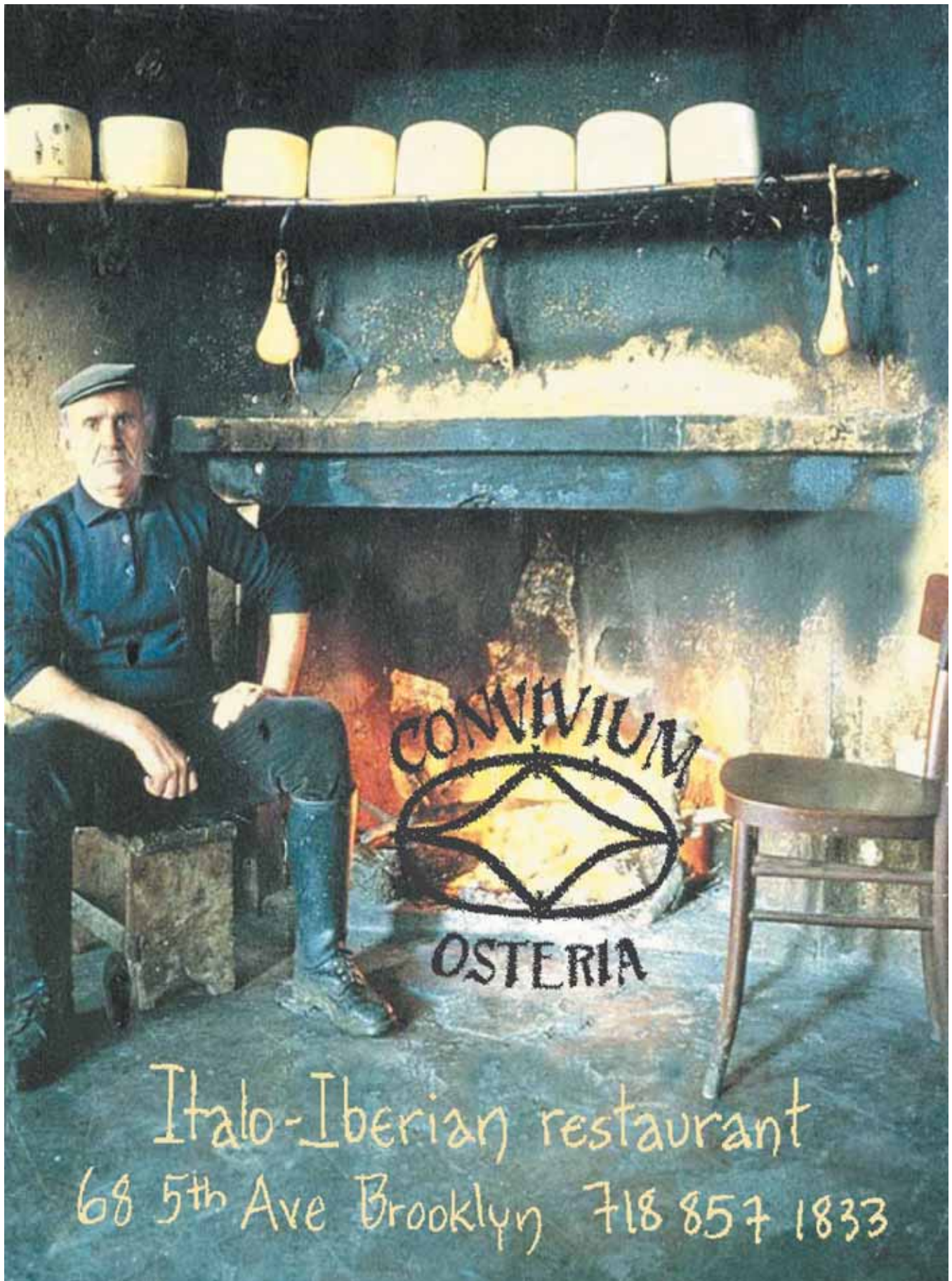
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# BLUEBERRY & LEMON BUTTERMILK CAKE

WITH CARAMELIZED PEACHES AND WHIPPED CREAM

One of my favorite memories growing up was our annual August family camping trip to the Poconos. The highlight of the trip was hiking with my older sister through the woods, down to the lakeside where the blueberry bushes were laden with plump berries at their peak. We'd spend the afternoons getting lost in the thick, going from one bush to another, picking until our gallon jugs were full and we were thoroughly exhausted from the heat and mosquito bites. Gorging ourselves on handfuls of berries on the hike back was the immediate reward, but the ultimate payoff was waking up the next morning to our mother's blueberry pancakes sizzling in a cast iron pan on the campfire.

INTRO BY NANCY LIPPINCOTT, RECIPE & PHOTO BY OLIVIA WILLIAMSON



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This summer nostalgia is recaptured in this recipe contributed to us by local personal chef, Olivia Williamson, who herself was inspired by a particularly pleasing batch of blueberry pancakes. She adapted the recipe to make this rustic buttermilk cake, brightened with lemon and complemented by grilled peaches—bringing those summer campfire flavors full circle.

To find the best summer fruit, head straight to any one of the local greenmarkets, where bushels of peaches and cartons of blueberries are in abundance come August. Blueberries will not ripen after harvest, so be sure to look for cartons of dark, firm berries with no red tinges. Avoid ones with soft, watery, or moldy fruit. Ripe peaches should yield slightly to a gentle squeeze and have a delicate, flowery smell and skin without green patches or wrinkles. Peaches will continue to ripen after they are picked, so if you plan on making the recipe the same day, opt for the juiciest, as they will have the most sugar and caramelize the best.

### INGREDIENTS:

1 1/2 cup sugar plus 1/4 cup for peaches  
1 cup room temperature unsalted butter  
4 large eggs  
3 cups flour  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 1/2 cups buttermilk  
Zest of one lemon  
Juice of two lemons  
One pint of blueberries, cleaned  
4 peaches  
Whipped cream (optional)

### FOR THE CAKE:

Preheat oven to 350°F.  
Liberally grease a bundt cake pan with butter.  
Beat sugar and butter in a standing mixer until light and creamy. Add eggs one at a time to butter sugar mixture, allowing each egg to incorporate completely before adding the next.  
In a medium bowl, sift together dry ingredients.  
In another medium bowl, combine the buttermilk, lemon juice, and zest.  
Begin adding the dry and wet ingredients to the butter sugar mixture, alternating 3 times until all are combined. Gently fold in the blueberries by hand using a rubber spatula.  
Pour batter in a bundt cake pan and bake at 350°F for 1 hour to 1 hour 15 minutes. The cake is done when a skewer comes out clean.

### FOR THE GRILLED PEACHES:

Clean and wedge the peaches and dust them in sugar. Slowly caramelize the peach segments on medium high heat until browned to perfection. (Alternatively, you could grill the peaches over an open flame, using the same method.)

### TO SERVE:

Once the cake has cooled, slice and serve with grilled peaches and a dollop of whipped cream.  
Serves 8.

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# IN THE PINK



By John Tucker, Photos by Nancy Lippincott

When the days grow longer, and the mercury moves steadily north on the thermometer, excitement grows at Rose Water as we anticipate the arrival of summer's vibrant greens, beans, and berries. And our thoughts about wine (we're always thinking about wine!) start gravitating away from big, burly Cab Francs to the whites of Long Island and the cooler, lighter Jura mountain reds—preferably straight from the fridge! But, what really catches our wine fancy when the weather warms is rosé—in the whole, wide, wonderful world of wine, nothing says summer like pink wine!

Right around the time that spring ramps and fiddleheads arrive in our kitchen we introduce the first rosé wines of the season, starting with a couple of the better bottles from last year that we held in

the cellar over the winter. By late June and early July, just as the early summer fruit and veg come in, we offer at least a baker's dozen: From lean, zingy Austrians at one end of the spectrum, to ripe, juicy Californians at the other. In between, there's fresh, fruity Beaujolais and a deliciously smoky rosé from the Canary Islands (of all places!).

Red wine gathers its deep color when the juice of the pressed grapes spends days or even weeks on the skins, which impart not only those incredible ruby hues, but the tannins and the depth that we associate with red wine. Rosé, on the other hand, is usually made from the juice of red wine grapes that spends only hours in contact with the skins. The relatively short time that the juice macerates on the skins provides the pinkish color and a lighter body. Rosé lives in a place between white and red not just in color—in the best examples it marries

both the fresh, mineral crispness of white with the lighter side of red wine's savory and spicy character. And it compliments the food of summer—grilled vegetables and fish, as well as roast lamb and even beef.

*Here are three of our favorites for Summer 2015...*

We offer a changing selection of rosé every year, but there's a few wines we return to again and again. One of our faves every vintage comes from one of our most loved Sancerre producers, Lucien Crochet. In addition to their white wine, we cherish their Pinot Noir Rosé. It's always stunning, year in and



year out, and 2014 is no exception. It smells of fresh strawberries, and tastes it, too, but there's bracing minerality and perfect balance—complex and elegant. You can quaff this wine on a summer evening or at an afternoon picnic, but it also complements food beautifully—especially shellfish, crustaceans, and poultry. Available at RW, fairly widely online, and as of press time, at our great South Slope retailer specializing in natural wine, Slope Cellars ([www.slopecellars.com](http://www.slopecellars.com), \$29.99).

Lately we've been fascinated with red wines from the Canary Islands, the Spanish archipelago just sixty-two miles west of Morocco. The volcanic, porous soils on almost every island produce wines with intense minerality. One of our favorite wineries is Fronton de Oro on Gran Canaria Island. Their 2014 Rosado is made primarily from the ancient Spanish

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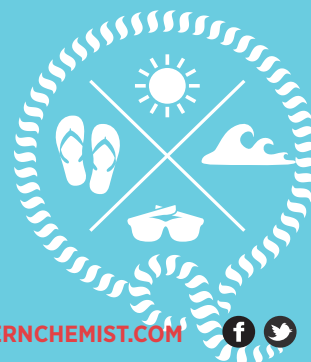
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varietal Listan Negro, and it's fabulously unique and delicious. Like many Canary Island wines, the light, fresh berry fruit and minerality are complemented with a slightly smoky, savory quality, and a touch of salinity. We've been happily pairing this with grilled quail! Available at RW, and at Chambers Street Wines ([www.chambersstwines.com](http://www.chambersstwines.com), \$17.99).

Heirloom varietal grapes fit in beautifully with our approach to food and bring an endless fascination. We're always trying to look a little beyond the everyday—whether we're talking tomatoes or grapes—and we try to support small farmers and agricultural traditions. Buying heirloom varietals often does both. An heirloom grape that we come back to nearly every summer is Ciliegiolo (chee-lee'ah-JOH-loh). The word for cherry in Italian is ciliegia, and when you see the 2014 Ciliegiolo from Bisson in Portofino, Liguria, it's easy to understand how the grape got its name—the bottle glows an intense cherry red, and the wine inside is a mouth-filling ode to its juicy namesake. Bisson's Ciliegiolo is actually a very light red wine made and marketed as a richer style of rosé. It's a rare grape, and like many heirloom varietals, it can be difficult to grow. Anyone can plant sauvignon blanc vines and expect to get a marketable crop. Heirloom varietals are often persnickety and fickle, but they reward the grower, willing to take the economic risk of a

disastrous vintage, with what are often fascinating and beguiling wines. We support winemakers willing to risk hardship in pursuit of carrying on an agricultural tradition in their region by forgoing the easy way. 2014 Bisson Ciliegiolo is available at RW and at Slope Cellars ([www.slopecellars.com](http://www.slopecellars.com), \$17.99)

These are not mass market wines, so their availability can dry up quickly, but there's great stuff out there if you ask around at your favorite restaurant or bottle shop. Take a chance on something you haven't tried before!

Here's hoping you share our summer passion—pink wine from around the globe—cheers!







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# MOM BOD



We all sit with our yoga mats in a circle, moms holding their babies. At the beginning of each class, I ask everyone to share their name, their baby's name and age, and what's new for their child that week. Whether it's a fresh-cut tooth, colic, or 5 a.m. ready-to-play wake-ups, I like to hear about it. I also invite the mothers to share what is going on with their bodies. "What body?" I can hear them thinking, as they unload the contents of their diaper bags and peel infants out of Moby wraps. One by one, we go around the room, and each mom shares a "discovery." Or, what I've begun to think of as chapters in a book called:

## THINGS THAT HAPPEN TO YOUR BODY AFTER YOU HAVE A BABY THAT NO ONE TOLD YOU ABOUT

*Your hair might fall out. (Maybe no one else will notice the change, but that doesn't spare you the indignity of wiping up handfuls of your own hair off the bathroom tile.)*

*Your abdominal muscles may have separated, a condition known as diastasis recti. (You mean, I shouldn't be doing sit ups?)*

*You wake up in middle of the night dripping wet with sweat. (Hormones give you the business.)*

*You can't sleep even when the baby does. (Your nervous system is on hyper-drive.)*

*You feel like you have a hunchback. (Nursing and feeding does a number on your posture.)*

*Your thumbs, wrists, knees, feet, or back hurt in weird and confusing ways. (Hormones, again.)*

*You are tired. Really. Freaking. Tired. (It's shocking how tired you can feel. You're so tired you can't come up with creative ways to express how tired you are.)*

*Recently one mommy said she was ready to get her "body back". She continued, "I'm ready to feel like myself again."*

## FROM FEELING LIKE 'ME' TO FEELING LIKE 'MOMMY' AND BACK AGAIN

Whenever someone says they want to get their body back, I immediately think, "From whom?! What happened? Did that cute baby steal your body?!" Because you still have a body. Your body. But it's different now, and that's a hard truth to swallow. I think what they really mean is, "I want my body to be something I know and something I like...because I'm not sure I like this."

Wanting to feel like yourself again—now, that's big time stuff. Just





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like our bodies have changed by becoming mothers, there is sort of a seismic identity shift that happens as well. Unfortunately, you may have to wade through some pretty murky, unknown waters until you suddenly realize, “Oh yeah. This is still me. I should get out of this gross water now.”

You may think I am sitting from a perch of answers at the front of the class. Not quite—I’m in the circle, too. I have an infant and a four year old. I know what my students are talking about because I feel it in my own body. I want what they want. I, too, want to tighten up my ish! I want to feel stronger! And sexier! Or at least start caring about being sexy again.

This is where *aparigraha* can come in handy. *Aparigraha*—one of the Yoga Sutras or Eight Limbs of Yoga—represents the practice of non-possessiveness otherwise known as non-attachment. Breathing and stepping back, at least figuratively, can be a secret weapon in making peace with the body and the baby.

### BUT HOW DO WE PRACTICE NON-ATTACHMENT IN THE AGE OF ATTACHMENT PARENTING?

One of my favorite moving meditations is a simple one: “Let. Go.” I encourage my students to breath in the word “Let” and breathe out the word “Go”. Inhale, “Let.” Exhale, “Go.” That’s it. Let go of the expectations. Let go of trying to lose the weight. Let go of wanting the baby to be good. Let go of what you read last night on [Babycenter.com](http://Babycenter.com)—and maybe just stop reading it altogether!

The idea of non-attachment in yoga is about fully participating in the process without getting tied up in the outcome of the product. Sounds breezy, right? Um. Maybe. But it takes practice just like the

physical aspect of yoga takes practice.

Working towards non-attachment has been particularly helpful for me when it comes to toddler mealtime. “What!? You don’t want to eat your favorite meal I made for you? That thirty-minute meal took all day to make in five-minute increments! I was looking forward to eating with you and watching you enjoy it BECAUSE IT’S YOUR FAVORITE! But today, you’re not going to eat it!?” Okay.”


I get it. Making the meal was the process. Daughter actually eating it was the product. So much for the good intentions of my home cookin’. Deep breaths. Let. Go.

Potty training is another time when *aparigraha* helped my parenting strategies. It would drive me absolutely bananas when we were about to leave the apartment and my daughter would refuse to go potty. A gentler reminder to “give it a try” would become a wild-west style stand off. It wasn’t until I stepped back a little—well a lot, really—that things improved. Let. Go.

### HOW DO YOU LET GO WITHOUT LETTING YOURSELF GO?

The media is relentless when it comes to inundating us with images of how a woman should look, especially after having a baby. The beautiful people seem to have little arrows pointing to their bikini bodies saying things like, “SEVEN WEEKS AFTER BABY!” A lot of women internalize this to mean, “YOU LOOK BAD IF YOU DON’T LOOK LIKE THIS SEVEN WEEKS AFTER BABY”. Maybe we should stop reading this stuff, too.

I’m trying to refocus the lens a bit, one class at a time. I want my



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students—my fellow new mothers—not to feel bad for having bodies that change. If you were lucky enough to get pregnant, give birth, nurse or feed an infant, and shift your identity to include being a mother, then YEAH, stuff has changed. Also, let's not forget that the last time you tried to wear those shorts was two summers ago—last summer you were pregnant, remember? Now you are two years older. Time is marching on, my friends.

So let's sit in a circle and marvel at our bodies—their health, their vigor, what they can do on six hours of constantly interrupted sleep for months or years on end. Let's be proud of what we just did! We had some babies!!! We adopted some babies! Some of our wives had babies, too!

Post-natal and baby yoga classes are not exclusively about getting in shape, although it's important to have an opportunity to exercise with your little one. I want people to feel like they are a part of something; they are connected to their babies and each other in the circle. I want people to laugh and blow off steam, because that may help you feel more like yourself again. But there is a fine line between feeling good in your skin and trying to get skinny in order to feel good. Let's stick with the former, shall we?

I recently started practicing yoga regularly again since having my second child. It has been a humbling experience. When I curl my body into child's pose, I feel my hip flexors boing-ing me upwards. I am tight and loose in all the wrong places. There are no arm balances or binds. At least, not yet!

But you know what? I just built some people with my body! Who cares that my boat pose may look a little like a sinking ship? I do, but I don't. I'm trying to let go, too, one breath at a time.

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# BUILDING A BETTER BROOKLYN



Take a walk down Fifth Avenue on any given day and you'll see an active, evolving landscape of storefronts, cafes, yoga studios, boutiques, and shops. But in 1987, before the well-to-do window shoppers, moms pushing strollers, and gaggles of barhoppers, it was quite a different scene. *By Jacqueline Sheppard*



When Irene LoRe first moved to Park Slope in the '70s, people were afraid to walk along Fifth Avenue. Crime was common, and drug dealers used the local pay phones as their personal offices. Seventh Avenue was the more fashionable strip even though it boasted little more than office buildings and a flea market. No one even thought about going into Prospect Park. If you wanted to eat at a good restaurant, you went to Manhattan.

But in 1987, Irene opened Aunt Suzie's, an Italian restaurant at 247 Fifth Avenue. She chose Fifth Avenue—even though there was less foot traffic—because the rent was more affordable. Despite this drawback, she firmly believed that Park Slope wanted a proper restaurant, and that would require making Fifth Avenue a better place for small businesses like hers. She bought a wire cutter and instructed a busboy at the restaurant to snap the cord at a nearby payphone to prevent drug dealers from trading on her street—a tale retold fondly by people in the neighborhood.

But Irene knew it would take far more than a snapped telephone cord to rebuild Fifth Avenue. It would require organization among the community and small businesses actively fighting to thrive in Park Slope. She became one of the founders of the Fifth Avenue Merchants Association, and later, would move on to be the Executive Director of the Park Slope Avenue Business Improvement District (BID). Throughout the years, she fought for small business owners, ensuring that there would always be diversity in shopping and restaurants up and down Fifth Avenue. In an effort to keep Fifth Avenue on the map, she spearheaded what are now local favorite events such as the Fabulous Fifth Avenue Fair and the Brooklyn Pride Festival and Parade (which used to take place on Seventh Avenue). Because of Irene's efforts, Fifth Avenue became a place to have fun and explore—a far cry from its crime-ridden past.

Even after closing her restaurant Aunt Suzie's in 2012 and retiring as the Executive Director of the BID, Irene continues to do work that benefits her community. She now volunteers as a cooking teacher at the Red Hook Initiative, where she instructs at-risk teenagers and young adults. We caught a moment with her to hear her reflections on her decades of community service, as well as hopes for the future.

### **Is it true that Seventh Avenue was the more built-up area back then?**

Yeah, it was the hotter, safer place. The more developed place. But the Fifth Avenue rent was much cheaper. The thing about Seventh Avenue, however, was that there were mostly real estate offices.

Landlords didn't work with small businesses. People would get forced out by the rents. The vacancy rate in the '70s was astronomical. That's when you had a lot of white flight to New Jersey and Long Island.

Here's what happened: [It's] because the housing stock was

**This city reflects all of the glories and all of the problems of the world. So, I still want to be out there and do things. My only mission or goal is to leave my little corner of Brooklyn better than I found it.**

nice and the neighborhood wasn't densely populated because there weren't that many people. People liked the idea of eventually getting back to Park Slope, which happened probably in the late '80s. In the '70s, yuppies started moving in because of the housing stock, but when they had kids, they went to Jersey. The arithmetic was, "I have two kids. I can't afford to send them to private school. That's \$40,000 a year!" So, you go out to Jersey and know you can send your kids to public school. That was the arithmetic of white flight. Lots of middle class people were here until their kids turned five, and then they were out. People want the best for their kids. Schools are so important for the well-being of the community.

### **How did you work to improve the schools?**

Well, I mostly didn't. I was always yelling about schools, but we didn't have a kid in public school. I was always, always critical of the schools. My first job was as a teacher in Coney Island, before Mark Twain became such a hotshot school. What you saw in the building was very powerful segregation. Special classes were made to collect all the middle-class white kids from all the black and Hispanic children. So the district may have been very diverse, but the schools were not. There was a lot of racism, but that's a whole other history lesson. Then you get to decentralization which did more harm than good. Jobs became up for grabs and teachers weren't qualified. But *that's* a whole other story.

Service and volunteering has always been a part of my life. The schools were so bad, I joined the Peace Corps. This fall will be the fiftieth anniversary for my group. I believe in the idea of working in the community to make it better. It's part of my being.

### **How do you feel about what Park Slope has become?**

It's a little scary in the sense of where are middle-class people going to live in Brooklyn? Affordable housing has really become quite an issue. Are we going to be importing workers from other neighborhoods? It's a little freaky to not think of Brooklyn as a place where working class people live.

You know, New York has everything. Well, it used to. It used to have the best of everything and the worst of everything. Now the worst of everything is getting less and less, and that's part of why it's become so expensive. It's a vibrant, diverse community.

But Park Slope is still good. It's still why I love living here. Now that I'm older, I love the fact that I can walk everywhere. And it used to be, twenty-five years ago, in order to go to a good restaurant, you had to go to Manhattan. That's not true anymore. We have a lot of great restaurants. We have a lot of small shops and diversity in shops. So that part has been really good. I feel very much a part of the neighborhood. You know, I often run into people I know when I go places, people I've worked with. I feel good to belong. I see my work.

I'm looking to become [more] active. Red Hook still has way

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more problems. The unemployment rate among young people, in particular, is from 18 to 20 percent. So cooking—looking at it from an academic standpoint—is a subject that requires good behavior. But it's also hard for [Red Hook] to be as wealthy as certain neighborhoods because there's a pocket of poverty.

### it's not very accessible by public transportation

Right! You know, it was a huge thing [before] the MetroCard. It was one fare to take the bus to the train, and then to take that train, that was one fare. The subway is now \$2.75? That'd be \$5.00 one way; that'd be \$11.00 a day out of your pocket to go to work. That's not fair. I remember, on the Community Board, that came up every year and we kept fighting for one fare—before the MetroCard.

### You're still in function today with your work at Red Hook Initiative?

Yes, yes. Too much relaxation really does get boring! I have two hundred channels and there's nothing good on any of them!

This city reflects all of the glories and all of the problems of the world, so I still want to be out there and do things. My only mission or goal is to leave my little corner of Brooklyn better than I found it.

### Will you be involved with other projects in the future?

Oh, I'm sure I will. Hopefully, it'll be a new project that requires sitting.

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