

# The ARNIC Observer

The English-Speaking Union of the United States (ESUUS)

Andrew Romay New Immigrant Center (ARNIC)

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*“You’ll never find  
a rainbow if you’re  
looking down.”  
— Charlie Chaplin*

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## New York’s Backyard

BY SHABNAM HABIBZADEH (IRAN)



Photo by Shabnam

Central Park glows with life especially in spring and summer.

DO YOU NEED A FEW RELAXING HOURS away from this busy city? Would you like your child to breathe fresh air and do new activities? What about taking your dog out for a walk? The good news is you don’t need to go that far away. Central Park — all 843 acres in the heart of Manhattan — is easily accessible from anywhere in the city. Its proximity might be the reason most New Yorkers call it their own backyard.

Designed in 1858 by Frederick Law Olmsted and Calvert Vaux, Central Park’s acreage once consisted of small villages like Harsenville and Seneca with around 1,600 residents who had to be relocated. During construction, more than four million trees, shrubs, and plants of 1,500 different species were moved to the park and gunpowder was used to clear the area and expose the Manhattan bedrock. Completed 15 years later, it is one of the first American parks to be conceived using the principles of landscape architecture, which is the design of outdoor public areas, landmarks, and parks to achieve environmental, social-behavioral, or artistic outcomes.

From the moment you walk into the park, your mood changes, seeing the green of the trees and lawn, the colors and fragrance of flowers and leaves, hearing the tweeting of birds... oh, what a contrast to a city full of skyscrapers.

Central Park has some 24,000 trees including red oak, Japanese maple, yellow birch, blue atlas cedar, sycamore and

see the colorful blooms of tulips, squill, magnolias, crabapples, Cornelian cherry trees, hellebores, and daffodils.

The bird sanctuary is where birds are protected and encouraged to breed. Central Park attracts some 230 different bird species such as red-tailed hawks, herring gulls, downy woodpeckers, American crows, tufted titmice, American robins, Northern mockingbirds and cardinals, and many sparrows. Spring is when the sanctuary is most active, and birders can visit it from April to October through a guided tour for \$15.

Let me teach you a trick if you lose your bearings in the park. Simply find one of those lampposts which are at every corner. Of the four digits on it, the first two digits indicate the cross street. So, for example, if the number is 6207 you are across from 62nd Street.

Enjoy the natural beauty and plan for a short walk as a break from your daily routine—a refuge from daily life is exactly what the designers of Central Park had in mind. Today, we New Yorkers cannot imagine the city without it.

*“We want a ground to which people may easily go when the day’s work is done...where they shall, in effect, find the city put far away from them....”  
— Frederick Law Olmsted, 1870*

## Let’s Shop Online

BY KHIN KHIN WIN (MYANMAR)

SHOPPING! When I hear the word, it makes me excited. I love shopping. It is one way of reducing my stress and shopping online is the most effective way of doing so for me.

Online shopping involves customers buying goods from the internet using a web browser like Google Chrome or Mozilla Firefox. Also called e-shop, internet shop and web store, it was invented in 1979 by English entrepreneur Michael Aldrich, who connected a modified TV to a real-time transaction processing computer via a domestic phone line. In 1980, he launched Redifon’s Office Revolution in which customers, agents, distributors, suppliers and service companies could interact online. Since then, online shopping systems have multiplied rapidly. Among the many websites today, Amazon, eBay and Alibaba are perhaps the most famous and the largest.

### ADVANTAGES AND DISADVANTAGES OF ONLINE SHOPPING

Why is online shopping more popular day by day? There are many reasons. First of all, it is available 24/7. Second, it is convenient and saves time, fuel and energy. Third, it is easy to search the model, style, size and color of the items you want. For instance, if you are a shoe lover, you will find loads of handsome shoes in various models on Zappos, and if you are a bookworm, you can search tons of books in different editions at Amazon. Plus, prices can be compared from one merchant to another at the same time, which is the top reason I prefer shopping online rather than in stores.

On the other hand, there are a few disadvantages to online shopping. Obviously, we are

not able to touch and test the products and we have to wait for the items to arrive on our doorstep. Also, you need to be concerned about phantom merchandise and security issues. Therefore, knowing the dos and don’ts are a must for online shopping.

### DOS AND DON’TS OF ONLINE SHOPPING

Purchase only from merchants you trust. Do not buy from websites that are not reliable and well known. Beware of any offer that is too good to be true because it often is.

Make sure your computer has the latest antivirus software installed, such as Norton, McAfee, or AVG. Do not buy using a public PC or through an unsecured free wireless connection.

Check the website’s policies (i.e., return, refund, retailer’s privacy), customer reviews and merchant ratings before you order.

Pay by credit card or an online payment service like PayPal. Do not pay by debit card or simple electronic transfer.

Only provide the essential parts of the credit card such as card number, name, expiration date, and your address. Do not provide merchants with personal information, for example, your social security number, birth date or mother’s maiden name.

Check your credit card statement online frequently to monitor for fraudulent charges. If you find any suspicious activity, do not hesitate to call the merchant or your bank.

Spring! It’s time to change our wardrobes and decorate our houses beautifully. To do so, why shouldn’t we order the items we want from online — the most convenient and easiest way to shop. And I also hope that you will like online shopping as much as I do. Let’s shop together online tonight. I’m sure you will enjoy it.



Photo by Khin

Parcels on the doorstep

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## Editorial

### Making Dreams Come True

*All our dreams can come true,  
if we have the courage to pursue them.*  
— Walt Disney

Do you have a dream? Sure you do. How do you make that dream come true? It's neither as easy nor as formidable as it may seem, especially when you leave your comfort zone and face a new reality. For example, you made a choice. You could have stayed home in a familiar environment with the support of your parents, family and friends, but instead you chose to follow your dream and come to the U.S. Once here, you are dismayed to discover that your college degrees and former professional status are discounted. You have to master a new language, understand a new culture, find a job, and embark on an overall re-education process. It's hard work. The age-old adage rings true: If you want something you've never had, you have to do something you've never done.

Nevertheless, the process can be extremely stressful and overwhelming and you may suffer from culture shock. Some people make a prison of their home; they retreat there after class or after their job and stay alone and isolated, forsaking communication with others or a casual walk in the great outdoors. Or they may limit themselves in other ways, by remaining in their own ethnic communities, speaking only their native language, eating their native foods, listening to music from their native country, and never really experiencing all that this great, multicultural city has to offer.

A law of physics we all learned in high school might explain this reaction: A body at rest tends to stay at rest; a body in motion tends to stay in motion. Factors such as financial instability, an unfathomable bureaucracy, illness, a minor failure, misunderstandings, lack of information, and even laziness can cause this inertia, making us withdraw into ourselves like a frightened turtle into its shell.

How can we overcome these feelings of apathy and regain our self-confidence? Go to language school and share your fears and desires with other students; find role models, immigrants similar to yourself, who became successful in their chosen field. Ask for advice from people you trust, search for information and assistance in finding a job, and join organizations, participate in communities, and involve yourself in neighborhood activities. It may take a long while, but rest assured that your level of comfort will increase over time, and soon you'll grow nearer to your dream. As Thomas Alva Edison once said, "Many of life's failures are people who did not realize how close they were to success when they gave up."

We are on the Web:  
[www.esu-arnic.org](http://www.esu-arnic.org)  
<http://newimmigrantinthecity.wordpress.com>  
[www.facebook.com/ESU.ARNIC](http://www.facebook.com/ESU.ARNIC)  
[www.twitter.com/esuarnic](http://www.twitter.com/esuarnic)

## Speaking of Spring

BY OUMAROU DIANGANE  
(BURKINA FASO)



Roses of late spring

IT'S OVER! Cold blowing snow, sleet, wind and all that characterizes winter in New York City are over. Goodbye winter with your cold nights, your days often flecked with snow flurries, and your streets lined with piles of snow that make us flee inside. Welcome warm spring, wet and sunny by your nature, your streets caressed by breezes and your green spaces and parks drawing us out. Your lovely time echoed by the songs of birds in the Park and the scent of flowers that attract butterflies, bees, and other pollinators.

**Change of Temperature, Come on Out!**  
With the arrival of spring, the main change is the temperature. It rises over time and phenomena such as snow, ice, and wind

gusts are no longer in the forecast. The season change causes much change in the activities in the city.

People spend more time outdoors. Activities such as jogging, picnics, biking along the rivers, taking the ferry to the statue of liberty, strolling along the shore line and other favorite pastimes involve the people of "the Big Apple." We dress differently too, trading big sweaters and coats for lighter outfits. Also businesses resume services and are fueled by the arrival of tourists from different countries of the world. Some restaurateurs add outdoor tables to allow customers to enjoy dining al fresco. Street vendors emerge to fill the places they had abandoned a few months earlier. Shops, hotels, restaurants, museums, theaters and cultural institutions change their personalities.

Statistics tell us that in 2013, a total of 53.3 million people visited NYC including day-trippers. Most of these visitors began arriving here in the spring. In the same year tourists spent in total \$38.8 billion and paid about \$9.7 billion of taxes to the city.

Spring is a lovely season eagerly awaited. It is the time when nature is cloaked in its most beautiful colors, and when we also hear children's voices on playgrounds again. Here we are outside, highly mobile and very active, planning vacations and trips, pending summer shining on the horizon.



Snowdrops bloom in spring even before the snow melts.

## Steps to Finding a Job in Your Field

BY BOUBACAR BIRO DIALLO (GUINEA)

YOU ARE A NEW IMMIGRANT to the U.S. and you ask yourself the same question as those who have preceded you. How do I find work in my field of competence? Be careful not to make mistakes for it may take a bit of time because of the steps to take.

**Step 1: Improve Your English**  
The first thing to do is to try to improve your English speaking and writing. You have the option of taking paid courses at places like Community Colleges or free courses at ARNIC. Amp up the pressure and made a serious effort to learn the language because it is essential.

**Step 2: Training and Education**  
Sometimes you may find it necessary to update your skills and expand your knowledge before searching for employment. If you need to acquire certain skills for your new job, do not hesitate, take one class or two to make sure you really master the subject. And start slowly. All universities and colleges have continuing education programs where you will find interesting courses in your area. If you opt for a new degree or certification, make sure to check the accreditation of the school and information about the student outcomes. Check the college planning resources.

**Step 3: Networking**  
One of the keys to success in your career development is your ability to network. People in your network may be able to give you job leads, offer you advice and information on a company or sector, and introduce you to oth-

ers so you can expand your network. You may think you do not have a network, but consider your friends, family members and classmates in school. Ask them for advice, ask questions, and show your desire to follow a career in your field. You can expand your network by joining professional organizations, volunteering, and by contacting college alumni who work in the field you want to enter.

**Step 4: The Search for Employment**  
Before you search for jobs, do not forget the basic principles of the job search. Remember that you must have the necessary resources and make sure you are really ready before you start.

Update your résumé according to the American standard and have your cover letter ready. If you encounter difficulties doing it alone, go to the websites that show you how to prepare your resume and cover letter such as monster.com or careerbuilder.com. You can also go to non-profit organizations like UpwardlyGlobal, Columbia University Community Impact, or Street-Wise Partners, which will also help you in the preparation of these documents and also in preparation for an interview, salary negotiations and other tasks in getting the first job. For your job search, you can also search online at Indeed.com or you can go to a Workforce1 office.

Nothing is impossible. Do your best for your career development and get your dream job in the United States.

# Hello New York

BY VIKTOR BOIKO (UKRAINE)

IT IS A VERY BIG PLEASURE to write a letter to your friend. This could be a man, or a woman, or even a city, such as New York. Since I came here, NYC began to be my friend and I want to write to her, and her so interesting and so different personality.

Hello, my friend! Thank you! I write this letter just to say thank you! We have known each other just four months, but you have shown me a big world! I was scared when I first met you, in a long line at the passport checkpoint at JFK airport. Even when the customs officer said to me with an indifferent and otherworldly look: “Next..!” I was a little bit worried.

Later, I was walking in Manhattan, looking around and thinking where had all the English-speaking people disappeared to? I heard a lot of languages, but English very rarely. I was nervous about my language skills, but many people could not say a word either, with the exception of “Hello!” Once I was trying to ask where a bus station in Chinatown was for five minutes, then I understood the person spoke just Chinese.

You taught me that I should not forget about style! You cost as much as your great looks. Just note the luxury brands sold on Madison Avenue: J. Crew, Prada, Roberto Cavalli, D&G, to name only a few. Even city dogs are a brand and should be properly dressed. Do you think that pet Chihuahua prefers Gucci or Calvin Klein?

Your subway is very old. That is why trains need to have a rest sometimes, as does an old person. Once I had arranged to meet a friend, calculated how long it would take to get there, and hopped on a train. I fell asleep after

I had come into the warm car from the cold, windy weather. I woke up just before I should have alighted from the car and found out I was already 30 minutes late. It is a riddle.

From time to time, it is necessary to take an MTA-bus. Subway is undergoing treatment. Trains run round the clock and have sufficiently good service, and you get to be face to face with so many different and interesting, sometimes not so interesting, people, especially during rush hour. In addition, all this fun can be had for just \$2.50!

Moving by car has some difficulties. For example, a driver should be very careful not to use the bus lane and has to read road signs. Even parking could make a



A typical New York street scene

driver nervous. There are many signs about when and where he should park and when and where it is prohibited. I’ve been told that parking is sacred in NYC. If a driver should find a free spot, all others would wait with reverence and envy while he is parking.

The internet penetrates everywhere. People send billions of emails; however, they used to send letters. Total U.S. mail volume has decreased from 206.1 billion in 2004 to 158.4 billion in 2013. People do not reveal their emotions and energy through email, only electronic code. They almost forget what a great pleasure it is because to get a letter is precious, one which was written by hand with the smell of perfume. After ten years have passed, you can still remember all the feelings you had when you read it again. Therefore, I wrote you this letter to share good spirit.

Thank you, New York!

## Impressions of New York

BY ABDOULAYE DIOGO BALDE (GUINEA)

WHEN I FIRST CAME to this amazing and beautiful city everything was good for me. I felt like I was in a movie.

One of my school friends showed me beautiful places like Times Square, the Empire State Building, Central Park, and Columbus Circle. But after one week he seemed busy and our contact was limited to phone conversations. I finally realized that I had to discover this big city on my own.

I didn’t imagine that I would see so many homeless, needy people in the richest city in the world because many people, especially the younger generation in Africa, think everything is perfect here. Like my grandmother Mariam taught me, “All that glitters is not gold.” I mostly understand that here, people may laugh with you, but sometimes it is not a true laugh. Therefore, I see something positive about the poor, homeless people because even in their dire situation they are still free to go anywhere they want, unlike in some countries where they would be hidden in compounds or a special place out of sight from tourists or visitors.

The city changes character seasonally with different colors, appearance, light and movement. In winter you may not see many people, even in your neighborhood, but in summer you ask yourself where all these people came from, sitting everywhere in street gardens and parks, and on the beach playing loud music

During the first few months I felt nostalgic about my family and friends, but then I started moving between libraries and English classes in the Bronx or in a Mid-Manhattan library and my homesickness lessened.

I started enjoying my experience in learning new skills for integrating into the premier multicultural city in the world. I now have new friends from around the world, from Japan, the U.S., China, France, Russia, Ukraine, Turkey, the Dominican Republic, Colombia, and Brazil. Where I come from it’s not possible to meet so many people from so many countries with so many different customs.

Education in my homeland is much like the electricity there. If you are lucky to be in a place where the electrical system is working, you will have power two or three times a week. When I see how long people keep fruits or vegetables fresh here, I think about how much is lost to spoilage back home with produce like bananas, mangos, tomatoes, and oranges because of inadequate refrigeration and bad development policy.

In addition, opportunity is reserved for people whose parents or family members are close to the government or the executive powers. There are a lot of political, social, and economic differences between Guinea and NYC. It is not easy to start a new life here but the freedom, the opportunity, the hope for a better one yields possibilities that I have never seen before. Here I am sure with education, hard work, sacrifices, and patience I will reach my goals.

## The Plaza Hotel

BY ELMAR ALIYEV (AZERBAIJAN)



Main entrance to The Plaza off Grand Army Plaza

THE PLAZA HOTEL is one of the most famous and oldest hotels in New York City. Located in Manhattan at Fifth Avenue and Central Park South, construction began in 1905 at the then astronomical sum of \$12.5 million (\$300 million in today’s dollars). Open for business in October 1907, rooms cost \$2.50 per night compared to \$975 and up today. The Plaza offers every indulgence to the occupants of its 282 rooms and 152 private apartments. For suite guests, for example, there is Butler Service 24 hours a day.

By 1943, the hotel had become somewhat rundown, and was purchased for \$7.4 million (\$101 million today) by Conrad Hilton, who spent another \$6 million for reconstruction and renovation. In 1978, the U.S. Department of the Interior added it to the National Register of Historic Places. The Plaza again closed its doors in April 2005 to undergo a \$450 million renovation, reopening in March 2008.

The Plaza is the first hotel in the world to offer in-room iPads for all guests to control their hotel stay by ordering room service, making restaurant reservations, communicating with the Concierge, requesting wake-up calls, and even checking airline schedules and printing boarding passes. In the castle-like landmark, you’ll find magnificent public spaces like the opulent Grand Ballroom and Terrace Room, which have been meticulously restored to their original grandeur. Lavish social and business events and extrava-

(Cont’d on page six)



Bryant Park alive with tourists and New Yorkers

## Three Iconic Films Set in NYC

BY AHMAD MADDI (IRAN)

SOME PEOPLE LIKE READING BOOKS and some people like watching movies and some do not like either. Fortunately or unfortunately I am in the second group of the people.

Let’s talk about movies. They have always played an important part in my life and I usually try to learn from them. I think this habit has helped me in New York because most of my friends are shocked by sights that are totally normal for me. For instance, my friends complain about the subway being dirty but I the saw subway in Taxi Driver and The Warriors so this was not new for me.

If you do not live here, you can at least see the city in the movies. New York is one of the most cinematic cities in the world. From city streets to parks and taxis, these sights have played an important role in many films such as Taxi Driver, in which Robert DeNiro drove his taxi in Times Square and experienced the dark side of the City, and The Seven Year Itch, in which Marilyn Monroe posed at 52nd street and Lexington Ave., which became one of the most famous photos of her.



- *The Seven Year Itch* directed by Billy Wilder, 1955  
On a night in September of 1954, we witness Marilyn Monroe’s white pleated skirt billow out over the updraft from a subway grate as she tries to hold it down. This action has become one of the most iconic images of American pop culture.

In most every movie you saw or you will see there are several iconic scenes that wouldn’t be possible in other cities. For example, mustard yellow taxis, the majestic Empire State Building, and two historical bridges—Brooklyn Bridge and Manhattan Bridge. Whenever you see these icons you understand this is New York City.



- *Breakfast at Tiffany's* directed by Blake Edwards, 1961  
This is another well-known image in New York movie history: Audrey Hepburn as Holly Go Lightly having a stand-up breakfast while looking into Tiffany's windows. She’s just south of 57th Street on the east side of Fifth Avenue.

- *Taxi Driver* directed by Martin Scorsese, 1979  
Martin Scorsese in this movie films Robert DeNiro driving a cab in Times Square attempting to cleanse the city of sin and undesirable things. Another location of the film is Eighth Avenue, where DeNiro prowls and sees the gritty side of life.

From classic to contemporary, New York City has been the location for more than 100 movies. So whenever you go out with your friends or family to have dinner or do some sightseeing, look carefully because you are probably looking at a location from one of these scenes and just maybe it will remind you of some of these great movies.



Photo collages courtesy of [popspotsnyc.com](http://popspotsnyc.com)

## The Amazing NYC Subway System

BY NIKHIL BHOWNIK (BANGLADESH)

WHEN I CAME TO THE USA and looked around many things made me wonder. I was surprised to observe the city’s incredible infrastructure. One of the things that really fascinated me was the NYC subway system with roads and big skyscrapers built over its tunnels. When tourists visit the city, the subway system amazes them.

The NYC subway is one of the oldest and largest rapid transit systems in the world by number of stations. Since 1904, NYC transit has enabled people to travel quickly to many places. Overall, the system contains 842 miles of track and delivers more than 1.71 billion rides annually with some 5.5 million per day in 6,384 subway cars. Twenty-four subway lines run 24/7. According to NY.com, more than 4.3 million riders use the system daily in New York.

The many amenities include interesting platforms, globe lamps used to indicate station availability, air conditioning, and authentic art works such as sculptures, mosaics, murals and photographs. Access is easy by elevators, escalators, and auto gates; entertainment within the system is supplied by impromptu music, song, and dance and there are retail outlets including newspaper stands and convenience stores. Many technological innovations such as train arrival “Countdown Clocks,” MetroCard PayPass, Help Point, and Cellular Phone exist. Safety and security is designed to eradicate crime, train accidents, suicides, and threats of terrorism employing methods like train movement safety, train protection, speed control, interlocking and advance signaling.

Every day many people use the trains for commuting, going to school, doctor’s appointments, marketing and shopping, visiting and traveling to various places at the city. Especially during morning and evening rush hours, many New Yorker choose to use the subway. When trains arrive during the rush hours they tend to get really crowded. It looks like a

canal of people in the train. Users can switch to different trains at stations within a few seconds

Some subway stations are really busy and big with great framework and architecture such as Times Square, Grand Central, Herald Square, Penn Station and Atlantic Avenue. These mega-stations encompass different floors and each floor has different trains: Grand Central, for instance, has seven floors of trains

Many people who lack other options for travel can go anywhere in the city for a reasonable fare. All kinds of people depend on the subway. Although many people own cars, they prefer not to face traffic jams, traffic signals, possible accidents, pedestrian traffic, and road construction, but these problems are not part of subway travel.

When I travel by train, I feel ecstatic. I like NYC and I love the NYC subway.



Rush hour in the subway

Photo by Nikhil

## Two Role Models

BY NADIA DIN (KAZAKHSTAN)

HELLO, MY NAME IS NADIA and I'm 27 years old. When I heard from our teacher about this assignment and the articles that we have to do on our own, I was really excited. Unfortunately, I was struggling with a topic because most of the great themes and ideas were taken.

Then I realized that the immigrants who came here would have interesting stories, which became my inspiration. For example, a lot of people came to America without parents and without much in the way of finances. They came here with no job, no friends, not fully understanding the language — it can be very intimidating. For some people, it's a lot of pressure, which they're unable to handle, and along with how unpredictable things can be, they wind up going home. For those who managed to survive, congratulations!

Gaphur K. came from Kyrgyzstan when he was 28 years old. As he tells it, “I came to the U.S. four years ago. My program was work and travel ,my goal was to make some money and help my family. I didn’t have any friends here, so the first couple of days I slept in subways or parks. Luckily it was summer. Then one man helped me to get a job in a pizzeria in Brooklyn, where I worked for two years. Now I have my own moving company and I bought a small grocery store for my family back home. Keep trying no matter what and you will make it!”

Olga B. came from Russia when she was 26. She recalls, “My dream from childhood was to visit NYC. Big life, partying and shopping. I came here in 2010 and didn’t know the language, wasn’t even able to understand "up and down.” But then my roommate and I made a goal, to speak only in English with each other, even if we came from the same country. It was awkward at first, but then we got use to it and improved out English a lot. Now I’m studying the medical industry (pharmacy) at college. Last semester my score was the best in my class. I’m hoping to open my own pharmacy and help people.”

Gaphur and Olga are role models for us all.



# Bensonhurst: Yesterday and Today

BY NATALIA MALANOVA (RUSSIA)

FOR A YEAR I HAVE LIVED IN BENSONHURST and learned a lot of interesting facts about this neighborhood.

Originally settled by the Dutch in 1661 as part of the town of New Utrecht, today it is bordered by 61th Street, McDonald Avenue, Gravesend Bay and 14th Avenue in Brooklyn.

Bensonhurst derives its name from Arthur W. Benson, the former president of Brooklyn Gas, who in 1835 began buying farmland that formerly belonged to the Polhemus family of Dutch origin. Arthur Benson divided the farmland into lots that were sold piecemeal.

In the early 20th century, many Italians and Jews moved into the neighborhood, and prior to World War II the neighborhood was about equally split between them.

Around 1990, an influx of immigrants arrived from China, Russia, Ukraine, Poland, Mexico,



A typical block in Bensonhurst

Ecuador, Turkey, and Puerto Rico and by 2010 the Asian population had increased by 57%, which predominates today.

Bensonhurst took shape in the early 1930s with the construction of high-rise apartment buildings. Today, it is a community abundant with single-family detached and attached houses and multi-family apartment houses. From its beginnings to the present, Bensonhurst has always been a haven for middle class families with strong roots. It is not unusual to find two or three generations of the same family living on the same block or a few blocks away; nor is it unusual to find Bensonhurst residents who have lived in the same house for more than 25 years. Rows of red brick houses along tree-lined streets are reminiscent of an earlier era.

Photo by Natalia

Tiers of benches running along the Belt Parkway face the ocean waters. Many people can be seen fishing there, bicycling, roller blading or walking along the path that runs along the Verrazano Narrows.

The area of 18th Avenue between 67 Street and Bay Ridge Parkway adds an old world charm with its many cafés, pastry shops, food shops and restaurants. The outdoor fruit and vegetable markets running along 86th Street beneath the elevated "B" subway line are reminiscent of the simplicity of years gone by.

What was once the Walker Theater was opened on January 5, 1926, and named for Mayor Jimmy Walker, is now used for

retail. Through the years the theater was host to countless vaudeville acts, big band concerts, theatrical productions and motion pictures. Each year the Festa di Santa Rosalia draws thousands of visitors to this summer street fair.

Bensonhurst has generated some very funny people, among them comedians Dom Deluise, Buddy Hackett and Jerry Stiller. Actors Danny Devito, Elliot Gould and Harvey Fierstein hail from Bensonhurst. Baritone Robert Merrill is another product of Bensonhurst who has given countless performances with the Metropolitan Opera. Larry King, the contentious talk show host, lived in Bensonhurst, graduating from Lafayette High School in 1951. Come and take a walk in my neighborhood and experience New York history.

## De Gustibus

# Eat Healthy, Eat Seafood

BY XIAO XI ZHANG (CHINA)

DO YOU LIKE SEAFOOD? It is healthy, full of nutrients including protein and Omega 3, and looks good and tastes wonderful. If you want to eat fresh seafood it is best to choose a restaurant like Fuleen Seafood Restaurant in Chinatown located at 11 Division Street in New York City. It opened in 1996, and has been called one of the top ten restaurants in America and Canada for 2015.

Seafood is healthy food. It is a good source of protein with no saturated fat and few calories. It is a valuable part of the diet for almost everyone. Also, seafood is the richest natural source of Omega 3 essential fatty acids.

Research has proved Omega 3 has many benefits to our health. Not only can it protect

against cardiovascular disease by reducing the levels of bad cholesterol and lowering blood pressure slightly, it also prevents children from getting asthma and lowers the risk of prostate cancer. There are many other benefits too numerous to mention. It is a necessary element for our body, and we can only get it from food, especially from fish such as salmon, sardines, carp, and tuna.

At Fuleen Seafood Restaurant, keeping fish and shellfish alive is not easy. You must put them in tanks with salt water and at different temperatures and aerate the water with a special machine. An Instant Ocean Hydrometer is used to set the water at a suitable temperature and with the correct rate of salt. Fish, shrimp, crab, and lobster are ordered while they are



Children enjoying seafood at Fuleen

swimming in the salty, bubbly water. This is as fresh as seafood can be.

Also at Fuleen, fish can be prepared in eight different ways. It can be Sautéed with Ginger and Scallion, Sautéed with XO Sauce, served mild Cantonese Style (fried with egg, minced meat, and tempeh), Steamed with Sliced Garlic, Sautéed with Black Bean Sauce, simply Steamed, or prepared spicy Harbor Style (dry fried with chives, garlic, and red pepper). For a \$5 supplement, you can order one fish prepared in two styles.

Most seafood feasts your eyes in vivid colors like red shrimp and salmon, shiny brown lobster, dark sea cucumber, lustrous gray, white and black clam, and sunny yellow conch. Dishes are presented decorated with vegetables such as carrots, radishes and cucumbers sculpted into fanciful shapes such as a flower, a bird or an animal, or even a historical figure. To end the meal, platters arrayed with vibrantly hued and artfully carved apples, pears, and oranges or watermelon, grapes, and bananas look graceful and taste delicious.

I like seafood. I like healthy seafood. Eating in a seafood restaurant is a wise choice. It may be a little expensive but fresh, healthy, and delicious food is worth it.



Photos by Xiao Xi

A giant Alaskan King crab

# Dressing Is a Way of Life

BY RITSUKO WADE (JAPAN)

WHY DO WOMEN LOVE DRESSING UP so much? That’s what I was wondering when I went to an exhibition of “Yves Saint Laurent + Halston: Fashioning the 70s.” I was fascinated by the glamorous, elegant, works and tailored styles on display.

This exhibition, held at the Fashion Institute of Technology (FIT) at Seventh Avenue and 27th Street until April 18th 2015, focuses on the 70s, a time when feminine fashion took a backseat to feminist independence. Women were beginning to assert political, economic, and personal rights and were able to have more choices about what to wear and where to work.

Saint Laurent and Halston were among the most brilliant and famous fashion designers of the time and created many different unique styles, such as pants influenced by men’s trousers. Their designs have been respected, influenced and adored for decades by people everywhere.

In the 50s, another well-known designer, Christian Dior, recognized Saint Laurent’s talent and after he died Saint Laurent became the head designer of the House of Dior. After that he established his own label “Yves Saint Laurent” in the 60s.

Halston was an American designer who achieved great fame because many famous women including Jacqueline Kennedy Onassis wore his creations. He opened his first boutique on Madison Avenue in the 60s.

This exhibition shows the two talented designers’ parallel development and highlights their similarities and differences. This is the first

exhibition to juxtapose their dynamic ensembles. The fashionable, sexy and colorful designs attract you, encourage you, and make you glow. It’s worthwhile to see them with your own eyes.

Women love dressing up so much because they want to make a good impression. It is also a means of self-expression, and looking good improves your overall mood, personality, and confidence. That’s why countless people have been coming to NYC for shopping where there are thousands of different shops, many unique designers, and a wide range of prices for clothes. I am continually surprised to see so many fashion exhibitions here in NYC. Try going to several yourself. “Dressing is a way of life.” Express yourself with your favorite style.

Free admission  
Open:  
Tuesday-Friday  
12am-8pm,  
Saturday  
10am-5pm



## The Plaza

(Cont’d from page three)

gant weddings can be held in these landmarked surroundings. The hotel debuted in the 1959 film "North by Northwest" by Alfred Hitchcock, which made it even more popular. It’s also featured in movies like "Crocodile Dundee," "Spider-Man," "The Great Gatsby," and "Gossip Girl," to name only a few. But one of the most lovely for me and very popular is "Home Alone 2: Lost in New York." I am sure that anyone who watches this movie would desire to stay at the Plaza, especially during the winter season, when it looks wonderful.

I like this hotel. From my childhood until today I have wanted to stay at The Plaza. I never thought that one day I would come to New York and be so close to my dream. And as Walt Disney said, all our dreams can come true, if we have the courage to follow them. I think if anyone visits New York they should walk around The Plaza Hotel and take a picture. You’ll feel like you’re in a movie. Maybe one day I will stay there, but that’s another story....



Photos by Shabnam

“Yves Saint Laurent + Halston: Fashioning the 70s” can be seen at FIT through mid-April.

## Inquiring Photographers

### What should you not do when you come to NYC?

BY NATALIA MALANOVA (RUSSIA), KHIN KHIN WIN (MYANMAR) AND SHABNAM HABIBZADEH (IRAN)

Be careful about your behavior; don’t abuse the help the government provides you, use it in a good way and when you don’t need it allow other people to use it. Also, you shouldn’t break the law like not paying taxes.

— ANGELICA GONZALEZ LOPEZ (COLOMBIA)



People should not violate the laws of NY. For example, don’t not use the subway without having a MetroCard.

— AYE THAZIN AUNG (MYANMAR)



Don’t walk in dangerous places at night. In the morning you should not move slowly because people are in a hurry.

— ABDOULAYE DIOGO BALDE (GUINEA)



First, you should not break the law. Second, you shouldn’t compare between here and your country in matters of culture, salary and behaviors. Third, you shouldn’t have friends and contacts only from your native country.

— ANASTASIYA DUMCHYKOVA (UKRAINE)



In NYC you have to be careful not to cross the street against a red traffic light and you should not throw garbage on the street.

— DULENE SAINT-JEAN (HAITI)



You should not sit at home — you should walk around the city, meet new friends and go to theaters, museums and schools, because it is a great city and you can get all good things from New Yorkers.

— DENIS MALININ (RUSSIA)

You shouldn’t despair and worry about your future. You shouldn’t trust everybody because not everyone has the desire to help you.

— ARIONNYS HONORIO AVILA (DOMINICAN REPUBLIC)



New York is a multicultural city where people live in different communities, have different faiths and political views. Therefore in New York, when meeting people on the street, do not discuss the topics of religion and politics.

— TATSIANA BELAYA (BELARUS)



Firstly, don’t break any rules of the U.S. Secondly, don’t stay at home for a long time. It could make you feel depressed without exposure to sunlight and without communicating with society; it could diminish your opportunities. Finally, don’t spend too much money on unnecessary thing.

— AKARI THEIN NAING (MYANMAR)

