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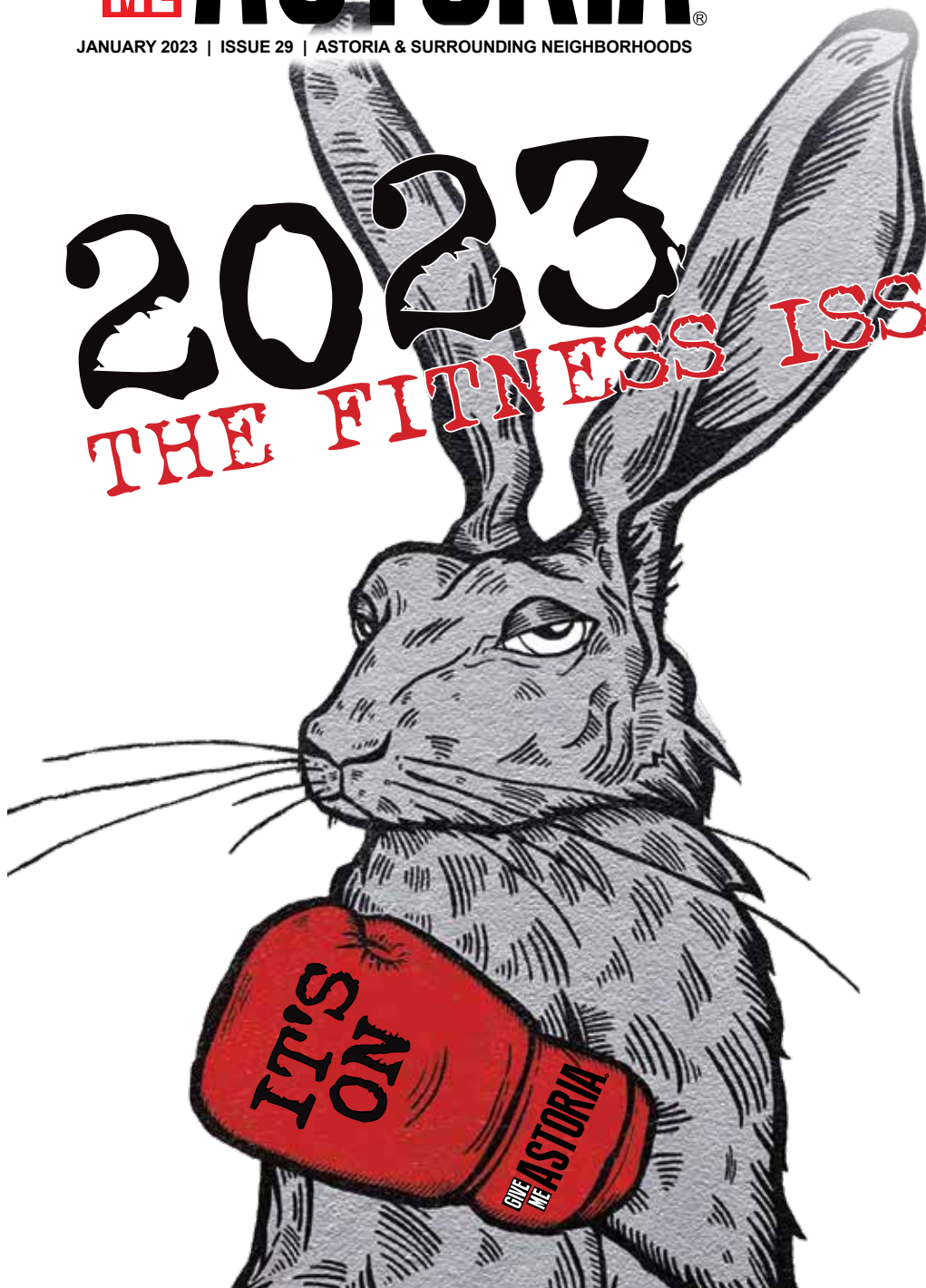
JANUARY 2023 | ISSUE 29 | ASTORIA & SURROUNDING NEIGHBORHOODS

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PUBLISHER'S LETTER



SONIA MYLONAS
PUBLISHER

LET'S GET THE SHOW STARTED!

Well, 2023 is here and we are all about health, fitness, and well-being. Keep reading for local spots where you can foster your flora in the new year. We have 5 of the perfect health and wellness centers to shake up your exercise routine and the best health food stores and eateries for the health food enthusiasts amongst us.

We are also welcoming cool new businesses in 2023 and how can we not start the new year with our favorite comfort international foods from near and far right in our backyard. The weather is getting colder but there is nothing like good comfort food to lift your spirits.

If you loved our magazines last year, buckle up Astoria as we plan to knock your socks off in 2023!

Sonia Mylonas

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SHARE

STORIES - SCOOPS - TIPS - PICS



info@givemeastoria.com

PICK OF THE MONTH

6 PICK OF THE MONTH

Photo sabordecubaastoria.com

SABOR DE CUBA

By Loulou Chryssides

If you're dreaming about enjoying a nice cocktail on the beach in the middle of January, frankly a lot of us could use the same right about now. What if I told you that you didn't have to plan an international trip to enjoy a taste of Cuba and the Caribbean?

Sabor De Cuba, which fittingly translates to flavor of Cuba, opened on 31st Avenue just about eight years ago, bringing authentic Cuban cuisine to Astoria. The restaurant is open 7 days a week, and caters to customers' brunch, happy hour, and dinner needs from the afternoon through the evening.

For the most authentic taste of the flavors of Cuba, the eatery's owners recommend starting your meal with the mofonguitos de mariel, which consists of a perfectly crisped plantain boat topped with calamari and adobo shrimp. Other standout starters include the croquetas de jamon or ham croquettes, as well as the classic empanadas which are offered with either beef, chicken, or veggies.

While waiting for your meal, be sure to enjoy one of Sabor De Cuba's crafty cocktails which include the classic mojito, sangria, or, if you are feeling a bit more bold, the Sanjito. The Sanjito is the restaurant's creation and combines both sangria and a mojito to leave customers feeling great and ready to take on the winter!

Now, for your main, your first trip to Sabor De Cuba should absolutely be completed with the delicious ropa vieja. Ropa Vieja is the national dish of Cuba, and is pulled flank steak cooked deliciously and served with moro rice. For those unfamiliar, moro rice is a Cuban staple and consists of white rice and black beans mixed together. Other standout choices include the cerdo, which is pulled pork served with moro rice and crispy tostones, as well as the classic seafood paella.

Sabor De Cuba is a great way to wind down from those winter blues. And, if the cold temperatures get you down, you can still enjoy the restaurant's delicious dishes via delivery and takeout.



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FOSTER YOUR FLORA

LOCAL ESTABLISHMENTS THAT WILL HELP YOU IMPROVE YOUR GUT MICROBIOME AND JUMPSTART YOUR FITNESS GOALS

By Crisula Prassos

The parties were festive, the Christmas cookies were a comforting reminder of home, and the holiday cocktails were unmatched. It has been a time filled with laughs and memories and we are all looking forward to what is to come in the new year. When creating your long-term goals for the year of 2023,

I ask you to consider following, your gut, or more specifically your gut microbiome. Cultivating a healthy environment for your gut microbiome to thrive in is an essential component of maintaining a healthy lifestyle. A healthy diet and a consistent exercise routine are of the utmost importance when it comes to your gut health. Keep reading for local spots where you can foster your flora in the new year.

IBIZA JUICE BAR

If you are looking to up your healthy fruit and vegetable game, then we have the recommendation just for you. Ibiza juice bar offers a wide selection of natural juices and smoothies to choose from that are full of vitamins, minerals, and antioxidants. Their “citrust” juice is made from grapefruit, orange, lemon, apple, beet, and carrot, which is bound to delight your taste buds and help boost your digestion. If you are in the mood for a healthy snack, you can customize an acai bowl to your liking with add-ons such as collagen and organic cacao nibs. Ibiza’s drinks and snacks are not only delicious, but they offer nutrition that your gut microbiota will absolutely thrive on!

32-04 30th Ave | 718.490.9352



Photo @ibizajucebar

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THE ROW ASTORIA

The research has been done, the data has been consistent, and we have all been made aware of the importance of exercise. However, in our busy day to day schedules it is not always easy to find time to schedule a workout or research how to best move our bodies. The row gym takes all the guesswork and confusion out of the equation. The row is one of those gyms that you walk into, and you immediately know you are going to work out muscles you have not given much thought to in years. They offer high intensity interval training with particular focus on building strength, stamina, and flexibility. You can choose from classes such as circuit training, cardio bootcamp, and even boxing classes with an ISSA certified trainer. At the row, the vibe is workout hard now so you can live life to its fullest potential every day. Now that's a motto we can all get behind in 2023.



Photo @therowastoria

26-43 18th St | 646.823.2376 | ★★★★★

ANEVA

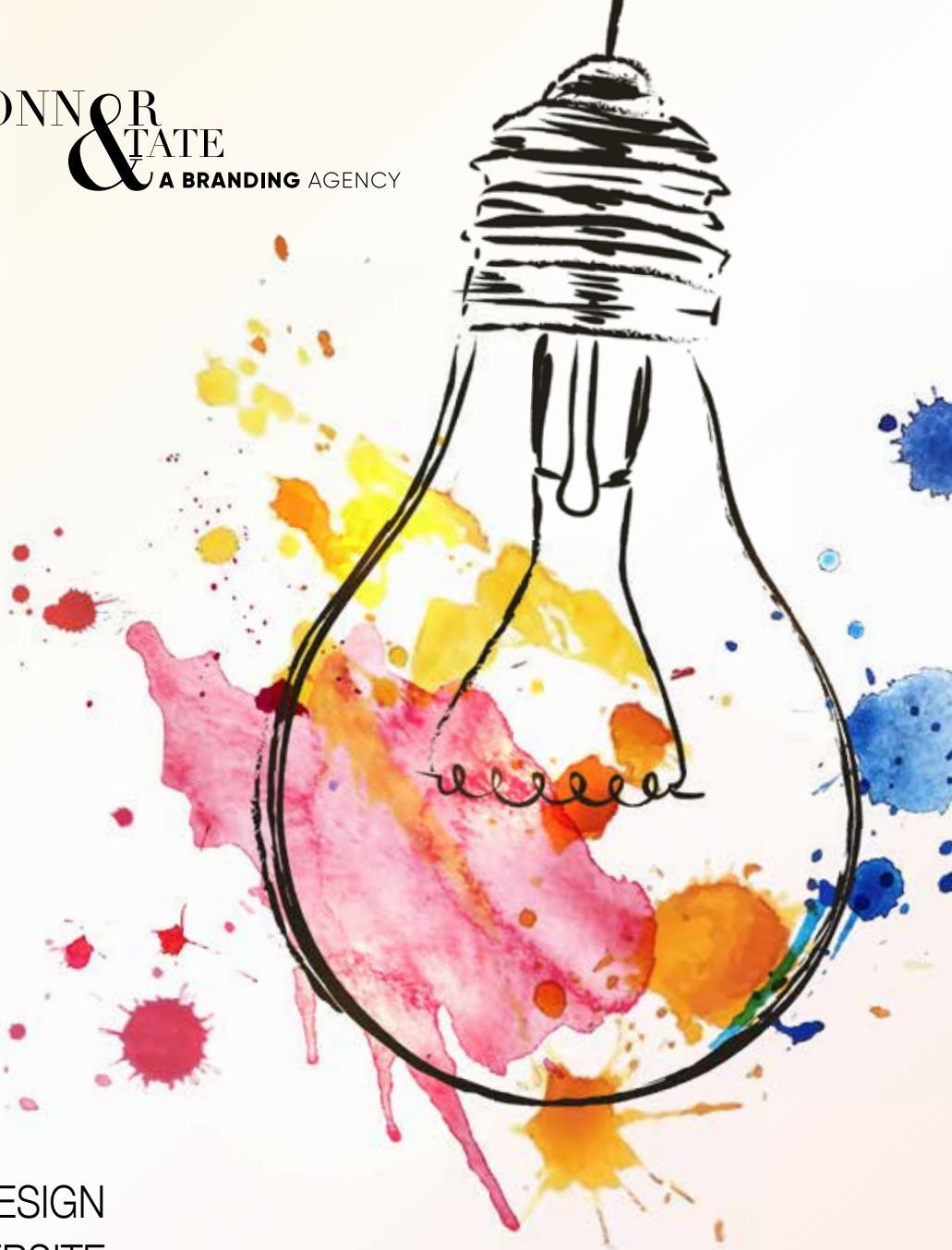
There have been whispers of a new gym in the neighborhood that boasts state of the art equipment, engaging fitness classes, and a recovery suite. We are here to confirm that the rumors are true. Aneva is a new facility that has all the makings to become a neighborhood gem. Whether you are looking to jump start your fitness goals, enlist a personal trainer's help, or workout with like-minded peers who are equally dedicated to their fitness, Aneva has all that and more. Not convinced yet? Two words might do the trick: rooftop sauna! Aneva's establishment showcases their commitment to their philosophy which is that fitness should be a lifestyle and taking care of your body so that it can function at its optimal capacity is a necessity. Their sauna and cold plunge pools are designed to do just that, by jump starting your muscles' recovery for the next workout. Next time you're in the neighborhood make sure you drop in for a look at the various memberships, classes, and amenities they have to offer. We guarantee that this is something you must experience for yourself.

24-09 41st Ave | 716.496.2049 | ★★★★★



Photo @everaneva

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ROCK FITNESS

Rock fitness is a gym that needs no introduction. This is a tried-and-true neighborhood gym that has been helping the community get in shape since November 2020. Their goal is to provide the best fitness services possible so that every member can uphold their commitment to fitness and leading a healthy lifestyle. Their facility is a comprehensive gym with a variety of strength training machines, weights, countless ellipticals, treadmills and squat racks galore! The personal trainers at the rock are dedicated to working with you to help you structure your fitness regimen and provide the support so that you can follow through with the goals you set. This model of care and professionalism is akin to working out with a best friend, if your best friend was a professional trainer. To schedule your next sweat session at the rock, visit them at the 31st street location.

22-06 31st St | 718.204.1400 | ★★★★★



Photo @rockastoria

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NEW KIDS ON THE BLOCK

2023

LET'S WELCOME THESE NEW BUSINESSES

By Loulou Chryssides

The new year is here, and with that brings feelings of exciting change and new possibilities. From a brand new supermarket to delicious eateries, let's check out what new businesses has arrived in the neighborhood!

ANCLA PERUVIAN CUISINE & BAR

One of Broadway's new additions, Ancla aims to bring authentic Peruvian flavors to each of its guests. Patrons can enjoy delicious classics such as the Ancla Chaufa, which is the Peruvian take on fried rice with toppings including beef, shrimp, and pork. Other staples include the restaurant's fresh ceviche, with options ranging from fish to mixed seafood. Bonus? Ancla also serves fresh sushi with a wide range of options of rolls to enjoy. Pair your food with a delicious Pisco Sour and you are ready to go!

36-16 Broadway | 347.808.7460
anclabar.com | @ancla.astoria



Photo @ancla.astoria

FARM COUNTRY SUPERMARKET

Located in what was once Associated Supermarket, Farm Country Supermarket opened in late November. A smaller, NYC-based supermarket chain, Farm Country Supermarket began in East Harlem, and has expanded to Queens with locations in Jackson Heights, and now, Astoria. The market prides itself on providing customers with the highest-quality, freshest products, as well as bringing a large selection of specialty and international groceries. Farm Country's Astoria location is open 7 days a week, from 7am-10pm.

37-15 31st Ave. | 718.728.0852 | farm-country.business.site



Photo Loulou Chryssides



Photo @calibun_nyc

CALIBUN

Let's face it - not many of us can resist a delicious, juicy burger. Calibun is Astoria's newest premier burger spot with plenty of options sure to satisfy your taste buds. The menu ranges from the regular cheeseburger, to the Beyond Burger, and on to spicier choices such as the Mojave Heat sandwich, complete with Carolina Reaper hot sauce. All burgers are made with halal steak-burger patties, and are topped with lettuce, pickles, tomatoes, and Calibun's secret sauce. Take your burger to the next level and make it a combo to enjoy freshly made crispy fries and a canned drink.

23-14 36th Ave. | 347.848.0080
calibun.com | [@calibun_nyc](https://www.instagram.com/calibun_nyc)

MAYAHUEL RESTAURANT

Mayahuel is a brand new Mexican restaurant and agaveria, located in the space formerly known as Maizal. The long-awaited restaurant is family-owned, and prides itself on bringing authentic Mexican fare to the neighborhood. Customers can expect a wide range of options to satisfy every palate, from hearty meat and cheese options to veggie-friendly dishes such as the delicious cauliflower tacos. A must-try? The melt-in-your-mouth and perfectly seasoned carne asada tacos.

32-07 34th Ave. | 347.639.0409
[@mayahuel_astoria](https://www.instagram.com/mayahuel_astoria)



Photo @mayahuel_astoria

THAT PLACE OMAKASE

A hidden speakeasy that doubles as an omakase-style restaurant? Count us in. That Place Omakase is tucked away in PokeWave and is sure to provide customers with one of the most unique culinary experiences Astoria has to offer. The restaurant offers customers 15+ courses of fresh fish, Wagyu beef, and other delicious seasonal options. Guests are encouraged to make reservations in advance, and the restaurant currently offers limited seating.

35-07 Broadway | 929.593.7991
@thatplace_omakase



Photo @thatplace_omakase

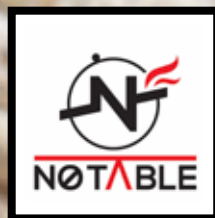


Photo @therabbithole.nyc

THE RABBIT HOLE

Brought to you by some of the creative minds behind Blend, The Rabbit Hole is Broadway's new go-to spot for happy hours and an all-around good time. Happy hour is offered 7 days a week from 5-9PM, and customers can expect a variety of expertly crafted cocktails sure to leave you wanting more. Cocktails aren't the only thing on the menu, as The Rabbit Hole also has plenty of delicious dishes from the Chicken & Waffles to the Pigs in a Blanket, Wagyu-beef hot dogs accompanied by a roasted garlic truffle dijonaise.

38-04 Broadway | 718.255.1271
therabbithole.nyc | @therabbithole.nyc



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The Best Health Food Stores and Eateries in Astoria!

THE PERFECT COMPILATION FOR HEALTH FOOD AND REMEDY ENTHUSIASTS

By Andriana Kourkouvelis

If you're looking for a healthy alternative, organic remedy or a marketplace with a wide range of clean products this list is all you need. These local health food stores not only provide nutritious options for daily meals but they actually taste great as well! These businesses are truly dedicated to clean eating and they surely have a lot to offer.



Photo happycow.net

Natural Frontier Market

This local organic marketplace is perfect to pick up all the vegan and healthy alternatives you can imagine. Open for business since 1995, Natural Frontier market has been an accessible place to purchase the freshest products sourced straight to the city. Working with local farmers and produce growers, you are always guaranteed top quality fruits and vegetables. Not only is the selection great—the environment of this one stop shop is perfect to include on your quick morning grocery run. For those of us who want to relax in bed, Natural Frontier has your back. Delivery and pickup orders are available all-day during business hours.

31-28 Ditmars Blvd | 718.255.6530 | naturalfrontiermarkets.com | ★★★★★

Photo @verdifresh



Verdi Fresh

The freshest corner deli you will ever visit is this classic 31st Street staple. Verdi Fresh is the perfect place to stop for anything you need at any time. Ran out of eggs and need medicine but also craving a salad? Verdi Fresh can give you all three in one visit. Hand tossed customizable salads and fresh deli sandwiches would make for a satisfying and healthy lunch whenever you need it. Garden fresh flowers, houseplants and bouquets cover the front of the store, which can be wrapped up for any occasion or just to treat yourself. From ready to eat meals to interesting and necessary ingredients, this corner spot has so many options and alternatives to choose from despite it seeming small.

2101 31st St | 718.274.7829 | @verdifresh



Broadway Natural

You can't have a list of the top health food stores and not include pressed juices and smoothies! Alongside the isles of accessible health foods and remedies, Broadway Natural is known for their smoothie and pressed juice bar made with real fruits and vegetables. With combinations on the menu like a classic orange, strawberry and banana—these smoothies can be customized as well for the perfect breakfast, pre-workout drink or snack.

Alongside the sweet smoothie options, Broadway Natural has a juice remedy for any health concern. With juices titled "Cold," "Headache," "Ulcer," and "Asthma" you can guarantee a juice can be made to make you feel less sick when you most need it. Ginger shots and wheat grass are also available at this all-natural shop for every health-nut in the neighborhood.



happycow.net via JJones315

30-07 Broadway | 718.545.1100 | ★★★★★☆



Photo freshstarteats.com

Fresh Start Organic

"Let Food Be Thy Medicine," is Fresh Start Organic's motto. Not only is this market providing vegan, dairy free, gluten free and organic products, but they also have interesting items in their home and gift section. Supporting local, clean and small vendors Fresh Start Organic is a health food store that serves many purposes. Not only can you pick up a couple of food items to bring home, the market has a dine-in option. On the website, you can even create a custom meal plan and choose between five-day and twelve-day options to have picked up at the store. With a great selection of their signature superbowls, sandwiches and wraps, Fresh Start Organic will have you eating healthy and not even realizing. Whether coming to buy some things to stock your fridge, to buy a quirky birthday card or wanting a gluten free vegan cupcake, this market and eatery will have you returning in no time.

29-13 23rd Ave | 718.204.7868 | freshstarteats.com | ★★★★★

Green Apple Delight

This Crescent Street smoothie spot is surely delightful. With over twenty smoothie flavors to choose from, the possibilities for these healthy sweet treats are endless. From a simple strawberry and banana flavor to a sea moss smoothie Green Apple Delight is sure to have the combination you're looking for. Their signature Green Apple Delight Smoothie including kale, spinach, parsley, green apple, banana, pineapple and their signature ingredient frozen yogurt will help you get your fruits and veggies in for the day in the most delicious way possible. The menu features a variety of protein options including the "Workout Shake" great for before hitting the gym. If you prefer a smoothie bowl, try the popular "Aloha Acai Bowl" or a pitaya bowl.

2912 Crescent St | 718.777.7731
greenappledelightny.com | ★★★★★



Photo greenappledelightny.com



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salsainqueens.com





Photo @createfoodsny

Create

An Astoria classic for good reason, this healthy eatery has a menu that will suit anyone's needs. The build your own salad bar with a wide range of inclusions, dressings and greens to choose from allow you to make the perfect balanced meal to your taste. Almost everything here is completely customizable, from sandwiches to quinoa bowls. Not only is this health food restaurant great for lunch, but the breakfast menu includes so many nutritious items to start your day. The "Irish Steal Cut Oatmeal Bar" lets you pick your oats or choose from Create's curated combinations. For a more traditional breakfast, eggs, pancakes and avocado toasts are also available and truly delicious. Alongside your plate be sure to grab the freshly squeezed orange juice or any of the homemade juices Create has to offer.

36-03 30th Ave | 718.204.0333 | createastoria.com | ★★★★★

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What's hot in this cold?

A FEW FAVORITE BUSINESSES TO VISIT THIS MONTH

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31-08 30th Ave | 917.745.0456
[@artroomhairspa](https://www.instagram.com/artroomhairspa)



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LaGuardia Airport's Hidden Historic Gem

There is a hidden gem behind La Guardia airport's new \$8 billion face-lift.

Photos Jason D. Antos



By Jason D. Antos

Although most of the original LaGuardia Airport (including almost all of the famous American Airlines hangers) have been torn down to make way for new ultra modern terminals, the Marine Air Terminal which once hosted seaplanes flown by aviation legends Howard Hughes and Glenn Curtis is alive and well.

Built in 1937, for what was then known as North Beach Airport, the Marine Air Terminal was designed by the firm of Delano and Aldrich with money provided by the Works Progress Administration or WPA. The WPA was a program started during the Great Depression by President Franklin D. Roosevelt to get American's back to work. Think of it as the modern day CARES Act but much, much grander in scale. President Roosevelt approved plans for the airport on September 3, 1937, with further support given by NYC mayor Fiorello La Guardia.

The airport was built for a record \$29 million and was slated to be completed in time for the 1939-40 New York World's Fair and by July 1938, the WPA employed almost 12,000 workers to build the new airport which until that time had consisted of a small runway and a one story wooden building which served as an administration facility and coffee shop. Prior to the opening of the seaplane terminal, in early 1939, The New York Times reported that giant seaplanes (or clippers) from England, France, Germany, and the United States would be using the terminal. The expanded North Beach Airport and its beautiful art deco Marine Air Terminal opened for a preview on October 15, 1939. The official opening was on March 31, 1940, when a clipper carrying ten crew members, nine passengers, and more than 5,000 pounds of mail departed from the terminal via Flushing Bay bound for Lisbon, Portugal. The flight landed 18 hours and 35 minutes later, setting a record for an eastbound transatlantic clipper flight. A brochure



distributed on the terminal's opening day proclaimed it as "an enduring terminal linking the air routes of the old world with those of the new." The first flying boat to land at the Marine Air Terminal arrived from Bermuda on April 1, 1940. At the time, the terminal served three transatlantic trips per week.

Originally, members of the public were allowed to visit the Marine Air Terminal's observation deck, which became a popular place to observe seaplane and airplane landings. This served as a major attraction for the residents of Astoria, Corona and Flushing as air travel was still a new thing and the sight of these giant commercial airplanes landing and taking off from the waters of the Flushing Bay was surely a sight to behold. The deck was closed for security reasons during World War II and has remained closed since then.

The inside of the Marine Air Terminal is as impressive as the outside. The waiting area, which takes up most of the terminal's interior features a bronze bust of Mayor La Guardia for whom the airport was named immediately after his death in

1947. A rotunda ceiling covers the waiting area. Around the base of the rotunda is another impressive historic artifact. Flight, a mural measuring 12 feet tall and 237 feet long, created by James Brooks, depicts the history of flight. It was the largest mural created as part of WPA, which also employed artists as well. The mural is roughly divided into two sections. The first section depicts the early history of aviation starting with the Greek myth of Icarus, who flew too close to the sun and got burned and the flight-related inventions of Leonardo da Vinci. The second section depicts the modern history of aviation, starting with the Wright Brothers and ending with modern transatlantic travel. Astoundingly, the mural Flight was completely painted over in 1952 and was only rediscovered in 1973 during renovation of the waiting area. The mural was rededicated on September 18, 1980 and was fully resorted in early 2022. On July 9, 1982, the Marine Air Terminal was placed on the National Register of Historic Places and still services domestic flights until this very day.



FUNKY FITNESS CENTERS

By Andriana Kourkoumelis

A compilation of the perfect health and wellness centers to shake up your exercise routine! Going to the gym and having the same routine everyday could get repetitive, the solution: switch it up! Classes, physical therapy, mindful exercises and high-tech wind down devices could be what you need to get out of a fitness rut. These 5 funky fitness centers will surely expand your personal wellness journey!

NINJA BEAR

Ninja Bear is a fitness and recovery center that makes your health and wellness their top priority. This high-tech fitness center provides members with advanced recovery technology to wind down following an intense workout. Some of these technologies include an infrared sauna, a cold plunge, a reflexion board and normatec boots to reset your body. A Ninja Bear membership includes a full body analysis that is used to create a customized training program for your needs, guidance by a coach at any time, and access to all recovery tech. With a Ninja Bear membership, you are sure to have a personalized gym experience that covers all the bases.

35-52 32nd St | ninjabearnyc.com
718.500.0276 | ★★★★★

Photo @ninjabearnyc



FIT CLUB

This gym provides the physical therapy you need to accompany your exercise. Fit Club offers physical therapy services such as orthopedic therapy, post-surgical rehabilitation, soft-tissue mobilization, and sports injuries. Additionally, this gym offers packages for acupuncture, aquatic therapy, sports massage therapy, personal training, prenatal and postpartum physical therapy, and sports recovery. If you rather include physical activity in your daily routine, apply for a monthly gym membership package.

21-03 31st Avenue | fitclubnyc.com
646.875.8348 | ★★★★★



Photo @fitclubny



Photo @fortelabnyc

FORTE LAB

Forte Lab is the new gym on the block that focuses on improving your mind, body and soul through strength and recovery labs. Expect to see classes of all types from HIIT training to yoga and more! Forte also additionally offers a personal training program that can hone in on all of your needs while you embark on your health journey. Treat yourself to instant recovery with a cold plunge or an infrared sauna to wrap up a successful workout. Forte makes it easy to book with their app "Forte NYC" that shows available classes, memberships and more!

38-05 20th Ave | fortelabnyc.com
718.309.2176 | ★★★★★

UNLIMITED BODY NY

If you love taking classes to stay active, Unlimited Body NY is the place for you. There is truly a class for everybody with a long list of health and fitness sessions including Unlimited HIIT, Unlimited Boot Camp, Obstacle Course Race Training, Kick boxing, Zumba, Tai Chi, Barre Fitness and Belly Dancing. Whether you prefer a fast-paced exercise session or a dance class Unlimited Body NY has what you're looking for. You can also take advantage of massage therapy to relax the muscles or to rehabilitate after injury. Invest in your health with Unlimited Body NY!

27-18 23rd Ave | unlimitedbodyny.com



Photo unlimitedbodyny.com

FITNESS CENTERS

YOGA AGORA

Stay fit, clear your mind, and relax with yoga sessions at Yoga Agora. This Astoria staple will not only benefit your physical health, but it will allow you to become more mindful of your mental health in the process. With instructors during classes working with students on various yoga techniques, Yoga Agora is welcoming to all despite level of experience. Classes start at \$10 and can be booked individually or you can opt for a private session for a program that tends more to your fitness goals. Be sure to also look out for donation based classes and workshops on the schedule! Not an early bird and rather do a late-night session? Yoga Agora has brought back their late evening candlelit classes to curate the most relaxing ambiance to accompany your session.

33-02 Broadway, 2nd Fl. | yogaagora.com
718.626.0680 | ★★★★★

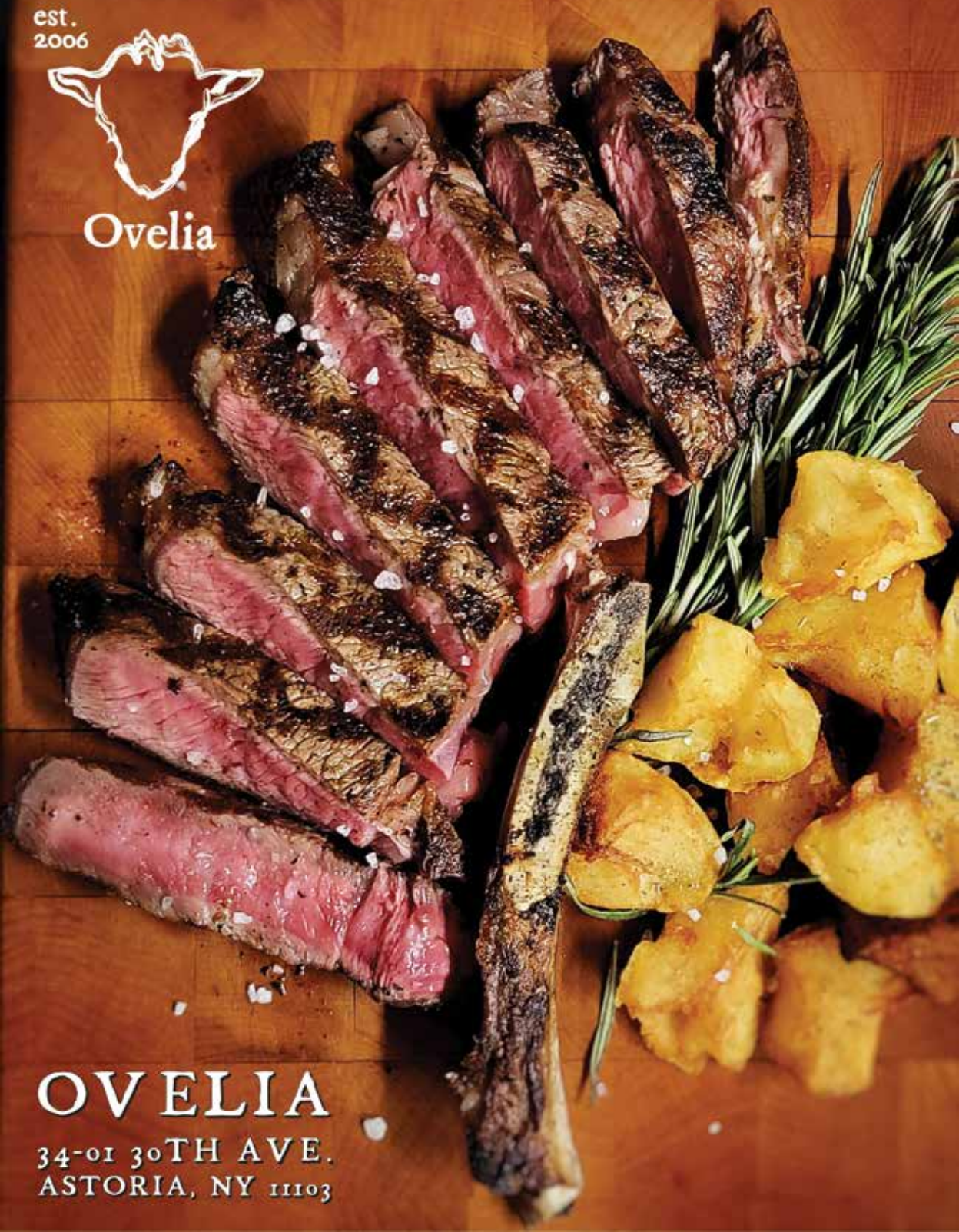


Photo @yoga_agora

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Meet

AARON SPELLMAN *Madam Marie's*

By Jenna Gaudino

Aaron Spellman had no intention of becoming a bartender when he moved to New York City from his native Galway, eight years ago. “I fell into it totally by accident,” he said. He’s lived all over the city: first in Astoria, then Sunnyside, Woodside, Bay Ridge, among other neighborhoods. Now, he’s back in Astoria; conveniently, his apartment is just a few blocks from Madam Marie’s, where he’s worked for five years.

When he first moved to Astoria, he became somewhat of a regular at Judy and Punch, the sister bar of Madam Marie’s. After getting to know him, the owners offered him a job in June 2017. A few months later, he started working at Madam Marie’s. “I absolutely love it here,” he said. One of his favorite memories from the bar was soaking a friend with an entire bottle of Champagne on New Year’s Eve. He remembers having to scrub the sticky spots off the ceiling the next morning.

The best parts about his job are being able to chat with different people every day and the friendships he’s made over the years; at first confined to the bar, then growing into sincere friendships outside of work. “Working in this community, you see familiar faces all the time. It’s easy to make friendships in a neighborhood like Astoria,” he said. “It doesn’t feel like a job when you enjoy what you do. It’s rarely the same thing twice,” he added.

When Madam Marie’s first opened, the community’s reaction, and their generosity, moved him. “Astorians are very welcoming. The people are just very decent,” he said. According to Spellman, the different cultures, the food, the beauty, the peacefulness, the water, are the things that make Astoria special.

The most rewarding part of his job is listening to people and, when they’re having a bad day, letting them know they’re not alone. “There is the possibility of turning someone’s bad day into a good day. They can come here for whatever it is they’re looking for,” he said.



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Comfort Dishes from Near and Far

CURB YOUR COMFORT FOOD CRAVINGS WITH THESE INTERNATIONAL DISHES

By Crisula Prassos

As the temperature continues to drop, we find ourselves craving foods that warm our bodies and nourish our souls. You can feel the anticipation of gatherings indoors sharing meals with loved ones. We are here to assure you that you do not have to wait for holidays to indulge in your favorite home cooked meal. Check out these local spots for a taste of comfort food from around the globe.



Bahari Estiatorio

Nothing screams comfort like a casserole made with layers of potato, spiced ground meat, fresh eggplant and a creamy bechamel. These four simple ingredients are at the forefront of a traditional Greek moussaka. Steps away from the Broadway N train station you will find Bahari Estiatorio, a rustic Greek restaurant that serves generous portions of their delectable moussaka which you can pair with a glass of their Kourtaki retsina. Honor your craving for home style cooking at Bahari Estiatorio where the Greek hospitality will make you feel like you are dining with family.

Photo Bahari Estiatorio/Facebook

31-14 Broadway | 718.204.8968 | ★★★★★

Susuru ramen

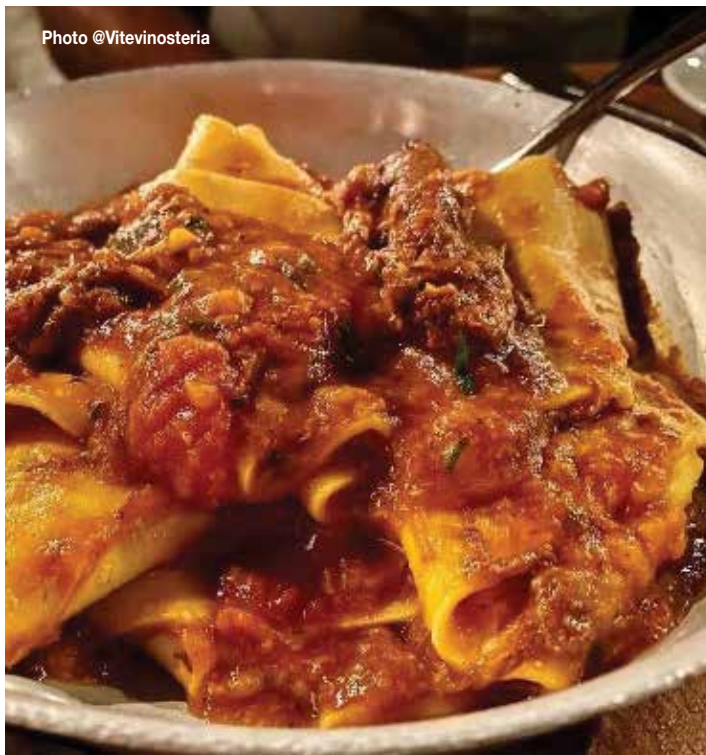
Every cultural tradition has its version of a soup or stew that is passed down from generation to generation and is best suited for a bitter cold fall day. Japanese ramen is a culinary tradition that is beloved throughout the world for its depth of flavor and hand pulled noodles. For a taste of Japanese comfort look no further than Susuru Ramen. You can choose from eight options for your soup base and customize it to your liking with add-ons such as chashu pork, soft boiled egg and soft tofu. The quintessential umami flavors in their ramen soup will leave you daydreaming about your next visit to Susuru Ramen.

33-19 36th Ave | 718.806.1521



Photo @Susururamennewyork

Photo @Vitevinosteria



Vite Vinosteria

If pasta is what you desire, then Vite Vinosteria has you covered. As soon as you step into the establishment you are greeted with the smell of simmering pasta sauce emanating from the kitchen. They have a large selection of pasta dishes to choose from but one dish that remains a menu staple is their pappardelle alla bolognese. This dish features pasta that is made in house and a hearty meat sauce that perfectly balances the slight sweetness of the tomatoes. After your first bite of the pappardelle, you will instantly be transported to Sunday night dinners at Nona's house.

31-05 34th St | 718.278.8483





Photo Seva Indian Cuisine/Facebook

Seva

If the cold weather has you looking for some added warmth, then Seva may just be the place for you. Seva has a vast number of regional Indian dishes that highlight the aromatic and multidimensional flavor profiles found in Indian culinary traditions. For a dish that will warm your heart and delight your taste buds try the lamb vindaloo. This dish features tender lamb meat stewed in a broth of Kashmiri red chili, tamarind, and potato. Basmati rice is served with every dish, but it is highly recommended that you order a side of their oven baked naan bread to soak up all of the remnants of the chili goodness. You are sure to leave Seva feeling nourished and ready to brace the brisk fall breeze that awaits you outside.

34-11 30th Ave | 718.626.440

★★★★★

Pao de Queijo

Are you looking for a quick dose of comfort to start off your day or stave off the midday hunger in between zoom meetings? Pao De Queijo's Brazilian cheese bread is the perfect comfort snack that will do that and so much more. This cheesy bread is such a sought-after treat that the establishment made it their namesake. Pao de queijo is traditionally made with minas cheese and tapioca flour which gives it a light and airy consistency. On your next visit make sure you order a basket of pan de queijo (one order consists of seven pieces) to go along with a cup of their robustly flavored Brazilian coffee. Your first bite of the pao de queijo will surely have you saying delicioso!

31-90 30th St | 718.204.1979

★★★★★

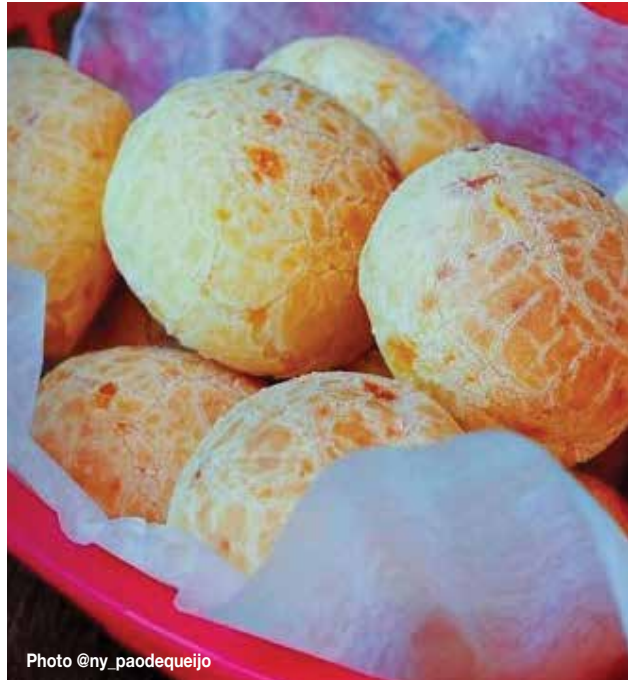


Photo @ny_paodequeijo



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ASTORIA'S ADVANCE MASONIC TEMPLE

TAKES BUILDING TO NEXT LEVEL

By Barry Ward

Most regular visitors to the area, and even longtime residents, are probably unaware that in the heart of Astoria there sits an old Masonic lodge. Located at 21-14 30th Avenue and built in 1930, the three-story, red brick Advance Masonic Temple has always been interesting architecturally and stood out against the rest of the nearby residential housing stock.

Two tall white columns flank a portico-type entrance, topped by a broken pediment above the door, under which MASONIC TEMPLE is carved in capital letters. Surrounding the top of each column are carvings of four small but fierce looking lions, and relief sculptures of four larger cattle skulls. Recently, however, the entire building has received an extensive makeover—making it much harder to ignore and indeed worthy of an extended look.

The first thing one notices is the fresh paint job. The lion heads and cattle skulls, formerly all-white, have benefited from a blue and gold facelift and really pop now. Next, the floor leading to the entrance has been

given a cool black and white chessboard treatment, and the letters spelling out the name are now also gold and stand out at a distance. Even the new mailbox is a work of art, featuring a gold relief of the builder's square and compass bordered by an octagonal frame embossed with eight Masonic symbols. It's just another example of the attention to detail and craft behind the improvements to the building.

But perhaps the most arresting part of the reconceived Astoria Masonic Temple are the ornate, double wooden doors. They replace a pair of nondescript metal doors that were hardly befitting a place that, after all, aspires to be a temple. The new doors feature individual panels depicting the common Masonic iconography, including the all-seeing eye, a trowel and the crescent moon. Completing the design are two brass door knockers depicting a bearded wise man, and even the handles are hardly run of the mill, elaborately carved in what looks like silver and ivory. The overall effect is impressive, as if no cost has been spared and every feature carefully planned and executed.



To the left of the entrance at ground level is the Advance Masonic Temple's cornerstone, featuring the most recognizable symbol of the freemasons, the Square and Compass bordering the letter G, inscribed into what looks like a limestone tablet. The ancient Greek name of the square was "gnomon," which translates to "knowledge" in English, but other theories speculate that the letter G stands for God, the Master Architect, or Geometry, the science behind architecture. The dates 1867 and 1915, along with the original name of the lodge, No. 635 F&AM, probably relate to the year of the Astoria lodge's founding and the raising of funds for its construction. The cornerstone itself is actually a signature Masonic concept, representing sturdiness, morality and the sacrifice needed to build something that will endure; the placing of the first stone of a major edifice is accompanied by ritual and ceremony, and sometimes the cornerstones are hollowed out, with small objects like coins, photographs or newspapers placed inside.

If the current renovations under way at Astoria's

Masonic Temple are any indication, then perhaps the final word on the Masons is a long way from being written. Maybe the next cornerstone will be set by a member who has yet to walk through its doors. Outside the Temple on 30th Avenue, Astoria's former Grand Avenue, grand designs and dreams are still in on the menu. A new note affixed to the old framed copy of the Masonic Compact on the building's façade is any indication.

One thing is for certain. Even the most notable Masons through the ages had to attend a first meeting before being accepted into ranks. And now the local Masonic Temple has a building that all members, new and old, can be proud of when they assemble under its roof.

"The new doors feature individual panels depicting the common Masonic iconography, including the all-seeing eye, a trowel and the crescent moon."



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