



Dietitian
Lisa Young
shares her
five-day plan.

Simplest way to diet

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FDNY races to stalled elevators 159 times at complex where Blas vowed better life

UP-DOWN FUNK



Nearly four years after Mayor de Blasio promised residents of Brooklyn's Ebbets Field Apartments an "improved quality of life," a Post review has found that the FDNY had to rush to the troubled complex 159 times over a one-year stretch because of stalled elevators — nearly once every other day.

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