Benjamin Kizer

Benjamin Kizer is a Retired Educator from Long Island, New York. He has Coached College and High

School Basketball and Track and Field for over 50 years. He loves to eat but hates to cook, the funny

thing about that is he owned a "Soul Food Restaurant called, Ruthies" in Harlem, New York for four

years.

He also was a "DJ" during the '70s and'80s, playing at several clubs on Long Island. You can visit him at

kizer1763@brighthouse.com.