Sentinel Newsletter

It's the little things that make the "BIG" difference.

GENERAL BOARD MEETING

Monday, May 20, 2019 @ 7:30 PM

Bellerose Assembly of God

240-15 Hillside Avenue, Bellerose, NY 11426

AGENDA

- 1. Community Time
- 2. Meeting Called to Order
- 3. Pledge of Allegiance
- 4. Elected Officials Welcome
- 5. Chairman's Report Clive Williams
- 6. NYPD Report Deputy Inspector Neteis Gilbert, Commanding Officer, 105 Precinct
- 7. Roll Call
- 9. Approve Minutes April 2019
- 10. Committee Reports
- 11. Public Speaking Time
- 12. Adjournment

June Committee Meetings @ QCB13 Board Office:

- Land Use- Monday, June 3, 2019 @ 7:30 pm
- Public Safety- Wednesday, June 5, 2019 @ 7:00 pm
- Seniors & Special Needs- Thursday, June 6, 2019 @ 10:00 am (Location to be determined)
- Youth, Education & Libraries- Tuesday, June 11, 2019 @ 7:30 pm
- Economic Development- Wednesday, June 12, 2019 @ 7:00 pm
- Transportation- Thursday, June 13, 2019 @ 7:00 pm
- Parks- Tuesday, June 18, 2019 7:30 pm
- Health- Thursday, June 20, 2019 @ 7:00 pm



NEXT GENERAL BOARD MEETING, Monday, June 24, 2019
Bellerose Assembly of God
240-15 Hillside Avenue, Bellerose, NY 11426



Queens Community Board 13

219-41 Jamaica Avenue Queens Village, NY 11428 718.464.9700 Fax: 718.254.2739 acb13.org



Melinda Katz Borough President

Vicky Morales-Casella Director of Community Boards Clive Williams Chair

Mark McMillan
District Manager

DISTRICT MANAGER'S REPORT - May 2019

Meetings Canceled:

Economic Development Committee
Health Committee

Events/Meetings Attended:

April 22, 2019: QCB 13 General Board Meeting at Merrick Academy Queens Public Charter School in Laurelton.

April 24, 2019: Attend and speak at the Groundbreaking of Laurelton Project SE 823 convened by Council Member Donovan Richards. DEP Commissioner Vincent Sapienza and DDC Commissioner Lorraine Grillo also were present and spoke. Board Member Robert Glover was in attendance.

May 1, 2019: Attend and participate in Public Safety Committee Meeting Chaired by *Michael O'Keeffe* and Vice Chaired by *Robert Glover*. Details will be shared in their report.

May 2, 2019: Attend State Senator James Sanders event: "Driving Capital to the Invisible Class." This special event included opening remarks by City Comptroller Scott Stringer and featured a conversation between Senator Sanders and Max Levchin, CEO at Affirm, Inc., an investor and advisor to emerging technology companies.

May 4, 2019: Attend QCB 13 Parks Tour led by DPR Administrative Park & Recreation Manager, Districts 11 &13, Justin Argo. Parks Chair Fay Hill will share the details in her report. Board Members participating on the tour were Jim Delaney, Kangela Moore, Curlene Nelson, and Anup Ramnauth.

May 6, 2019: Walk-thru with DOT Queens Commissioner Nicole Garcia of the triangle at Guy R. Brewer and Farmers Boulevards up to 147 Avenue. Organized by Economic Development Chair Curlene Nelson, details will be shared in her report. Board Member Fay Hill, Executive Director of JFK Gateway IBID Scott Grimm, Springfield Gardens Civic Association President Lonnie Glover and a representative from Council Member Donovan Richards' office were in attendance.

Attend and participate in Healthy Community Planning Committee meeting at NYC Children's Center. In attendance (and members of the committee) were **Board Members Bonnie Huie**, **Michael O'Keeffe** and **Jerry Wind**.

weens Community Board 13 219-41 Jamaica Avenue

Attend "NYPD Southeast Queens Public Safety Town Hall" at the Queens Central Library convened by Council Member Donovan Richards. Police Commissioner James O'Neill was the featured speaker; all commanding officers for Patrol Borough Queens South were in attendance including the Commanding Officer, Assistant Chief David Barrere. City Council Members Adrienne Adams and I. Daneek Miller took part. Queens Borough President Melinda Katz contributed remarks. Chair Clive Williams along with Board Members Bess DeBetham, Robert Glover, Franck Joseph (with his Assistant Commissioner at NYC Commission on Human Rights hat on), Kangela Moore and Marcia O'Brien were in attendance.

May 8, 2019: Meet with NYS Attorney General Brooklyn/Queens Community Liaison Darryl White.

May 9, 2019: Attend and participate in Transportation Committee Meeting Chaired by *Felice Hannah*. Craig Chin, DOT Borough Planner was in attendance. Details will be shared in their report.

May 13, 2019: Attend "DOT Springfield Gardens/South Jamaica Transportation Study – Public Meeting" at Springfield Gardens High School. Council Member I. Daneek Miller and Board Member Curlene Nelson were in attendance.

May 14, 2019: Testify before the City Council Subcommittee on Landmarks, Public Siting and Marine Uses, Chaired by Council Member Adrienne Adams, in support of remapping for the construction of the Bartlett Dairy Project in Springfield Gardens. Council Member Donovan Richards was also on the panel.

Attend and participate in Youth, Education & Libraries Committee Meeting Chaired by **Rhonda Kontner** and Vice Chaired by **Lorraine Gittens-Bridges.** Details will be shared in their report.

May 15, 2019: Host District Service Cabinet Meeting at QCB 13 office.

Attend (late) "Ribbon Cutting of the TWA Hotel" at JFK Airport. Governor Andrew Cuomo, Queens Borough President Melinda Katz and City Council Speaker Corey Johnson spoke. Chair Clive Williams, Board Members Jackie Campbell, Jim Delaney, Derrick DeFlorimonte, Franck Joseph, Curlene Nelson, Marcia O'Brien, Anup Ramnauth, Nantasha Williams (with her Port Authority hat on) and Maxine Brannon, QCB13 Community Coordinator.

May 16, 2019: Speak at Douglas/King Democratic Club on the role of the District Manager at the Community Board and the importance of community input. District Leader Roslin Spigner leads this political club.

May 17, 2019: Host "Grand Rebbe Anniversary Planning Meeting" at QCB13 office. Board Chair Clive Williams and Board members Bryan Block (with his President, Cambria Heights Civic Association hat on) and Michael O'Keeffe were in attendance.

Respectfully submitted,

Hack McMillan, District Manager

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What You Need to Know About the NYPD's New Marijuana Enforcement Policy

Marijuana is illegal in New York City



Here's what you should know:

- Smoking marijuana in public OR possessing any amount of marijuana in public view is still illegal in New York City. You can be arrested and charged with a crime.
- Under the NYPD's new marijuana enforcement policy, smoking marijuana in public or possessing up to 25 grams of marijuana in public view for personal use may result in a summons rather than an arrest, if you are eligible.
 - You are NOT eligible for a summons if you lack proper ID, are the subject of an active warrant, are wanted for another crime, or are being charged with certain other crimes.
 - Even if you are eligible for a summons, you may still be taken to the police precinct rather than be released from the scene.
 - You may still be arrested for smoking marijuana in public if you are on probation, parole, are a known violent offender, or if your behavior is an immediate threat to public safety.
 - Receiving a summons requires you to appear in Court on the date specified on your summons. You may face a fine up to \$250, be sentenced up to 15 days in jail, or both.

NYPD

IF YOU DO NOT APPEAR IN COURT ON THE DATE SPECIFIED ON YOUR SUMMONS, A WARRANT MAY BE ISSUED FOR YOUR ARREST.

In all cases, your marijuana will be seized by the police and youchered as evidence.

You should also be aware:

- State and federal law enforcement officers may arrest anyone in New York City for possession of any amount of marijuana.
- Driving under the influence of marijuana is a dangerous crime and is aggressively prosecuted. Your car may also be seized.
- If you violate the law and then provide the police with false information regarding your name and address, you can be arrested and may face additional charges.

If you are concerned you have a substance use problem or need a referral for treatment: Speak to your doctor or health professional, or call **1-888-NYC-WELL** (**1-888-692-9355**), a free, confidential help line for NYC residents.



Liquor Licenses

- Maleen Banquet Hall (New Application)
 241-07 Jamaica Avenue, Bellerose
- Bia Restaurant & Bar (Renewal)
 271-12 Union Turnpike, New Hyde Park
- Mediterranean Grille (Renewal)
 156-08 Rockaway Boulevard, Springfield Gardens
- The Brindle Room (Renewal)
 Terminal 7, Space F2, JFK International Airport
- CASCATA (Renewal)
 Terminal 8, Space C15, JFK International Airport



Queens Borough President Melinda Katz

&

The Guyana Independence
Committee
Cordially invite you to

The Fourth Annual

Guyana
Independence
Day Celebration

Tuesday, May 21, 2019

6:00 pm - 8:00 pm

Hellen Marshall Cultural Center
Queens Borough Hall
120-55 Queens Boulevard
Kew Gardens, NY 11424

To RSVP visit queensbp.org or call 718.286.2661.



Top 5 Beaches in NYC

Summer's here and the time is right for grabbing your shades, packing a cooler and going to the best New York beaches

By Time Out New York contributors, Celia Shatzman and Jennifer Michalski

A visit to one—if not all—of the best beaches NYC has to offer is needed when temperatures become hot and sticky. Whether you're planning weekend getaways or looking for ways to cool off or things to do in the summer with friends, these beaches in New York are a quick subway, ferry or bus trip away.



Fort Tilden Beach The Rockaways

NYC's best-kept secret and lifeguard-free three-mile stretch of clean sand, trees and grassy dunes is so isolated that even on a summer weekend you'll get a good 50 yards of beach to yourself. Since Fort Tilden Beach is nearly inaccessible via subway or car (unless you have a fancy fishing license), we suggest biking there.



Jacob Riis Park Beach The Rockaways

There's a lot to say for a beach that doesn't involve leaving NYC but makes you feel like you did. Riis boasts a golf course and a markedly wider beach than nearby Fort Tilden and Rockaway. And here's a history lesson: notorious city planner Robert Moses, who developed a lot of ocean coasts in and around NYC, dubbed it "the people's beach" because of its access to public transit.



Jones Beach Wantagh

Go big or go home! This massive six-mile expanse on Long Island is a well-manicured sandy oasis ideal for families—there's minigolf, ball courts, shuffleboard and even a swimming pool—and music fiends: Nikon at Jones Beach Theater sees big names like Gwen Stefani and Dave Matthews every summer.



Cherry Grove Beach Prire Island

Though all of Fire Island's spots technically share the same beachfront, this area is a bit more laid-back and affordable than the more popular Pines, but there are still plenty of clubs, bars and restaurants tucked among the cottages where you can shoot the breeze and dance.



Long Beach PLong Island

One of Long Beach's biggest allures is what a breeze it is to get there. Hop on the LIRR from Penn Station, and you'll have your toes in the sand, literally, within an hour. Shoregasboard (you guessed it, it's a beachified spin on Smorgasburg) features food truck vendors selling everything from meatball heros to acai bowls, and the community hosts a summer concert series, a weekly art festival and a farmers' market on Saturdays in Kennedy Plaza, a mere six blocks off the beach.

Sweet start to spring at Apple Blossom festival











Thousands of people converged on the Queens County Farm Museum in Glen Oaks the weekend of April 13-14 for the annual Apple Blossom Festival, featuring fun for the whole family. Kids got a chance to enjoy all kinds of attractions at the farm, including pony rides and hayrides. Vendors set up shop selling carnival fare including hot dogs, popcorn and beverages.

IQUEENS QUICKLY

JFK REDEVELOPMENT CENTER OPENS DOORS

Members of the public can now access information about the \$13 billion JFK Airport redevelopment project at the new JFK Redevelopment Community Outreach office in Jamaica.

Port Authority executives, elected officials, the JFK Redevelopment Advisory Council and community leaders unveiled the office at 144-33 Jamaica Avenue on Friday.

The office's five staff members will host certification workshops, roundtables, office hours for terminal developers and more.

The office will also primarily serve as the hub for career opportunities for local residents and businesses with a focus on Minority and Women Owned Business Enterprises (MWBE).

"The opening of this office symbolizes our commitment to transparency and accessibility for the local community," said Nantasha Williams, manager of External Affairs and Community Outreach for the JFK Redevelopment Program.

Williams pointed to Huntley Lawrence as an example of "what can happen when you mix good economic development, good projects, private and public partnerships with the community."

Lawrence was raised in Queens and attended August Martin High School, where he first got involved with the aviation industry. He interned as a high school student with the Port Authority and is now Aviation Director for the same agency.

"We're taking another step to further strengthen our bonds with the community and our neighbors," Lawrence said. "We will be leveraging the enormous talents of the community that surrounds us to fulfill this vision."

In 1997, the Port Authority built a similar office when they began discussions on the AirTrain.

Like the AirTrain, Congressman Gregory Meeks said, the current redevelopment project can also be beneficial for the community.

"We want to set the example that those who have been here for a long time and have suffered and put together their businesses will be the first ones to have the opportunity to receive the benefits of the project like his," he said.

CITY TO OFFER LOANS TO WOMEN BIZ OWNERS

The de Blasio Administration launched a new program designed to help women entrepreneurs access affordable lines of credit to start, grow and sustain their businesses.

The new program, called WE Credit, will provide up to 250 women entrepreneurs with lines of credit averaging \$50,000 at below-market interest rates.

WE Credit is made possible through a publicprivate partnership between the City, Goldman Sachs, Squarespace and Fundation.

Goldman Sachs 10,000 Small Businesses will provide \$5 million to finance lines of credit to women entrepreneurs. This investment is accompanied by a \$1 million loan loss reserve fund provided by Squarespace and the Economic Development Corporation, which will cover potential defaults.

Fundation, a credit solutions provider, will provide the platform through which women entrepreneurs can access and manage the lines of credit.

Interested women entrepreneurs can visit we nvc to learn more.





Primary Election ^{ខ្}



Last Day to Register to Vote: Friday, May 31, 2019



5 THINGS TO KNOW BEFORE YOU VOTE

Deadline for an Absentee Ballot : By mail - Tuesday, June 18, 2019 In person - Monday, June 24, 2019



Primary Election Day: Tuesday, June 25, 2019



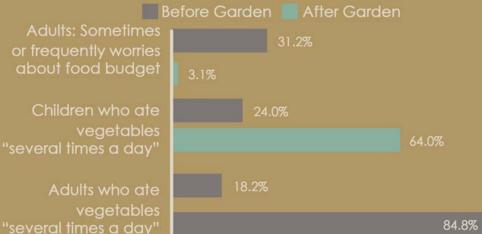
Community Gardens

Health, wellness and community

Community Gardens Increase Produce Consumption

Community gardens increase produce consumption through supply and exposure; both bringing fresh produce directly to consumers, and improving knowledge, options and preferences.

¹"Impact of Community Gardening On Vegetable Intake, Food Security and Family Relationships",Patrica Carney, Journal of Community Health 2012



Neighbor Connections

Community Gardens Foster Strong Neighborhoods Through²

Reciprocity

and sharing

Mutual Trust





2 "Strengthening Neighborhoods and Health Through Community Gardens", Teig E., Health & Place (2009)

Community Gardens Are Excellent At Improving Well-Being:

10% increase in green space nearby

is equal to a

year reduction in age³



30 minutes of gardening showed higher levels of cortisol (stress) reduction than 30 minutes of reading.



Community gradens absorb carbon dioxide, reduce pollution, and decrease emissions from food transportation.⁵



Civic

Engagement

Green vegetation from community gardens (and trees, parks) reflects 20-25% of radiation from the sun, helping to ease heat island effects and keep cities cooler.⁵

3"The Benefits of Parks: Why America Needs More City Parks and Open Space", Paul Sherer, Trust for Public Land
4"Gardening Promotes Neuroendocrine and Affective Restoration From Stress", Van Den Berg, Journal of Health Psycology (2011)
5"Cultivating Community Gardens", Igc.org (2013)
Infographic By: Corey Ince



Executive Position Nominations

Anyone interested in seeking nomination for any executive position is encouraged to advise one of the members of the committee at the May 20 meeting or to notify Richard Hellenbrecht by email at rhellenbrecht@outlook.com no later than Tuesday, June 4, 2019.

> Nomination Committee: Alain Berrouet, Delroy Dawkins, Felice Hannah, Richard Hellenbrecht, Rhonda Kontner, Steven Taylor, Lourdes Villanueva-Hartrick.

Opportunity Zones: What They Are and Why They Matter

Medium.com | February 14, 2019

By: Eric Enderlin, NYC HPD President

What are Opportunity Zones?

More than a year ago, Congress passed, and the President approved the most significant tax reform since the 1980s. Buried in the Tax Cuts and Jobs Act of 2017 was a little known proposal that had mostly flown under the radar: Opportunity Zones. With little fanfare and even less detail, the Act created the Opportunity Zone program offering tax incentives for investors 2. to place their capital gains into low-income census tracts. If channeled appropriately, Opportunity Funds could represent the most powerful tool to steer private capital towards low-income communities since the Low-Income Housing Tax 3. Credit was created as part of President Reagan's tax reforms. In NYC alone, there are more than 300 opportunity zones!

Why do They Matter?

The Department of Treasury estimates that Opportunity Funds could direct up to \$100 billion to low-income neighborhoods nationwide, spurring transformative community and economic development—but they could also incentivize predatory 4. investment. Without the appropriate guardrails, investments in Opportunity Zones could become a tax shelter for private investors, who may have strong incentives to maximize returns at the expense of the low-income communities that Opportunity Zones were designed to benefit. In high-cost markets like New York City, there are particular concerns about how Opportunity Fund investments could exacerbate gentrification and displacement without sufficient regulation.

Strong Guardrails are Key

recommended to the IRS:

- 1. Monitoring: Require reporting on Opportunity Zones and Opportunity Fund investments to both track impacts of the tax benefit and allow for the sharing of best practices, which will help the program improve over time and ensure that investments serve the communities that need them most.
- Transparency: Registration of Opportunity Funds and their investments will ensure that they are complementing and contributing to local strategies to support low-income communities.
- Coordination: Provide guidance and clarification on how Opportunity Funds can work with state and/or local tax benefits and other tools to invest in affordable housing, infrastructure and other public-private partnerships. For example, Opportunity Zones could be used with existing programs such as the Housing Credit to fill gaps in financing and reach deeper levels of affordability.
- Education: Issue guidance to educate opportunity fund investors on local laws that regulate the multifamily housing stock. For example, during the subprime crisis, lenders new to the New York City market operating outside of the Community Reinvestment Act did not understand rent regulation laws, creating overleveraged projects and prompting accusations of tenant harassment that could have been avoided with clearer guidance.

Looking Ahead

New York City has a long history of harnessing public-private New York City was an early adopter when the Low Income partnerships to create affordable housing, and is open to the Housing Tax Credit was first introduced in 1986, and has since potential of Opportunity Funds. But creating an appropriate leveraged that vehicle to create more than 100,000 affordable and effective regulatory structure will be critical to ensuring homes. This new tool offers similar promise, but without effective they are used for their designed purpose: to benefit low-income oversight, the funds could drive predatory investment and hurt communities. To that end, here's what NYC recently the very communities they were supposed to help. That's why the City of New York will work to ensure the opportunity in opportunity zones is for the neighborhoods and residents most in need of investment.

CHASE AWAY WINTER

6 Tips for Successful Spring Cleaning

TheSpruce.com | February 2, 2019

By: Sarah Aguirre



The flowers are blooming, the birds are serenading, and our house still feels like it's stuck with winter blues. Spring cleaning is a tradition that allows us to freshen up our homes and get a head start on the hectic seasons of spring and summer.



Clean Room-By-Room

Approaching your house room-by-room is the most effective way to deep-clean your home at any time of the year, but especially in spring. Use room checklists as a springboard for deep-cleaning the areas of your home that really need extra attention. Feel free to skip items that have recently been cleaned and focus on the parts of your home that have been neglected all winter long.



Organize and Clear the Clutter

One of the biggest parts of spring cleaning is getting rid of clutter that you don't need. Now is a good time to advantage of the natural spring urge to get rid of items that are weighing you down and begin fresh with a more streamlined lifestyle. A systematic four-step approach to identifying problems, analyzing reasons, determining solutions, and implementing remedies can be extremely productive at this time of year. Sorting your belongings into four categories—trash, give-away, store, or put-way—can also be effective as you begin the spring-cleaning process.

Now is a great time to plan a garage sale or to donate items to good causes. Cleaning will be a lot easier when the clutter is gone.



Get the Family Involved

If you need a little help in your cleaning endeavors, get your family involved. Even the most unwilling helper can make a big difference in the workload. Don't worry: There are ways to deal with even the most reluctant helpers. This is actually a great time of year to get the entire family to work together. Try throwing on some music or



Tackle the Seasonal Chores

There are some special chores that need to be done seasonally. We ignore them for most of the fall and winter, but now it is time to bite the bullet and get these things clean. Even though these chores only need to be done once or twice a year, they will help your home run look better and run smoothly. Outdoor chores like cleaning grills, patios, and windows can be a little intimidating, but there are some simple tricks that can keep the jobs manageable.

Keep Cleaning Products to a Minimum

The cleaning aisles of our stores are stocked full of commercial products to help you clean, but the variety can be overwhelming. And dozens of cleaning products means dozens of cleaning products to clutter up your cabinets and closets.

Resist the temptation to buy all these cleaning supplies; the real champions of spring cleaning are more basic supplies, such as a good all-purpose cleaner and microfiber cloths. There are even homemade cleaners you can make that will save you money while protecting the environment.



Establish New Cleaning Habits

A good, thorough spring cleaning that includes the whole house is a great time to establish new on-going cleaning habits, and it can also make the next spring cleaning a good deal easier. Simple 15-minute cleanup routines practiced every few days, each including a series of 1- to 2-minute chores, can make it remarkably easy to keep your home clean and tidy all year long.

Cleaning Inspiration

Let's face it. Cleaning isn't always something we want to do. Sometimes we have to talk ourselves into our chores. These five tricks can help you motivate yourself to clean.



Invite Someone Over to Your Home
Knowing that someone will be showing
up at your home can give you a deadline
to get things done.





Try a New Cleaning Product
Trying a new product or cleaning gadget can be a lot of fun.



Try a New Scent
Scents makes a big difference in mood and attitude.





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Clean Out Some Clutter

The feeling of watching unwanted items being removed from your home is invigorating and freeing.



Rearrange a Room

Rearranging a room is a great way to create a fresh perspective.



City air quality report has mixed results for Queens

BY BILL PARRY
bparry@schnepsmedia.com
@ONS

Western Queens continues to have the worst air quality in the borough, but the title of "Asthma Alley" has drifted a bit to the east.

A new study by the city's Department of Health, covering nine years of data, shows the most harmful pollutants are found in Sunnyside and Woodside.

Astoria and Long Island City held that dubious distinction for decades for the high rate of respiratory ailments suffered by residents who live in close proximity to the high amount of power plants along the East River that generate more than 50 percent of the city's power.

The study, released on April 30, explains that high levels of fine particulate matter such as nitrogen dioxide, and nitric oxide, pollutants that exacerbate heart and respiratory disease, continue to be observed in areas of high traffic density, building density, and industrial areas.

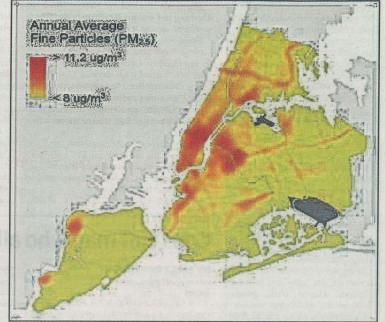
"The latest community air survey shows significant improvements over the past nine years in the city's air, which means better health for New Yorkers," Health Commissioner Dr. Oxiris Barbot said. "We still have more work to do to ensure that all New Yorkers can breathe the same clean air; Mayor de Blasio's OneNYC is bringing us closer to that goal."

The survey found that from 2009 to 20017 the annual average levels of fine particulate matter, nitrogen dioxide, nitric oxide and black carbon have declined 30 percent, 44 percent and 30 percent respectively. The largest declines have been observed for sulfur dioxide, due largely to city and state heating regulations, wintertime average levels have declined by 96 percent.

"Dramatic improvements is air quality across New York City are a clear health success," NYC's Chief Climate Policy Advisor and OneNYC Director Daniel Zarrilli said. "With OneNYC 2050, New York City's Green New Deal, we will go further by pursuing more stringent emissions regulations, achieving carbon neutrality and 100 percent clean electricity, and greening the city's buildings as we work to end our reliance on fossil fuels."

The Health Department conducts the Community Air Survey with Queens College to evaluate how air quality differs across the city. Air pollution measurements are taken each season with monitors mounted at street level at about 100 locations throughout the five boroughs.

Overall, the city's air quality is the cleanest it has been in years — and Department of Environmental Protection Commissioner Vincent Sapienza seems to know why.



Courtesy of NYC DOH

"The use of heavy home heating oil was one of the most serious contributors to air pollution in New York City, but we worked with stakeholders and developed sensible regulations that helped 5,300 buildings switch to a cleaner fuel, contributing to significantly healthier air for all New Yorkers, especially those in northern Manhattan, the south Bronx and northern Queens," he said.

New \$84M project to wipe out chronic SE Queens street flooding

BY CARLOTTA MOHAMED cmohamed@schnepsmedia.com

City officials on Wednesday announced an \$84 million upgrade infrastructure project with the installation of new storm sewers to alleviate chronic flooding and improve street conditions throughout southeast Queens.

Department of Environmental Protection (DEP) Commissioner Vincent Sapienza and Department of Design (DDC) Commissioner Lorraine Grillo joined Council Member Donovan Richards on April 24 to break ground on the project in the community of Brookville where residents have experienced terrible flooding from rainstorms.

"With every new project completed in southeast Queens, we are getting closer to the days where flooding is a concern of the past," said Richards. "The community of Brookville has suffered through flooded streets, lawns and basements following nearly every rainstorm, which is why the completion of this project is so important to the residents around Idlewild Park."

The project is being funded by DEP, managed by DDC, and is scheduled to be completed in summer 2021.

It is part of a \$1.9 billion investment by the de Blasio Administration to build a comprehensive drainage system throughout southeast Queens. The program, the largest of its kind, consists of 45 projects overall, including 10 that are substantially completed and 11 that are in active constructive.

According to Grillo, the new storm sewers will help drain not only the neighborhood of Brookville, but also eventually other areas in southeast Queens



Photo courtesy of DEF

NYC Department of Environmental Protection (DEP) Commissioner Vincent Sapienza and NYC Department of Design and Construction (DDC) Commissioner Lorraine Grillo joined Council Member Donovan Richards on April 24 to break ground on the project in Brookville, Queens, to upgrade infrastructure, improve street conditions and alleviate flooding.

that are north of Idlewild Park and will receive new sewers as well under the southeast Queens initiative.

"We're happy to work with our partners at the Department of Environmental Protection to make a difference in the lives of tens of thousands of people," said Grillo.

Work will take place on 21 blocks near Idlewild Park. More than two miles (12,400 feet) of water mains, some dating before World War II, will be replaced with new pipes ranging from 8 to 20 inches in diameter. Twenty-five hydrants will be replaced and fire protection will be enhanced with 11 additional fire hydrants installed at new locations.

(Photo courtesy of DEP)

There will be 8,200 feet of new storm sewers and 3,700 feet of new combined sewers added to the neighborhood, ranging in size from 15 inches diameter all the way up to rectangular sewers that are 9 feet wide by 6 feet high. A total of 96 new catch basins will also be installed to capture stormwater and direct it to the new

storm sewers

During the job, existing sanitary sewers will also be replaced, with 7,600 feet installed ranging in size from 10 to 24 inches in diameter. The project will create a double-barrel storm sewer system that outlets to Idlewild Park, and which will serve as an outlet for additional projects yet to be built as part of the southeast Queens program.

As part of the final street restoration, 5,900 feet of curbs will be replaced, 65,000 square feet of sidewalks will be reconstructed and 21,000 square yards of new asphalt will be laid down over a concrete base. The new curbs and sidewalks will be graded to help guide stormwater to the area's new catch basins to ensure adequate street drainage during storms.

Borough President Melinda Katz said the work illustrates the city's commitment to improving the borough's infrastructure in way that will have a significant positive impact.

State Senator Leroy Comrie commended de Blasio, the DEP, and DDC for investing in the infrastructure improvements that will address the persistent quality of life problems that has long affected residents in Brookville and other parts of southeast Queens.

James Salvio has lived in Brookville near Idlewild Park since 1999. He has had to renovate his home to repair property damage that occurred because of flooding.

"I've lived here for 20 years now and there hasn't been much development until now," said Salvio. "The streets were raised to decrease the flooding issue before I moved here, but that didn't seem to work as well as they hoped. When it rains, water ponds up for about two or three days until it dries up."

According to Salvio, he had a sump pump and a water sensor installed, which prevents water from entering the house.

"Since the curbs are low, the water doesn't have proper guidance to go to the catch basins to get out of the street, so it accumulates," said Salvio. "Many times it goes into the basements of homeowners. Down the road by 148th Avenue, there's a lot of flooding and there's water from one side of the street to the other. We are looking forward to finally getting flood relief in the area."

To manage the needs of residents and businesses during construction, DDC has a full-time Community Construction Liaison (CCL) assigned to the project.

Haris Hussein keeps the neighborhood apprised of construction progress, coordinates street closures and utility shutoffs and can arrange special requests such as deliveries to local homes and businesses. Hussein works on-site and can be reached at 929-206-5525 or by email at se823ccl@gmail.com.

The 105 Precint Has QCB13 Covered Head to Tow!



On Twitter the 105 Precinct has reported that they has been conducting successful towing operations!







FOR BREAKING NEWS VISIT WWW.QNS.COM

MAY 2, 2019 HEALTH THE QUEENS COURIER 37

health

3 easy health changes with big benefits

Making changes to improve your health can feel overwhelming. But just a few simple modifications can impact your health dramatically. Here are three easy changes you can make now to transform your health:

Eat your water

Are you thirsty? Up to 75 percent of Americans may be functioning in a chronic state of dehydration. This lack of hydration also leads to many other health issues. Every cell in your body needs water to function, but often people don't realize they're dehydrated. According to the Mayo Clinic, "Thirst isn't always a reliable early indicator of the body's need for water. Many people, particularly older adults, don't feel thirsty until they're already dehydrated."

Most people learn that water exists in three forms - liquid, gas and solid. But there is a fourth form of water called "gel water" that's the most hydrating. It's found in plant cells and contains glucose and/or sodium, which helps your body absorb it in the small intestine. This is critical because the small intestine is where 95 percent of water is absorbed into your body.

Gel water can be found in high con-

centrations in fruits and vegetables like cucumber, celery, watermelon and cantaloupe. One great way to stay well-hydrated is to drink smoothies. Blend fruits and vegetables in a smoothie and add coconut water to provide electrolytes. Drink this hydration-booster every morning, along with 3.5 liters of fluid water throughout the day.

Here's a final hydration boosting tip: Add a handful of ground chia seeds to your smoothie or beverage. Ground chia seeds absorb 30 times their weight in water and turn fluid water into gel water. They also slow the passage of water through your digestive tract, giving the body more time to absorb it.

Stop taking your multivitamin pill

Despite evidence that they are poorly absorbed, more than 200 million Americans take supplements daily. Most tablets and capsules contain relatively large, dense and difficult-to-absorb particles that are often more than 10 times too big to be absorbed. Some scientists even believe these sand-like particles may be scratching the lining of the gut, causing inflammation.

There's another option. Consider taking

safer, more natural, more effective alternatives to pills that are better absorbed. A new category of supplements called microgels uses an advanced technology to replace tablets and capsules. Microgels allow for maximum absorption of ingredients into the body by releasing extremely small, ultra-bioavailable nutrient particles in the digestive tract. These microgels are a more natural way to supplement the diet - they are 100 percent free of synthetic binding glues, fillers and coatings listed as "other ingredients" in many supplements.

One example of a high quality microgel multivitamin is Bioactive Multi by Healthycell. Available in convenient individual packets, you can take Bioactive Multi straight from the gel pack, add it to a drink or meal, or even blend it into yogurt or smoothies. Learn more at www. healthycell.com.

Use micro-techniques to reduce stress

Most of us are well-acquainted with stress. Studies show stress has negative effects on organs and tissues, including the brain, circulatory system and immune system. Many Americans report insomnia, anxiety, anger or fatigue due to stress. There are some quick and easy ways you can reduce your stress level in a healthy way. It's unlikely that anybody can remove stress completely, but if you have the discipline to incorporate just three simple techniques into your daily routine, you may be surprised at the calming benefits you can experience in just 5 to 10 minutes.

First, just take five deep breaths with your eyes closed a few times per day or whenever you feel stressed.

Second, meditate for another 5 minutes per day to clear your mind. Meditation may sound intimidating, but it's easier than you may think to get started. There are even apps you can use on your phone for free guided meditations, like Sattva Meditations & Mantras or Insight Timer.

Third, smile. Studies show the act of smiling affects brain chemistry to make you feel happier by immediately changing your hormone and stress levels.

Just three steps

In just three easy steps, you can start making progress toward improving your health. Take a deep breath, drink a smoothie loaded with fruits and veggies, and take your microgel vitamin. Smile: You've got this.

Courtesy BPT

-wellness

Seasonal allergies: 8 tips that offer relief

Spring. The time of year when, as poet Alfred Lord Tennyson famously said, a young man's (and woman's) fancy "lightly turns to thoughts of love." That is, of course, if you're not sneezing, coughing or dealing with itchy eyes. Spring allergies seem to get worse every year. Is there anything you can do to avoid them?

Yes, says allergist Dr. Todd Mahr, president of the American College of Allergy, Asthma and Immunology (ACAAI). "You might feel like suffering from allergies is going to happen every spring no matter what, but there are ways to help alleviate your symptoms."

These 8 tips will help you enjoy the season instead of sitting it out indoors.

1. See an allergist. Before the season kicks in, make an appointment with an allergist to find out exactly what is causing those itchy, watery eyes. Discovering the allergen that you're reacting to is the first step in treating it. The ACAAI's Allergist Locator can help you find a board-certified allergist in your area.

2. Find out if it's allergies or asthma. Or both. The symptoms from asthma can be similar to those of allergies. Allergies plus asthma can be a one-two punch for some allergy sufferers. Almost 75 percent of asthma sufferers also have allergies. Your allergist can diagnose what's causing your symptoms and offer suggestions for treatment, so you can start living the life you want to live.

3. Consider allergy shots ... They may be the best way to treat tree, grass, mold, dust mite, cat and dog allergies. Allergy shots are immunotherapy. That means your allergist will gradually give you increasingly larger doses of whatever you're allergic to. There are also tablets that melt under your tongue to treat allergies to ragweed, grass pollen and dust mites. Both forms create a tolerance within your immune system.

4... or get a prescription. Research has shown that most allergy sufferers find prescription medications more effective than those they can get over the counter. But most people don't go in search of a prescription. An allergist can discover exactly what you're allergic to and prescribe the right medication to ease your symptoms.

5. Start medication before the season hits. Don't wait. Much like successful pain management involves getting in front of pain before it kicks into high gear, by taking your allergy medications before the worst symptoms develop, you'll be doing a lot to alleviate those symptoms.

6. Commit to a thorough spring cleaning. It's not just to give the house a fresh look after the long winter. A deep clean will reduce allergens like mold, which build up in basements and other areas where you might not go every day. It's also a great way to get rid of the pet hair and dander that have built up in places like your sofa. Wash throw rugs regularly, too, in hot water.

7. Wash the day away before going to bed. Take a shower and wash your hair before hitting the hay to rinse away pollen and other allergens you've picked up during the day. Similarly, wash your sheets and bedding once a week in hot water.

8. Use the AC. It's tempting to throw open the windows and let that fresh spring air waft into the house. The only problem is, pollen and other allergens will waft in with it. Instead, use your air conditioner and make sure the filter is clean. Change your filter every three months and use one with a MERV rating of 11 or 12.

With a few commonsense tactics, you can get ahead of your allergies and keep them in the rear-view mirror all season long.

ACAAI allergists are board-certified physicians trained to diagnose allergies and asthma, administer immunotherapy and provide patients with the best treatment outcomes. For more information and to find relief, visit AllergyandAsthmaRelief.org.

Courtesy BPT

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wellness

Resources for addressing mental health challenges at work

Every year, about 1 in 5 adults in the United States experiences a mental illness and 1 in 25 lives with a serious mental illness that substantially interferes with or limits at least one major life activity. Mental illness is a top cause of worker disability in the U.S. and 62 percent of missed work days can be attributed to mental health conditions.

A leader in employee benefits, Unum recently published the report, "Strong Minds at Work," on the prevalence of mental health issues in today's workplaces. The research revealed just 25 percent of managers in the U.S. have received training on how to refer employees to mental health resources and more than half of people are unsure how to help a colleague with a mental health issue.

"The development, implementation and promotion of mental health strategies has

become a top priority for many of today's employers," said Michelle Jackson, assistant vice president of market development at Unum. "Creating a workplace culture that promotes mental health resources and encourages employees to take advantage of them helps to destignatize mental health issues and can lead to a happier, more productive workforce."

Some of the report's findings include:

- Fifty-five percent of employees said their employer did not have, or they were unsure if their employer had, a specific program, initiative or policy in place to address mental health.
- Sixty-one percent of employees felt there's a social stigma in the workplace toward colleagues with mental health issues; half of them felt the stigma has stayed the

same or worsened in the past five years.

 Among employees with a mental health issue, 42 percent went to work with suicidal feelings.

"The fact that such a high percentage of employees have come to work feeling suicidal is troubling," Jackson said. "While this is certainly a worst-case scenario and employers would hope issues would not progress to this level, it also emphasizes the need to ensure support and resources are understood and readily available in the workplace."

The bulk of mental health resources are usually offered via an employer's health care provider and can include medical care, an employee assistance program (EAP), counseling referrals and financial and legal counseling. However, employees often don't fully understand the resources available to them.

According to the Unum study, HR professionals said 93 percent of their employers offer an EAP, yet only 38 percent of employees were aware of this resource. More than half of HR professionals said they offer financial counseling, legal services and telemedicine services, but a fraction of employees said they were aware these services exist.

"Employees should ask their HR department what mental health resources are available and be supportive of colleagues who may be struggling," Jackson said. "Offering support to others and knowing where to direct them can not only save lives but also help create a more inclusive workplace environment."

To download a copy of the mental health report, visit unum.com/mental-health.

Courtesy Family Features

QUEENS CHAMBER NEWS & EVENTS

MTA HAS MORE PROJECTS THAN BIDDERS

BY SALVATORE ISOLA

Construction firms looking to grow their small businesses and become prime contractors have a great opportunity by being involved in the city's vast transportation market, which has more available projects than current bidders.

For the past decade, the MTA's Small Business Mentoring Program (SBMP) has helped businesses expand. On March 26 at the Queens Chamber of Commerce headquarters in Jackson Heights, SBMP manager Nadir Jones explained how subcontractors can become prime contractors by working with the MTA.

If a firm is qualified to participate in SBMP, it will undergo an improvement plan assessment session before being invited to bid on MTA construction projects.

"We're giving our contractors the opportunity to control their own destiny and move out of the subcontractor space," said Jones.

SBMP provides a framework to facilitate small business growth, which is broken into two tiers: a Tier 1 Mentorship and a Tier 2 Graduate Mentorship. There also is a Small Business Federal Program for federally funded projects.

Tier 1 has a four-year duration once a firm is approved for the program. Firms are assigned a project manager from TDX Construction, one of the largest construction management firms in the industry. The project manager is brought on board to assist the project and ensure a timely and on-budget completion.

In Tier 1, contractors have the opportunity to bid up to \$1 million on prime construction contracts for the MTA. After four years, firms can graduate to Tier 2, where firms can bid on project values up to \$3 million.

To qualify for Tier 1, a firm's average three-year revenue cannot exceed \$3 million, and the principal owner's net worth cannot be greater than \$3.5 million.

Contractors are provided with



Nadir Jones of the MTA's Small business Mentoring Program visited the Queens Chamber to discuss how small businesses can bid on contracts related to transportation projects.

access to loans up to \$150,000 per contract, one-on-one mentoring, free 13-course training classes, free business plan development, and waived bonding.

Tier 2 qualification is contingent on the successful completion of a Tier 1 mentorship. The maximum average three-year revenue is \$5 million and the owner's net worth is capped at \$3.5 million.

Firms are provided the same assistance as Tier 1, but the loan value increases to \$900,000 per project, and firms must obtain a surety bond, facilitated through the MTA Internal Bond Program.

The Small Business Federal Program (SBFP) shares practically all benefits and qualifications as SBMP Tier 2, with the primary difference being the source of the project's funding. All SBMP projects are state funded, whereas SBFP projects are federally funded.

Additionally, if a firm's average three-year revenue exceeds the \$3

million maximum requirement of Tier 1, it might be eligible to enter straight into SBFP.

SBMP provides fast-track assistance by paying all their contractors within 10 business days, awarding their projects within 22 business days, and having closeouts occur within 20 to 30 business days.

While there are many benefits for contractors in the program, something noticeably absent is the number of contractors participating. As of April 17, 2018, there are only 165 prequalified firms in Tier 1, 36 in Tier 2, and 22 in SBFP. This has led to SBMP having to outsource jobs.

"I actually have more work in the program than I actually have contractors bidding," said Jones, before explaining how he had to give \$60 million of work to the MTA two years ago. "I'm not giving back another \$60 million, so that's why we're here."

Among the projects spread over

five different agencies, including New York City Transit, Long Island Railroad, and Metro North Railroad, the MTA is recruiting firms to renovate buildings, staircases, stations, kiosks, and bus lifts, to name a few of the projects.

SBMP especially encourages Minority and Women-Owned Business Enterprises (MWBE), Disadvantaged Business Enterprises (DBE), and Service-Disabled Veteran-Owned Small Businesses (SDVOB) to apply.

"Historically, these groups don't have the capacity to build that type of work all from jump, so this is the reason why we developed this program," Jones stated, "to be a little bit more inclusive of how we spend taxpayers' money."

For information on how to apply, call the SBMP Prequalification Unit at (212) 878-4757 or email SBDP@mtahq.org.

Invictus

Out of the night that covers me, Black as the pit from pole to pole, I thank whatever gods may be For my unconquerable soul.

In the fell clutch of circumstance I have not winced nor cried aloud. Under the bludgeonings of chance My head is bloody, but unbowed.

Beyond this place of wrath and tears Looms but the Horror of the shade, And yet the menace of the years Finds and shall find me unafraid.

It matters not how strait the gate, How charged with punishments the scroll, I am the master of my fate, I am the captain of my soul.

BY WILLIAM ERNEST HENLEY



Parents and educators vent at Queens specialized school tests hearing

BY CARLOTTA MOHAMED cmohamed@schnepsmedia.com

The first forum discussion on the divisive issue regarding school diversity and the specialized high school admissions process held April 11 at Queens Borough Hall brought an angry crowd of parents protesting Mayor Bill de Blasio's proposal to abolish the exam.

Inside Queens Borough Hall, members of the state Senate Committee on New York City Education — state Senators John Liu, Kevin Parker, Toby Stavisky and Velmanette Montgomery - listened to over three hours of testimony from community members who shared their thoughts, concerns and ideas arguing that the current single test used to determine admissions into the elite schools should remain

The senators were also joined by Assemblywoman Alicia Hyndman and Councilman Peter Koo.

Liu, chair of the Senate's NYC Education Committee, said there is an issue of diversity in specialized high schools and it needs to be addressed

"We're going to face this issue not by throwing out a plan and asking people to comment on it; we want everyone who has an opinion about this to tell us what you think the problem is. This is what hearing the community is all about," said Liu.

According to Liu, the city's proposal to diminish the SHSAT exam excluded many parts of the city - in particular the Asian community, describing de Blasio's plan as "racist."

'They kind of knew what the input would be from the Asian American community, so they excluded that point of view — not inadvertently, but intentionally and deliberately,"

Many argued that the test is an unbiased measure and called admissions changes discriminatory against Asian students, who make up the majority of enrollment at the specialized high schools - despite making just 16 percent of public school enrollment city-

David Lee, Brooklyn Technical High School alum.

"Taking away the test will marginalize opportunities for thousands of students, mostly low-income and immigrants, and also mostly Asian students," said David Lee, a Brooklyn Technical High School alum, who has been working with the Asian community advocating for keeping the SHSAT test. "Testing is essential for many careers, for example the Civil Service Exam in New York City. Furthermore, let's create more schools, create more seats, and let's fix the crisis in K-toeight schools, in particular for African American and Latino students."

Some speakers called for restoration of the gifted and talented programs in black and Hispanic communities to better prepare a more diverse group of students for admission to the schools, and for more specialized high schools to be built.

"If you take a look at Queens, we have one specialized high school, every year 125 students. Queens is the second largest borough with 2.5 million residents ... that's one seat for every 18,000 graduates. We can do better than that," said Horace Davis, president of the Caribbean American Society of New York and a Brooklyn Technical High School alum. "Just imagine what we can do with more programs and more seats in communities that serve the black and Hispanic communities."

According to reports, among the 4,798 students who received an offer to one of the city's specialized high schools based on their exam score,

only 506 black and Hispanic students received offers to schools, including Stuyvesant High School, Bronx High School of Science and Brooklyn Technical High School.

At Stuyvesant High School, of the 895 students admitted, only seven students were black.

Parents and former alums of the eight specialized high schools stressed anger and frustration toward Schools Chancellor Richard Carranza, who made a statement saying that those who weren't on board with the elimination of the test were racist.

Charles Vavruska

"I was very upset. Chancellor Carranza called me a racist," said Charles Vavruska. "He called all of us a racist. As soon as he got here, he tweeted, 'Angry white parents.' Then he said, 'Asians-only admissions system.' There are so many things we can do to improve education. We don't need to do this political scheme and keep racial division going."

Many also argued the city's proposed admissions changes have pitted communities against each other.

"There is so much vilification of Asian parents who are fighting to help their children," said Jo Ann Yoo, the executive director of the Asian American Federation."We must give all of our kids access to the best education possible."

The event was the first in a series of planned citywide forums for state senators to facilitate an inclusive dialogue with all community stakeholders in the city's public schools. According to Liu, there will be an announcement of upcoming forums in each borough for constituents to state their opinions on

"We are united in the idea that we want to hear what people have to say," said Stavisky. "We don't want to present a plan and say, 'That's it' without hearing the community's input."



Annual SE Queens rain barrel giveaway helps 200 ho

BY BILL PARRY bparry@schnepsmedia.com

Several elected officials partnered with the city Department of Environmental Protection last weekend to kick off the 2019 Rain Barrel Giveaway program and distribute rain barrels to more than 200 homeowners in southeast Queens.

The 60-gallon rain barrels are easy to install and connect directly to a property owner's downspout to capture and store the stormwater that falls on rooftops.

'The rain barrel program has made

throughout southeast Queens and the entire city better stewards of our environment," state Senator Leroy Comrie said. "Rain barrels not only encourage gardening and the conservation of water, but are also a strong tool in our efforts to reduce soil erosion and lessen the strain on our sewage system.

The water collected in rain barrels can then be used to water lawns and gardens, or for other outdoor chores. Saturday's event was held at Roy Wilkins Park in St. Albans and the rain barrels were provided free of choice.

"Rain barrels are an environmentally friendly way for homeowners to save water and money, while also promoting sustainability and conservation," DEP Commissioner Vincent Sapienza said."Collecting the stormwater that falls on a home's roof eases pressure on the city's sewer infrastructure; thereby reducing localized street flooding and improving the health of Jamaica Bay.

Rain barrels can help reduce a homeowner's water bill as watering lawns and gardens can account for up to 40 percent of an average household's water use during the summer months. Last year,

DEP distributed more than 8,300 rain barrels to New York City homeowners. Each rain barrel contained an installation kit with instructions.

'Rain barrels are invaluable tools that benefit homeowners by helping them to conserve water, reduce costs, and lessen damaging street flooding, Councilman I. Daneek Miller said. 'Southeast Queens has been the epicenter of such damage during heavy downpours, which underscores the significance of our community's participation in the Department's Rain Barrel Giveaway Program."



January/February 2019

CITYMETRICS



Number of arrests in City falls

The total number of arrests effected Citywide by the New York Police Department fell steadily from 2013 to 2018. The data does not include arrests that were either voided upon determination that the person did not commit the offense, or it was determined that no offense had been committed. The OpenData website provides information on each arrest, including the type of crime, the location and time of enforcement, and suspect demographics.

Arrests in New York City Fell from 2013 - 2018

Year	Number of Arrests
2013	393,559
2014	387,727
2015	339,470
2016	314,864
2017	286,225
2018	246,779

Source: NYC Open Data for NYPD Anests and the NYPD Deputy Commissioner, Public Information.







Find Affordable Housing Opportunities



Find affordable housing opportunities that you may be eligible for by using the tools below. HPD creates affordable rent-stabilized apartments for households at a wide range of income levels and sizes.



†
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You can use the NYC Housing Connect map (seen above left), or the accessible filter for current opportunities (seen above right) to find affordable housing lotteries that are currently accepting applications.

You may filter current opportunities by borough and/or household size and income level to find the opportunities that you may be eligible for.

For help determining your household income, use the Income Guide found at https://www1.nyc.gov/site/hpd/renters/income-guide.page.

Note: applicants with a housing voucher or rental subsidy may still qualify even if they make less than the minimum.

Visit https://www1.nyc.gov/site/hpd/renters/find-housing.page for more information.

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