



# Sentinel Newsletter

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

## GENERAL BOARD MEETING

Monday, October 28, 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. Chairman's Report — Clive Williams
5. Committee Reports
  - a. Public Safety
  - b. Special Initiative Committee
  - c. Transportation
  - d. Health and Seniors, Social Services & Special Needs Committee
  - e. Youth, Education & Libraries
6. Elected Officials — Welcome
7. NYPD Report — Inspector Netis Gilbert, Commanding Officer, 105 Precinct
8. Roll Call
9. Approve Minutes — September 2019
10. Voting Items
  - a. BSA Calendar No. 2019-203-BZ  
144-43 Farmers Boulevard, Springfield Gardens  
"...a special permit to install a non-accessory radio tower for public utility wireless communication..."
  - b. District Budget Priorities & Request
11. Public Speaking Time
12. Adjournment

OWN  
SECURE  
PROTECT IT.

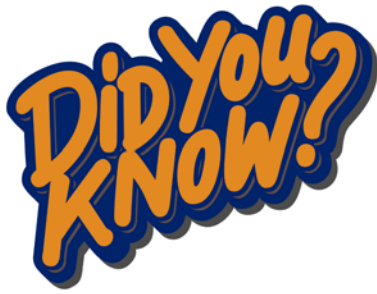
**OCTOBER 2019**  
National Cybersecurity  
Awareness Month  
#BeCyberSmart

Learn more about Cybersecurity on page 10

### UPCOMING GENERAL BOARD MEETINGS

*4<sup>th</sup> Monday, November 25, 2019*  
*Bellerose Assembly of God*  
*240-15 Hillside Avenue*  
*Bellerose, NY 11426*

*3<sup>rd</sup> Monday, December 16, 2019*  
*Bellerose Assembly of God*  
*240-15 Hillside Avenue*  
*Bellerose, NY 11426*



Francis Lewis Boulevard begins at an intersection with 148 Avenue and Hook Creek Boulevard in Rosedale. The boulevard zigzags across several physical roadways and spans 10.8 miles ending in Fresh Meadows at the Cross Island Parkway Service Road between 154 Street and 156 Street.

Before being renamed in the 1930s, the roadway was called Cross Island Boulevard. The street was renamed after former Queens resident Francis Lewis, a signer of the Declaration of Independence as a representative of New York.

But who was Francis Lewis?

Lewis was born in Wales to his father of the same name. His father died at a young age and he was then raised by his uncle and aunt. They gave him an education in Scotland and sent him to the Westminster School in England and emigrated to New York in 1734.

Francis Lewis owned a home in Whitestone where portions of the boulevard were built through the estate.

The entire route was first mapped as Rosedale Boulevard in 1912 or 1913 by the Queen Topographical Bureau in the "Hollis Tentative Map for Queens" which mapped roads throughout Southeast Queens such as the future Grand Central Parkway.

Sources: [https://en.wikipedia.org/wiki/Francis\\_Lewis\\_Boulevard](https://en.wikipedia.org/wiki/Francis_Lewis_Boulevard); [https://en.wikipedia.org/wiki/Francis\\_Lewis](https://en.wikipedia.org/wiki/Francis_Lewis); <https://thehistoryjunkie.com/francis-lewis-facts/>

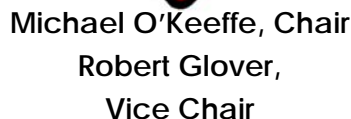


## Liquor Licenses

- Blue Light Cafe (Renewal)  
271-21 Union Turnpike, **New Hyde Park**
- Triple Crown Diner (Renewal)  
248-27 Jericho Turnpike, **Bellerose**
- Dickens Louizaire (New Application)  
245-11 Francis Lewis Boulevard, **Rosedale**
- Secrets (Renewal)  
245-11 Francis Lewis Boulevard, **Rosedale**
- Live Life Marketing (New Application)  
229-15 Merrick Boulevard, **Laurelton**
- Truth Restaurant & Lounge Inc. (New Application)  
229-15 Merrick Boulevard, **Laurelton**

- RPJ Deli & Grocery Store II Inc. (Renewal)  
98-51 212 Street, **Queens Village**
- Dacade Restaurant and Catering Hall. LLC  
(New Application)  
220-17 Merrick Boulevard, **Laurelton**
- Holiday Inn (New Application)  
248-06 Rockaway Boulevard, **Rosedale**
- Brookville JFK Restaurant, LLC (Renewal)  
248-06 Rockaway Boulevard, **Rosedale**
- Singas Famous Pizza (New Application)  
260-21 Hillside Avenue, **Floral Park**
- OTG JFK T5 Venture, LLC (Renewal)  
**JFK International Airport, Terminal 5, Gate4NC**





**Guest Speaker:**

Our guest speaker was Mr. Ralph Leonart, attorney for the NYPD Civil Enforcement Unit (CEU). He explained that his unit works with NYPD officers on enforcement operations. CEU uses civil courts to close businesses that foster criminal activity or quality-of-life problems. CEU takes part in MARCH Operations (multi-agency response to community hotspots).

**Inspector Gilbert:**

Inspector Gilbert discussed recent crime trends in the 105<sup>th</sup> Precinct. A few points:

- There was an arrest in a recent arson/homicide in Hollis. Camera footage proved crucial to the arrest.
- Inspector Gilbert is forming an advisory board which will meet once a quarter.
- She would also like to utilize the experience and expertise retired law enforcement personnel.
- A training simulator, used at the Police Academy, was demonstrated at a meeting at Long Island Jewish Hospital several months ago. Community members had the opportunity to go through scenarios as if they were police officers. The Public Safety Committee felt it would be beneficial to repeat this throughout the precinct.







**Queens Community Board 13**  
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Queens Village, NY 11428  
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qcb13.org



**Melinda Katz**  
Borough President

**Vicky Morales-Casella**  
Director of  
Community Boards

**Clive Williams**  
Chair

**Mark McMillan**  
District Manager

### DISTRICT MANAGER'S REPORT – October 2019

#### Meetings Canceled:

Land Use Committee  
Economic Development Committee  
Parks & Environment Committee

#### Events/Meetings Attended:

**September 24, 2019:** "Tour of Idlewild Park" to update on the changes and improvements taking place. Participating were **Board Members Fay Hill, Peter Richards,** and **President of Eastern Queens Alliance, Barbara Brown.**

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.

**September 25, 2019:** Budget Consultation with the Department of Parks and Recreation. **Parks Committee Chair Fay Hill** attended.

**September 27, 2019:** Attend and participate in Queens Budget Consultations; agencies include:

- NYC Department of Buildings (DOB)
- NYC Department of Housing Preservation & Development (HPD)
- Police Department (NYPD)
- Fire Department (FDNY)

**October 10, 2019:** Attend and participate in Transportation Committee Meeting Chaired by **Robert Glover.** Details will be shared in his report.

**October 15, 2019:** Attend and participate in Jamaica Postmaster Community Advisory Committee meeting.

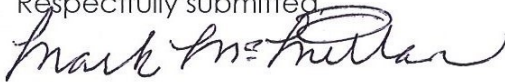
**October 16, 2019:** Host District Service Cabinet Meeting at QCB 13 office.

**October 17, 2019:** Attend and participate in Joint Health Committee & Seniors, Special Needs Committee Meeting Chaired by **Bonnie Huie** and **Kangela Moore**, Vice Chaired by **Ashok Satkalmi** and **Jerry Wind**. Details will be shared in their report.

**October 22, 2019:** Attend and participate in Youth, Education & Libraries Committee Meeting Chaired by **Rhonda Kontner** and Vice Chaired by **Lorraine Giffens-Bridges**. Details will be shared in their report.

**October 25, 2019:** Attend "Laurelton Playground Ribbon Cutting Ceremony." **Queens Borough President Melinda Katz, Council Member Donovan Richards** and **Queens Parks Commissioner Michael Dockett** are all participants. **Board Members Robert Glover and Fay Hill** were also in attendance.


Respectfully submitted



Mark McMillan  
District Manager

### November Committee Meetings @ QCB13 Board Office:

- **Land Use** - Monday, November 4, 2019 @ 7:30 pm
- **Public Safety** - Wednesday, November 6, 2019 @ 7:00 pm
- **Seniors, Social Services & Special Needs** - Thursday, November 7, 2019 @ 7:00 pm
- **Special Initiative** - Thursday, November 7, 2019 @ 7:00 pm (Location TBD)
- **Youth, Education & Libraries** - Tuesday, November 12, 2019 @ 7:30 pm
- **Economic Development** - Wednesday, November 13, 2019 @ 7:00 pm
- **Transportation** - Thursday, November 14, 2019 @ 7:00 pm
- **Parks and Environment** - Tuesday, November 19, 2019 7:30 pm



The community  
is always welcome  
to attend!



## Queens

is a place where there is no need to wait for next week to get the answer to a question, to taste the food of any country, to find new voices to listen to and familiar ones to listen to again.





## Cultural Development Fund

The Program Services Unit of the Department of Cultural Affairs is charged with the administration of the Cultural Development Fund (CDF), an annual grant-making process for New York City's nonprofit arts and cultural organizations.

Through the CDF process, the agency awards support for a vast array of programs provided by many of the City's largest cultural organizations as well as neighborhood-based groups that represent New York's extraordinary cultural breadth.

**The Fiscal Year 2021 Cultural Development Fund  
Application Deadline is in February of 2020**



## The United States Has Never Truly Been a Democracy

We haven't yet perfected our system of government.

By Malka Older; Dr. Older is a sociologist and science fiction author.

Between impeachment inquiries, questions about the security of our elections and the proliferation of books and articles announcing that democracy is dead, it's clear that many people in the United States are disillusioned with democracy.

But it's hard to claim that the United States, at any point in its history, has been a democracy in the rigorous sense of the word. This is partly by design. The foundations of the United States were defined by a struggle over how much democracy should be mitigated. It was terrifyingly radical to suggest that the people — even a very restricted group of people — might have a say in government, and the founders cautiously padded the rails to limit the power of the masses. This was still a huge step forward from dynastic monarchy, but it was not a place to stop.

And we didn't stop.

Over the two and a half centuries since, we've grown more democratic, expanding the franchise to women and people of color and instituting the direct election of senators by popular vote (the 17th amendment, ratified in 1913). But we've also taken steps away from pure democracy; initiatives making it more difficult for people to vote and gerrymandering are good examples of this. We've watched the role of money in politics grow and seen the proportion of our representation drop because of the cap on the number of members in the House of Representatives.

In the past 20 years, we've had two presidential elections in which the candidate with the most votes did not take office. But presidential elections are only the tip of the undemocratic iceberg. In 2014, a Princeton study by Martin Gilens and Benjamin I. Page found that the United States is an oligarchy, not a democracy, with policy driven by the economic elite and business interests. Furthermore, studies and polls show that majority public opinion on many of the key issues of the day — abortion, gun control, universal health care — is nowhere near reflected in public policy decisions.

It's hardly surprising that we haven't yet perfected our system of government. Societies have been practicing democracy for a very short time relative to human history, and we're still working out the bugs and persuading ourselves to commit to the difficulties. And democracy is still a terrifyingly radical idea — as much as we rhapsodize about government by the people, we are afraid to trust ourselves and much more afraid to trust anyone else.

Moreover, democracy was never supposed to be a perfect clockwork mechanism, functioning on its own while citizens went about their lives, mitigating with preternatural precision every failure of human nature. Democracy is about people actively engaging with the decisions of their government at every level. It requires creating the space and processes for that to happen, providing education to enable an informed citizenry and putting in place safeguards to prevent oppression by the majority — and then continuously improving and adjusting those components as society changes.

In our technology-rich world, with a surplus of wealth and leisure time, we should have more opportunities to facilitate and extend democracy than ever before. And we do. Municipalities across the United States and countries around the world are experimenting with different types of democracy, leveraging

digital and nondigital innovations to better involve citizens. Some countries have mandatory voting; some have instituted e-voting. Some localities within the United States are experimenting with ranked-choice voting or quadratic voting. Some countries are expanding the potential of direct democracy, in which people vote on policies or laws rather than on representatives; some are looking for ways to engage people beyond voting, into broader engagement in governance and community. There are myriad ways that we can make our system more representative, more accountable, more reflective of what people want.

And yet most of the discourse in the United States treats democracy as a done deal, an achievement to trumpet and spread around the world, an enviable and unchangeable status quo. There's an immense kind of hubris in the suggestion that the way we do democracy is the end-all and be-all of governance, and that if it doesn't work it must be democracy's fault rather than our own.

It's telling that many of the arguments about the end of democracy suggest it's because we've given too much power to the masses, that we've become too democratic. A paper by Shawn Rosenberg, professor of political science and psychological science at the University of California, Irvine, claims that the problem is social media and that other technologies have disrupted the role of elites in guiding the masses through the intricacies of policy and economics. Other commenters suggest that the abysmal state of political literacy in the United States means the people can't be trusted to make decisions about their government.

But how many of the recent "failures of democracy" have come about not because "institutions eroded" but because those institutions either were never intended to be democratic or have recently been adjusted to be exclusionary?

That the Electoral College system should result in a president who did not win the popular vote is not a failure of democracy; rather, it's the expected effect of a system that was always supposed to be undemocratic, and it's functioning as intended (if not quite as designed). If the checks and balances of our tripartite system have failed, it's not only because of bad people acting in venal and unethical ways; it's because those people were elected through undemocratic means of gerrymandering, party politics, voter suppression and intense injections of money, and they know where their incentives lie. If voter turnout is low, maybe it's not because people don't believe in democracy any more, but because the system they live in has shown them time and again that their vote doesn't count the way it's supposed to count and their representatives don't need to care about representing them.

Our recent stumbles are reminders that we still have work to do on our system of government. Democracy is not a unitary state that can be achieved, but a continuous process. We need to keep reinventing and refining government, to keep up with changes in society and technology and to keep it from being too easy for elites with resources to exploit. And it is worth fighting for. Not because of the founders, or because it sounds good, but because while democracy may be far from perfect, it is still the best system we've got.

At least so far.



# Southeast Queens and Rockaways gets \$260K of sanitation funding

BY MAX PARROTT

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Councilman Donovan Richards announced funding on Friday, Sept. 13 that will provide local employment and sanitation efforts in his district over the next year.

The \$260,000 worth of capital will be spread to workforce development organizations that do street and park cleaning. Richards split duties between four organizations so that each one covers a different geographical portion of the district.

"I think the increase in funding is very important because it's going to ensure that every corner of the district that did not receive funding to keep the corridor clean now has it. So we literally are getting every day business corridor," said Richards.

Richards sees the sanitation work as an important battle in the fight against illegal dumping in the district. By providing an additional \$40,000 from last year, he said he hopes to support local businesses through quality-of-life improvements that will encourage residents to patronize local businesses.

The biggest chunk of the funding will go to the Center for Employment Opportunities, which is received a



Photo: Max Parrott/QNS

\$100,000. They will focus their sanitation efforts on Laurelton Rosedale, Laurelton Parkway, Merrick Boulevard and Francis Lewis.

A \$55,000 allotment will go to Wildcat, which will go to locate their efforts in Springfield Gardens.

Association of Community Employment (ACE) program received about \$40,000 and will focus on Far Rockaway.

In addition, a \$35K portion will go to the Department of Sanitation, who will be tasked with trash removal seven days a week in the Rosedale and Springfield Gardens area.

"This doesn't mean for you to bring your personal trash to the trashcan on our boulevards," said Richards. "It's still a fine, and I want you to know that."

ACE employee Datavis Burns, 22, said that he's in charge of maintaining the garbage cans and sidewalks of the Beach 20 area in Rockaway. He's also been taking full advantage of the finance classes that the program offers to its participants.

"When I came in here I didn't have nothing. But in two months I have a checking account, savings account and I'm working on getting a money marketing account," Burns said. "I'm established, you know. Doing very well."

## NEW KOSCIUSZKO BRIDGE NOW OPEN IN BOTH DIRECTIONS

Governor Andrew Cuomo led a ceremony on August 28 to officially open the Brooklyn-bound lanes of the new Kosciuszko Bridge.

"I spent many, many hours going back and forth on the Kosciuszko, and it is a legendary bottleneck," the governor said. "It was narrow and it was dangerous."

Opened in 1939, the original Kosciuszko Bridge was designed to handle 10,000 cars daily. Today, 200,000 vehicles use the span every day.

Compared to the former six-lane bridge, the new bridge has nine lanes of vehicular traffic and a bicycle/pedestrian lane.

Construction began in 2014, when Queens-based Skanska USA was awarded a contract by the New York State Department of Transportation to construct the five-lane Queens-bound portion. With an estimated completion date in 2018, the bridge was opened on April 27, 2017.

After traffic began to flow, Skanska dismantled the old truss bridge and repurposed it as an artificial reef. In October 2017, they performed a controlled explosion to demolish the old lanes leading to the former bridge.

The Brooklyn-bound section of the bridge was completed by California-based Granite



PHOTO: GOVERNOR'S OFFICE

Construction. They also completed their job ahead of schedule, allowing for an early opening.

Citing national tension over the political divide, Cuomo said the bridge is a symbol of what can be accomplished "when you focus on the positive."

"This is New York State at her best," he added.

(SALVATORE ISOLA)

Jamaica <sup>AV</sup>

IS ONE OF  
THE MOST  
DANGEROUS  
STREETS IN  
QUEENS FOR  
PEDESTRIANS.

SAVING A  
LIFE IS EASY.

**SLOW**

### IF YOU DRIVE:

- Slow your turns to 5 MPH
- Expect pedestrians in the crosswalk every time
- Drive 25 MPH or less

### IF YOU WALK:

- Watch for turning vehicles
- Look in all directions before crossing Jamaica
- Do what you can to be seen

**VISION ZERO**  
nyc.gov/visionzero



# New bill sets New York state's presidential primary election in 2020

BY BILL PARRY

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@QNS

New York state residents will vote in the presidential primary election on April 28, 2020, based on legislation by state Senator Michael Gianaris that Governor Andrew Cuomo signed into law on Sept. 15.

"It is important for New York to maximize its influence in the presidential nominating process and this bill does just that," Gianaris said. "The selected date will increase our state's allotment of delegates based on party rules."

The date will entitle New York Democrats to an additional delegate bonus of 25 percent at their nominating convention for a total of 327 delegates. While Cuomo signed Gianaris' bill, he urged lawmakers to take up a bill consolidating the state, local and congressional primaries with the presidential primary when they return to legislative session in January.

"Although I believe that New Yorkers would be better served, and more empowered, by a presidential primary occurring earlier in the year, I recognize that cer-



Photo via Getty Images

tain national political realities prevent the state Legislature from passing legislation to accomplish that goal," Cuomo said in his signing statement. "Therefore, in light of the state's interest in an orderly election administration process, and out of concern for the uncertainty that would likely ensue if I were to veto this bill, I am signing this bill."

In recent weeks, Cuomo pushed to

consolidate the presidential, congressional and state primaries on the same day in February, but progressives complained it was a ploy to embolden establishment incumbent candidates in the Senate and Assembly in their primaries.

Cuomo maintained that holding two primary elections, nearly eight weeks apart, would reduce voter participation and cost taxpayers an additional \$20 million.

"In addition, managing two separate elections will also burden an already troubled Board of Elections system," Cuomo said. "The state of New York is stronger when all New Yorkers participate in its democratic system, and a consolidation of all primaries is the only way to achieve that."

Cuomo added that 15 other states have a single combined primary for presidential, federal and state races.

"It is time for New York to do the same. Sadly, New York has at times lagged behind the rest of the nation in terms of voting law and voter accessibility," Cuomo said. "New Yorkers deserve a government that makes voting easier, not harder, and government should spend less of the taxpayer's money to accomplish that goal, not more."

Cuomo had considered vetoing the bill and moving the primary up to February after the Iowa caucuses and the New Hampshire primary but decided it was "not a viable date politically" after learning New York would lose delegates to the Democratic National Convention as a penalty.

THE QUEENS COURIER • SEPTEMBER 19, 2019

FOR BREAKING NEWS VISIT WWW.QNS.COM

## These Queens nabes have highest amount of Health Dept. violations

BY EMILY DAVENPORT

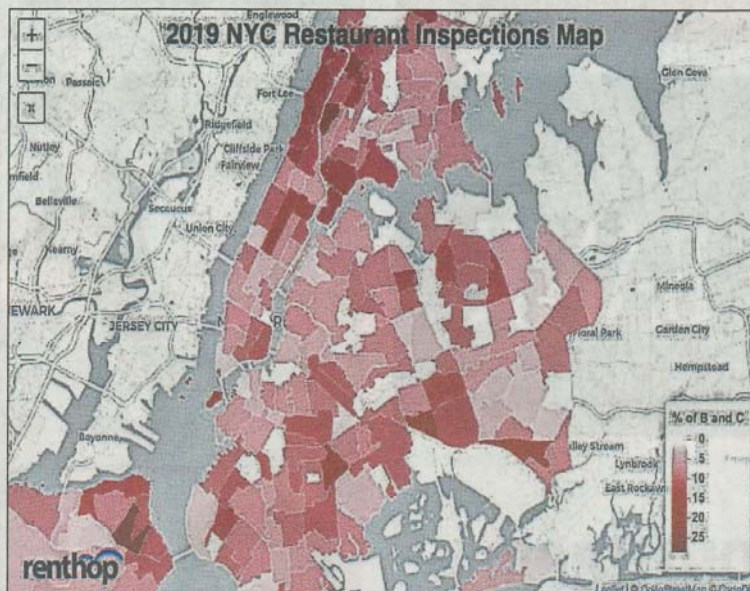
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A recent report sought to find out which areas in Queens had more restaurants that weren't up to Health Department code.

RentHop recently released an interactive map measuring which neighborhoods had the highest and lowest restaurant grades based on recent inspections. The report also looked at the number of health violations that restaurants throughout the city received from 2016 through 2019, including mice and rodent violations.

According to their findings, Queens' Lindenwood-Howard Beach area, which has 51 restaurants in total, had zero restaurants grading a B or C from the health department. Queens' worst neighborhood for B or C grading was Ozone Park, with nine out of 50 restaurants receiving a B or C grade.

RentHop's data found that five Queens neighborhoods had the highest amount of violations at neighborhood restaurants between 2017 and 2019:



Screenshot via RentHop.com

Flushing, 1,529 in 2017, 2,695 in 2018 and 2,611 in 2019

Astoria, 1,263 in 2017, 2,098 in 2018 and 1,830 in 2019

Hunters Point-Sunnyside-West

Maspeth, 1,324 in 2017, 1,880 in 2018 and 1,421 in 2019

Jackson Heights, 1,136 in 2017, 1,820 in 2018 and 1,555 in 2019

Elmhurst, 885 in 2017, 1,380 in 2018

and 1,202 in 2019

RentHop's report also explored the number of mice and rodent violations each borough had over the past four years. According to their findings, while rodent violations increased throughout the borough, Queens saw the highest jump.

In 2016, Queens had 989 total reported mice and rodent violations and 1,841 cases in 2017. The huge increase took place from 2017 to 2018, which had 3,138 reported mice and rodent violations, marking a 70.8 percent increase year-over-year. In 2019, mice and rodent violations in Queens dropped back down to 2,399.

Some of the borough's top mice offenders included Greenwood Quality Bakery (111-02 Liberty Ave., Jamaica), Nest Restaurant & Bar (125-17 101st Ave., Jamaica), Hong Kong House (23-07 Steinway St., Ditmars-Steinway) and Golden Punjab Indian Restaurant (130-02 101st Ave., Jamaica), with 16, 15, 15 and 15 violations, respectively.

To read the full report and use the interactive map, visit [renthop.com](http://renthop.com).



Held every October, National Cybersecurity Awareness Month (NCSAM) is a collaborative effort between government and industry to raise awareness about the importance of cybersecurity and to ensure that all Americans have the resources they need to be safer and more secure online.

NCSAM 2019 will emphasize personal accountability and stress the importance of taking proactive steps to enhance cybersecurity at home and in the workplace. This year's overarching message – Own IT. Secure IT. Protect IT. – will focus on key areas including citizen privacy, consumer devices, and e-commerce security.



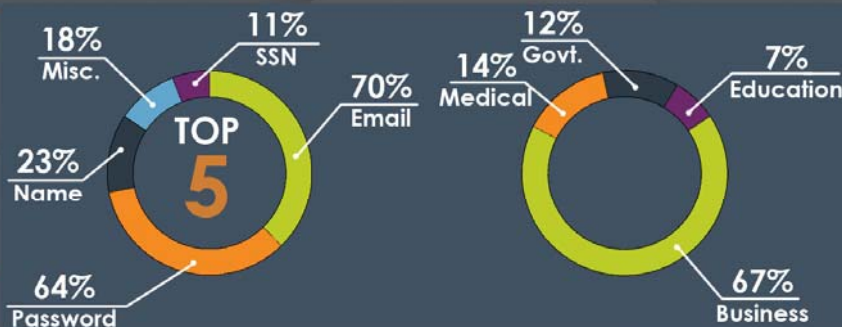
## DATA BREACHES

ESTIMATED NUMBER OF  
COMPROMISED RECORDS IN  
THE FIRST SIX MONTHS OF 2019

**4,185,000,000**

These 4.1 billion compromised records are a result of **3,813** publicly disclosed data breaches. Compared to the midyear report from 2018, there is a **54% increase in reported breaches** and a **52% increase in exposed records**.

Percentage  
of data  
types  
exposed  
through  
the midyear  
point.



Who has been affected by these breaches



No place is "safe" from a breach, but some countries and certain industries are more proactive when it comes to breach disclosure than others.





Though there's plenty of uncertainty in the early days of 2019, here's one sure bet: Keeping your personal data private and secure will be even more of a challenge.

In 2018, we learned that millions of consumers had been affected by cyber threats at the Marriott hotel chain, as well as tech giants such as Facebook and Google, once considered to be all-but-invulnerable to data breaches. Smaller-scale attacks by hackers and malware harmed consumers, too.

And those are just the cases involving bad actors or software bugs.

Here are five simple strategies to boost your digital privacy and security.



### Update Your Devices

One of the easiest and most effective ways to protect the security of your computers and mobile devices is to keep the software up to date, says Maria Rerecich, senior director of product testing at Consumer Reports.

Updates help manufacturers patch security vulnerabilities quickly. Just this month, for example, Apple released a patch for a bug that allowed eavesdropping on FaceTime conversations.



### Use Two-Factor Authentication

What if you could find a way to make your password all but useless to a hacker? That's what two-factor authentication does. Instead of relying solely on a password, user accounts secured by two-factor authentication require an additional level of proof of ID before granting access.



### Freeze Your Credit

There's not much you can do to stop the next data breach, but you can minimize the financial risk with a credit freeze, says Justin Brookman, director of consumer privacy and technology policy for Consumer Reports.

That prevents most lenders from looking at your credit history, which keeps them from issuing a credit card or approving a loan to an unauthorized party.



### Install a Password Manager

A password manager is essentially a virtual vault that creates and then stores complicated, hard-to-hack passwords for all your online accounts, letting you access them with one simple-to-remember password.

### Make Privacy a Priority

There's a lot to be said for choosing strong privacy protections whenever you sign up with a fresh online service or set up a new device. Some of these settings can protect you from hackers. But others, like turning off location tracking on your phone, can also slow the erosion of your digital privacy that happens when tech companies collect and share information.

For the full article on ways to protect your digital privacy in 2019, visit <https://www.consumerreports.org/privacy/ways-to-protect-digital-privacy/>



## Veterans Day vs. Memorial Day: When is each, why is it commemorated?

If you've ever wondered what the difference is between Memorial Day and Veterans Day, apparently you're not alone. No less an authority than the U.S. Department of Veterans Affairs says people frequently confuse the two holidays.

Make no mistake about it: Both are incredibly important holidays, with their common focus on Americans who've served in the military. The key distinction: Memorial Day "is a day for remembering and honoring military personnel who died in the service of their country, particularly those who died in battle or as a result of wounds sustained in battle," the VA says.

While Veterans Day also honors the dead, it is "the day set aside to thank and honor all those who served honorably in the military - in wartime or peacetime."

Here's a guide to each holiday:

### Memorial Day

**When it is:** This year, it was on May 27.

Its original name: Decoration Day. Initially, it honored only those soldiers who'd died during the Civil War. In 1868, a veteran of the Union Army, Gen. John A. Logan, decided to formalize a growing tradition of towns decorating veterans' graves with flowers by organizing a nationwide day of remembrance on May 30. Logan also served in Congress from Illinois and in 1884, unsuccessfully ran for vice president on the Republican ticket. During World War I, the holiday's focus expanded to honoring those lost during all U.S. wars.





# U.S. MEMORIAL DAY

**When it became official:** In 1968, Congress officially established Memorial Day, as it had gradually come to be known, as a federal holiday that always takes place on the last Monday in May.

**Its unofficial designation:** Memorial Day is still a solemn day of remembrance everywhere from Arlington National Cemetery to metro Atlanta, where a number of ceremonies and events will take place on Monday. On a lighter note, though, many people view the arrival of the three-day weekend each year as the start of summer.

**One more thing to know:** In 2000, Congress established the National Moment of Remembrance. It asks all Americans to pause at 3 p.m. local time on Memorial Day each year to remember the dead.



## Veterans Day

**When its is:** November 11, every year

Its original name: Armistice Day. The armistice or agreement signed between the Allies and Germany that ended World War I called for the cessation of all hostilities to take effect at 11 a.m. on the 11th day of the 11th month of the year in 1918. One year later, on Nov. 11, 1919, the first Armistice Day was celebrated in the U.S.

**When it became official:** In 1938, a congressional act established Armistice Day as an annual legal holiday. In 1945, World War II veteran Raymond Weeks first proposed the idea of expanding the holiday to one honoring veterans of all U.S. wars. In 1954, the holiday legally became known as Veterans Day. In 1982, President Ronald Reagan presented Alabama resident Weeks with the Presidential Citizenship Medal in recognition of his efforts in creating Veterans Day.

**Its temporary relocation:** In 1968, the same congressional act that established Memorial Day moved Veterans Day to the fourth Monday in October every year. That law took effect in 1971; just four years later, in 1975, President Gerald Ford -- citing the original date's "historic and patriotic significance," signed a bill that redesignated Nov. 11 as Veterans Day every year.

**One more thing to know:** Despite much confusion over the spelling, it's Veterans Day, plural, and without any apostrophes. That's according to the U.S. Department of Veterans Affairs, which explains on its website: "Veterans Day does not include an apostrophe but does include an 's' at the end of 'veterans' because it is not a day that 'belongs' to veterans, it is a day for honoring all veterans."





## QUEENS CHAMBER MEMBER NEWS

# FOR ENTREPRENEURS, QUEENS TAKES THE CROWN

### WHY THE BOROUGH IS PRIMED FOR A BUSINESS RENAISSANCE

Brooklyn may have gained steam as a hub for tech innovation in recent years, but now it's Queens, home to over 50,000 businesses, that's the latest New York City borough to represent opportunity for enterprising companies.

Business growth in Queens has outpaced the citywide rate by five percent over the last decade, and major players have taken notice of New York's largest borough. In just the past year alone, The New York Times, real estate giant Corcoran, and even Robert De Niro have eyed the borough for new endeavors and facilities.

This surge in business—and accompanying real estate and population boom—has made Queens a natural fit for coworking spaces. In 2016, WeWork opened its first outpost in the borough, an airy, four-floor facility at 35-37 36th Street in Astoria.

And WeWork broke ground on a second facility at 27-01 Queens Plaza in Long Island City in March 2018. The two-floor location is situated near Queens cultural staples like film production facility Silvercup Studios and MoMA PS1.

With 11 subway lines, two of the busiest airports in the country, and a location between Manhattan and Brooklyn, Queens is incredibly easy to get to and get around. And then there are the unbeatable views.

"We moved to our WeWork location on the first day it opened in 2018," says Neil Levin, a Queens resident, founder of Webline Designs and member at WeWork's Queens Plaza location in Long Island City. "Once we saw the well-kept space—with access to conference rooms and all the amenities—and the views of Manhattan, it was like, 'you can't beat this.'"

This fall, Gotham Center, situated on Long Island City's major thoroughfare Jackson Avenue, will

mark the newest addition to the Queens WeWork family—as well as the biggest, with 13 floors and more than 150,000 square feet.

The three locations represent convenience for many; the majority of current WeWork members whose businesses are based in Queens also live in the borough.

**wework**

"We have two employees who walk to work," says Edion Mecaj, principal at iX Construction and

member at WeWork Queens Plaza. "One goes home for lunch. And we have another who bikes from Sunnyside. It offers a lot of convenience."

Doing business at WeWork has provided iX Construction with significantly more efficiency than they've managed to find before, Mecaj adds.

"We had another option—one of WeWork's competitors—but it was smaller and had a lot less amenities," he says. "What's also convenient about WeWork is that pretty much immediately after you secure the space, you're up and running. Previously, I've gone through the hassle of getting an office ready. I know the pain and the cost of that, and by the time everything is operational, you're looking at a few months. With WeWork, you just grab a laptop and you're ready to go."

Levin has found the combination of being established at WeWork and in Queens to be extremely good for business.

"Because of how involved we are in the community, it feels like it's not as hard to get work," says Levin, who is a member of the



Queens Chamber of Commerce. "We spend a lot of time here, and people always wave and say hello. We talk to people, find out what

they do, who they are, and see if there's an opportunity there. I feel like we're in the center of New York City."



“

People are the most important thing. Business model and product will follow if you have the right people."

Adam Neumann, Co-founder of WeWork



Entrepreneurs are frequently thought of as national assets to be cultivated, motivated, and remunerated to the greatest possible extent. Great entrepreneurs have the ability to change the way we live and work. If successful, their innovations may improve standards of living, and in addition to creating wealth with entrepreneurial ventures, they also create jobs and contribute to a growing economy.

Entrepreneurship is thus important for a number of reasons, from promoting social change to driving innovation.

### Entrepreneurs Spur Economic Growth

New products and services created by entrepreneurs can produce a cascading effect, where it stimulates related businesses or sectors that need to support the new venture, furthering economic development.

For example, a few information technology companies made up the IT industry in India during the 1990s. The industry quickly expanded and many other sectors benefited from it. Businesses in associated industries—such as call center operations, network maintenance companies, and hardware providers—flourished.

Education and training institutes nurtured a new class of IT workers who were offered better, high-paying jobs. Infrastructure development organizations and even real estate companies capitalized on this growth as workers migrated to cities where employment was growing.

Similarly, future development efforts in underdeveloped countries require robust logistics support, capital investments, and a qualified workforce. From the highly qualified programmer to the construction worker, entrepreneurship benefits a large part of the economy.

### Entrepreneurs Add to National Income

Entrepreneurial ventures help generate new wealth. Existing businesses may remain confined to existing markets and may hit the glass ceiling in terms of income. New and improved products, services or technology from entrepreneurs enable new markets to be developed and new wealth to be created.

Additionally, increased employment and higher earnings contribute to better national income in the form of higher tax revenue and higher government spending. This revenue can be used by the government to invest in other, struggling sectors and human capital. Although it may make a few existing players redundant, the government can soften the blow by redirecting surplus wealth to retrain workers.

### Fast Fact

*According to Babson College, there are 25 million entrepreneurs in the U.S.*

### Entrepreneurs Create Social Change

Through offering unique goods and services, entrepreneurs break away from tradition and reduce dependence on obsolete systems and technologies. This results in an improved quality of life, improved morale, and greater economic freedom.

For example, the water supply in a water-scarce region will, at times, force people to stop working to collect water. This will impact their business, productivity, and income. Imagine an innovative and automatic pump that can fill people's water containers automatically. This type of

innovation ensures people are able to focus on their jobs without worrying about a basic necessity like water. More time to devote to work translates to economic growth.

For a more contemporary example, smartphones and apps have revolutionized work and play across the globe. Smartphones are not exclusive to wealthy countries or people. As the growth of the smartphone market continues, technological entrepreneurship can have a profound, long-lasting impact on the world.

Moreover, the globalization of technology means entrepreneurs in lesser-developed countries have access to the same tools as their counterparts in richer countries. They also have the advantage of a lower cost of living, so a young entrepreneur from an underdeveloped country can compete with a multi-million-dollar existing product from a developed country.

### Community Development

Entrepreneurs regularly nurture ventures by other like-minded individuals. They also invest in community projects and provide financial support to local charities. This enables further development beyond their own ventures.

Some famous entrepreneurs, such as Bill Gates, have used their money to finance good causes, from education to public health. The qualities that make one an entrepreneur are the same qualities that help motivate entrepreneurs to pay it forward.

### KEY TAKEAWAYS

- Entrepreneurship is important as it has the ability to improve standards of living and create wealth, not only for the entrepreneurs, but also for related businesses.
- Entrepreneurs also help drive change with innovation, where new and improved products enable new markets to be developed.
- Economy wise, higher earnings thanks to entrepreneurship can help boost national income and tax revenue.
- Entrepreneurs contribute in other ways as well, such as investing in community projects and supporting local charities.
- Too much entrepreneurship (i.e., high self-employment) can be detrimental to economic development.



## wellness

# How the Internet Can Help Prevent Alzheimer's Disease

Over the past 10 years, researchers have learned Alzheimer's disease starts much earlier than the onset of symptoms - 10-20 years before an individual, family member or friend might notice the signs of the debilitating disease.

According to the Alzheimer's Association, 5.5 million Americans, of all races and ethnicities, age 65 and older currently live with Alzheimer's disease, which is expected to grow to more than 7 million people by 2025.

The first-of-its-kind Alzheimer Prevention Trials Webstudy (APT Webstudy), funded by the National Institutes of Health, aims to increase the pace of research by enlisting thousands of healthy volunteers who can quickly be enrolled in clinical trials focused on preventing Alzheimer's disease. Enrollees in the APT Webstudy can use the internet to help stop the disease while being alerted to changes in their own memory function.

"In order to change the lives of the numerous people and their loved ones who will be affected by Alzheimer's, we need everyone to get involved with prevention efforts," said Paul Aisen, MD, co-principal investigator of the APT Webstudy. "The bigger the army of vol-

unteers, the faster we can work to prevent this terrible disease."

Volunteers can access the Webstudy when and where it is convenient for them, such as on their computer or tablet, or even a public library; anywhere they can access the internet. Volunteers participate in regular online memory testing. If there is a change in memory function, eligible volunteers are alerted and may be invited to a no-cost, in-person evaluation at one of the research sites across the country.

"This is an opportunity for everyone to help future generations avoid the suffering caused by Alzheimer's," Aisen said. "With enough volunteers, we will be one step closer to seeing the first Alzheimer's survivor."

Researchers are looking for a diverse group of people ages 50 or older who have normal thinking and memory function. Volunteers must be willing to answer a few questions about their family and medical history and provide information about their lifestyles. Volunteers will take online memory tests every three months, each one about 20 minutes long.

If you are interested in participating, visit [aptwebstudy.org](http://aptwebstudy.org) to learn more.

*Courtesy Family Features*



Photo courtesy of Getty Images

# Are you a mindless muncher? Follow these smart tips for healthier snacking

Eating small snacks throughout the day can be a great way to maintain energy and keep hunger pangs at bay between meals. The problem is, it's far too easy to reach for unhealthy foods that satisfy your sweet or salty cravings, but don't necessarily provide the essential nutrients your body needs.

You can prevent mindless snacking by taking a few proactive steps now so you have access to delicious foods that are easy to eat at home or on the go. You'll feel good about snacking by following these simple tips and tricks:

**Convenience:** Shop with the goal of stocking the fridge with convenient, nutrient-rich snacks. For example, new Fruitlove spoonable smoothies are packed with the goodness of three or more real fruits and vegetables, providing a good source of protein and calcium, and an excellent source of vitamins A, B1 and B3. The unique flavor combinations - like Mango Medley that features banana, pineapple, carrot and mango - seem like a treat, but Fruitlove is really a wholesome snack packed with goodness. With a spoon right in the container, it's built for on-the-go snacking.

**Weekend prep:** Some people do meal prep on weekends for the upcoming busy work and school week. This can also be a great strategy for snacking. For exam-



ple, buy fresh vegetables in bulk to save money, then spend some time on Sunday chopping them into veggie straws and packaging them into individual containers. This provides an easy grab-and-go snack. Keep them in an accessible drawer in the fridge so anyone can get a healthy snack when hunger strikes.

**Drink up:** Sometimes your body confuses thirst with hunger, so strive to stay hydrated by keeping a water bottle close by and sipping regularly. When you snack, also consider a side of good old H<sub>2</sub>O to help your body feel its best. Bored with

this zero-calorie beverage? Add a healthy flavor boost with sliced lemon, strawberries or cucumber.

**Portion size:** It's easy to overeat when you have a whole bag or container to snack out of. Whatever the food, be mindful of the portion size on the nutrition label. A smart way to stick to reasonable portions is to take the snack and put the correct portion in a bowl. That way when it's gone you are done snacking rather than being tempted to overindulge.

**Crunchy alternatives:** Looking for a way to satisfy that craving for something

crunchy without resorting to unhealthy chips? Whole nuts have a tasty crunch and are packed with protein, omegas and other nutrients. For example, 1 ounce of almonds contains 6 grams of protein, 3.5 grams of dietary fiber and 75 milligrams of calcium.

**Snack slowly:** When you're hungry, you tend to eat faster. However, it's important to eat slowly to let your body metabolize food efficiently, plus it can trick your mind into feeling like you're eating more. For example, eat one nut at a time rather than handfuls of three or four. Take breaths between bites and notice the tastes and textures of the food, enjoying every bit.

**Whole grains:** Whole grain foods provide essential nutrients and fiber, which helps you feel more full for longer. An often-forgotten versatile whole grain is popcorn. Consider investing in an air popper and popping your own so you can flavor it with wholesome toppings such as dried herbs or cheese. Separate into individual baggies that can easily be tucked into backpacks or purses.

With these smart tips you not only tempt your taste buds, but you also give your body snacks you can feel good about. From smart shopping to mindful snack prep, these changes are sure to make a big impact in how you snack.

*Courtesy BPT*



## wellness

# How sweet cherries can help with 5 common health concerns

According to a recent AAA Travel survey, nearly 100 million Americans will take a vacation in 2019. While vacations are fun, traveling can be hectic, making it that much more important to have healthy on-the-go snacks to keep you energized throughout your trip.

Sweet cherries are an ideal grab-and-go snack, with high concentrations of nutrients and bioactive components like fiber, polyphenols, carotenoids, vitamin C and potassium. They can help tackle several chronic health issues, according to a review of nearly 30 published studies. Read on to learn how this snack can help you manage five common health concerns.

## 1. Oxidative stress

Oxidative stress occurs when free radicals and antioxidants are out of balance in your body. Under normal conditions, free radicals help the body by fighting off pathogens that can lead to infection or disease. But when antioxidants are far outnumbered, free radicals can attack the body's fatty tissue, protein or even DNA. Once compromised, the body becomes more susceptible to various diseases over time, such as heart disease, diabetes and hypertension, to name a few.

Sweet cherries are rich in polyphenols and vitamin C, which have powerful antioxidant properties. Studies have shown that eating them can increase antioxidant capacity and reduce oxidative stress, bringing the body back into a healthy balance.

## 2. Inflammation

If you're among the 54 million



Americans who suffer from arthritis or another rheumatic disease, sweet cherries may be able to provide some relief. Research shows that their anti-inflammatory properties can have the same effect as ibuprofen.

## 3. Gout

Gout is a form of arthritis, and sufferers tend to experience severe pain, redness and tenderness in their joints. The condition is associated with elevated lev-

els of uric acid in the blood, levels that have been reduced with a diet incorporating sweet cherries. A recent study with gout patients found a 35% lower risk of gout attacks among those who consumed the fruit over two days. When that was combined with their prescribed medicine, specifically allopurinol, the risk of a gout attack was 75% lower.

## 4. Sleep

Vacation and travel can throw off

your sleep patterns, and a good night's sleep is essential in a great vacation. With sweet cherries, you have a reliable source of tryptophan, serotonin and melatonin. Tryptophan is necessary to the development of serotonin, which, in turn, plays an important role in regulating sleep, mood and appetite. Adequate levels of serotonin can contribute to feelings of well-being, while depression has been linked to low measures. Additionally, melatonin helps maintain your body's internal clock, regulating your sleep and wakefulness patterns.

Studies show that along with this enhanced sleep quality and quantity, mood and anxiety also display improvement. Researchers say enjoying the fruit about an hour before bedtime can help stabilize your sleep cycle.

## 5. Blood pressure

Finally, studies point to a link between the consumption of sweet cherries and lower blood pressure, both systolic and diastolic measures. Prolonged consumption correlates with a decrease in a potent vasoconstrictor, a compound that narrows blood vessels and restricts blood flow. The fruit is also associated with increased effectiveness of vasodilators, which help widen blood vessels and reduce blood pressure.

The addition of sweet cherries to your diet can reduce common health concerns and minimize the risk for developing illnesses such as cardiovascular disease and diabetes. Best of all, they are delicious.

Courtesy BPT

# Are you getting enough protein in your diet?

You may have noticed protein bars and shakes popping up at grocery stores or gyms. Coverage of the benefits of protein is all the rage. So it might be surprising to learn that almost half of older adults are not consuming enough protein, thus negatively impacting their health, according to a recent study published in the Journal of Nutrition, Health & Aging.

What role should protein play in our diet?

"Protein can be thought of as one of the building blocks to our muscles, bones and blood," said Dr. James Metcalf, a medical director with UnitedHealthcare Medicare & Retirement. "Not only does protein help keep our body strong, it helps promote good balance and mobility - all important factors to being able to live independently as we age."

Additionally, protein helps combat common signs of aging, like declines in muscle mass, strength and function, which can put you at greater risk of falling and fracturing bones.

But before you grab the nearest protein bar, let's discuss exactly how much protein you should consume each day.



How much protein do I need?

The National Academy of Medicine's recommended dietary allowance for protein is 0.8 grams per kilogram of body weight per day. For an adult who weighs 195 pounds that's 71 grams per day; for

someone who weighs 170 pounds that's 62 grams per day.

While it is helpful to know how many grams of protein you should aim to consume each day, knowing the amount of protein in the foods we eat can be a bit

of a mystery. Below are some sources of high-quality protein and the corresponding amount of protein in each, according to the U.S. Department of Agriculture FoodData Central database:

- Chicken breast (one): 54 grams of protein
- Salmon (0.5 fillet): 40 grams of protein
- Lentils (one cup cooked): 18 grams of protein
- Black beans (one cup cooked): 15 grams of protein
- Greek yogurt (one container; plain, nonfat): 10 grams of protein
- Egg (one): 6 grams of protein

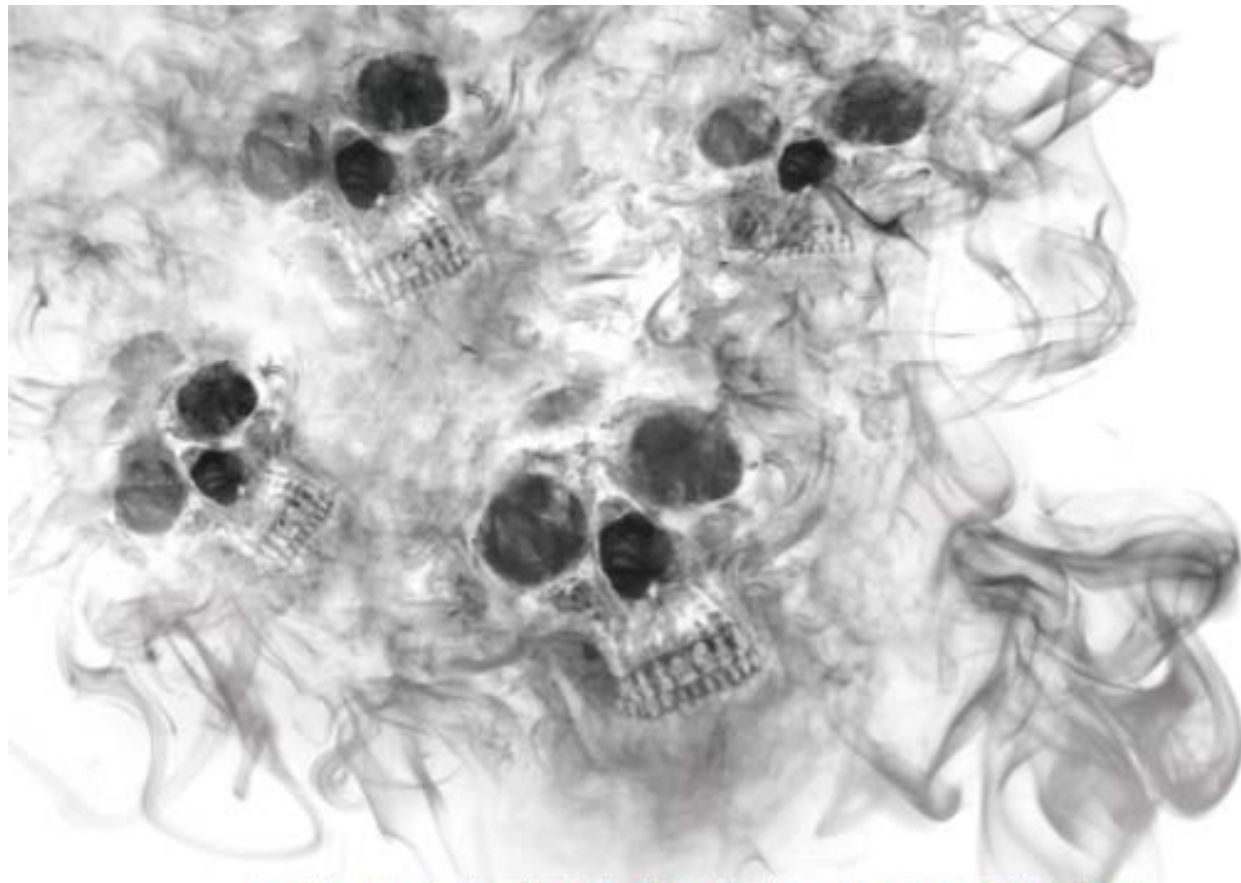
## Bottom line

If you feel you might benefit from adding some sources of protein into your diet, be sure to talk with your doctor before making any drastic changes.

Increasing your protein consumption will not be a silver bullet to keeping your body healthy as you age. Staying physically active is also important to help maintain your health and live your best life.

Courtesy BPT





# THE TRUTH ABOUT E-CIGARETTES VAPING &

## **E-cigarettes almost always contain nicotine.**

- ❑ Nicotine is addictive, especially for teenagers.
- ❑ Nicotine can negatively affect a teenager's memory and concentration, and may decrease learning ability.
- ❑ Nicotine can be toxic. People have been poisoned by swallowing vaping liquid or getting it on their skin or in their eyes.

## **Vaping can expose you and others around you to harmful chemicals, such as:**

- ❑ Formaldehyde (a cancer-causing chemical)
- ❑ Benzene (a cancer-causing chemical)
- ❑ Diacetyl from flavoring (which has been linked to lung disease)
- ❑ Heavy metals (such as nickel, tin and lead)

For more information about how you can defeat flavors (including menthol) and end nicotine dependence, email [tobacco@health.nyc.gov](mailto:tobacco@health.nyc.gov). To find more information about e-cigarettes, visit [nyc.gov/health](http://nyc.gov/health) and search for **e-cigarettes**.



**NYC**  
Health



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER 3		NOVEMBER 5 ELECTION DAY				



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## Spot the signs of a stroke **F.A.S.T.**

During a stroke, every minute counts. You could save a life by recognizing these signs of a stroke:



### **FACE**

Ask the person to smile. Is one side of the face uneven?



### **ARMS**

Ask the person to raise their arms. Is one arm weak?



### **SPEECH**

Ask the person to speak. Is their speech slurred?



### **TIME**

Call 911 right away



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