

GENERAL BOARD MEETING

Monday, April 22, 2019 @ 7:30 PM

Merrick Academy Queens Public Charter School
136-25 218 Street, Laurelton, NY 11413Enter through the gym on
137 Avenue between 218 Street
and 219 Street.**AGENDA**

1. Community Time
2. Meeting Called to Order
3. Pledge of Allegiance
4. Introduction of new Board Members
5. Elected Officials — Welcome
6. Chairman's Report — Clive Williams
7. NYPD Report — Deputy Inspector Neteis Gilbert, Commanding Officer, 105 Precinct
8. Roll Call
9. Approve Minutes — March 2018
10. Selection of Nomination Committee
11. Committee Reports
12. Public Speaking Time
13. Adjournment

May Committee Meetings @ QCB13 Board Office:

- **Public Safety-** Wednesday, May 1, 2019 @ 7:00 pm
- **Parks-** (Parks Tour) Saturday, May 4, 2019 10:00 am (Springfield Park)
- **Land Use-** Monday, May 6, 2019 @ 7:30 pm
- **Economic Development-** Wednesday, May 8, 2019 @ 7:00 pm
- **Transportation-** Thursday, May 9, 2019 @ 7:00 pm
- **Youth, Education & Libraries-** Tuesday, May 14, 2019 @ 7:30 pm
- **Health-** Thursday, May 16, 2019 @ 7:00 pm
- **Seniors & Special Needs-** Tuesday, May 21, 2019 @ 10:00 am (North Shore Towers)

**NEXT GENERAL BOARD MEETING, Monday, May 20, 2019***(3rd Monday due to Memorial Day Holiday)****Bellerose Assembly of God******240-15 Hillside Avenue***



New York City Police Department 105th Precinct



#Soles4Souls



SOLES 4 SOULS
WEARING OUT POVERTY™



#OneOhFiveShoeDrive

NYPD 105th Precinct is teaming up with Soles4Souls to help provide gently worn shoes for the world. Our shoe drive will take place the ENTIRE MONTH OF MAY. There will be a donation bin at the 105th Precinct & the 105th Satellite Precinct:

**SOLES
4
SOULS**

Starts: May 1, 2019

Ends: May 31, 2019

Bin Location:

105th Precinct

92-08 222nd Street

Bin Location:

105th Satellite Precinct

242-20 North Conduit Avenue



Any Questions Please E-Mail:

Police Officer Lisa Boystak: Lisa.Boystak@NYPD.ORG

THANK YOU FOR YOUR DONATION!!

Liquor Licenses

- Sky Banquet Hall (New Application)
231-03 Linden Boulevard, **Cambria Heights**
- USA Diner (Renewal)
243-03 Merrick Boulevard, **Rosedale**
- La Portugese Ltd. (Renewal)
222-05/07 Jamaica Avenue, **Queens Village**
- Sports Mania Pub & Grill (Renewal)
143-67 243 Street, **Rosedale**
- Uptown Brasserie (Renewal)
Terminal 4, CB20, **JFK International Airport**
- O'Neal's (Renewal)
Terminal 8, B12, **JFK International Airport**



**Fireworks
are
Illegal**



REWARD



Up to **\$1,000** for information leading to the arrest and conviction of persons possessing or distributing fireworks.

**The New York City Police Department
urges you to celebrate safely on July 4th**

If you use fireworks, you or someone else can get seriously hurt.
If you have fireworks we can **ARREST YOU**, your car can be confiscated
or your business can be closed.





Queens Community Board 13

219-41 Jamaica Avenue
Queens Village, NY 11428
718.464.9700
Fax: 718.254.2739
qcb13.org



Melinda Katz
Borough President

Vicky Morales-Casella
Director of
Community Boards

Clive Williams
Chair

Mark McMillan
District Manager

DISTRICT MANAGER'S REPORT – April 2019

Meetings Canceled:

Parks & Environment Committee

Events/Meetings Attended:

March 25, 2019: QCB 13 General Board Meeting at Bellerose Assembly of God.

April 2, 2019: Attend and participate in Land Use Committee Meeting Chaired by **Richard Hellenbrecht** and Vice Chaired by **Bess DeBetham**. Details will be shared in their report.

April 3, 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.

April 4, 2019: 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** and **Jerry Wind**.

April 8, 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.

April 9, 2019: Attend and participate as a member in the *Jamaica Postmaster Community Advisory Committee* meeting at the Jamaica Post Office.

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.

April 10, 2019: Attend "*National Crime Victims' Rights Week – Crime Victims' Rights Ceremony: Fairness. Dignity. Respect.*" This is presented as a collaboration between the Queens Borough President's Office and the Queens District Attorney's Office.

Queens Borough President Melinda Katz, Executive Assistant District Attorney Jesse Sligh and Patrol Borough Queens South Commanding Officer Deputy Chief David Barrere were all in attendance.

Site visit with consulting engineer and staff of SE823 in Brookville.

Attend and participate in Economic Development Committee Meeting Chaired by **Curlene Nelson** and Vice Chaired by **Richard Hellenbrecht**. Details will be shared in their report.

April 11, 2019: Attend "*5G – The Fourth Industrial Revolution*" at New York Law School. Three Panels:

- 1) How 5G Can Make Our Communities Healthier, Safer and More Resilient.
- 2) The Power of Next Generation Technologies to Transform Transportation.
- 3) Ensuring Economic Empowerment in the Age of Artificial Intelligence, Virtual Reality and the Fourth Industrial Revolution.

April 12, 2019: District Manager Ride-Along with **Board Member Nagassar Ramgarib** around Queens Village to show problems and issues at various locations.

Attend "Site Visit" by **LIRR President Phillip Eng** to the Laurelton LIRR Train Station as coordinated by **Federated Blocks of Laurelton President and Community Board Member Robert Glover** and **State Senator Leroy Comrie** to request an elevator. **Assembly Member Alycia Hyndman** was present, as were **Board Members Bess DeBetham** and **Bonnie Huie**.

April 15, 2019: Attend "*Civic/Community/Clergy Breakfast*" hosted by **Congressman Gregory Meeks** at the Robert Ross Johnson Family Life Center. **Elected officials in attendance included Queens Borough President Melinda Katz, State Senator Leroy Comrie, City Council Members I. Daneek Miller, Adrian Adams and Donovan Richards. Board Members attending included Bryan Block, Bess DeBetham, Marcia O'Brien and Sam Elliott.**

April 16, 2019: Attend Queens Borough Cabinet Meeting. Topics:

- I. **Presentation on the Queens Bus Network Redesign** by Mark Holmes, Chief Officer of Operations Planning, Metropolitan Transit Authority
- II. **Overview of NYC Department of Veterans' Services** by Tanya Thomas, Queens Community Coordinator

DSNY "*Make Compost Not Trash*" Community Meeting at Regency Catering Hall on Springfield Boulevard. **Board Members Kangela Moore** and **Curlene Nelson** attended.

April 17, 2019: Host District Service Cabinet Meeting at QCB 13 office.

Attend "Hate Crimes Forum" hosted by Queens District Attorney's Office and the Queens Borough President's Office. **Queens Borough President Melinda Katz** and **Assembly Member David Weprin** were in attendance.

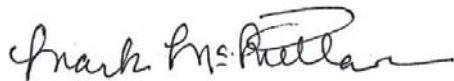
Presentations:

- 1) Hate Crimes and Current Trends including the Rise of Extremism.
- 2) Powerful Personal Stories from Diverse Queens Communities.

April 18, 2019: Attend and participate in Health Committee Meeting Chaired by **Bonnie Huie** and Vice Chaired by **Ashok Satkalmi**. Details will be shared in their report.

April 19, 2019: Meet with Kevin Morris, the new Queens Borough Director, Mayor's Community Affairs Unit (CAU).

Respectfully submitted,



Mark McMillan
District Manager



Follow These Rules to Keep Safe

- Get acquainted with traffic laws; cyclists must follow the same rules as motorists
- Know your bike's capabilities
- Ride single-file in the direction of traffic, and watch for opening car doors and other hazards
- Use hand signals when turning and use extra care at intersections
- Never hitch onto cars
- Before entering traffic, stop and look left, right, left again and over your shoulder
- Wear bright clothing and ride during the day
- If night riding can't be avoided, wear reflective clothing
- Make sure the bike is equipped with reflectors on the rear, front, pedals and spokes
- A horn or bell and a rear-view mirror, as well as a bright headlight, also is recommended

For more bike safety information visit the National Safety Council at [nsc.org](https://www.nsc.org).



Advocates, lawmakers get heated over congestion pricing

QueensExaminer.com | March 26, 2019

By: Benjamin Fang



As the April 1st deadline for the state budget nears, proponents and opponents of congestion pricing squared off about the issue in a heated confrontation.

On Sunday, anti-congestion pricing lawmakers spoke out against the proposal near the entrance to the Queensboro Bridge on the Manhattan side.

But they were nearly drowned out by chants and screams from supporters of the plan, including street safety advocates, transit activists and the transport workers union, who crashed the press conference.

"Fix the subway now," they chanted. "Ten years of inaction ends now."

Speaking over the shouting, Assemblyman David Weprin, a longtime opponent of congestion pricing, said he also wants to fix New York City's transit system — just not on the backs on drivers.

He blasted the congestion pricing proposal being considered now, which has the support of both Governor Andrew Cuomo and Mayor Bill de Blasio, because it lacked specific details.

"It has no amounts or restrictions on how much the tax will go up, where the zone will be," he said.

The proposal would charge drivers entering Manhattan below 60th Street and use the money to fund the MTA's Fast Forward modernization plan.

When asked how he would cobble together the billions necessary to fund subway and bus improvements, Weprin said he would back a marijuana tax, an internet sales tax, and a pied-a-terre tax on apartments or houses in the city over \$5 million that are primarily second homes for the wealthy.

He would also support a revival of the old commuter tax on non-New York City residents.

"Also, there are billions that can be saved by restructuring the MTA, by finding efficiency," Weprin said. "That should be done first."

Councilman Barry Grodenchik called this particular proposal "the Seinfeld of congestion pricing plans" because "it's a plan about nothing."

"It is a disaster waiting to happen," he said. "This is a grab for the wallets of the taxpayers of this city."

Another state lawmaker opposing congestion pricing is Assemblywoman Rodneyse Bichotte, who represents central Brooklyn neighborhoods including Flatbush, Midwood and Ditmas Park.

She said her community has always struggled to get around, including being excluded by the taxi industry. That's why they turned to alternative modes of transportation like ride-sharing and dollar cabs, she said.

Bichotte asserted that congestion pricing fees would negatively impact her community.

"Our constituents in the outer boroughs, immigrant families, they are going to feel it," she said. "I want my community to have the ability to go freely throughout New York City without being charged."

But according to a report from the Tri-State Transportation Campaign, an organization dedicated to reducing car dependency, a majority of commuters from Queens and Brooklyn rely on mass transit rather than drive into the central business district of Manhattan.

The group pulled data from the Census Bureau and found that only 2.4 percent of Brooklynites drive into Manhattan, while 60.4 percent take mass transit. In Queens, 3.6 percent drive while 51.1 percent use transit.

Specifically in Weprin's district, 4.2 percent of commuters drive into Manhattan, while 43 percent take buses and trains. In Bichotte's district, just 1.9 percent drive, while 69 percent take mass transit.

"The onus is on the lone holdouts in the legislature to prove that they can fix transit and relieve congestion," said Nick Sifuentes, executive director of Tri-State Transportation Campaign, in a statement. "What's their proposal?"

"So far, they've proven only that they don't have any good answers," he added. "Supporting the status quo is regressive and not a solution."

In response to those statistics, Bichotte said the Census data is "not accurate."

"We have outsiders speaking for my community," she said. "My community has knocked on my door and said they do not want to be taxed."

Andrew Rosenthal, a protester from the Upper West Side, said he crashed the Midtown event on Sunday because he believes congestion pricing is one of the tools the city can use to reduce traffic fatalities in New York City.

He also said the measure would improve the subways and increase accessibility.

As for the claim that congestion pricing would hurt working people, Rosenthal said he thinks that's a "total lie."

"The vast majority of working people take mass transit everywhere," he said. "It's not the poor people who are driving into the city everyday."

While he would agree to the pied-a-terre, internet sales and marijuana taxes as funding streams for the MTA, Rosenthal said congestion pricing is on the table and needs to pass.

"I'm all for any of those things the legislature wants to put in, but right now we can't have an unlimited number of cars coming into the city," he said. "You've got to reduce it somehow. The most efficient way, as an economist, is with a tax."

JP Patafio, vice president of Brooklyn buses for TWU Local 100, said his members are upset at the elected officials who are opposed to the plan, which they support.

"Every transit union, and all the people we take to work and school and hospitals, are supporting congestion pricing," he said. "Why aren't they?"

Like Rosenthal, Patafio said congestion pricing is "at the doorstep of being passed." While he would support those other taxes that Weprin suggested, he said those are just "poor excuses" for not passing congestion pricing.

The union leader predicted that the State Legislature will have enough support from lawmakers to pass it before the April 1st deadline.

"The numbers are close," Patafio said. "We got to make sure people understand, if you're taking a bus or a train, you need to get behind this."

Understanding County Committees

The Democratic Party is governed by committees of citizens who are registered Democrats, from the national level down to state and community-level.

County is the most local level of party governance in New York.

Every two years, Democrats in each assembly district elect two **district leaders**: one male, one female:



These district leaders choose the **party chair**:



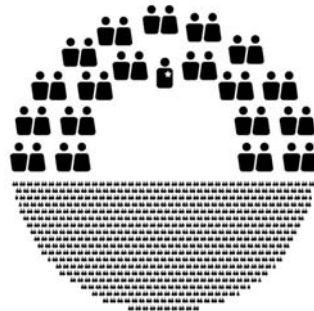
The district leaders and chair make up the **executive committee** of the county committee.

There are 18 assembly districts in Queens, so when all seats are filled, the executive committee has 36 members.

- But there's more! -

Each **election district** (or ED) is made up of a small number of city blocks.

Each ED has 2 to 4 seats in the general membership of the county committee and there are 2,742 EDs in Queens.



What does the County Committee do?

- Choose local judicial candidates
- Organize local neighborhoods
- And more...



NO PRESS AT JAIL MEETS

City imposes media blackout on Kew Gdns. advisory council

BY MARK HALLUM
mhallum@schnepsmedia.com
@QNS

The Mayor's Office of Criminal Justice further alienated the public in regard to the proposal to build a 29-story jail facility in Kew Gardens when it barred reporters from covering a meeting Tuesday night — a move which was quickly criticized by the Neighborhood Advisory Committee who already believed the de Blasio administration was leaving the community out of the conversation from the start.

In a conversation with Patrick Gallahue, press director for the Office of Criminal Justice, The Courier was told that the city is under the impression that the presence of reporters are detrimental to dialogue with the public.

It was the second time that reporters were prevented from their doing their job and covering this committee meeting. The Feb. 28 session of the Neighborhood Advisory Council was also closed to reporters, but that decision was not announced prior to the meeting and the fact that all reporters but one were turned away at the door did not come to the surface until after the meeting.

Patch reporter Maya Kaufman and Queens Chronicle reporter David Russell were told leave upon arriving at the February meeting.

Despite what Gallahue told The Courier on March 19, the public attending that meeting disagreed with his assumption about the press' presence.

In a recording of the meeting provided by an attendee to The Courier, members of the Neighborhood Advisory Committee brought up the issue of press coverage before any other discussion took place regarding the jail.

"I'm sorry, before we proceed, why was the press thrown out?" an attendee asks.

To which an official responds, "These are private meetings that we are — Again we are not going to exclude members of the public, but we need private meetings with the group to talk about this and haven't invited members of the press—" a city official is heard saying before being interrupted.

"Have you read the First Amendment?" someone said. "On what grounds are you excluding the press on a matter great public interest and importance? We have the space and we have control."

Members of the council told The Courier outside the meeting space on March 19 that they welcomed the press and felt the administration was overstepping a boundary by restricting coverage in the Kew Gardens Community Center, which they view as their turf.

Another person said she felt the de Blasio administration is damaging morale in the process of developing a jail facility

that is safe for the community and one accused Gallahue of protecting himself from criticism as opposed to protecting the public.

"We established these meetings to have frank conversations with the community. There are meetings that take place with the public and then we wanted some that were in private where people could air opinions and ideas, and we don't discourage anyone from speaking to the press, but that's the purpose of these meetings," Gallahue told the council.

Members of the public were skeptical that Gallahue was protecting their ability to speak freely and expressed the perception that he was only protecting himself. Mara Einstein said a number of people attending the meeting who were not on the council had no knowledge of the jail proposal until recent weeks while the ULURP process is set to begin March 25.

"You think we're going to be inhibited by press?" an incredulous voice asked Gallahue.

In a phone conversation with QNS, Gallahue seemed surprised that reporters regularly attend community meetings and could not explain how he justified welcoming the public, but sorting the press from the public.

According to Section 103, Paragraph A of the New York State Open Meetings Law, "Every meeting of a public body shall be open to the general public, except

that an executive session of such body may be called and business transacted thereat in accordance with section one hundred five of this article."

Raul Contreras, a spokesperson for the Mayor's office, told The Courier in an email that the meetings are informal and are designed to inform the public even though who attended was strictly monitored at the door.

"As the mayor has said, we're going to have broader community meetings that are open to members of the media soon, especially when the ULURP process begins. Neighborhood Advisory Committee meetings are purely advisory and don't have a formal government role, nor do they vote on any aspect of the plan. Their purpose is to gain valuable initial feedback before having broader community meetings that will be open press," Contreras said. "Also, I do want to note that the Neighborhood Advisory Committee meetings are an additive to the normal, broader community engagement process that we're still going to do."

Gallahue said meetings are not recorded in any fashion apart from providing minutes to the public after the fact, and said he would seek a legal opinion on the legality of closing meetings to the press.

Read more at QNS.com

Robert Pozarycki contributed to this report.



George Orwell's 1984.
(Justin Sullivan/Getty Images)

When Amazon announced its internet-connected Amazon Key camera last year, it declined to answer questions regarding how it would respond to law enforcement requests ordering it to remotely turn on units so that they could be used as government surveillance devices. When Facebook announced its Portal camera yesterday, it raised similar questions about how government could misuse the system, which the company confirmed this morning, noting that it would cooperate with a court order to use the device for surveillance. As we increasingly stuff our homes full of state-of-the-art internet-connected surveillance equipment, should Silicon Valley build protections into the devices against government misuse?

In George Orwell's 1984, the telescreen was omnipresent, allowing government to surveil the middle and upper classes at will through its camera and microphone. In Orwell's world, the government bore the cost of installing and maintaining these devices and it required an army of humans watching them intermittently. Today, we ourselves purchase and pay all costs associated with blanketing our homes with them. Instead of hiding from the devices, we ensure they have the best possible vantage point from which to observe our every move and hear our every word. AI can now unceasingly monitor their microphones and cameras 24/7 or stream them live anywhere in the world. Most importantly, the devices today are operated by private global companies that can do as they please with our data, commercializing it for profit or making it available to governments upon request.

Much of the conversation around smart devices' impact on privacy has focused on how the companies that make them can mine the data they capture for commercial profit or to better sell us ads. The devices have become so integrated into our lives that we often forget just how much information they are collecting about us. For example, Portal's privacy statement notes that the device offers an optional feature that uses the location of your mobile phone to know when you are home.

The biggest threat, however, lies not in how companies can sell us ads, but rather how their data could be misused by governments, especially repressive regimes that could use them as backdoors to conduct mass surveillance on a planetary scale.

Facebook's recent security breach offers little confidence that it is investing sufficiently in security to ensure that its new Portal device does not have unintended vulnerabilities that could be exploited by remote attackers. This goes doubly for the myriad camera and microphone-equipped internet-connected devices we let into our homes each day from obscure third-party companies that may have little interest or experience with security. Some companies may even use their devices as loss leaders, with their real profitability coming from selling user data.

Of course, this presumes that the smart devices are not subject to supply chain attacks where the electronic sensor and circuit board assemblers might secretly install hardware spying devices that enable remote access without a trace.

The biggest threat to privacy from smart devices, however, comes from how governments will eventually wake up to their immense potential. Whether nation state actors like NSA find remote vulnerabilities that allow them to turn on vulnerable devices' microphones and cameras at will or whether governments simply go through their legal systems, using court orders to force companies to hand over the controls to law enforcement and intelligence services, we can rest assured that it is only a matter of time before government agents are on the other end listening to and watching us.

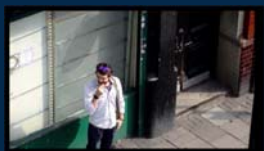
Government court orders are perhaps the most dangerous of all threats, since even the most secure and hardened device can do nothing to stop an intelligence agency armed with a court order from forcing its manufacturer from turning it into a remote microphone or using its metadata to understand a target's contacts.

Indeed, Facebook clarified as much earlier this morning when it confirmed that it would cooperate with legal court orders to "access, preserve and share information" from a Portal device.

What is a tech company to do?

The centralized cloud nature of many smart device companies means that law enforcement doesn't actually ever need access to the device itself. Instead, they can get nearly everything they need from the company's servers. For example, Portal uses Facebook Messenger and as such records a complete call history that is stored on Facebook's central servers, recording exactly the kind of call metadata at the heart of the Snowden disclosures. Requesting a complete call history of everyone a person has talked to on their Portal doesn't require any access to the Portal itself - the police can request it directly from Facebook's central servers.





The centralized cloud nature of many smart device companies means that law enforcement doesn't actually ever need access to the device itself. Instead, they can get nearly everything they need from the company's servers. For example, Portal uses Facebook Messenger and as such records a complete call history that is stored on Facebook's central servers, recording exactly the kind of call metadata at the heart of the Snowden disclosures. Requesting a complete call history of everyone a person has talked to on their Portal doesn't require any access to the Portal itself - the police can request it directly from Facebook's central servers.

However, as the Snowden disclosures demonstrated, sometimes government needs more than metadata. It needs to turn on those microphones and cameras and either hand the results over to AI to flag the interesting parts or simply have good old-fashioned humans watch it all.

Facebook's Portal offers both a camera cover and a button that allegedly physically disconnects the camera and microphone, but users must take it on blind faith that the disconnection is actually working and that some software override has not reconnected the sensors in the meantime.

What if smart device companies built privacy into their devices at their very core? Specifically, imagine that instead of integrating cameras and microphones directly into the body of a device, they placed them into a separate sensor pod? Using a transparent case and absolutely minimal hardware (minimizing the possibility of embedded batteries, inductance charging antenna or other power sources) and a cable that can be physically unplugged, this would make it easier for users to disconnect their devices when they wish to have private conversations. While one can always simply yank the power plug, not all smart devices handle regular power outages well. Companies could also subject their smart devices to the same absolute monitoring and hardware verification processes they use for their own data centers, helping to reassure customers that no stray "spy chips" are able to remotely enable their microphone at will. After all, if Facebook's founder doesn't trust the security of his laptop camera, why should we trust the security of his company's camera in our living room?

Putting this together, we are blindly stuffing our homes to the brink with internet-connected cameras and microphones and blindly trusting that the companies that make them aren't spying on us and didn't make a security mistake that will let others spy on us. Most importantly, we are trusting that governments will resist the temptation to turn this massive army of telescreens into the world's greatest in-home surveillance network. More likely, they already have.

FACE RECOGNITION

Face-scanning technology is evolving rapidly and is increasingly employed in high-security facilities such as airports and government offices. Now some stores are even using it to identify returning customers or shoppers.

1 Finding a face

Systems extract patterns from an image and compare them to a model of a face. When patterns start to resemble the model, the system signals it has homed in on a face.

Personal devices

Smartphones use face recognition for apps and security, such as unlocking the phone.



Other cameras

Laptop, video, and thermal cameras used in some security systems can capture face images.

Checkpoint cameras

Faces are recorded at customs and security checkpoints, and the images are archived.



CCTV cameras

Systems can isolate and track individuals by face, gait, and clothing color and pattern.

2 Creating a face template

Algorithms build more informative and accurate digital representations—called face templates—using thermal, geometric, and other data, either separately or combined.



Geometric

Spatial relationships between facial features, such as the center of the eyes and tip of the nose, are calculated.



Photometric

Algorithms can build a face even if an image is obscured by poor lighting or distorted by odd angles or expressions.

Skin-texture analysis

Pores, wrinkles, and spots are mapped and analyzed; the technology can even differentiate between twins.



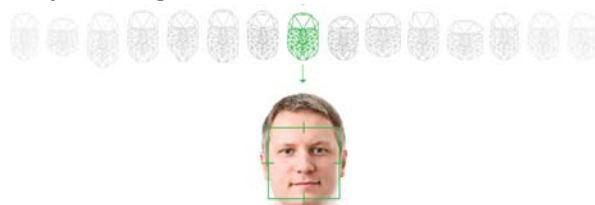
Thermal sensors

This technology can provide further information despite obstacles such as heavy makeup or disguises.



3 Skin-texture analysis

Once a face template is created, it can be compared with databases (such as for mug shots) to verify a person's identity or recognize



Imagery captured when a person poses for the camera, such as at security checkpoints, is easier to analyze; imagery captured from CCTV cameras may require advanced methods and detailed analysis.

Phagwah: Color never had it so good

QChron.com | April 4, 2019

By: Michael Shain

Phagwah, the ancient Hindu festival of spring, is celebrated with dancing, food and bonfires.

But it is the colored powder tossed in the air and on each other that thrills parade-goers in Richmond Hill every year.

In some parts of the Hindu world, the holiday is called Holi. But whatever it's called, the festival is an excuse to let go of the winter blues and embrace the warm weather ahead.

A steady rain throughout the morning kept down the size of the crowds — 10,000 people is the police estimate in years past — for last Sunday's parade on Liberty Avenue.

After the parade, crowds gather in Smokey Oval Park on Atlantic Avenue to watch performers — a whole lot of colorful fun.

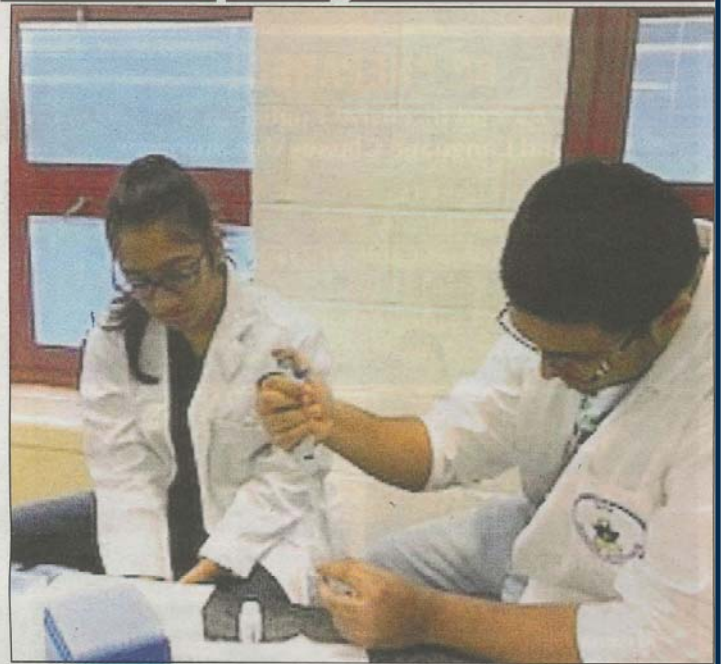


46 THE QUEENS COURIER • KIDS & EDUCATION • MARCH 28, 2019

FOR BREAKING NEWS VISIT WWW.QNS.COM

school spotlight

COMPILED BY BOB HARRIS AND ANDREINA RODRIGUEZ



Van Buren HS to Host Unveiling of New BioTech Lab & Hall of Fame Induction Ceremony

On March 20, Martin Van Buren High School (MVB) in Jamaica unveiled its first ever DNA/Biotechnology laboratory. It's a state-of-the-art-facility in courtesy of the efforts of Ms. Wang, the MVB Alumni Alliance and all of the generous Casper family.

As part of the dedication ceremony, honorees and guests saw MVB students in action, performing experiments in the lab and presenting their upcoming marine biology research program as participants in the University of Southern California/Wrigley Institute of Environmental Studies on Catalina Island.

The dedication ceremony was followed by the latest edition of MVB's Hall of

Fame induction ceremony honoring two of MVB's most esteemed alumni, Marc N. Casper ('86) and Dr. M. Natalie Achong ('85).

Casper is president and CEO of Thermo Fisher Scientific Inc., the world leader in serving science. His company's mission is to help its customers accelerate life sciences research, solve complex analytical challenges, improve patient diagnostics, increase lab productivity and deliver medicines to market.

Dr. Achong is a full-time assistant clinical professor at Yale, chair of one of Connecticut's largest community health centers and attending physician at St. Vincent's.

NYC DCAS
Citywide Administrative Services

Looking for a job?

The NYC Department of Citywide Administrative Services have a few listed.



Title of Exam	Exam Number	Application/Scheduling Start Date	Testing Period
Environmental Police Officer	9313	3/27/2019	4/1/2019 - 4/30/2019
School Safety Agent	9328	3/27/2019	4/1/2019 - 4/30/2019
Special Officer	9316	3/27/2019	4/1/2019 - 4/30/2019

To apply, visit NYC DCAS online at www1.nyc.gov/site/dcas/employment/current-upcoming-exams.page.

wellness

Be better to your brain!

From diet and exercise to making time for self-care and relaxation, you might be taking steps to make your health a priority. But when it comes to overall wellness, don't forget about your brain!

Simple lifestyle choices can have a profound impact on brain health. Consider these expert tips to help brain better - at any age.

Exercise: Physical activity is as important for the brain as it is for the body. It changes the brain in ways that protect memory and thinking skills, while also improving mood and reducing stress. So, what are you waiting for? Whether it's walking, dancing, yoga or even mopping the kitchen floor, find an activity that works for you. It's most important that you get your heart rate up and break a slight sweat.

Get your ZZZs: While you sleep, your brain is hard at work restoring information and memories and preparing you for another day. Sleep deprivation has been found to disrupt the brain cells' ability to communicate with each other, leading to mental lapses and perception and memory problems. To ensure you get a good night's sleep, stick with a routine and be sure to limit exercise, caffeine, alcohol and screen time close to bedtime.

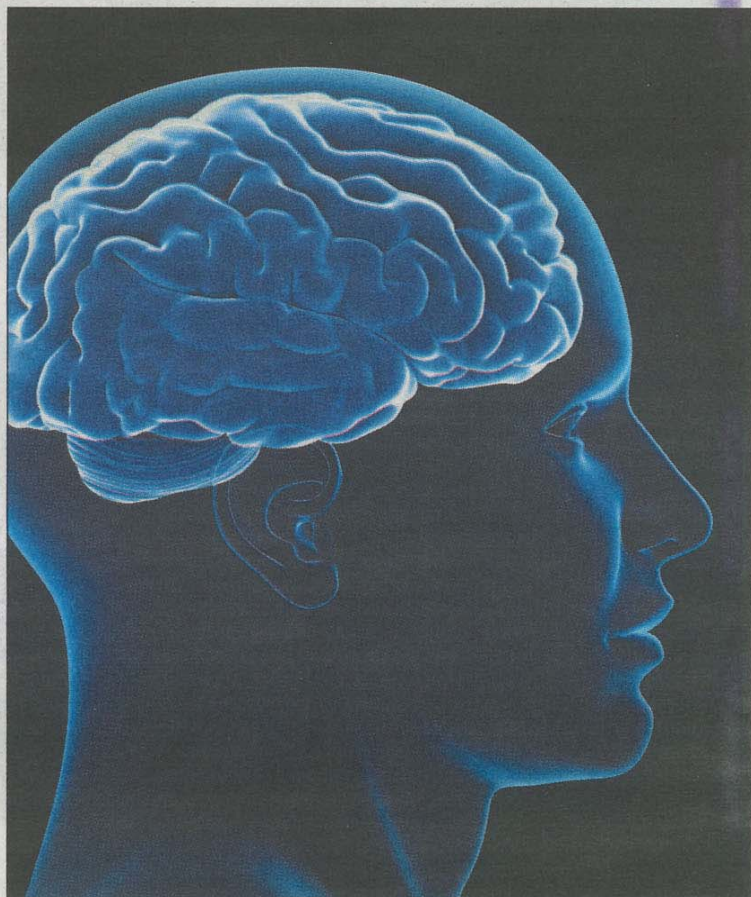
Eat right: Emerging evidence suggests an association between dietary habits and cognitive performance. Research shows that a Mediterranean-style diet rich in fish, whole grains, green leafy vegetables, olives and nuts helps main-

tain brain health. Additionally, cutting back on foods high in saturated fats, such as red meat and butter, may help ward off a variety of degenerative diseases affecting your heart and your brain.

Look for science-backed supplements: When choosing a dietary supplement, be sure to look for those with research-backed ingredients and demonstrated cognitive benefits. Certain supplements, such as fish oil rich in DHA, phosphatidylserine (PS), coffee cherry extract, B vitamins and folic acid, have shown potential brain health benefits. Neuriva is a new brand of brain health supplements using clinically proven natural ingredients to help fuel five indicators of brain performance: focus, memory, learning, concentration and accuracy. It will be available as of April 2019 in stores nationwide but you can pre-order on Neuriva.com or Walgreens.com. The supplement itself is part of a holistic eco-system, which includes assessments, exercises and educational materials, tailored to help your brain fitness.

Try new things: De-stress with activities you find enjoyable and find support in your loved ones and social network, but don't get stuck in a rut. Becoming a life-long learner will enhance intellectual stimulation and help keep you - and your brain - healthier and happier. The most important thing to know is that no matter how old we are we can take simple, and even fun, steps to improve our brain performance.

Courtesy BPT



Get in touch with your senses for a better night's sleep

In a world where everyone is constantly on-the-go, getting a good night's sleep can be a daunting challenge. If you're having trouble sleeping, remedy the situation by using your own senses right in your bedroom! Here are three easy and effective tips for using your senses to help contribute to a better night's sleep and, in turn, bolster your overall well-being:

Scent sense: Sprinkle a few drops of lavender oil on your pillow. Lavender is associated with lower blood pressure, heart rate and skin temperature - all relaxing ingredients for a good night's sleep. And, as an extra perk, lavender has been shown to reduce anxiety, making it a great essential oil to put on your pillow for those nights when concerns of the day are keeping you awake.

Touchy feely: Make sure that you have cozy, quality bedding, which will permeate your sense of touch throughout the night. In a U.S.-based survey conducted by the American Down and Feather Council (ADFC), 70 percent of consumers surveyed who use down and feather products agreed they get a better night's sleep with down and feather bedding.

Furthermore, 55 percent agreed there are health benefits to sleeping with down and feather products, because they:

- **Regulate your body temperature** - Down and feather is a natural material that wicks away moisture and perspiration, allowing it to quickly evaporate rather than trapping it.
- **Provide proper support** - Down and feather pillows conform to the body more naturally than many synthetic fibers or foam pillows.
- **Offer the sleep-inducing benefits of warmth without weight** - Down is nature's best insulator!

Soothing sounds: Try using a white noise machine to mask background sounds, thereby creating a more serene environment. When used to promote healthy sleep, white noise helps to drown out sounds that might otherwise prevent you from falling asleep or wake you up while asleep.

So, if you're having trouble sleeping, try listening to your senses to help contribute to a better night's sleep - and see what a difference the quality of your bedding can make!

Courtesy BPT



Plastic bag ban in effect next March

QChron.com | April 4, 2019

By: David Russel



Supermarkets and other retailers in New York will be banned from providing what are called single-use plastic bags starting March 1, 2020.

The law was part of the \$175 billion budget passed on Sunday.

The legislation allows counties and cities to opt in to a 5-cent fee on paper bags; 40 percent of the revenue would support local programs to buy reusable bags for low- and fixed-income consumers, and 60 percent of the revenue would support utilizing the state's Environmental Protection Fund.

In April 2018, when Gov. Cuomo introduced a program bill to ban single-use plastic bags in the state, he said "the blight of plastic bags takes a devastating toll on our streets, our water and our natural resources, and we need to take action to protect our environment."

Now there's almost one year to prepare for the change.

"Everybody asks for a bag for one little item, so it will change a lot," said Sara D., manager of Five Below at The Shops at Atlas Park in Glendale.

"I have no idea what will happen," she said. "It will be bad."

She added that most of the store's merchandise is for children and teenagers, so it's really the parents who will care about the bags.

There will be exemptions to the ban, including food carryout bags, dry cleaning and bags for fruits and vegetables at the grocery store.

Suffolk County banned the bags in 2018.

In 2016, California became the first state to ban single-use plastic bags with restrictions applying to large food retailers, pharmacies, corner markets and liquor stores but not restaurants or department stores. Businesses there can offer paper bags and thicker plastic bags as long as they charge 10 cents for each of those items. Those rules upheld the ban on single-use plastic bags that state lawmakers had approved in 2014.

All of Hawaii's counties ban plastic bags though the ban is not state-mandated.

Nelson Eusebio, former president of the National Supermarket Association, who is still working with the organization in a governmental affairs capacity, told the Chronicle the ban wasn't something the NSA was advocating for but the group understands it.

"We realize that the environment is oversaturated with the plastic waste," he said.

What Eusebio has an issue with is the 5 cents that the city wants to charge on the brown paper bags. Several Council members plan to introduce a bill charging shoppers for the brown bags.

"It's 5 cents for the city, not for the storekeeper and yet we have to handle it and process it and get it back to the city somehow or another which we don't know because we haven't been told how that's going to happen yet," he said.

Eusebio also said there needs to be more explanation on how the ban is introduced to the public in general, including the people who will receive subsidies for reusable bags.

"When you're running the store, who pays for the bag? You pay, you don't pay, he pays, he doesn't pay, that type of thing," Eusebio said. "We still need to figure that out. How's that going to work?"

WORK ZONE HEROS



Each year, the U.S. Department of Transportation and the Federal Highway Administration present National Work Zone Awareness Week, to bring national attention to motorist and worker safety in work zones. NYC DOT created "Work Zone Heroes" to illustrate many ways our crews build and maintain New York City's infrastructure. Remember, they are working to keep the City moving safely, so let's look out for them. Slow down, pay attention, and respect work zones.

Work Zone Facts at a Glance

- On average, 700 work zone fatalities occur nationwide every year.
- More than 35,000 people are injured each year as a result of motor vehicle crashes in work zones.
- Nearly four in five victims in work zone crashes are drivers and passengers.
- 25 NYC DOT workers have been injured in work zone incidents since 2009.

> buzz

Honoring women at Jamaica luncheon

City Councilman Donovan Richards honored prominent women within his district during his 2019 Women's Appreciation Luncheon on March 23 at the Robert Ross Johnson Family Life Center in Jamaica. Cheryl Wills of NY1 News delivered the keynote address at the luncheon, which also included performances by Phylicia Thomas and the Church of Laugh. The honorees at the event included Veronica Ballan, Verdell Boncoeur, Lailah Boyd, Detective Javoda Cooper of the 105th Precinct, Jessica Luina, Doris McLaughlin, Catherine Molyneaux, Emmlyn Taylor and Lori Zeno.



Photos by Nat Valentine

Richards along with his wife and mother receive copies of a book written by Cheryl Wills



Councilman Richards with Detective Javoda Cooper of the 105th Precinct



Cheryl Wills and City Councilman Donovan Richards



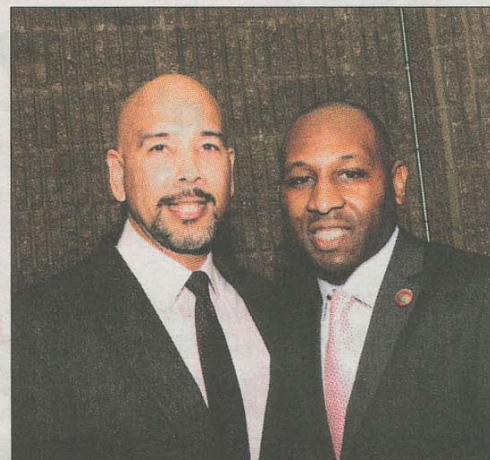
Councilman Richards and Verdell Boncoeur



Councilman Richards and Brooklyn Borough President Eric Adams



State Senator Leroy Comrie and Cheryl Wills



Bronx Borough President Ruben Diaz and Councilman Richards



Protect Your Identity

Shred your personal papers **FOR FREE!**

Stop & Shop Plaza Shopping Center

Springfield Boulevard between
Merrick Boulevard and 135 Avenue

Sunday, May 19, 2019



Two-Day Event:

Saturday,
May 18, 2019

Sunday,
May 19, 2019



Starting at 10 a.m.

Arrive early!
Shredding trucks
will be available
until 4 p.m. (latest)
or until they are
filled, which may
be sooner.



Locations:

Saturday
Corona
Melrose
South Beach
West Harlem

Sunday
Co-op City
Marine Park
Park Slope
Springfield Gardens
Union Square
Willowbrook

(See back for details.)



Bring:

- ☐ Old bank statements
- ☐ Old papers with personal identifying information
- ☐ Old pay stubs
- ☐ Credit card applications

For more information:

Contact 311, visit nyc.gov/shredfest, and join #shredfest conversations on Twitter, Facebook, and Instagram.



Bill de Blasio
Mayor

Consumer and Worker Protection

Lorelei Salas
Commissioner



Mitchell J. Silver
Commissioner



Kathryn Garcia
Commissioner



James P. O'Neill
Commissioner





INTRODUCING ATLANTIC TICKET

AN ATTRACTIVE NEW WAY TO TRAVEL



LIRR



SUBWAY



BUS

The MTA is testing a new type of ticket for customers traveling between select stations in Southeast Queens and Brooklyn, including Atlantic Terminal. The Atlantic Ticket offers quick, convenient LIRR rides, plus a 7-Day Unlimited Ride MetroCard® that lets you connect to subways and local buses – all at a really great price!

Choose which Atlantic Ticket option works best for you:

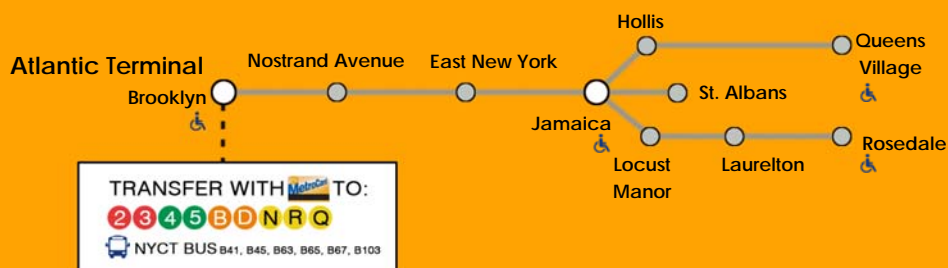
- A **one-way ticket** good for travel on LIRR between any of the ten stations below for just \$5
- A **weekly ticket** good for the LIRR rides above, plus a 7-Day Unlimited Ride MetroCard good for subway and local bus rides, all for just \$60

— WHERE — TO BUY YOUR ATLANTIC TICKET

- **One-way and round-trip tickets** are available from LIRR Ticket Machines at all eligible stations
- **Weekly tickets** are available from Full Service Tickets Machines at all eligible stations except Hollis and St. Albans
- **All Atlantic Ticket types** are available at LIRR ticket windows at Jamaica and Atlantic Terminal

Atlantic Ticket is **not available** from MetroCard Vending Machines, through the MTA eTix app or on board trains.

ATLANTIC TICKETS
ARE GOOD FOR
TRAVEL BETWEEN
THESE LIRR
STATIONS:



EXECUTIVE COMMITTEE

Clive Williams, Chair, cwilliams@qcb13.org

Angela Augugliaro, First Vice Chair

Marcia O'Brien, Second Vice Chair

Anup Ramnauth, Treasurer

Jerry Wind, Executive Secretary

BOARD MEMBERS

Bellaire

Anup Ramnauth

Bellerose

Angela Augugliaro

Corey Bearak

James Delaney

Richard Hellenbrecht

Michael O'Keeffe

Ashok Satkalmi

Lourdes Villanueva-Hartick

Jerry Wind

Cambria Heights

Bryan Block

Barbara Clements

Tanya Cruz

Jonathan Logan

Celeste Powers

Steven Taylor

Clive Williams

Nantasha Williams

Floral Park

Charles Farruggia

Seymour Finkelstein

Rhonda Kontner

Deepa Patel

Rosedale

Kyle Bragg

Delroy Dawkins

Derrick DeFlorimonte

Jackie Campbell

New Hyde Park

Pritpal Singh Walia

North Shore Towers

Felice Hannah

Laurelton

Alain Berrouet

Sylvia Cothia

Bess DeBetham

Robert Glover

Bonnie Huie

Jackie Wilson

Queens Village

Isa Avery

Mohamood Ishmael

Andy Laine

Peter Richards

Nagassar Ramgarib

Perminder Thiara

Samuel Elliott

Vernal Holder

Franck Joseph

Kangela Moore

Marcia O'Brien

Lorraine Gittens-Bridges

Tameka Pierre-Louis

Springfield Gardens

Fay Hill

Curlene Nelson

May is
ALS Awareness Month

CONTACT US

Mark McMillan, District Manager, mmcmillan@qcb13.org

Maxine Brannon, Community Coordinator, mbrannon@qcb13.org

Corey Ince, Community Associate, cince@qcb13.org



Twitter.com/QueensCB13



Facebook.com/QCB13

QCB13 Board Office is located at

219-41 Jamaica Avenue, Queens Village, 11428

Phone 718.464.9700

Web qcb13.org

