

February is



## March Committee Meetings @ QCB13 Board Office

- Land Use 3.4.19 @ 7:30 pm
- Public Safety 3.6.19 @ 7:00 pm
- SSSSNC 3.7.19 @ 7:00 pm
- Youth, Education & Libraries 3.12.19 @ 7:30 pm
- Economic Development 3.13.19 @ 7:00 pm
- Transportation 3.14.19 @ 7:00 pm
- Parks and Environment 3.19.19 @ 7:30 pm
- Health 3.21.19 @ 7:00 pm

## GENERAL BOARD MEETING

Monday, February 25, 2019 @ 7:30 PM

Bellerose Assembly of God — 240-15 Hillside Avenue, Bellerose, NY 11426

### AGENDA

1. Community Time
2. Meeting Called to Order
3. Pledge of Allegiance
4. Elected Officials — Welcome
5. Chairman's Report — Clive Williams
6. NYPD Report — Inspector Netis Gilbert, Commanding Officer, 105 Precinct
7. Committee Reports
8. Roll Call
9. Approve Minutes — January 2018
10. Voting Items
  - 251- 73 & 77 Jericho Turnpike, **Bellerose**
  - Multi - Purpose Building "Special Permits" to allow:
    - Reduced required parking – BSA Calendar #: 2018-136-BZ
    - A school - BSA Calendar #: 2018-137-BZ
    - A Physical Culture Establishment (PCE)– BSA Calendar #: 2018-145-BZ (Planet Fitness)
11. Presentations
  - Presentation on TWA Flight Center Hotel scheduled to open May 2019
  - DDC presentation update covering all S/E Queens Initiative projects in various phases of Design and Construction
12. Public Speaking Time
13. Adjournment

**NEXT GENERAL BOARD MEETING, Monday, March 25, 2019**

**Bellerose Assembly of God 240-15 Hillside Avenue, Bellerose, NY 11426**

## QCB 13 Public Safety Committee Report

1. The members of the Public Safety Committee express condolences to the 105th Precinct for the line-of-duty death of Detective Brian Simonsen of the 102nd Precinct, who was killed on February 12 in Richmond Hill, Queens.
2. Liquor Licenses: A new liquor license was approved for the Brown-Berry St Ann's Knights of Columbus Council in Floral Park. Several establishments that are up for renewal did not send representatives.
3. Sgt Collins reported that mailbox fishing continues to be a problem, especially on Linden Blvd between 219 St and 230 St. Thieves literally fish envelopes out of USPS mailboxes, steal checks and modify the amounts and payee. If possible, deposit outgoing mail inside a Post Office, especially if there is a check in the envelope. Special pens are available with ink that can't be washed off a check. Sgt. Collins advised us to check our bank statements frequently for unusual transactions, and to notify the 105th if we know of any cameras near USPS mailboxes. Jerry Wind said he would post the information on the QCB 13 Website. Mark McMillan is on the USPS Community Advisory Committee. He will remind postal authorities of the need to modify mailboxes and track progress of that work.
4. Our guest Speaker was Ms. Angela Williams from Queens Law Associates. She spoke about the Youth Justice Court. It's a program to educate and engage teens in the criminal justice system. It includes visits to court, where kids speak to judges and attorneys. The teens also help adjudicate cases of kids who are accused of committing minor crimes. Their work includes investigating the situation, holding hearings and recommending remedies, such as counseling, apologies, and community service. This program meets at the Cambria Heights Library every Wednesday at 4 pm. Presently, it meets at the Laurelton Library the last Wednesday of the month at 4 pm. If you or any teens you know are interested, contact Ms. Williams at 718-261-3047 ext. 620, or by email to [awilliams@qlanyc.org](mailto:awilliams@qlanyc.org).

### Liquor Licenses

- Cardini Restaurant (Renewal)  
271-20 Union Turnpike, **New Hyde Park**
- Rajdhani Indian Restaurant Inc. (Renewal)  
206-08 Hillside Avenue, **Queens Village**
- Brown Derby Club One Inc  
(New Application)  
76-52 264 Street, **Glen Oaks**
- Sohna Punjab Indian Restaurant (Renewal)  
248-03 Union Turnpike, **Bellerose**
- Bobby Van's Steak House (Renewal)  
Terminal 8, Space No. M16,  
**JFK International Airport**



**Set your clocks ahead one hour  
on Sunday, March 10, 2019 at 2:00 am.**



**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 – February 2019**

**Meetings Canceled:**

Land Use Committee  
Seniors, Special Needs & Social Services Committee  
Youth, Education & Libraries Committee

**Events/Meetings Attended:**

**January 27, 2019:** QCB 13 General Board Meeting at North Shore Towers.

**February 6, 2019:** Attend and participate in the Public Safety Committee Meeting Chaired by **Michael O'Keeffe** and Vice Chaired by **Robert Glover**. Details will be shared in their report.

**February 13, 2019:** Attend Queens Borough Cabinet Breakfast at Antun's sponsored by The Queens Chamber of Commerce. **Board members** in attendance were **Barbara Clements, Bess DeBetham, Robert Glover** and **Lourdes Villanueva-Hartrick**.

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.

**February 14, 2019:** Attend and participate in Transportation Committee Meeting Chaired by **Felice Hannah**. Details will be shared in her report.

**February 20, 2019:** Host District Service Cabinet Meeting at QCB 13 office.

Testify on behalf of QCB13 at the Queens Borough President's Budget Hearings at Queens Borough Hall.

**February 21, 2019:** Attend and participate in Health Committee Meeting Chaired by **Bonnie Huie** and Vice Chaired by **Ashok Sathkalmi**. Details will be shared in their report.

**February 22, 2019:** Attend Group Station Manager Open House at Jamaica/Parsons Train Station organized by **State Senator Leroy Comrie**. **MTA President Andy Byford** was in attendance.

Respectfully submitted,

Mark McMillan  
District Manager





### THE JUMP

As the hum of the engine is constant, so is my anxiety. I feel us going higher - the engine racing at a higher pitch - and I know the jump is impending. The vista is so vast; when will it be time and where will I land? The sun shines overhead with the few clouds floating nearby, so close I can touch them. Entering one of these giant cotton balls dims the sun and moistens the air. My bead of sweat evaporates.

My whole life has been leading up to this. Years of preparation, anticipation, and dreaming to know the right time to get on. This is not an easy flight. Many before have gotten on and when the time came refused to jump. You know when it's time, and if you wait too long you must take another flight. These flights are not advertised, nor do they leave from the same place more than once. So the odds of catching another are small.

The turbulence shakes the cabin as we are not quite out of the cloud yet. My hands are moist with perspiration in the palms. My attention is totally in the present knowing the timing on this jump is crucial. One must pay close attention because no one else tells you when it is time; you must decide and simply do it. The danger is waiting: waning courage, lower altitude, perhaps nowhere to land.

Life on the ground has been fairly stable if uneventful. The normal happenings most go through of family and education, lost and found loves, while avoiding those things that get one in trouble. I ventured away a few times, yet never with the commitment required now of my jump. In fact, many of those in my trust have discouraged even entertaining the idea of flight. I often wondered if it was because they missed the plane or they never again heard from those who jumped?

The plane shakes again as I reflect on what got me here. No one told me about this. It's one of those things that you just know about when you're ready. Then you decide regardless of the risk. The grounded ones think remaining grounded eliminates the risk they would take in flight. But the risk is always there - only they do not get the view - and with the view comes the understanding of the possibilities...

I started to "know" while sitting on a porch in a small town in the South during summer last. The crickets were chirping love songs and the stars twinkling the secrets of time. There for some time had been a gnaw in my gut, an uneasiness, something bothering me deep in my soul. Yet for years the time I took for vacation was filled with resorts and tours, forced periods of "relaxation" that were stressful. For the first time in my adult working life I was not working, away from the city, and had nothing to do. That's how it hit me.

Down-time allows seepage of buried feelings into one's consciousness. And I quickly realized that time moves very quickly, and I was not utilizing mine the way my spirit demanded. When one doesn't follow their spirit, they do not get to know about the flight. During the course of this week of reflection - especially at night [when the spirits come out] - I began to see again the purpose of my life.

This reflection of purpose changed everything! Once again I remembered what I had forgot: the most important thing in life is the journey, and I didn't even know the direction of the mountain! All that mattered then was finding the path, with the only map being contained in my soul. So I got quiet, stopped doing the things that had become routine, and let it flow. I know we each have all the answers to all life's important questions. One just has to remember how to get them.

Gradually the dream came back, as did that warm feeling of purpose when there is a destination. I looked down and saw the circle I had formed in the dirt of five years - it was a spiral that ended exactly where it began. I came to understand tragedy of promise unfulfilled and realized too late. I then knew how to book my flight.

It is not enough to just book the flight. I had to get the courage to show up and get on. Even then it is not over; the jump has to be made.

The higher we get the colder it gets. Now the door is open. Again there is no announcement of when; just the suspense of not knowing when the opportunity will end. I close my eyes and breathe deeply. The feeling of anticipation fills me - I have the chills. I know the time is now.

Without turning back, I ease my way to the door. I look down, "Damn! I'm high up!" My hands grip the outside and I feel how strong the wind is at this altitude. I put my feet to the edge, angle my body away from the wing in the opposite direction the plane is going, push off and jump...

Finally, I'm free, flying with no encumbrance - I can see the mountain in the distance.

On these jumps you get no parachute.

**Mark McMillan, District Manager**

## CONTACT US

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# FDNYSmart



More fires start in the kitchen than anywhere else in the home - but that doesn't mean you have to get rid of your stove or eat out all the time. There's a lot you can do to help fireproof your kitchen and reduce the chances of a fire starting from cooking.

Here are some quick tips to help keep your kitchen a safe place:

- Don't leave cooking unattended. *Unattended cooking accounts for 33% of house fires.*
- Avoid wearing clothes with long, loose-fitting sleeves that may catch fire easily.
- Don't store things on top of, in, or around your oven.
- Keep flammable things like paper bags, dishtowels, or cereal boxes, off of your stove
- Turn pot handles toward the center of the stove when cooking on the stove top.
- Pots and handles should never hang over the edge of the stove where someone could bump into them. This is one of the major causes of serious burns in children and elderly people.
- Don't leave things cooking on the stove top unattended.
- Use potholders (as opposed to rags, that may catch fire) when moving any hot object.

For more FDNYSmart Safety Tips, visit [www.fdnysmart.org/safetytips](http://www.fdnysmart.org/safetytips).

## **“Alexa, ask NYC DEP what’s my water usage?”**

Using any Amazon Alexa-enabled device, you can now track your water usage, account balance, payments and bills with the NYC DEP skill.



To enable DEP skill, visit [amazon.com/dp/B07CMJ2WXS/](http://amazon.com/dp/B07CMJ2WXS/)



## Small Fitness Gains Provide Big Heart Disease Protection: Study

USNews.com | January 26, 2019

By: Robert Preidt

Even a slight improvement in your heart/lung fitness could reduce your risk of a heart attack, a new study reveals.

Between 2006 and 2008, researchers assessed the cardiorespiratory (heart/lung) fitness of just over 4,500 men and women in Norway. None had heart disease, high blood pressure or cancer, and most were considered at low risk for heart disease over the next 10 years.

By 2017, however, 147 of the study participants had suffered a heart attack or developed angina, conditions caused by narrowing or blockage of heart arteries.

More investigation showed that the risk of heart attack and angina steadily declined as cardiorespiratory fitness increased.

"We found a strong link between higher fitness levels and a lower risk of heart attack and angina pectoris over the nine years following the measurements that were taken," said Bjarne Nes of the Cardiac Exercise Research Group (CERG) at the Norwegian University of Science and Technology in Trondheim.

"Even among people who seem to be healthy, the top 25 percent of the most fit individuals actually have only half as high a risk as the least fit 25 percent," he said in a university news release.

The study used a fitness calculator developed at CERG, which measures the body's capacity to transport and use oxygen during exercise. It found that for each increase of 3.5 fitness points, the risk of heart attack and angina decreased by 15 percent.

The findings suggest that even a small improvement in cardiorespiratory fitness can benefit heart health, the researchers said.

The study was recently published in the European Heart Journal.

Study first author Jon Magne Letnes said, "Our results should encourage people to use training as preventive medicine. A few months of regular exercise that gets you out of breath can be an effective strategy for reducing the risk of cardiovascular disease." Letnes is a doctoral candidate in the university's department of circulation and medical imaging.

Sanjay Sharma, a leading expert in sports and heart disease, wrote an editorial that accompanied the study.

"There is apparently no upper limit for training when it comes to the beneficial effects for the heart," Sharma wrote. In addition to serving as medical director of the London Marathon, he is a professor of cardiology at St. George's, University of London.

CERG offers a fitness calculator that can be found at [www.ntnu.edu/cerg/vo2max](http://www.ntnu.edu/cerg/vo2max).

## Helps You Meet Cholesterol Goals

Dark chocolate improves several important risk factors for disease. It lowers the susceptibility of LDL to oxidative damage while increasing HDL and improving insulin sensitivity.





## POINT

# QUEENS CAN'T AFFORD CONGESTION PRICING

Just this month, Governor Andrew Cuomo included congestion pricing in his proposed 2019-20 executive budget. The plan is neither progressive nor comprehensive.

The congestion pricing plan that is being proposed in the executive budget delegates unilateral authority to an unelected bureaucratic body, the Triborough Bridge and Tunnel Authority (TBTA), which is a subsidiary of the maligned MTA.

Astonishingly, the plan actually sets no benchmarks for success, such as reducing congestion, and does not guarantee congestion will be reduced at all. We need a better solution to reduce congestion, fund public transportation, and reduce pollution.

The first problem with the congestion pricing plan is that the TBTA, a politically insulated body, is given wide authority to set not only the tolls and their increases, but the boundaries of the congestion zone, as well for the purposes of funding the MTA.

Elected officials representing the voice of the people will be powerless to stop the MTA from picking the pockets of daily commuters for operating funds or to stop them from expanding boundaries of the congestion zone far beyond what was ever imagined.

Secondly, the plan is completely focused on revenue generation rather than solving the issue it meant to tackle: traffic. This alone should at the very least invite suspicion and perhaps be grounds for the defeat of the plan.

Congestion pricing is not equitable to outer-borough residents or low-income residents. Residents

across the city have already seen their property taxes, residential rents, and commercial rents rise with no end in sight.

Advocates say that the congestion pricing plan will generate nearly \$1 billion, which will come from the pockets of our hardworking and already cash-strapped residents.

We cannot continue to allow the costs of doing business and the costs of living in our already expensive city to increase when small businesses and people are struggling to live their daily lives.

In order to generate new revenue, we should look to

tax those who are responsible for creating the congestion and propose taxes that mainly affect those with disposable income.

I currently have a bill in the Assembly THAT would allow New York City to enact an earnings tax on nonresidents. Suburban commuters come into our city and use our services every day and don't pay towards upkeep.

They need to pay their fair share before we start looking to our own residents.

Additionally, I'm in support of increasing fees on for-hire vehicles. App-based for-hire vehicles, such as those working for Uber and Lyft, have proliferated in recent years, clogging our roads with cars that remain empty most of the time as they scavenge for passengers.

These services, which are responsible for the congestion, must be made to pay.

On the other hand, we also need to explore taxing those who benefit most from the capital we put into infrastructure development, and I am supportive of value capture,

which would tax building owners whose properties increase in value as a result of being near mass transit.

Value capture has worked in Hong Kong and Tokyo, both large cities that rely heavily on mass transit.

We can also look at smart solutions to fund our transportation system that will not burden the already struggling middle class at all.

I am supportive of Mayor Bill de Blasio's plan to regulate delivery hours. This proposal would ban deliveries between 7 and 10 a.m. and 4 and 7 p.m. in Midtown, along Flatbush Avenue in Brooklyn, and on Roosevelt Avenue in Queens.

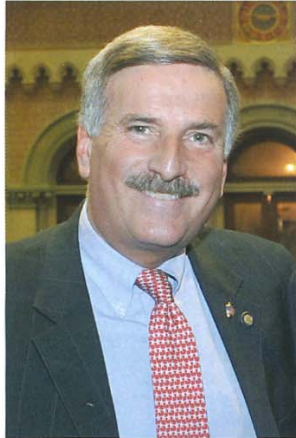
By moving delivery times to off-peak hours, our city can free up precious road space during rush hour without charging our city resi-

dents a dime.

The legislature cannot grant the TBTA and the governor the ability to unilaterally raise tolls on New Yorkers. We have seen the regressive results of toll taxes for decades, and cannot afford another tax on the middle class.

There does not need to be just one solution to solve the congestion issue. I have proposed some solutions and I am sure there are more that we can propose that will keep our city moving without burdening our middle class.

*Assemblyman David Weprin is the chair of the Assembly's Committee on Correction and represents District 24 in Queens, which encompasses Richmond Hill, Jamaica Estates, Oakland Gardens and Glen Oaks.*



DAVID WEPRIN  
ASSEMBLY MEMBER

## COUNTERPOINT

# YES TO CONGESTION PRICING

CONTINUED FROM PAGE 9

next decade.

After a generation of disinvestment in transit that led to the current crisis, the state government that runs the subway must find new revenue to pay for the MTA's essential upgrade costs. Governor Andrew Cuomo has proposed congestion pricing and it must get done this session, because New Yorkers cannot wait any longer for the light at the end of the tunnel.

Congestion pricing is just the beginning of a new era in accountable, modern public transit that reaches the whole city. A reliable transit system can open up economic opportunities and improve social inclusion for every community.

New revenue means better transit and more options. Additionally, following up on Governor Cuomo signing a new law creating a lockbox for MTA funding, we need to ensure there are proper reporting

mechanisms to keep a close eye on how and where the money is spent.

In addition to adopting congestion pricing to fix the subway, state leaders should lower LIRR tickets for city residents, include Far Rockaway in its Atlantic Ticket program while also expanding it to include Penn Station trips, reactivate the Rockaway Beach Rail Line, reduce express bus fares, and increase service to outer borough communities.

With congestion pricing now a part of budget negotiations in Albany, our governor and legislators should seize this generational opportunity to invest, not only in New York's infrastructure, but in New Yorkers and all of our diverse communities.

*Councilman Donovan Richards is the chair of the City Council's Committee on Public Safety and represents District 31 in Queens, which encompasses Laurelton, Rosedale, Springfield Gardens and Far Rockaway.*



## COUNTERPOINT

## CONGESTION PRICING IS GOOD FOR QUEENS

When people think subway, they think Manhattan. When they think gridlock, they think Manhattan. But that's just wrong.

People don't often realize that our broken transit system and bad traffic conditions have at least as much impact on Queens. That's why I'm proud, as an elected representative from Queens, to support congestion pricing to fix public transit.

Everyone knows our transit system is in crisis. Subway delays tripled in five years.

Trains reach the end of the line on time barely 65 percent of the time. A recent analysis by the Riders Alliance found that 92 percent of morning rush hours in 2018 were marred by subway signal delays.

Meanwhile, local buses are spot-y and slow; our system is the slowest among any big city in the country. The Long Island Rail Road is expensive and infrequent. Express buses are expensive and slow.

Yet more than four out of every five of my constituents who work in Manhattan take public transit. What choice do we have?

For the few in Queens who do drive (or ride the express bus), traffic is terrible. The Partnership for New York City estimates slow traffic costs our city \$20 billion each year in extra travel time and gas for families and higher expenses and lost revenue for businesses.

People blame traffic on cabs, Ubers, trucks, construction work... but however you look at it, something has to give. There are too many vehicles on the road for them all to move smoothly, and

the free East River crossings lead to bridge shopping, which causes mass congestion on the 59th Street bridge from everyone avoiding the

Midtown Tunnel or the RFK bridge.

Tolling all crossings at an affordable rate would boost revenue and create more organized traffic patterns where drivers use the route that's most convenient.

My constituents who commute to Manhattan have some of the longest trips to work in the city. We are among those most vulnerable to poor public transit service.

Residents I know take buses for miles to reach a subway station. Others get on the very end of the A train and wait an hour before reaching Manhattan - on a good day.

Unfortunately, there's not much chance of an easy commute these days. With commutes as long as ours, delays pile up and hit us hard. Though Manhattan has more subway stops, Queens riders lose more from lousy service.

That's why fixing the subway is especially important to families and communities in Queens, who face long commutes and few transportation options.

For us, fixing the subway is not an option, it's an imperative. New subway signals to replace the 1930s technology that keeps breaking down, new subway cars to replace the old ones with stuck doors and broken systems, and hundreds of new station elevators to make the subway accessible for people with disabilities will cost tens of billions of dollars over the



**DONOVAN RICHARDS**  
CITY COUNCIL MEMBER

## tax guide

## Get your taxes filed for free this season

The New York State Department of Taxation and Finance announced the statewide opening of its free tax filing assistance sites.

These locations are open to help eligible taxpayers electronically prepare and file their income tax returns, claiming potentially valuable credits owed to them.

"Taxpayers with adjusted gross household incomes of \$66,000 or less in 2018 may use free, user-friendly software at these sites to electronically prepare and file both their state and federal tax returns," said Acting Commissioner Nonie Manion. "Eligible taxpayers don't need to visit a site, though: they can also access and use the same free software anytime from their computer, smartphone, or tablet at [www.tax.ny.gov](http://www.tax.ny.gov)."

Taxpayers can search Free File on the Tax Department website to be directed to the tax preparation software. Using the software can reduce filing errors that delay return processing and refunds. It also prevents valuable credits from being overlooked.

Tax Department experts will be available at each free tax assistance site to assist low- and middle-income New Yorkers through the filing process at no

charge. At certain locations, they can assist taxpayers in multiple languages, including Arabic, Bengali, Chinese, Haitian Creole, Italian, Japanese, Korean, Russian, Spanish, and Urdu.

## Partnership with colleges

The Tax Department is expanding its presence on college campuses across New York State this year. By partnering with seven different community colleges around New York State, the Tax Department is providing exclusive access to college students, faculty, and staff to electronically prepare and file their income tax returns for free.

A schedule of dates, times, and locations for all free filing sessions statewide is available at Facilitated Self Assistance (FSA) program.

## Benefits of e-filing

E-filing is safer and more efficient than sending paper returns through the mail. About 92% of all personal income tax returns in New York State are electronically prepared and filed. All returns, whether filed electronically or on paper, undergo the same systematic review.

*From the NYS Department of Taxation and Finance*

## QUEENS Chronicle

## Accelerated growth at Humanities and Arts High School under new leadership

Under the new leadership of Principal Kayode Ayetwa, Humanities and the Arts High School in the Campus Magnet Complex in Cambria Heights has continued to create a school environment that promotes student success. In one year as principal, the school's graduation rate has increased by 15 percent.

The school has also experienced a dramatic

college readiness culture shift. The New York City student college readiness index rate metric has increased by over 20 percent in one year under Principal Kayode Ayetwa. Within the first two months of this 2018-2019 school year, 11 students have received scholarships to multiple universities around the country.

Principal Ayetwa has also initiated the revival of the music and band program. He believes that music has an intrinsic ability to positively impact all types of people and should therefore be a staple among the academic offerings at Humanities and the Arts HS.

It seems, the sky is the limit for Humanities and the Arts HS. The community is looking forward to the school's continued growth and success.



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## Halting Elderly Abuse in the 105 Precinct

QChron.com | January 31, 2019

By: Michael Gannon

News reports commonly have stories about senior citizens who have been tricked by fraudsters or harmed by an abusive medical aide.

But Sgt. Jennifer Limage of the NYPD offered a stark statistic Monday at the monthly meeting of Community Board 13.

"Ninety percent of all elderly abuse is from children or spouses," said Limage, who leads the domestic violence unit at the 105th.

Limage and Takai Forde, a social worker with the Jewish Association Serving the Aging, said no matter what the source, there are signs loved ones, friends and neighbors can look for to protect the elderly.

They said abuse can be physical, financial, emotional or result from neglect.

Aside from signs of physical injury, there are telltale indications of trouble.

"Sometimes they can become withdrawn," Forde said. "They might be with their abuser and not want to talk to you around them. You might call and they say, 'I can't talk to you right now.'"

Bills may go unpaid, or new, unexpected bills may begin arriving.

"You could leave \$50 on your coffee table around that person," Forde said. "You come back, that \$50 is gone and they tell you it was never there and you feel like you're losing your mind."

She said a person might show an increase in small injuries or doctor's visits. One who is usually impeccably dressed begins to regularly look disheveled. A person who is a regular at church or social gatherings suddenly stops showing up.

Limage said as with any domestic abuse situation, people with concerns can talk to her officers, who are trained in what to look for and in what next steps might be taken to investigate the issue.



**Social Worker Takai Forde, left, a social worker with the Jewish Association Serving the Aging, and Sgt. Jennifer Limage of the NYPD's 105th Precinct want the public to know the signs that an elderly person is suffering from abuse or neglect.**

## Katz tackles Census, jails and more in State of Borough Address

**BY MARK HALLUM**  
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@QNS

Borough President Melinda Katz said she would opt out of responding to the 2020 Census question regarding the documented status of residents and advised the crowd at Friday's State of the Borough address to follow suit in a speech that covered not only immigration, but also criminal justice reform.

With up to 68,000 children in Queens live in mixed status households, according to Katz, policies out of the White House administration could impact residents across the borough, citizen or not.

"For each person in each household unaccounted for, that's less federal funding for our schools, our hospitals, our infrastructure, even less representation in Congress and the state Legislature. An undercount is something we can't afford," Katz said during the address at LaGuardia Community College in Long Island City. "One way or the other, I plan to fight this ... and if the citizen question appears on the survey, I will abstain. I will refuse to answer the question. You can call it a boycott. I, Melinda Katz, an American-

born citizen, will boycott the citizenship question. Because times like these compel courage by those with the privilege to do so."

Katz has put in place the Queens Complete Count Committee, which has over 70 people signed on to go about the borough and get real numbers on the population, documented immigrant or not.

The 2020 federal census is still under review by the House of Representatives oversight committee and Commerce Secretary Wilbur Ross will have to testify regarding his decision to add the controversial question immigration status.

Katz walked a fine line with some Queens residents when she announced that she supports the closing of Rikers Island, on the grounds that the facility is antiquated and reforms are needed, but said neighborhood residents have to be involved in the decisions regarding the placement of community jails to ensure a smooth transition.

A new justice system that is safer, more humane and less costly is something Katz advocated for on the condition that communities have their say, something residents have vocalized the need for in the past year since Mayor Bill de Blasio

announced an agreement had been struck with the state in February 2018 to create borough-based jails.

"The irony, however, of unveiling a city-wide plan for 'modern community-based jails' in the absence of community input is not lost on the boroughs, certainly not here in Queens," Katz said. "Any plan by the city - especially the siting and design of any new jails - must include meaningful community engagement and input. I am deeply disturbed by the lack of opportunity thereof for the proposal to erect a 1.9-million-square-foot facility on 82nd Avenue, and that's from a supporter of closing Rikers."

With a projected timeline of a decade for the closure of Rikers, Katz said there is still time to include communities and implement reforms that reduce the jail population.

Katz said the continuation of warrant forgiveness, which outgoing District Attorney Richard Brown has implemented, can prevent small offenses from evolving into a life of crime for individuals who cannot afford lawyers fees and are facing low-level offenses such as loitering.

"And what if you've served time and have proven that you've turned your life

around and are making good?" said Katz, who's also running for Queens District Attorney. "One of Governor Cuomo's greatest accomplishments, if you ask me, is legislation he signed into law 15 months ago that allows people with two or fewer nonviolent convictions to seal their records after a decade of staying clean. As many as 600,000 people across the state are eligible under the law but only 51 individuals in Queens had taken advantage of it as of December."

As part of Katz's "Know Your Rights" week, generally intended for immigrants, the borough president is now working with convicted felons to seal their records which could help pave the way to helping them find jobs and prevent recidivism.

Katz also highlighted the fact that schools in Queens are at 106 capacity borough-wide and schools get fewer funds per student here than in any other part of the city.

Although the School Construction Authority is working to site new locations for facilities, Katz said it will not be enough if more funds are not added to the \$11,359 spent for very student in Queens - a sharp contrast to the \$14,186 spent in the Bronx.



# Katz tackles Census, jails and more in State of Borough Address

BY MARK HALLUM

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Borough President Melinda Katz said she would opt out of responding to the 2020 Census question regarding the documented status of residents and advised the crowd at Friday's State of the Borough address to follow suit in a speech that covered not only immigration, but also criminal justice reform.

With up to 68,000 children in Queens live in mixed status households, according to Katz, policies out of the White House administration could impact residents across the borough, citizen or not.

"For each person in each household unaccounted for, that's less federal funding for our schools, our hospitals, our infrastructure, even less representation in Congress and the state Legislature. An undercount is something we can't afford," Katz said during the address at LaGuardia Community College in Long Island City. "One way or the other, I plan to fight this ... and if the citizen question appears on the survey, I will abstain. I will refuse to answer the question. You can call it a boycott. I, Melinda Katz, an American-

born citizen, will boycott the citizenship question. Because times like these compel courage by those with the privilege to do so."

Katz has put in place the Queens Complete Count Committee, which has over 70 people signed on to go about the borough and get real numbers on the population, documented immigrant or not.

The 2020 federal census is still under review by the House of Representatives oversight committee and Commerce Secretary Wilbur Ross will have to testify regarding his decision to add the controversial question immigration status.

Katz walked a fine line with some Queens residents when she announced that she supports the closing of Rikers Island, on the grounds that the facility is antiquated and reforms are needed, but said neighborhood residents have to be involved in the decisions regarding the placement of community jails to ensure a smooth transition.

A new justice system that is safer, more humane and less costly is something Katz advocated for on the condition that communities have their say, something residents have vocalized the need for in the past year since Mayor Bill de Blasio

announced an agreement had been struck with the state in February 2018 to create borough-based jails.

"The irony, however, of unveiling a city-wide plan for 'modern community-based jails' in the absence of community input is not lost on the boroughs, certainly not here in Queens," Katz said. "Any plan by the city - especially the siting and design of any new jails - must include meaningful community engagement and input. I am deeply disturbed by the lack of opportunity thereof for the proposal to erect a 1.9-million-square-foot facility on 82nd Avenue, and that's from a supporter of closing Rikers."

With a projected timeline of a decade for the closure of Rikers, Katz said there is still time to include communities and implement reforms that reduce the jail population.

Katz said the continuation of warrant forgiveness, which outgoing District Attorney Richard Brown has implemented, can prevent small offenses from evolving into a life of crime for individuals who cannot afford lawyers fees and are facing low-level offenses such as loitering.

"And what if you've served time and have proven that you've turned your life

around and are making good?" said Katz, who's also running for Queens District Attorney. "One of Governor Cuomo's greatest accomplishments, if you ask me, is legislation he signed into law 15 months ago that allows people with two or fewer nonviolent convictions to seal their records after a decade of staying clean. As many as 600,000 people across the state are eligible under the law but only 51 individuals in Queens had taken advantage of it as of December."

As part of Katz's "Know Your Rights" week, generally intended for immigrants, the borough president is now working with convicted felons to seal their records which could help pave the way to helping them find jobs and prevent recidivism.

Katz also highlighted the fact that schools in Queens are at 106 capacity borough-wide and schools get fewer funds per student here than in any other part of the city.

Although the School Construction Authority is working to site new locations for facilities, Katz said it will not be enough if more funds are not added to the \$11,359 spent for very student in Queens - a sharp contrast to the \$14,186 spent in the Bronx.

## Stewardship for Sustainability

### 2019 ReLeaf Workshop



Friday, March 15, 2019

Registration begins at 8:30 am

New York Society for Ethical Culture

2 West 64 Street (at Central Park West)

New York, NY 10023

### New York City ReLeaf 2019 Urban Forestry Workshop

New York City's urban greenspace is as vast as it is diverse. Between community gardens, green infrastructure, street trees, and parks, it takes a lot of human power to keep this city flourishing. In this workshop, we will explore the importance of environmental stewardship and answer the question: **Who really takes care of NYC's urban forests?**

We'll learn about:

- How volunteers are growing the school gardens movement.
- OneNYC - NYC's sustainability plan and how it affects the urban forest.
- Nature Goals 2050 - a new initiative involving over 50 organizations in a collaborative conservation effort to formulate a Declaration of Rights to New York City Nature.

This workshop is sponsored by New York City ReLeaf, New York City Parks, New York City Department of Environmental Protection, TreesNY and NYSDEC Urban Forestry.

### For more information:

- Andrew Newman — 718.965.8998
- Gloria VanDuyne — 518.402.9428
- Tim Wenskus — 718.482.4942
- [www.dec.ny.gov/lands/30859.html](http://www.dec.ny.gov/lands/30859.html)





# 3 ways to make your heart healthier

Did you know that heart disease is the leading cause of death in the United States? One in four people die from it each year, according to the Centers for Disease Control and Prevention, and millions more have it or are at risk of developing the disease. Smoking, being overweight or having diabetes, high cholesterol levels, high blood pressure or a family history of heart disease all increase your chances of getting the disease.

The good news is that you can do something about it.

"It's never too late - or too early - to lower your risk for heart disease," said Josephine Boyington, Ph.D., a nurse, licensed nutritionist and program director in the Division of Cardiovascular Health at the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health.

"Heart disease is a general term for a variety of conditions, such as clogged

arteries, that make it difficult for your heart to pump blood properly," she said. "Adopting small changes, like moving more and following a heart-healthy eating plan, can make a big difference. Research has shown that making healthy lifestyle changes that last can be a lot easier when you have friends or family doing it with you."

To mark American Heart Month, the NHLBI - the nation's leader in research on the prevention and treatment of heart, lung, blood and sleep disorders - is encouraging that kind of group support. It is celebrating "Our Hearts," a national effort to motivate Americans to join each other in adopting heart-healthy behaviors throughout the year and beyond.

Ready to start? Here are three tried-and-true ways you and your friends and family can help each other give your hearts a boost.

1. Adopt a healthy eating plan. Try

NHLBI's Dietary Approaches to Stop Hypertension (DASH) eating plan. It's free and, when compared to a typical American diet, has been scientifically proven to lower blood pressure and improve blood cholesterol levels. The DASH eating plan features fruits, vegetables, whole grains, fish, beans, nuts and lean meats, and it limits foods that are high in saturated fats, sugars and sodium. Have fun with menus by inviting friends to join you for a heart-healthy dinner party or start a lunch club at work and trade creative recipe ideas with your colleagues.

2. Move more and #MoveWithHeart. One of the major risk factors for heart disease is inactivity. Getting up and moving helps lower that risk - and you don't need to put in hours at a time to see results. Breaking up your daily activity into small chunks, such as 10-minute increments three times a day for five days

a week, can begin to make a difference. To stay motivated, find a walking buddy or make a standing date to walk with a friend or neighbor, dance at home with your kids or play a pickup soccer or basketball game with colleagues. The bottom line: just move.

3. Quit smoking. It can be hard to stop, but the benefits to your lungs and heart are huge. For inspiration and to keep you motivated, consider a support group. You can find resources and connect with a trained counselor by calling 1-800-QUIT-NOW or visiting [smokefree.gov](http://smokefree.gov).

For more information about heart health, and to discover what activities are going on in your community, visit [nhlbi.nih.gov/ourhearts](http://nhlbi.nih.gov/ourhearts). Use #OurHearts on social media to share how you and your friends and family are keeping your hearts healthy.

*Courtesy Family Features*

## Lancman bill to boost domestic violence survivor services passes Council

BY CARLOTTA MOHAMED  
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@QNS

The New York City Council unanimously passed Queens City Councilman Rory Lancman's bill on Jan. 23 requiring the Mayor's Office to end domestic and gender-based violence to provide individuals receiving services at Family Justice Centers with service satisfaction surveys.

The Committee on Women formally considered the legislation, Intro. 542, in October 2018 and passed it on Jan. 23.

"Domestic violence and abuse survivors deserve our full support to help them in their time of need," said Lancman. "Client feedback is essential to ensure that Family Justice Centers continue to provide effective and efficient services. My legislation will allow Family Justice Centers and survivors to work collaboratively to improve services and set priorities."

The satisfaction surveys, which are not mandatory and will remain anonymous, enable survivors to indicate which FJC services are useful, which need to be altered, and what changes must be made to better assist them. The city is required to submit an annual report to the Council of survey questions asked and all survey data, broken down by borough and type of service received.



File photo/THE COURIER

City Councilman Rory Lancman's bill to increase services for domestic violence victims passed the City Council last week.

Lancman's legislation comes as domestic and gender-based violent crime rates have remained resistant to the steady reduction of the overall crime rate in the city. In 2017, the NYPD responded to more than 108, 821 intimate-partner related domestic violence abuse, a 16 percent increase from the previous year.

New York City Family Justice Centers provide legal services, counseling, job training, and housing assistance to survivors of domestic abuse, human trafficking and elder abuse in all five boroughs. In 2017, the Family Justice Centers served

62,645 individuals.

"As the nation's largest victim assistance organization, Safe Horizon acutely recognizes that survivors' experience with systems and service providers designed to address their needs should be periodically evaluated to ensure that the highest quality of care is being consistently delivered," said Michael Polenber, vice president of Government Affairs at Safe Horizon. "Council Member Rory Lancman's legislation, Intro. 542, will require service satisfaction surveys are available to New Yorkers who visit any of the City's five

Family Justice Centers and can help make sure that services are aligned with their safety needs."

Alisha Bailey, DV Survivor and Alternatives to Incarceration Counselor at The Fortune Society, said collecting feedback will "hopefully lead to more informed decision making."

"Evaluating and reflecting on how a program is performing from the perspective of the participants is a critical tool for identifying opportunities for improvement as well as ways to capitalize on existing strengths," said Bailey. "At The Fortune Society, we hope this law will translate into better participant engagement, longer retention rates, and healthier, safer communities."

Stephanie Nilva, executive director of Day One, which partners with youth to end dating abuse and domestic violence, believes that young people can provide valuable contributions to the efficacy of city services to address their unique needs.

"Day One applauds today's City Council vote requiring the Mayor's Office to End Domestic and Gender Based Violence to provide satisfaction surveys to constituents at the Family Justice Centers," said Nilva. "Critically important services are delivered in the five FJCs, and feedback from survivors should play a central role in their operation."

# Everything you need to know about NYC's Public Advocate special election

NY.Curbed.com | February 4, 2019

By: Aameena Walker and Amy Plitt

Former New York City public advocate Letitia James has moved on to her new role as the state's Attorney General and the race to fill her old position is on. We're now just three weeks away from the special election—it happens Tuesday, February 26—and as of right now, there are 17 candidates who are eligible to run. If you're not sure why this election is important, or simply want to know how to vote, then read on.

## When is the Special Election?

The special election is scheduled to take place on Tuesday, February 26.

## What exactly is the Public Advocate position?

According to the City Charter, the public advocate is responsible for receiving and investigating citywide and individual complaints "concerning city services and other administrative actions of city agencies." The public advocate presides over City Council meetings, can conduct investigations into agencies where complaints have been made against them, and has the power to introduce legislation, though they can not have a vote. Additionally, the public advocate is next in line of succession if something were to happen to the mayor.

## Who's running in the Special Election?

The initial pool of two dozen candidates has now been winnowed down to ... 17!

Yeah, it's a lot—there isn't a primary or even strict party lines for candidates to run on (more on that in a second), so there are many hats being thrown in the ring. The roster of candidates includes several City Council members (past and present), a few State Assembly members, and a handful of folks without any political experience—including a Columbia University history professor, several activists, and one "bitcoin entrepreneur."

The candidates with the most name recognition include former City Council speaker Melissa Mark-Viverito, and current Council members Jumaane Williams, Eric Ulrich, Ydanis Rodriguez, and Rafael Espinal. Ten of the candidates will participate in their first debate—one of two planned before the election—on February 6.

## How does it work?

Well, it's quite different from other elections. The special election is nonpartisan and candidates can't run on existing party lines; they have the option to form their own party labels. For example, the platform that Rafael Espinal is running on promotes his "Green New City" plan for "expanded funding to develop jobs and skills installing solar panels, roof gardens, and urban agriculture." Jumaane Williams's platform, called "The People's Advocate," promotes his ability to "serve as a true watchdog for New Yorkers" and Melissa Mark-Viverito's campaign is called "Fix the M.T.A."

In theory, people can choose to rally behind candidates that support values most important to them, can support someone who champions who specific local communities, or however else determines any specific candidate would be suitable for the job.

## What's next for whoever wins?

So this is the tricky part: Per the Times, the winner will only hold the position for a few months and will need to run for re-election in the fall. There will be primary and general elections, in September and November, respectively, where candidates can run for the position that will offer a four-year term through the end of 2021.

## How can I vote?

Voting is as simple as heading to your normal polling site on **February 26**. If you're not sure where your polling site is, you can find it here. For additional information on how to vote, you can check out the city's Board of Elections website.

**Remember to vote tomorrow, Tuesday, February 26, 2019,  
from 6:00 am to 9:00 pm**



TRAVELING SHOES  
**BLACK MIGRATIONS**

**BLACK  
HISTORY  
MONTH**

# The Caravan's Journey

Performed by  
KaNu Dance Theater



KaNu Dance Theater began performing in 2003. They have appeared at Hofstra University, Brooklyn Museum, Barnard College, Columbia University, Henry Street Settlement Theater, Long Island's African-American Museum, and the Brooklyn Library, among others. Today's performance follows the history of Haiti, from the enslaved peoples forcibly brought to work on its plantations to their journey for freedom.

For more Traveling Shoes programming, visit  
**QUEENSLIB.ORG/TRAVELINGSHOES**

**Thursday, February 28  
6:30 pm**

**QUEENS VILLAGE**

94-11 217th Street | 718-776-6800

LIRR to Queens Village

**Q1, Q27, Q36, Q88**





## LEARN HOW TO SAVE A LIFE IN 15 MINUTES

### FREE COMMUNITY OVERDOSE PREVENTION TRAINING

Every third Friday of the month  
1:00 pm

**Family Services Network of New York Office**  
192-16 Linden Boulevard  
St. Albans, NY 11412

**Know the signs. Save a life.**

**You will learn:**

- Opioid overdose basics
- Signs and symptoms of an opioid overdose
- What to do if you think someone is overdosing

**You will receive:**

- Opioid overdose prevention training certification card
- **FREE** overdose prevention kit!



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Sanu Thomas

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Vernal Holder

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Tameka Pierre-Louis

NYC Department of Environmental Protection collaborated with American Water Resources (AWR) to offer a Water and Sewer Service Line Protection Program to their customers. This voluntary program is designed to protect New York City homeowners from the unexpected costs of service line repairs.

Every house has a water pipe, sewer pipe and internal pipes – they can all wear out over time. External pipes are even subject to shifting ground and invading tree roots. Whatever the cause, the results can be leaks, breaks, clogs, blocks, and overflows. Additionally, there could be hundreds of feet of electrical lines running inside your home that could fail at anytime - requiring immediate attention. And, homeowners' insurance typically doesn't cover the repairs.

For more information about the Water and Sewer Service Line Protection Program, call AWR toll-free at 888.300.3570.

**You own a piece of real estate. Now add peace of mind.**

### **Stop 'N' Swap with GrowNYC**

Saturday, March 23, 2019

12:00 pm – 3:00 pm



### **Queens County Farm Museum**

73-50 Little Neck Parkway

Floral Park, NY 11004-1129

Join the Queens County Farm Museum on the farm for this community reuse event with GrowNYC. Bring clean, reusable, portable items such as clothing, housewares, games, books and toys that you no longer need to the farm, and take something new-to-you, free! You don't have to bring something to take something.

