

GENERAL BOARD MEETING

Monday, June 24, 2019 @ 7:30 PM

Bellerose Assembly of God

240-15 Hillside Avenue, Bellerose, NY 11426

AGENDA

Cataract Awareness Month

1. Community Time
2. Meeting Called to Order
3. Pledge of Allegiance
4. Elected Officials — Welcome
5. Chairman's Report — Clive Williams
6. NYPD Report — Deputy Inspector Neteis Gilbert, Commanding Officer, 105 Precinct
7. Roll Call
9. Approve Minutes — May 2019
10. Committee Reports
11. Community Board Vote for two Physical Culture Establishments (PCE)
 - ▶ BSA Cal. No. 2019-38-BZ
222-40 96 Avenue, **Queens Village, NY**
A special permit for a Physical Culture Establishment (PCE).
 - ▶ BSA Calendar No. 2019-156-BZ (**Goldfish Swim School**)
257-09 Union Turnpike, **Glen Oaks, NY 11004**
Applicant proposes to renovate the interior of the existing Duane Reade store, situated within the Glen Oaks Shopping Center, for a Goldfish Swim School, a physical cultural establishment use, which will consist of among other things a 2085 square foot swimming pool for swim instruction.
12. Elections
13. Public Speaking Time
14. Adjournment

**NEXT GENERAL BOARD MEETING, Monday, September 23, 2019****Bellerose Assembly of God****240-15 Hillside Avenue, Bellerose, NY 11426**



RESTAURANT OPPORTUNITIES CENTERS

Restaurant Opportunities Center of New York (ROC) is a political action organization dedicated to improving the lives and working conditions for restaurant workers. This July 2019, a training, which provides six weeks of hands on experience, will begin in our new Woodside, N.Y. location. Participants will have the opportunity to learn new skills and improve upon their current abilities. The Restaurant Industry continues to grow, which means more and more people may become employed within the industry.



Orientations Every Tuesday at 11:00 am
St. Paul's Episcopal Church
39-04 61 Street
Woodside, NY 11377

For more information about this training program call 347.634.2070, email chow-woodside@rocunited.org or visit their website - <https://rocunited.org/>



Liquor Licenses

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



Litter and Litter Baskets

**The New York City
Department of Sanitation**



Wants to remind you that the litter bins are for pedestrian use only. Household and business trash is not permitted to be disposed of in these bins.

You may be fined if caught misusing litter bins.



Animal
Care Centers
of NYC

Adoption Process

Saving one pet will not change the world, but for that one pet,
the world will change forever!



Animal
Care Centers
of NYC

January - May 2019 Community Report

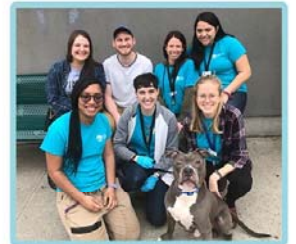
3,105
Adoptions

1,881
1137
87

3,611

Placed with
New Hope

2,527 1,037 47



636

Cats & Dogs
Returned Home

8,734

Animals

— taken in —

1,057

surrender
PREVENTIONS

14,165
HOURS
volunteered



812
Animals
in Foster



50
BoroughBreaks



1,264

Community Pets
Vaccinated & Microchipped

487

Spay/Neuter
Appointments

12,305 lbs
of pet food
distributed

~1,650

Kids participated in
ACC Community Kids

124

Outreach
Events

Countless

New Yorkers
informed about ACC!



Social Media Followers 50,026 33,072 12,580

94% Placement Rate

Visit nycacc.org/adoptionprocess to learn the steps to adoption.



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 – June 2019

Events/Meetings Attended:

May 20, 2019: QCB 13 General Board Meeting at Bellerose Assembly of God in Bellerose.

May 21, 2019: Queens Borough Cabinet Meeting. Topics:

- I. **Overview of Queens District Attorney's Elder Fraud Unit**, presented by Assistant District Attorney Kristen Kane, Chief of the Elder Fraud Unit, Queens District Attorney's Office
- II. **Update on Street Activities Permit Unit**, presented by Stefan Grybauskas, Director of External Affairs, NYC Mayor's Office of Citywide Event Coordination & Management

May 30, 2019: Attend "**Queens Town Hall on Gun Violence**" convened by Queens **Borough President Melinda Katz** & **Public Advocate Jumaane Williams**. **Assembly Member David Weprin** and **Council Member Jimmy Van Bramer** were in attendance.

June 3, 2019: "Idlewild Park Restoration Update" presented by **Kathleen McCarthy**, Idlewild Landscape Restoration Project Manager, Forestry, Horticulture, and Natural Resources, Department of Parks & Recreation.

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.

June 5, 2019: Attend and participate in Public Safety Committee Meeting Chaired by **Michael O'Keefe** and Vice Chaired by **Robert Glover**. Details will be shared in their report.

June 6, 2019: Attend and participate in Healthy Community Planning Committee meeting at NYC Children's Center.

Attend and participate in Seniors & Special Needs Committee Meeting Chaired by **Kangela Moore** and Vice Chaired by **Jerry Wind**. Details will be shared in their report.

June 7, 2019: Attend and participate in "Belmont Redevelopment Project - Traffic Mitigation Meeting" at Assembly Member Clyde Vanel's office. In attendance were **State Senator Leroy Comrie**, **Assembly Member Clyde Vanel**, **City Council Member Barry Grodenchik**, and representatives from the Mayor's office, NYS DOT and NYC DOT.

June 11, 2019: On site meeting at the DSNY garage on Winchester Boulevard, underneath the Grand Central Parkway with representatives from NYC DOT, DSNY, DPR and Council Member Barry Grodenchik's office on daylighting (how close DSNY trucks can park on the street during garage repairs) for drivers and bicycles at the Alley Pond Park entrance/exit at that location.

June 12, 2019: Attend and participate in "York College Strategic Planning Meeting" led by **York College President Dr. Marcia Keizs**.

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.

June 13, 2019: Attend and participate in Transportation Committee Meeting Chaired by **Felice Hannah. Thomas Bayer, P.E., Assistant to the Regional Director, NYS DOT and Craig Chin, NYC DOT Borough Planner** were in attendance. Details will be shared in their report.

June 18, 2019: Queens Borough Cabinet Meeting. Topics:

- I. **Presentation on Community Health Profiles** by Hanna Gould, PhD, MBA, Assistant Commissioner, Bureau of Epidemiology Services, NYC Department of Health and Mental Hygiene
- II. **Update on Rain Garden Construction Projects**, presented by Brian Lamberta, Legislative Analyst, NYC Department of Environmental Protection

Attend and participate in Parks & Environment Committee Meeting Chaired by **Fay Hill** and Vice Chaired by **Peter Richards**. **Justin Argo, Administrative Park & Recreation Manager, Queens Districts 11 & 13**, was in attendance. Details will be shared in their report.

June 19, 2019: Host District Service Cabinet Meeting at QCB 13 office.

Attend meeting with **Queens Borough Parks Commissioner Michael Dockett** and **Council Member Donovan Richards** at his office to voice needs for the district's parks. **Board Member Fay Hill** also was in attendance.

June 20, 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.

June 23, 2019: Attend "Queens Summer Festival" sponsored by **Queens Borough President Melinda Katz** held in Flushing Meadows Corona Park.

Respectfully submitted,

Mark McMillan
District Manager



Friendly Meeting Reminder

Public Safety Committee Meeting

Tuesday, July 16, 2019

7:00 pm

QCB13 Board Office

219-41 Jamaica Avenue

Queens Village, NY 11428

September Committee Meetings @ QCB13 Board Office:

- **Public Safety-** Wednesday, September 4, 2019 @ 7:00 pm
- **Seniors & Special Needs-** Thursday, September 5, 2019 @ 10:00 am
(Location to be determined)
- **Land Use-** Monday, September 9, 2019 @ 7:30 pm
- **Youth, Education & Libraries-** Tuesday, September 10, 2019 @ 7:30 pm
- **Economic Development-** Wednesday, September 11, 2019 @ 7:00 pm
- **Transportation-** Thursday, September 12, 2019 @ 7:00 pm
- **Parks-** Tuesday, September 17, 2019 7:30 pm
- **Health-** Thursday, September 19, 2019 @ 7:00 pm

The community
is always welcome
to attend!

Land Use Committee Report

The Land Use Committee met on June 3, 2019 with special permits on the agenda for two Physical Culture Establishments (PCE). BSA-2019-38 BZ is for a 3400 square foot physical fitness facility located at 222-40 96th Avenue in an M1-1 zone fronting on 225th Street. The boutique facility, called CoreBalFit, has been operating since April 15, but requires a special permit. The gym has an occupancy of 60 people and is specifically designed to work with trainers. The site is adjacent to the LIRR, Volkert building, National Grid and AHAB (serving adults with developmental disabilities), there are residences (R3-2) to the north and Nassau County to the east. There are 89 designated off-street parking spaces. The operators, who have roots in the community, will hire locally and train its employees for positions as trainers, front desk, juice bar, etc. The facility will operate seven days per week from 5am to 10pm weekdays and shorter hours on weekends.

The second PCE, BSA-2019-156 BZ seeking a special permit from the Board of Standards and Appeals is for Goldfish Swim School to be located at ... Union Turnpike, currently occupied by Duane Reade in a shopping center. Goldfish has been in operation teaching swimming to young children for twelve years and has nine facilities, including one in Brooklyn and two on Long Island. Goldfish teaches swim techniques to children from infants to twelve years old. One instructor will work with four children in four 30-minute sessions. The indoor pool will be no deeper than four feet deep. There is adequate parking in the shopping center. Recruiting of the anticipated thirty-five workers will be local and training will be at Goldfish headquarters near Detroit. Water is recirculated, tested and treated. The facility will be open seven days per week from 10am to 8pm, but most activity will be on weekends, closing at 6:30pm.

The committee also discussed recent activities on the building at Little Neck Parkway which was laid over by BSA for continued hearing on August 6 to address significant issues raised by BSA. The committee may meet in late July to review revised plans.



Hydrant



An open fire hydrant without a sprinkler cap wastes 1000 gallons of water per minute!

An open fire hydrant without a sprinkler cap uses as much in ONE hour as an ENTIRE FAMILY of FOUR uses in a whole YEAR!

Open fire hydrants hamper fire-fighting capabilities, putting you, your family and your neighborhood at risk.

If you really want to use the fire hydrant to stay cool on those hot summer days, visit your local firehouse and they will install a sprinkler cap and open the hydrant for your use!

And remember: never park your car in front of a fire hydrant! It can delay firefighters from getting water on a fire and that puts lives at risk! If you see a blocked fire hydrant or an improperly opened hydrant, call 311 right away.

Scholar-athlete killed in 2017 fire honored with street name in Queens Village

BY BILL PARRY

bparry@schneppsmedia.com

@QNS

Queens Village and Cambria Heights community members, elected officials and representatives of the FDNY joined the family of the late Melody Edwards as they unveiled a street sign for Melody Anne-Simone Edwards Way Saturday.

The neighborhood was rocked two years ago when a Sunday afternoon four-alarm fire destroyed three homes and took the lives of five people between the ages of 2 and twenty years-old, including the 17-year-old Edwards, an Arista National Honor Society member, track and volleyball star, and prospective graduate at the Queens High School of Teaching.

Edwards had been visiting the home of her friend, Jada Foxworth, who also perished in the fire, to tutor one of the children there when the deadly blaze broke out.

"Melody was more than a gifted scholar and athlete. She was a mentor to her peers who led by the example of her character," City Councilman I. Daneek Miller said. "Today's dedication of Melody Anne-Simone Edwards Way will reflect not only on the tragedy that took a life that held so much promise but the fact that, in life as well as death, Melody's legacy set the standard for the next generation, and her memory will forever raise our community up."

FDNY Assistant Chief Edward Baggott attended the emotional event with members of Engine Company 317/Ladder Company 165/Battalion 54. Investigators found there were no working smoke detectors in the home at 112-16 208th St. and several safety awareness town halls were held throughout southeast Queens in the aftermath.

"Five young lives were taken in this tragic fire, including Melody Edwards,



Courtesy of Miller's office

The family of Melody Anne-Simone Edwards with City Councilman I. Daneek Miller

who we honor and remember with this street co-naming," Baggott said. "The FDNY is deeply committed to reaching every community with the life-saving message of fire safety education and we want each New Yorker to have a working smoke alarm in their home."

Queens Borough President Melinda Katz remembered the young lady who wanted to study law.

"Melody Edwards was a bright and talented young woman who, before her tragic passing, was a true leader in her school, her church and her community," Katz said. "By co-naming 118th Avenue in her honor, Melody's memory will inspire generations of young people to live as she did, with grace, humility and a passion for lifting others up."

During a memorial service last year, her debate teacher at PS/IS 270 in Rosedale remembered how Edwards went to school officials to intervene when a gang was recruiting a shy friend of hers.

"Melody Anne-Soimone Edwards was a gifted young woman with a bright

future and she will be missed by family, friends, and our community; though we lost her and four other young adults and children is an unspeakable tragedy, we saw the best of who we are in its aftermath," state Senator Leroy Comrie said. "Melody's family is preserving her legacy by continuing to give back to the community and I commend them for their strength."

The Edwards family established a \$1,000 scholarship in her name for graduating high school students who demonstrate a strong commitment to volunteerism as she did. They also plan to create a foundation called #E4M, Everything for Melody, to foster a spirit of service within their community.

"Melody was an inspiration to us all, she had done something that we all aspire to do and that's to maximize our time," Assemblyman Clyde Vanel said. "The love that has been shared reverberated throughout her community since her passing can only be described as she was, special."

Time for Digital Detox? America's Smartphone Addiction

U.S. smartphone owners check their phone
47x a day.

>80% check their phone within an hour after getting up/before going to sleep.

47% have tried to limit their phone usage in the past.

85% use it while talking to friends & family.

35% do so within 5 minutes.

30% have done so successfully.

Based on a survey of 1,634 US smartphone owners in July 2017.

Source: Deloitte Global Mobile Consumer Survey

Mayor de Blasio cuts library funding after using Park Slope branch as a satellite office for years

NYDailyNews.com | May 23, 2019

By: Anna Sanders



Mayor Bill de Blasio and his wife Chirlane McCray voted this morning November 7, 2017 at the Park Slope branch of the Brooklyn Public Library. (Todd Maisel/ New York Daily News)

Mayor de Blasio is slashing millions in funding for the city's public libraries after using the Park Slope branch as his personal satellite office for years.

The mayor worked from the Park Slope Library at least 52 times since taking office in 2014 through this past Jan. 31, according to his public schedules. In all, he's held events and meetings at libraries across the city on at least 73 occasions during that time, though the Park Slope branch is by far his favorite.

The neighborhood library first became a post-gym workstation for de Blasio in November 2015.

The branch is conveniently located across the street from the Park Slope YMCA in Brooklyn — where de Blasio still insists on working out despite living an 11-mile drive away at Gracie Mansion in Manhattan.

After exercising, the mayor often walks to the library to use an upstairs office for radio and TV interviews, as well as have powwows with high-ranking City Hall staff.

De Blasio logged 43 appearances on WNYC's "The Brian Lehrer Show" from the branch between November 2015 and April 2018, his schedule shows. The mayor's done seven other radio and TV hits from the library and hosted a video conference with students to promote the city's "college access for all" plan once.

In October 2016, de Blasio even held a meeting with his wife, first lady Chirlane McCray, at the library, with seven other top aides on speakerphone.

The mayor still proposed cutting \$10.4 million in operating funds from the city's three public library systems as part of his latest budget proposal, a City Council analysis found.

"It's fundamentally wrong and hypocritical to take so much from our libraries only to slash their budgets in return," said Councilman Jimmy Van Bramer, chair of the cultural affairs and libraries committee. "All libraries ever do is try to help every New Yorker in any way possible, and that includes Mayor de Blasio."

De Blasio's budget proposal takes the extraordinary step of including the library funding cuts in future budgets. "That's unprecedented," Van Bramer said.

The Brooklyn Public Library system alone faces a \$3 million cut. This means that the Park Slope Library and other branches could lose roughly \$50,000 each a year, according to an estimate from David Woloch, an executive VP for the Brooklyn Public Library.

"We're looking at less staffing – librarians, security – and fewer branch hours," Woloch said. "We're going to have to make some tough decisions."

Asked about the mayor's habit of working from the Park Slope branch, Woloch said simply: "It's great he likes the library."

City Hall spokesman Raul Contreras said city funding for libraries grew by \$88 million on de Blasio's watch.

"This includes funding for six-day service in every borough, and investing more than \$1 billion over the next ten years for facility improvements across the three systems," Contreras said.

Lessons Learned While On The Beat

By Eric L. Adams

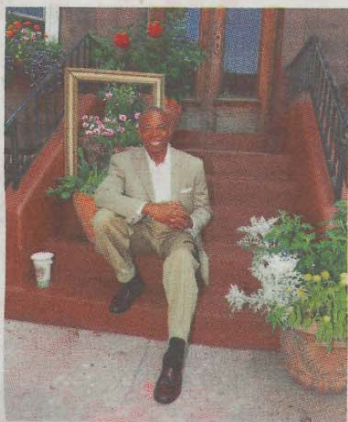
Teaching the Value of a Dollar at an Early Age

As a child, I knew lean times – times when I had to forego things my classmates had and could afford. At one time or another I've heard "sorry, but those sneakers are just too expensive, and we can't afford to buy those right now." "I made so many mistakes as a young man because I never had a background in basic financial education, and I wasted so much money.

I believe we need financial education taught to every young New Yorker so they can have an early start on establishing a bright financial future. Teaching these 'soft skills' is foundational, like ensuring the gears of a machine are properly oiled, to closing the inequality gap and helping create self-sufficient families. Recently, I put my support behind S.2452/A.1357, legislation that would establish a financial education curriculum in grades 9 through 12 across New York State. At least five states currently require a personal finance course to graduate high school, including Alabama, Missouri, Tennessee, Utah, and Virginia; in September, New Jersey will require all middle schools to offer financial education.

Since arriving at Brooklyn Borough Hall, I've committed to improving the financial literacy of all Brooklynites, including an understanding of how money works, how one earns and manages it, and how to invest or donate to help others in need. Partnering with organizations in the financial services, grassroots, and small business communities, my administration has organized and supported hundreds of free educational opportunities across the borough since 2014, which have taught nearly 4,500 residents the necessary skills to make wise everyday financial decisions. I declare every April to be Financial Education Empowerment Month in Brooklyn, highlighting the importance for families to make smart budgeting decisions, avoid financial scams, and monitor their expenses. Still, these efforts are no substitute for classroom instruction at an early age, helping young men and women avoid the pitfalls that can handicap their opportunities.

It is of the utmost urgency that our children and grandchildren learn to navigate the world of personal finance at an early age.



Eric L. Adams

Implementing a financial education curriculum has been demonstrated to improve students' credit scores and increase savings rates. This is particularly impactful when we consider the number of millennials who are concerned about their finances. A 2016 survey from Bank of America found that only 16 percent of Americans between ages 18 to 26 are very optimistic about their financial future, which for many includes part of the trillions of dollars in student debt that our nation's borrowers carry. Perhaps even more alarming, a 2018 report by Economic Well-Being of U.S. Households indicated that a full forty percent of American households did not have enough money to cover a \$400 emergency expense. Many more families are struggling on top of that when we note differences in education levels, race, ethnicity and geography.

As borough president, I realize that Brooklyn cannot thrive if its families can't survive on their finances. All Brooklyn families also want their children to thrive, and be assured their children will be able to survive and overcome challenges that they may face in the future, by getting a head-start on financial literacy. That's why a holistic 21st century education needs to include financial education.

Eric L. Adams is borough president of Brooklyn. He served 22 years in the New York City Police Department (NYPD), retiring at the rank of captain, as well as represented District 20 in the New York State Senate from 2006 until his election as borough president in 2013.

Reducing stroke mortality

Expert Advice

May is National Stroke Awareness Month, with a focus on raising awareness of stroke risk factors and prevention. Stroke remains one of the top five causes of mortality and morbidity in the United States.

As a result, a wealth of studies inform us on the roles of medications and lifestyle in managing risk. Of particular importance are changes in medication guidelines that balance the risks and benefits of different stroke prevention regimens.

Two medications have shown positive impacts on reducing stroke risk: statins and valsartan. Statins are used to lower cholesterol and inflammation, and valsartan is used to treat high blood pressure.

Statins do have side effects, such as increased risks of diabetes, cognitive impairment and muscle pain. However, used in the right setting, statins are very effective.

In a study presented at the 2012 American Academy of Neurology conference, patients who were on a statin to treat high cholesterol had an almost sixfold reduction in mortality when experiencing a stroke, compared to those with high cholesterol who were not on therapy.

There was also significant mortality reduction in those on a statin without high cholesterol, but with diabetes or heart disease. The authors surmise that this result might be from an anti-inflammatory effect of the statins.

Valsartan iworks on the kidney to reduce blood pressure. However, in the post-hoc analysis that looked back at the completed Kyoto Heart Study data, valsartan used as an add-on to other blood pressure medications showed a 41 percent reduction in the risk of stroke and other cardiovascular events for patients who have coronary artery disease.

It is important to recognize that high blood pressure and high cholesterol are two of the most significant risk factors for stroke. Fortunately, statins can reduce cholesterol, and valsartan may be a valuable add-on to prevent stroke in those patients with coronary artery disease.

There are two anti-platelet medications that are sometimes given together in the hopes of reducing stroke recurrence – aspirin and Plavix (clopidogrel). The assumption is that these medications together will work better than either alone.

However, in a randomized con-

trolled trial, this combination not only didn't demonstrate efficacy improvement but significantly increased the risk of major bleed and death.

Major bleeding risk was 2.1 percent with the combination versus 1.1 percent with aspirin alone, an almost twofold increase. In addition, there was a 50 percent increased risk of all-cause death with the combination, compared to aspirin alone.

Patients were given 325 mg of aspirin and either a placebo or 75 mg of Plavix. The study was halted due to these deleterious effects. The American Heart Association recommends monotherapy for the prevention of recurrent stroke. If you are on this combination of drugs, please consult your physician.

A prospective study of 20,000 participants showed that consuming white fleshy fruits (apples, pears, bananas) and vegetables (cau-

liflower, mushrooms) decreased ischemic stroke risk by 52 percent.

Additionally, the Nurses' Health Study showed that foods with flavanones, found mainly in citrus fruits, decreased the risk of ischemic stroke by 19 percent.

The authors suggest that the reasons for the reduction may have to do with the ability of flavanones to reduce inflammation and/or improve blood vessel function. I mention both of these trials together because of the importance of fruits in prevention of clot-based stroke.

Fortunately, there are many options to help reduce the risk or the recurrence of a stroke. Ideally, the best option would involve lifestyle modifications. Some patients may need to take statins, even with lifestyle modifications. However, statins' side effect profile is dose-related. Therefore, if you need to take a statin, lifestyle changes may help lower your dose and avoid harsh side effects.

For further information, visit medicalcompassmd.com or consult your personal physician.



Dr. David Dunaief is located in Downtown Brooklyn and focuses on the integration of medicine, nutrition, fitness and stress management.

If you live long enough, you'll probably get cataracts, which are an inevitable consequence of getting older. The eye lens can begin to cloud in middle age and by 80, more than half of all Americans will either have cataracts or have had cataract surgery. "I liken cataracts to wrinkles and gray hair," says Anupama Horne, an ophthalmologist and eye surgeon at Duke University in Durham, N.C. In the end, nearly everyone will develop them. But the good news is that today's high-tech procedures restore clear vision in 90 percent of the 3 million Americans who undergo cataract surgery every year.

What they are

Cataracts usually occur when normal proteins in the lens of the eye break down, causing the lenses to become cloudy. The lens of the eye works much like a camera's: It focuses light onto the retina at the back of the eye, which then relays nerve signals to the brain, and it adjusts the eye's focus, enabling us to see things clearly up close and far away. But the normal wear and tear of aging causes the proteins to clump together, which clouds the lens, gradually making it harder to see as the cataract grows larger. Cataracts usually take a long time to develop, and can occur in one or both eyes but won't spread like an infection from one eye to the other.

Causes

Aging is the most common cause of cataracts, but other culprits can contribute, including certain medications, chronic illnesses, poor health habits or too much sun without protection. "Being extremely near-sighted is also associated with a higher frequency of cataracts," says John D. Dugan Jr., an ophthalmologist and cataract surgeon at the Wills Eye Hospital in Philadelphia. "But we're not sure why." Family history plays a role, too.

Symptoms

Because age-related cataracts generally develop over time, gradually worsening vision may not be noticeable. But as the clear lens of the eye slowly turns a yellowish/brownish color, the increased tinting may make it more difficult to read and colors seem faded. Other symptoms include blurry or double vision, glare — when headlights, lamps or sunlight appear blindingly bright — and poor night vision that can make driving hazardous.

"It's like a piece of clear plastic becomes yellowed and discolored," says John Bartlett, an ophthalmologist and eye surgeon at UCLA Stein Eye Institute in Los Angeles. "As new layers are added, it becomes denser and harder."

Diagnosis

If you have a constellation of these symptoms, see a doctor for an eye exam. Experts recommend that people over age 65 get checkups every year or two; those younger should have their eyes checked at least once every two years — more if they have certain health issues. "If you're on corticosteroids, you should have regular eye exams," says Dugan. "You might not even be aware that it is starting to affect their vision."

Cataracts are usually identified by a thorough exam that includes a visual acuity test, where you read letters of varying sizes off an eye chart. This measures the sharpness and clarity of your vision, and how well you can see at various distances.

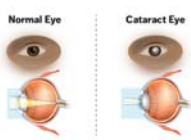
You'll also be given a dilated eye exam, in which drops are used to dilate and widen the pupils, offering the physician a clearer view of the back of your eye. Your doctor will then use a slit-lamp microscope to look for signs of cataracts, as well as examine the retina and optic nerve for signs of eye damage and other problems such as glaucoma.

Treatment

When cataracts are in their early stages, patients can find some relief with new eyeglass prescriptions, brighter lighting, antiglare sunglasses or magnifying lenses. But once the cataract progresses and symptoms are interfering with the activities of daily living — reading, driving, watching TV — then surgery to remove the cataract is the only alternative.

"Don't get fooled by scams," says UCLA's Bartlett. "I'm constantly seeing ads for eye drops that purport to get rid of cataracts. The only treatment to remove cataracts is surgical."

Before surgery, your surgeon may have you see your family doctor to have a thorough medical exam to make sure you're stable enough for surgery, says Ravi Goel, a New Jersey eye surgeon and clinical spokesperson for the American Academy of Ophthalmology. Certain heart and lung conditions, as well as dementia, may make patients poor candidates for surgery.



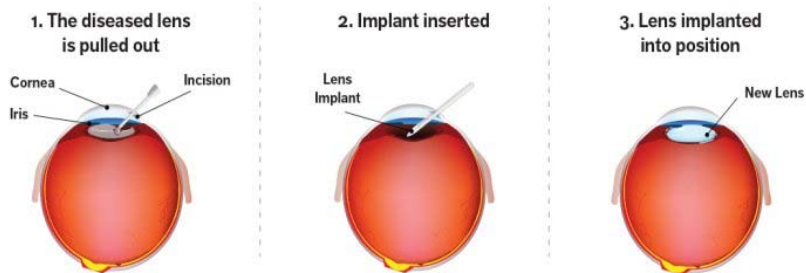
Surgery - what to expect

Preparations: A week before surgery, your doctor will test your eyes to measure the curve of the cornea and the size and shape of your eye. The information will help the surgeon choose which type of artificial lens — known as an intraocular lens (IOL) — is right for you. You may also need to temporarily stop taking certain medications. If you have cataracts in both eyes, each eye will be treated at a separate time to allow for healing.

Procedure: The surgery itself, which usually takes less than 30 minutes, is generally done on an out-patient basis under local anesthesia that numbs the nerves in and around the eye. The procedure involves removing the cloudy lens and replacing it with a clear, plastic one. The eye surgeon makes a tiny cut in the cornea, the clear dome-shaped surface that covers the front of the eye. A tiny probe is inserted through the cut. Using ultrasound, the probe breaks up the cloudy lens into very small pieces, which are suctioned out.

The artificial lens is inserted through the cut and positioned inside the lens capsule, which holds the new lens in place. Sometimes, the cut in the eye will need a stitch, but it is normally small enough to heal on its own. The operation can

Cataract Surgery



Refractive surgery:

While you're under the knife, the surgeon can also do what is called refractive surgery, a procedure that corrects vision issues, such as nearsightedness or astigmatism. But note that insurance and Medicare don't cover these added procedures.

Typically, out of pocket costs start at \$1,000 per eye for astigmatism and \$2,000 for multifocal implants, according to Dugan of the Wills Eye Hospital.

Complications: After surgery, most people's vision improves quickly and colors will be more vivid. They can resume their normal activities when they get home, although they may need to wear a patch over the eye. Itching and mild discomfort are normal and eyes may be sensitive to light and touch. But within a day or two, unpleasant aftereffects should diminish. For a week or so after surgery, patients will need to use eye drops to help with healing and decrease the risk of infection, and may wear an eye shield or eyeglasses to protect their eyes.

As with any surgery, there is a possibility of complications, such as infection, bleeding, inflammation, double vision and high or low eye pressure. In rare instances, retinas can become detached. However, these problems can usually be treated with prompt medical attention. Occasionally, the eye tissue that encapsulates the IOL can cloud the new lens — a condition that is called after-cataract, which can develop months or even years after the surgery. This normally can be corrected with a laser.

Prevention

If you smoke, stop; limit alcohol consumption and keep diabetes under control. When you're outside, wearing a hat and sunglasses with UV400 or 100 percent UV protection to block harmful ultraviolet sunlight may help delay their onset. "Long-term exposure to UV light does increase risks," says Shahzad Mian, an eye surgeon at the Kellogg Eye Center at the University of Michigan in Ann Arbor. "People who live in equatorial climates get more advanced cataracts and at a younger age because of the more intense sunlight."

Doctors recommend cutting out sugary carbohydrates and consuming green, leafy vegetables, fruit and other nourishing edibles that contain natural antioxidants because many believe oxidative damage from sunlight and environmental exposures damages the lens of the eye.

Memorial Day 2019

Saluting the men and women who have made the ultimate sacrifice





Rosedale Memorial Day Parade



OneNYC 2050

BUILDING A STRONG AND FAIR CITY

A LIVABLE CLIMATE

The full OneNYC 2050 Report can be found at onenyc.cityofnewyork.us.

CLIMATE CHANGE POSES AN EXISTENTIAL THREAT TO OUR FUTURE.

IT IS HAPPENING ON BOTH A NATIONAL AND GLOBAL LEVEL AND ON OUR CITY'S STREETS.

Communities across the city devastated by Hurricane Sandy fear another extreme weather event. We all worry about aging relatives and children during heat waves that now occur more frequently. New Yorkers are already affected by regular tidal flooding — and it will only get worse and more widespread as sea levels continue to rise in New York City at twice the global average. Lives are on the line, time is not on our side, and the future of our city is in jeopardy.

The science behind climate change is indisputable: The burning of fossil fuels is the single largest contributor to human-caused climate change. Unfortunately, climate change is a national emergency without a national policy, and efforts to curb fossil

fuels and greenhouse gas (GHG) emissions have been stymied by federal actions such as the repeal of the Clean Power Plan, the federal government's intention to withdraw from the Paris Climate Agreement, and the weakening of vehicle fuel standards—as well as a persistent campaign of deception and denial by fossil fuel companies.

Our goal is to achieve carbon neutrality by 2050, and do so in a just and equitable way. To make our communities safe and resilient, we will continue to invest in flood and heat mitigation, and in hardening our critical infrastructure, including transit, energy, telecommunications, water, wastewater, and waste management. We will also ensure our air and water are clean, residents have access to open and natural spaces, and sustainable transportation options are available to everyone. We will do all of this while housing a diverse and growing population and creating good-paying and accessible jobs. New York City will have a livable climate and take a leadership role both at home and abroad in confronting climate change.

INDICATORS

NEW YORK CITY WILL MEASURE PROGRESS BY TRACKING THE FOLLOWING INDICATORS:

INDICATOR	LATEST DATA	TARGET
GREENHOUSE GAS EMISSIONS ELIMINATED, REDUCED, OR OFFSET	17% (2017)	100% BY 2050
SHARE OF ELECTRICITY MIX FROM CLEAN SOURCES	27% (2019)	100% BY 2040
FLOOD INSURANCE ENROLLMENTS	35,494 (2019)	INCREASE
CITY PENSION FUND INVESTMENTS IN CLIMATE CHANGE SOLUTIONS	\$2B (2019)	INCREASE TO \$4B BY 2021



The Sustainable Development Goals (SDGs) are the global blueprint adopted by all countries at the United Nations to achieve a better and more sustainable future for all, encompassing strategies to end poverty, improve health and education, reduce inequality, spur economic growth, and tackle climate change. By demonstrating directly how OneNYC 2050 aligns with the SDGs, we strengthen our efforts to build a strong and fair city.

Learn more about the SDGs online at:
sustainabledevelopment.un.org/sdgs



sanitation

Make Compost, Not Trash

Master Composter Certificate Course

The NYC Compost Project Master Composter Certificate Program is a train-the-trainer course designed to equip New Yorkers with the knowledge and skills to build support for and participation in composting at home, community, and citywide composting initiatives. The course requires:

- 24 hours of classroom instruction
- 2 field trips
- 30 hours of compost-related fieldwork
- Final project

The Master Composter course covers topics in soil, decomposition, and compost science; how to design and build a variety of compost systems suitable for urban areas; how to start and manage a composting project in your community; how to use finished compost; techniques for teaching others about composting.

Eligibility: Applicants must be NYC residents and be at least 18 years old.

Fee: There is a course material fee of \$40; limited scholarships are available.

Applications are closed for the 2019 course. Check back in December for details on the 2020 Master Composter Certificate Course.

To learn more about composting in NYC, attend a workshop, or volunteer, contact any of the seven the NYC Compost Project host sites throughout the city.

Email nyccompostproject@dsny.nyc.gov for more information.

Make Compost, Not Trash.

“It's important to keep food scraps out of landfills. The compost that is made from them is rich in nutrients and great for gardening. I use the New York City Compost to grow tomatoes and kale.”

— Kangelita Moore
Master Composter & President
of Friends of Brookville Park
ROSEDALE, QUEENS

MakeCompost.nyc call 311
f @ NYCsanitation • NYCzerowaste
Text CompostONS to 474747 for more information.*
*MSG and Data Rates may apply.



sanitation

Make Compost, Not Trash.

“We love that our food scraps are being used to make New York City Compost! We use the compost in our garden all the time!”

— Angela Augugliaro
Queens Colony
Civic Association
BELLEROSÉ, QUEENS

MakeCompost.nyc call 311
f @ NYCsanitation • NYCzerowaste
Text CompostONS to 474747 for more information.*
*MSG and Data Rates may apply.



sanitation

this is...

May 2019 • Volume 15 • Issue 5

Business News From The Queens Chamber Of Commerce

QUEENSBOROUGH

TAKING OFF

**NEW CENTER
AIMS TO HELP
LOCAL BIZ
BENEFIT FROM
JFK PROJECT**

ALSO

- CHAMBER INDUCTS NEW BOARD
- OPIOID CRISIS AND THE WORKPLACE
- WHAT TO KNOW BEFORE YOU OFFER A 'CASH DISCOUNT'
- WHY YOUR BUSINESS SHOULD BE IN A SMART BUILDING
- CHAMBER GEARING UP FOR MAY 16TH BUSINESS EXPO

**"THIS IS ONE OF THE LARGEST
INFRASTRUCTURE PROGRAMS TAKING
PLACE RIGHT NOW IN THE COUNTRY. OUR
COMMUNITY GETS TO BE A PART OF IT."**

- SELVENA BROOKS-POWERS

NANTASHA WILLIAMS & SELVENA BROOKS-POWERS OF THE JFK REDEVELOPMENT COMMUNITY INFORMATION CENTER

JFK PROJECT PUTS FOCUS ON LOCAL BUSINESSES

BY BENJAMIN FANG

The Port Authority's JFK Redevelopment project opened its Jamaica outreach office in March to ensure that the local community benefits from the \$13 billion program.

While still relatively early in the redevelopment process — shovels are not expected to go into the ground until next year — the team is already ramping up its services and outreach to both area businesses and the local workforce.

Selvena Brooks-Powers, manager of External Affairs and Community Outreach, said they came on board before the governor announced the two terminal developers.

"We've been able to engage in a lot of conversations to build from the ground up, as opposed to coming in later into the process," she said. "I think that's been helpful."

One of the main ways the project focuses on community needs is by adopting a 30 percent utilization goal of Minority and Women Business Enterprises (MWBEs), which applies to both contracts and financing interests.

The Port Authority is currently in the middle of lease negotiations with developers, Brooks-Powers said. They expect construction to start in 2020, with an anticipated completion date in 2025.

"This is one of the largest infrastructure programs taking place right now in the country," she added. "Our community gets to be part of it."

"We're really here as a resource, this office is your office, in a sense," Williams added. "We want to make sure we're out there in the community, servicing the individual, the business and institutions in the community."

The JFK Redevelopment Community Information Center is located at 144-33 Jamaica Avenue and open Monday through Friday from 9 a.m. to 5 p.m., except Thursdays when it is open from 11 a.m. to 7 p.m. For more information, call (718) 244-3834 or visit anewjfk.com.

According to Nantasha Williams, co-manager of External Affairs and Community Outreach, the team will place an emphasis and priority on MWBE firms from the communities surrounding the airport.

The same priority will apply to the local workforce when making hires, whether it's for the construction or operation of the two new terminals.

Williams said the JFK Redevelopment is the first and largest project that is subject to Governor Andrew Cuomo's 30 percent MWBE goal. She hopes it will set a precedent for the future.

"We're really giving opportunities to MWBE firms locally, allowing them to scale up their businesses," she said, "and be able to work on a project that could elevate or escalate their existing work portfolio."

Brooks-Powers said there has already been a lot of interest from the business community, whether it's the food industry or construction firms. The Jamaica outreach office has already hosted several professional service roundtables focusing on sectors like real estate, accounting and attorneys.

"Everyone wants to be part of it,"

she said.

To facilitate the process, Brooks-Powers and Williams have been hosting bi-monthly certification training for local small MWBE firms. To be counted toward that 30 percent goal, participating businesses have to be a certified MWBE either with the Port Authority or with the state.

Early on, the redevelopment team has also connected the developers with local businesses to discuss their timelines, their needs and what firms can do to prepare to win those contracts.

Brooks-Powers noted that the terminal developers, Terminal One Group Association and JetBlue, have worked closely with the outreach office and attended all of the advisory council meetings.

The terminal developers have also hosted their own events. JetBlue recently organized a meet-and-greet for design-builders, while Terminal One Group Association had an event focused on demolition.

"It's helping these businesses get in the right position to go after the opportunities," she said.

The JFK Redevelopment team

has also looked internally at the many barriers that MWBEs face, and figuring out ways to get rid of those obstacles, which include access to capital and insurance.

Williams said sometime their own internal processes might be "a little cumbersome." She also noted that there can be a "general bias" in contracting and procurement, which the Port Authority's chief diversity officer has been seeking to address.

They're figuring out ways to "break out" large contracts, which would allow smaller firms to bid on portions of a big project that they wouldn't normally have access to.

For Brooks-Powers, they are focused on building capacity in the community and making sure they have enough notice for opportunities coming up.

That's why the redevelopment project formed an advisory council made up of local elected officials, community board representatives, civic groups, business organizations and faith-based leaders.

"We don't want the community to miss the opportunities," she said. "We want them to definitely be a part of this."



Selvena Brooks-Powers and Nantasha Williams head the new JFK Redevelopment Community Info Center.

Mapping for Community Impact

Esri Maps for Public Policy App Drives Fact-Based Decision-Making

The new Maps for Public Policy web app from Esri provides free access to preauthored policy maps, allowing anyone to interactively explore various issues that communities face today. The app, announced by Esri president Jack Dangermond at the National League of Cities (NLC) City Summit in November

2018, is a bipartisan resource designed to help policy makers and citizens make fact-based decisions.

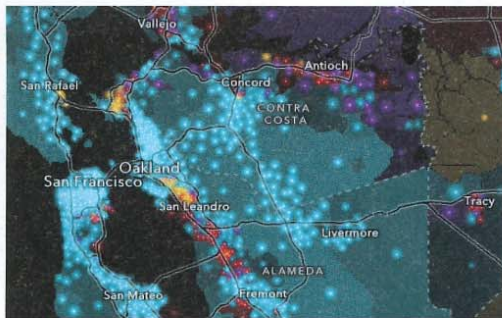
The policy maps featured in the app make data easier to understand. They highlight opportunities for users to get involved in social initiatives, fostering not only awareness but also civic engagement. The

app gives users ready-to-use location intelligence and express access to policy maps, so they can skip the steps of obtaining and preparing the data.

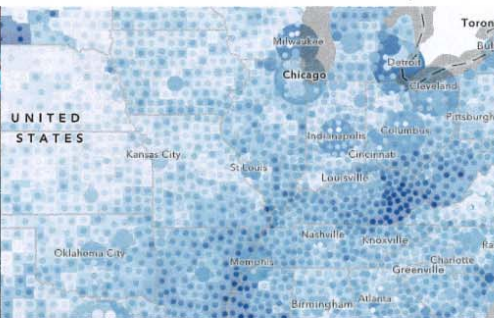
Expediting the process of visualizing community data was a key driver for Esri to create this free app.

"Maps are something that people use to quickly understand and fathom the dimensions of situations," Dangermond said during his announcement at the NLC City Summit. "We appreciate the opportunity to support people with technology—not to go to the right or go to the left, but to go forward with data-driven policy."

Continued on next page.



↑ The maps are preauthored, making it easy to spatially visualize data such as educational levels.



↑ Users can easily examine issues like how many people in the United States are on Medicaid.



↑ The policy maps tackle high-priority topics, such as how long commuters wait for public transit.



overview

Where We Live NYC is committed to updating the public on our data analysis throughout the process. New Yorkers can use this preliminary data to learn more about diversity in their neighborhood, and the opportunities and challenges facing different New Yorkers.

To learn more visit wherewelive.cityofnewyork.us

Esri Maps for Public Policy is powered by the extensive portfolio of authoritative data available in ArcGIS Living Atlas of the World, the foremost collection of geographic information from around the globe. The data layers are “living,” meaning they’re regularly updated for accuracy and curated for quality. There are datasets on demographics, infrastructure, gross domestic product, and the environment that come from sources including the American Community Survey (ACS), the US Census Bureau, and the US Department of Housing and Urban Development (HUD). A team of Esri geographers preauthored the app’s policy maps, performing analysis on high-priority social, economic, health, infrastructure, sustainability, and environmental issues to furnish a collection of useful data that is relevant to today’s changing political environs.

To explore this collection of preauthored policy maps, open the app—accessible at esri.com/policymaps—in a web browser, select a location of interest, and choose a topic to examine: population, housing, or education. A collection of map cards then appears, which users can search and filter. Anyone can personalize the app by adding and removing cards while browsing the more than 400 available maps. When users select a card, the data populates ready-to-use maps of the selected location. Users can then click on the map to see pop-ups with additional information.

Esri Maps for Public Policy offers users the opportunity to investigate data at the local, state, and national levels so they can better understand how location impacts policy. The app includes data on social equity and health, economic opportunity, transportation and infrastructure, resilience and sustainability, the environment and natural resources, and public safety. By examining this data, policy makers and citizens can work together to tackle numerous issues facing their communities.

For some, Esri Maps for Public Policy can be a starting point for doing further analysis and executing more comprehensive GIS projects. Within the app, the title of each card links to the map source in ArcGIS Online. Current ArcGIS Online users can log in and open the preauthored policy map layers to perform their own research and exploration. Users can add Living Atlas layers to the policy map or import other community data to support specific causes.

The app’s sharing capabilities also make it easy to collaborate. After users have collected their maps of interest, they can simply click the Share icon in the upper right-hand corner of each map. Options for sharing include email, Twitter, and Facebook. Anyone who receives the link can then view the collection of maps as the sharer intended them to be seen, eliminating the need for users to re-create the same map and collection experience during each app session.

Esri Maps for Public Policy helps people map for community impact and, if needed, take action. Together, everyone can move forward with facts.

To get started with policy mapping, visit esri.com/policymaps and browse the map collection, discover Learn Lessons, and read blogs and literature to gain inspiration.

Here are some resourceful ways to use the Maps for Public Policy app.

Build a Healthy Community

Understand how geography affects people’s access to health care and mental health clinics. View drug poisoning or overdose mortality rates, drug drop-off locators, and opioid prescription claims. Take a look at the Environmental Protection Agency’s (EPA) National Air Toxics Assessment and develop a greater understanding of how poor air quality constrains public health.

Promote Equal Opportunity

Browse neighborhoods by housing affordability and compare this to homeownership and homelessness rates. Visualize how race, gender, age, and educational attainment affect income levels. Research areas where poverty persists, and see the risks and opportunities for improvement for neighborhoods below the poverty line.

Plan Eco-Friendly Developments

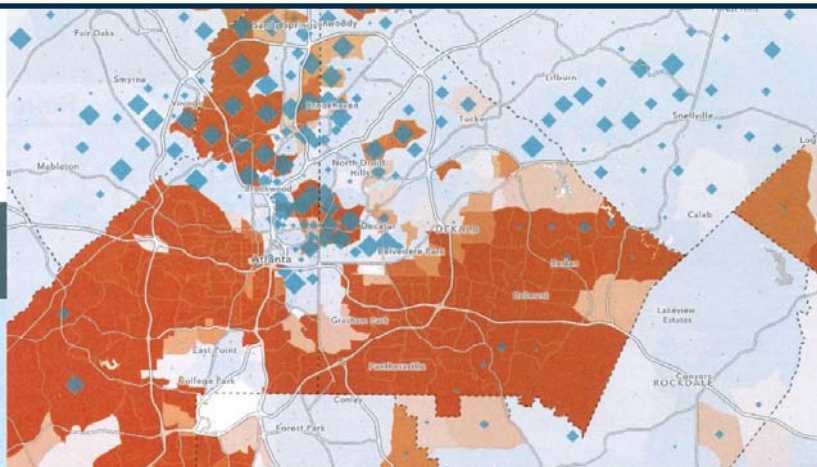
View the US census tracts that have been identified as certified economic opportunity zones. Analyze national foreclosure rates to discover demographic variations. Look for areas that would be ideal for implementing green infrastructure, get a better understanding of conservation land use, and learn about ecological integrity.

Design Cities That Work

Find the best route for your morning commute. Analyze daytime population and traffic patterns to see how cities can design better infrastructure. Learn how job accessibility is being transformed by public transit, teleworking, and hyper-commuters (people who spend more than 90 minutes traveling to work).

Address Public Safety

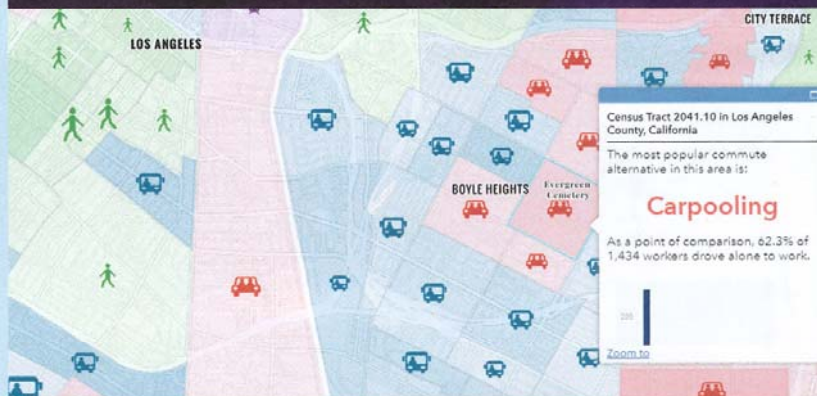
Plan efforts to overcome environmental hazards by looking at areas that are prone to wildfires and surveying patterns of human movement during a hurricane. View national firearm fatality and drug poisoning rates to decipher how crime takes a toll on communities.



↑ Visualize how race, gender, age, and educational attainment affect people’s income levels in Atlanta, Georgia.



↑ Users can see where people have ample or inadequate access to supermarkets in places like Detroit, Michigan.



↑ Discover how people get to work if they don’t drive by themselves—an especially important question in traffic-heavy Los Angeles, California.



↑ Maps are multiscale, so users can analyze data—such as the number of households in the Washington, DC, area in which smartphones are the only owned computing devices—at various levels.

Bring Your Story to the Library for Immigrant Heritage Month!

June is Immigrant Heritage Month, and at Queens Public Library locations across the borough, we're holding special events celebrating our diverse cultures and encouraging you to bring your story to share with others and us at the Library!



Immigrant Day at the Library, 2017

- At each of our branches, we will have a special map for our customers to trace their family's journey to the United States. Using special string, our **Map Your Story** activity will show the cultural ties that connect the U.S. to the rest of the world!
- What is your family's most beloved recipe? Who was the first to make it? What are its roots? You can write down a family recipe and bring it to us at our **Stories Around Food** events, and one recipe representing each of our locations will be chosen for a Queens Public Library cookbook!
- Who was the first person in your family to immigrate to the United States? Where did they come from? Whether you are a recent immigrant or your family has been in America for generations, our **Family Heritage Project** for teens will provide a better understanding of your heritage for all of us to share.
- We also invite you to listen and share with us in a three-part event series starting June 6 to celebrate the launch of the first season of the **Queens Memory Podcast, Memories of Migration**. The podcast draws from oral history recordings with Queens residents. At each event, we will listen to a full episode from the season, followed by a talk-back session with a featured storyteller from the episode.
- Let your imagination run free as you **Create Your Family Flag!** Combine colors and shapes that come from the flags of your family's country or countries of origin, or use colors and pictures that are meaningful to your family, and make a unique family flag that celebrates your heritage.
- Do you have a traditional costume from your ancestral country? Come and show it off at select locations in a **Stories Around Clothes** multicultural mini-fashion show.

These are just some of the great activities we have planned for Immigrant Heritage Month; to see our full schedule, please visit us at www.queenslibrary.org. ■

Rosedale Civic Association, Inc.
Covering the Community of Rosedale
SATURDAY JULY 20TH

Rosedale Civic Association, Inc.
Est. 1946

STREET FAIR

**PRESENTING: FOOD - BOUNCING HOUSE - MAGIC BOX
FACE PAINTING - LIVE MUSIC - SPECIAL GUEST ARTISTE
come out early - lots of attractions & giveaways**

Participation of:

- 244TH STREET BLOCK ASSOCIATION • 148TH DRIVE & BLOCK ASSOCIATION
- PUBLIC & NON-PROFIT AGENCIES • QUEENS COMMUNITY BOARD #13
- LOCAL ELECTED PUBLIC OFFICIALS



**Starting
12 Noon - 5pm**



Queens Community Board 13

Bellaire | Bellerose | Brookville | Cambria Heights | Floral Park | Glen Oaks | Holliswood
Laurelton | Meadowmere | Queens Village | Rosedale | Springfield Gardens

Celebrate Organics Collection in your Community!



In partnership with
**New York State Assembly Member
David Weprin**



In partnership with
**New York City Council Member
Barry S. Grodenchik**



Compost Giveback Event

Sunday, June 30, 2019 | 11am - 1pm

8:30 am - 9:30 am | Pre-registrarion Pick Up Only

9:30 am - 10:00 am | First Come First Serve

Alley Pond Park | Parking lot on Winchester Boulevard
79-20 Winchester Blvd, Queens Village, NY 11427

Stop by our info table and find out how to compost your food scraps and yard waste in New York City.

Pre-register for the event to get free 40-pound bags of compost made from New York City food scraps and yard waste - 1 bag per person. To register call (718) 454-3027 or (718)805-2381.

For other ways to get compost in New York City visit nyc.gov/getcompost.


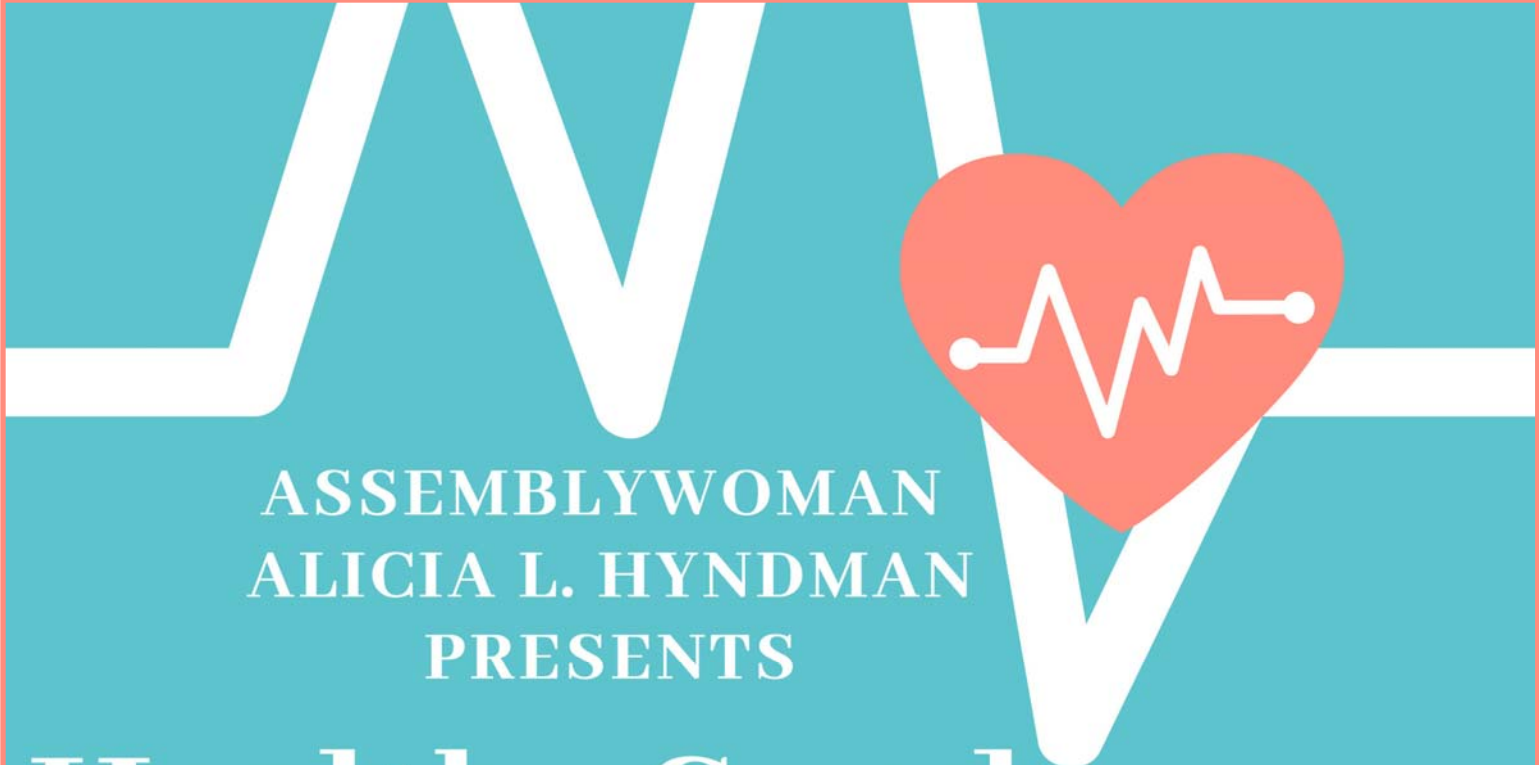
nyc.gov/organics | call 311

   NYCsanitation • NYCzerowaste

CHGEFQE13: COMMUNITY HOSTED GE FLYER QE13-OC 0519



sanitation



ASSEMBLYWOMAN
ALICIA L. HYNDMAN
PRESENTS

Healthy Sunday

In collaboration with
Road Map to Health

JUNE 30, 2019 • 9AM - 3PM

ST. MARY MAGDALENE ROMAN CATHOLIC CHURCH
218-12 136TH AVENUE
SPRINGFIELD GARDENS NY 11413



Make your health a priority!

Have your blood pressure, cholesterol and BMI tested.

Plus meet with a nutritionist!

Giveways just for attending our Healthy Sunday!

For more information please contact: (718) 723-7412



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Franck Joseph

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Marcia O'Brien

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Tameka Pierre-Louis

Springfield Gardens

Fay Hill

Curlene Nelson

Wayanda

Isa Avery

Are you a passionate and engaged community member who is dedicated to making a difference in your neighborhood?



Call the Queens Borough President's Office to apply.
718.286.3000.

Queens Community Board 13 wishes you a

Great Summer!

See you again in September!

CONTACT US

Mark McMillan, District Manager, mmcmillan@qcb13.org

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Corey Ince, Community Assistant, cince@qcb13.org



Twitter.com/QueensCB13



Facebook.com/QCB13

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Web qcb13.org