



Sentinel Newsletter

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



GENERAL BOARD MEETING

Monday, September 23, 2019 @ 7:30 PM

Bellerose Assembly of God

240-15 Hillside Avenue, Bellerose, NY 11426

AGENDA

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



Chiari Malformation
Awareness Month

See page 20 to learn what
Chiari Malformation is.

October Committee Meetings @ QCB13 Board Office:

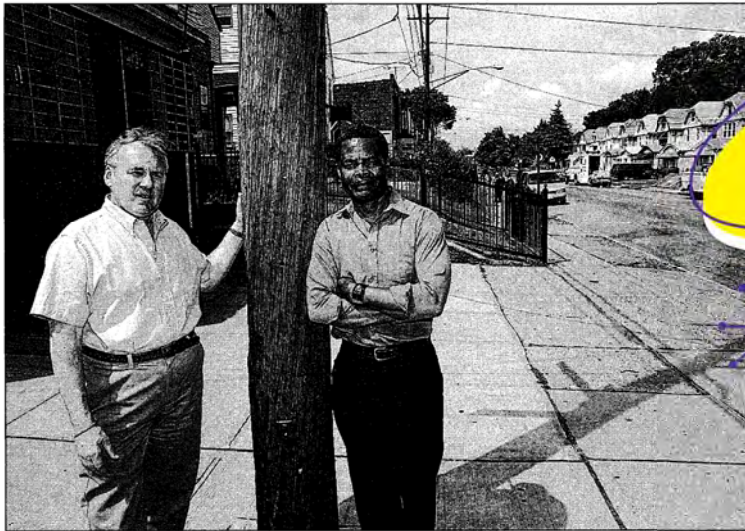
- **Public Safety** - Wednesday, October 2, 2019 @ 7:00 pm
- **Seniors & Special Needs** - Thursday, October 3, 2019 @ 7:00 pm
- **Land Use** - Monday, October 7, 2019 @ 7:30 pm
- **Economic Development** - Wednesday, October 9, 2019 @ 7:00 pm
- **Transportation** - Thursday, October 10, 2019 @ 7:00 pm
- **Parks and Environment** - Tuesday, October 15, 2019 7:30 pm
- **Health** - Thursday, October 17, 2019 @ 7:00 pm
- **Youth, Education & Libraries** - Tuesday, October 22, 2019 @ 7:30 pm



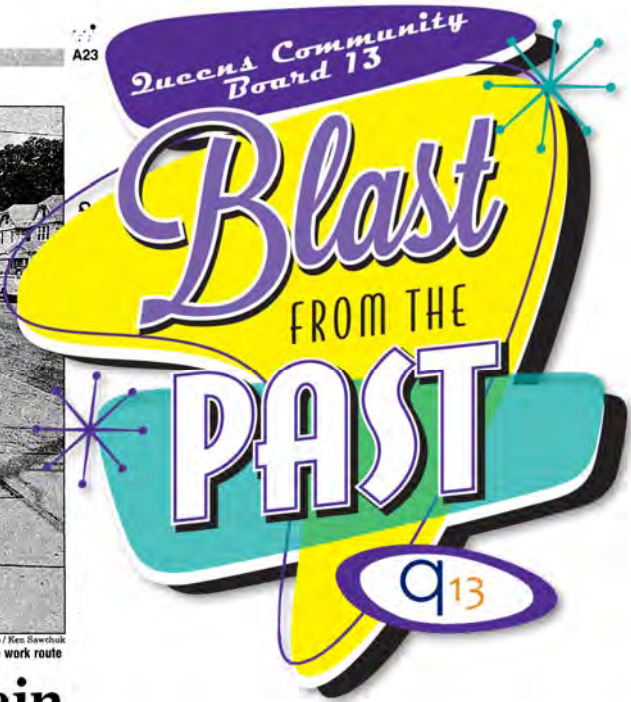
NEXT GENERAL BOARD MEETING, Monday, October 28, 2019

Bellerose Assembly of God

240-15 Hillside Avenue, Bellerose, NY 11426



Community Board 13 chairman Richard Hellenbrecht, left, and Wayanda Civic Association president Peter Richards along the work route



Project Brings Pain and Gain

Street widening will push back hedges, bushes, fences

By Alfonso A. Castillo

STAFF WRITER

The front-yard hedges outside Oswald Sullivan's Queens Village home are a far cry from the carefully manicured, egg-shaped kind found in many suburbs. His are a bit rough around the edges, have some patches completely barren and could use a good trimming.

But they are his hedges. And he wants to keep them.

"It's not right," said Sullivan, who lives on Springfield Boulevard near 110th Road. "Why cheat these people of their property?"

Sullivan is one of about 70 Queens Village residents who are being forced to give up land in front of their homes to accommodate a city road improvement project.

The plan to repair a one-mile stretch of Springfield Boulevard between 111th Road and Jamaica Avenue would require setting back people's properties as much as 10 feet. Hedges will be removed, fences pulled out and sidewalks shortened.

"It's unfortunate, but they can't do the project otherwise," said Assem. Barbara Clark (D-Queens Village), who has been promoting the project for several years. "It will create a little bit of pain here in the community, but I think the benefits will far outweigh the inconveniences."

Community Board 13, which covers the southeast Queens community of Queens Village, has been pushing city planners to begin the project for 20 years, board members said. They say the narrow, pothole-ridden road is prone to auto accidents and when it rains its inadequate sewers cause severe flooding.

The city Department of Design and Construction, which is overseeing the project, plans to add one driving lane and one parking lane to each side of the two-way road, build a median, replace curbs and install new sewers. Work is scheduled to begin in August, project organizers said.

But despite recent attempts by project organizers and supporters to win over residents, some are still upset with aspects of the plan that require them giving up property and absorbing the cost of the necessary setbacks.

City officials said that despite some residents' beliefs, the property being taken over belongs to the city. Negligent builders in the 1950s and 1960s disregarded property lines and extended front lawns onto city property, project organizers said.

A half-century later, city officials are asking for their land back even though many recent home buyers were not aware of the city line extending onto their front lawns. The city will pay to remove fences and hedges that need to come down to accommodate the plan but will not pick up the cost of putting those fences and hedges back within the homeowners' property.

"I don't see why the city should have to pay for it," said City Councilman Leroy Comrie (D-Queens Village). "If your neighbor told you your fence was on his property, and he was good enough to pay to have it removed, would you expect him to also pay to have it put in the right place in your yard?"

As upset as some residents are over having to give up property and pay for the changes, some are equally upset that their community

board and a local civic group have backed the plan.

Peter Richards, president of the Queens Village-based Wayanda Civic Association, has campaigned for the project for years and along the way has drawn the ire of some residents who feel he should instead be looking out for their interests. Richards said he is doing just that.

"I don't think you are ever going to get everybody to be happy, especially when they see you are cutting their front lawns in half or pushing their sidewalk back to their doorstep," Richards said. "Some residents are going to be unhappy, but the greater good needs to be considered."

Although residents acknowledged that the bumpy road is dangerous, they said hazards would be better addressed with more signage, traffic signals and better enforcement. Opponents added that by shortening sidewalks, the project would only put pedestrians closer to the fast-moving traffic.

"I see people speeding now. They're going to be even worse," said Queens Village resident Danny Palmer, who lives a block away. "They should be looking to shorten the road, not widen it."

Sally Martino-Fisher, spokeswoman for the community board, said every option was considered to keep from setting back homes, but ultimately, engineers determined the current plan will best beautify the road and increase safety.

"We've tried to explain how necessary it is," Martino-Fisher said. "If there was a way to not have to do this, that's the way it would be done, she said. "I'm sure of it."

Liquor Licenses

- Blue Light Cafe (Renewal)
271-21 Union Turnpike, **New Hyde Park**
- Dacade Restaurant & Catering (New Application)
220-17 Merrick Boulevard, **Laurelton**
- Dickens Louzairre (New Application)
245-11 Francis Lewis Boulevard, **Rosedale**
- Holiday Inn (New Application)
248-06 Rockaway Boulevard, **Rosedale**
- Secrets (Renewal)
245-11 Francis Lewis Boulevard, **Rosedale**
- Towers On The Green (Renewal)
272-48 Grand Central Parkway, **Floral Park**
- VIP Club at NS Towers
272-86 Grand Central Parkway, **Floral Park**
- American Airlines (Renewal)
JFK International Airport
- PZA (Renewal)
JFK International Airport, Terminal 1, Unit 17
- Sodexo Operations, LLC (New Application)
JFK International Airport, Terminal 4, Space #419.300





Healthy Community Day

This Saturday!

"Ideas for a better life!"

Medical Screenings

Family Support

Public Safety

Mental Health

Benefits Information

Substance Abuse

Services for Seniors

Saturday, September 28, 2019

10:00 am - 3:00 pm

(rain or shine)

Contact Number: 718.464.9700

Queens Village Veterans Plaza

(southwest corner of Jamaica Avenue and Springfield Boulevard)



**TERRENCE
LUDWIG**





Michael O'Keeffe, Chair
Robert Glover,
Vice Chair



Rhonda Kontner, Chair
Lorraine Gittens-Bridges,
Vice Chair

Public Safety Committee Meeting

Wednesday, September 4, 2019—1st Monday

Liquor Licenses:

- VIP Club at North Shore Towers — renewal approved
- Cormier Restaurant and Lounge, Queens Village — new application approved
- Several establishments on the agenda did not show up. If an establishment does not show up or contact the Board over several months, the District Manager will write a letter to the State Liquor Authority (SLA) stating that QCB 13 is unable to support the application.

Community Concerns:

- Several members of Southeast Queens communities attended to express their opposition to the possibility that several new liquor stores may be opening. One such application is already on file with the SLA. A petition expressing opposition was also produced. The Public Safety Committee Chair stated that the committee does not have a formal role in approving liquor store applications, but that the concerns of the community are taken seriously. There is a delicate balance between community concerns and the legal rights of property owners and those who lease property. The committee directed the District Manager to notify the SLA of the concerns expressed by community members. Members of the involved communities said they would try to contact the landlords involved.
- A community member expressed concern about a vacant house in Bellerose that appears to be occupied by squatters. Lieutenant DiPreta and Sergeant Collins from the 105th Precinct took down the information and will determine the appropriate action.

Youth, Education & Libraries Committee Meeting

Tuesday, September 10, 2019 – 2nd Tuesday

- Discussion began with School Diversity Advisory Group's recommendation that all gifted and talented programs be eliminated.
- Our committee did not agree with the SDAG's recommendation; however, we would like to see more programs in District #29.
- District # 29 needs resources in all schools.
- There were parent leaders present who discussed the history of District #29.
- District #29 funding does not appear to match the taxable income of its residents.
- What is our perception of the correlation between education and income?
- Further discussion on Campus Magnet re-unification - no one seems to feel that will happen.
- The committee agreed that all High Schools should offer four math and four science courses in order to prepare students for college.



Americana Series – Entry One: College Football



NFL football is America's most popular sport. Most can relate to our home team Giants and Jets, and have knowledge of the Dallas Cowboys, New England Patriots and Oakland (soon to be Las Vegas) Raiders. However, the players on these teams come from essentially what is a minor league known as NCAA Football.

Beginning at the end of August and ending with the National Championship Game on the Monday night after New Year's Day, college football dominates television from noon to midnight on Saturdays. There is a small hiatus between Thanksgiving and the "Bowl Season" in December.

There are five Power Conferences: Atlantic Coast Conference, Big Ten, Big 12, Pac-12 and Southeastern Conference. There are 130 schools in the Division I Football Bowl Subdivision (FBS), and each team can provide financial aid or full scholarships to 85 players.

College football is incredibly important to many of the communities where these schools are located as on a Saturday home game the stadium has the largest population in the state. The university *is* the community as exemplified by places like Tuscaloosa Alabama, Corvallis Oregon, Manhattan Kansas and Norman Oklahoma. Think: Country Music. There are stadiums that hold over 100,000 screaming fans; by comparison, CitiField and Yankee Stadium hold 42,000.

Each Conference – indeed, each University – has its own traditions, colors, mascots and school songs. Alumni take tremendous pride in supporting their alma maters, especially on Homecoming Weekend. Before the game there is "tailgating" where portable grills are put up for steaks, burgers, hotdogs with the accompanying beer. Some of the students paint their faces in the school's colors. In general, a home game Saturday is a really big deal.

Unlike New York City where we have 6 professional franchises in the 3 most popular sports (football, baseball and basketball), many of these places in the Midwest, southwest, northwest and deep south have no professional franchises. The college football team becomes *the* event 5 – 6 times each fall. There is a mania - as the term "fan" is short for "fanatic" – that surrounds the success or lack thereof of the local university team, and the stories surrounding games and players take on a legendary status that is passed on from generation to generation.

Every week the top 25 teams are ranked. This is important because it provides guidance on what [Corporate] Bowl the team can play in December. There are 40 post-season Bowl games, with the top 4 teams playing in the College Football Playoffs, this year's semi-finals being the Fiesta Bowl and Peach Bowl. Other Bowl games of note are the Rose Bowl, Orange Bowl, Sugar Bowl and Gator Bowl. The Bowl games are held mostly in warm places – Florida, California, Arizona, New Orleans – so teams and their fans make the event into a mini vacation.

A conference will receive \$6 million for each team that is selected for the semifinal games, and \$4 million for each team that plays in a non-playoff bowl. Total payout for all Bowl games is \$465 million. Student applications to these universities increase when its football teams appear in Bowl games. The revenue is used for women's athletics and capital improvements at the member universities. There are instances when the football coach is the highest paid employee in the State.

There is a lot of pressure on these "student-athletes." Hopefully, this gives a little perspective on the hype associated with rivalry games like the Michigan Wolverines vs. the Ohio State Buckeyes, and the Alabama Crimson Tide against the Georgia Bulldogs. More to the point, one loss can drop a team out of contention for a Bowl game and all of the money it brings. Remember this: the players are 17-21 years old.



Queens Community Board 13
219-41 Jamaica Avenue
Queens Village, NY 11428
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qcb13.org



Melinda Katz
Borough President

Vicky Morales-Casella
Director of
Community Boards

Clive Williams
Chair

Mark McMillan
District Manager

DISTRICT MANAGER'S REPORT – September 2019

Events/Meetings Attended:

September 4, 2019: "Ride-Along" in Brookville with **Board Member Sam Elliott** and former Board Member Derrick Warmington to detail bad road conditions in the area.

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

September 5, 2019: 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.

September 9, 2019: Attend and participate in Queens Budget Consultations. Agencies presenting:

- NYC Department of Sanitation (DSNY)
- NYC Administration for Children's Services (ACS)
- NYC Department of Youth & Community Development (DYCD)
- NYC Department of Transportation (DOT)
- NYC Department of Environmental Protection (DEP)

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.

September 10, 2019: "Brookville Park 147 Avenue Entrance Groundbreaking Ceremony" hosted by **Queens Borough Parks Commissioner Michael Dockett** and **City Council Member Donovan Richards**. **Board members Fay Hill** and **Robert Glover** were in attendance.

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

September 11, 2019: Attend and participate in Economic Development Committee Chaired by **Curlene Nelson** and Vice Chaired by **Richard Hellenbrecht**. Details will be shared in their report.

September 12, 2019: Attend and participate in Healthy Community Planning Committee meeting at NYC Children's Center.

Attend and participate in Transportation Committee Chaired by **Robert Glover**. Details will be shared in his report.

September 17, 2019: Attend Queens Borough Cabinet meeting. Agenda:

- I. **Update on New Rent Regulations**, presented by Woody Pascal, Deputy Commissioner, Office of Rent Administration, NYS Division of Housing & Community Renewal
- II. **Presentation on "Long Term Care Ombudsman Program,"** presented by Deidre Garrett-Scott, MPA, Director, Long Term Care Ombudsman Program, and Juliana Nunez, Queens Borough Supervisor, Center for Independence of the Disabled, NY

Attend and participate in Parks & Environment Committee Chaired by **Fay Hill** and Vice Chaired by **Peter Richards**. Details will be shared in their report.

September 18, 2019: Host District Service Cabinet Meeting at QCB 13 office.

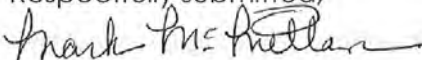
September 19, 2019: Attend and participate in Belmont Community Advisory Committee Meeting.

September 20, 2019: Attend and participate in Queens Budget Consultations. Agencies presenting:

- NYC Human Resources Administration (HRA)
- NYC Department of Homeless Services (DHS)
- NYC Department of Education (DOE)
- NYC School Construction Authority (SCA)
- NYC Department of Health & Mental Hygiene (DOHMH)
- NYC Department for the Aging (DFTA)

September 23, 2019: QCB 13 General Board Meeting at Bellerose Assembly of God.

Respectfully submitted,



Mark McMillan
District Manager



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DISTRICT MANAGER'S REPORT – July-August 2019

Events/Meetings Attended:

June 24, 2019: Attend business luncheon at Mateus' Restaurant convened by Queens Chamber of Commerce to assess commercial vitality along Jamaica Avenue east of Francis Lewis Boulevard.

June 27, 2019: Attend training at NYC City Planning Office on new and improved "District Needs Statement" form.

July 9, 2019: DOT Walk-Thru with **Queens Borough DOT Commissioner Nicole Garcia, Gateway JFK Executive Director Scott Grimm-Lyon, Spring-Gar Civic Association President Lonnie Glover, Board Members Fay Hill and Curlene Nelson** re: beautification with DOT Planters at the crossroads of Guy R. Brewer and Farmers Boulevards.

July 10, 2019: Belmont Redevelopment Community Advisory Committee Meeting at the Elmont Library.

July 11, 2019: Attend and participate in Healthy Community Planning Committee meeting at NYC Children's Center.

July 15, 2019: Joint Meeting of Queens Borough Board & Queens Borough Cabinet.
Topics:

- I. **Disposition of Property to Bartlett Dairy – 384(b)(4) Vote**, presented by Waheera Mardah, Project Manager, Government & Community Relations, NYC Economic Development Corporation
(Recommendation and Vote: Chair of Community Board 13 & Members of the NYC City Council Queens Delegation)
- II. **Acquisition & Disposition of Hurricane Sandy Storm Damaged Properties**, presented by Deborah Morris, Executive Director Resiliency Planning, Policy & Acquisitions, NYC Department of Housing Preservation and Development

July 16, 2019: Attend and participate in Public Safety Committee Meeting Chaired by **Michael O'Keeffe** and Vice Chaired by **Robert Glover**. Details will be shared in their report.

July 26, 2019: Walk-thru of Center Mall on 130 Avenue & Francis Lewis Boulevard with Federated Blocks of Laurelton Civic Association & DOT. **DOT Queens Borough Commissioner Nicole Garcia** and **Board Members Robert Glover** and **Bess DeBetham** were also present.

August 6, 2019: "National Night Out Against Crime" held at Cabella Park. Elected officials in attendance included **State Senators Leroy Comrie and James Sanders, Jr.; Assembly Members Clyde Vanel and Alicia Hyndman; City Council Member Donovan Richards**. Police Brass attending included **Commanding Office of Patrol Borough Queens South, Assistant Chief David Barrere, Deputy Chief Kevin Williams, and Commanding Officer of the 105 Precinct Inspector Neteis Gilbert**. Board members attending included the **Chair Clive Williams, Bryan Block, Barbara Clements, Bess DeBetham, Robert Glover, Fay Hill, Ishamael Mohamood (Mo), Rhonda Kontner, Curlene Nelson, Michael O'Keeffe, Ramgarib Nagassar (Ram), Steven Taylor and Nantasha Williams**.

August 7, 2019: 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.

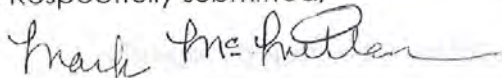
August 20, 2019: Ribbon Cutting Ceremony for Picnic Grove & Tennis Courts @ Brookville Park hosted by **City Council Member Donovan Richards** and **Department of Parks & Recreation Commissioner Mitchell Silver**. The other elected official in attendance were **State Senator James Sanders Jr. Board Member in attendance was Fay Hill**.

August 26, 2019: On-Site Meeting with **Council Member Barry Grodenchik** regarding usage of Creedmoor Soccer Fields off east side of Commonwealth Boulevard. Also present was **Queens Borough Parks Commissioner Michael Dockett**.

August 27, 2019: Attend and participate in Healthy Community Planning Committee meeting at NYC Children's Center.

August 28, 2019: QCB 13 Committee Chairs/Vice Chairs Meeting.

Respectfully submitted,



Mark McMillan
District Manager

A lesson on city's new school admission policies

BY CARLOTTA MOHAMED
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@QNS

The application process for students entering middle and high school for the 2020-21 school year is about to become shorter, easier and more transparent, according to Mayor Bill de Blasio and Schools Chancellor Richard Carranza.

Now, there will only be one application round and deadline for families to keep track of. All admissions processes will have one round, from 3-K to high school. Students will be placed on a waitlist for each school listed higher on their application than the school to which they are offered admission, informed of their spot on the waitlist, and immediately offered admission off the waitlists as seats become available.

"Parents have enough on their plate — tangling with bureaucracy to get their child into school shouldn't add to the load," de Blasio. "We are changing the middle and high school application processes so families don't have to go through the gauntlet just to get a placement. There will be one application round and one deadline to make everyone's lives easier."

The change was made after families and educators said that they would like a "simpler, more transparent and more accessible system of school choice," according to Carranza.

"This common-sense change will make a real difference for families across the five boroughs, and improve our middle and high school choice process for years to come," Carranza said.

The DOE is eliminating the second application rounds for middle and high school. The main round application process and timeline will remain the same, with middle and high school applications opening in October with a December deadline. Students will receive their offer in March. Families can still appeal for travel, safety or medical hardships; if families have any hardship, they will be able to access in-person support at Family Welcome Centers, rather than wait to participate in a second process.

The waitlists will open after offers are released and will be a simpler, clearer process for families, increasing:

Transparency: By knowing their waitlist position, families have a better understanding of their chances of getting into a preferred school option in the event that seats become available.

Ease: This is a shorter process that requires less paperwork. Rather than having to complete a second application and wait weeks — often into May or June — for a second decision or offer, families will complete one process, receive one offer, and receive any additional offers based on waitlist position.

Consistency: Families will now have one admissions system at all grade levels, with the changes to the middle and high school process making it more similar to the elementary school admissions process. Currently the elementary school process has one round, and the mid-



Photo provided by the New York City Mayoral Photography Office (MPO)

Mayor Bill de Blasio shakes hands before his announcement last week on a change to the city's school admission policies.

dle and high school processes have two rounds with different names; now, families will not need to learn a different process each time a child applies to a new school — allowing them to focus on school options and not process.

There will be a robust set of resources available to schools and families to ensure educators and families have information

about the changes being implemented, and the DOE will engage families once school is back in session.

Schools will have resources to support families, and Family Welcome Center staff will be fully trained in these new processes to help guide and support families. The DOE will also share information at middle and high school fairs this fall,

and update the website and family-facing materials.

Information will be distributed to all principals and throughout the fall, the DOE will conduct training for school staff on the application process. In February and March, the DOE will provide targeted, in-depth training on waitlist management and systems.

City offering grants to construction firms for safety training

BY BILL PARRY
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Small-scale construction firms in Queens and the other boroughs of New York City can now apply for one-time grants from the city to offset the cost of site training safety for their workers.

Firms located in the five boroughs with one to 15 employees, and NYC-certified M/WBE construction firms with one to 15 employees in the region, are eligible for the one-time grant administered by the NYC Department of Small Business Services.

These grants help businesses comply with Local Law 196 of 2017, requiring most construction workers to obtain Site Safety training by Sept. 1, 2020. Up to 40,000 construction workers can benefit from Site Safety training through this program as employees of small businesses.

"SBS is committed to equity of opportunity, and that includes helping our small construction businesses to keep their workers safe on the job," Department of Small Business Services Commissioner Gregg Bishop said. "These grants will allow small construction firms to provide necessary training to their workers more quickly, and help them thrive in this key economic sector."

Businesses may choose a training provider that is best for their business from



Photo via Getty Images

Small construction companies can apply now for grants that offset the cost of worksite safety training for employees.

a list approved by the Department of Buildings. Eligible construction firms can apply for the grant online or obtain more information by calling 311.

Businesses are required to submit information that demonstrates their eligibility and completion of training with an authorized provider. An analyst will review the application and SBS will provide up to 100 percent reimbursement within two months after the application is finalized.

"Every worker who leaves for a job site in the morning deserves to come home safely at night," Department of Buildings Commissioner Melanie La Rocca said. "We're proud to work with our partners at SBS to make it easier for workers at small construction firms to get the safety training they need. This training is required by law, but even more importantly, it can save lives."

For more information, visit nyc.gov/sbs or call 311.

back to school

Start the school year off right

As kids head back to school, it's important to provide them with the necessary resources to succeed. As a parent, you can take steps to put your kids on the path toward a successful school year.

To help your children put the best foot forward, consider these suggestions from The Salvation Army, which operates hundreds of low-cost after-school programs for kids of all ages in low-income neighborhoods across the country and understands the importance of setting children up for success all year.

Get back into a routine. During the summer months, family routines tend to slide, especially morning rituals and bedtime habits. A few weeks before school starts, begin transitioning your way back to a normal school schedule. A gentle progression toward earlier bed and wake-up times is easier on kids physically and mentally. Try adjusting by 15 minutes each day until you reach the optimal schedule for your family. Remember that routines aren't just about the clock,

though. If there are certain steps that are part of the school year routine, such as packing lunches and laying out clothes for the next day before bed, make those part of your transition plan, too.

Set a good example. Kids learn important behavioral lessons by watching the adults in their lives. The back-to-school season provides many opportunities to demonstrate compassion and social responsibility. For example, giving back to an organization like The Salvation Army helps provide funding for programs that support the educational needs of children who otherwise may not have access to the same resources.

Research resources for homework help. Discovering your child is struggling in school can be overwhelming. You'll want to be able to pull in help as quickly as possible, so it's a good idea to research resources in your area that can help provide support outside the classroom. Your school likely has some options available, but it's a good idea to also look into tutor-

ing programs and other community services that encourage literacy and study skills as well as provide one-on-one assistance with homework and school assignments.

Get organized. The first few weeks of school typically bring plenty of change and adjustment. You can help manage the stress by creating some structure. Use a wall calendar to keep track of school start and dismissal times, bus pick-up and drop-off times, after school activities and other appointments. Review lunch menus and plan ahead so you're not finding out at bedtime that you need to pack a home lunch in the morning. Stock up on breakfast foods and make time to catch up on laundry before school begins so hunger and wayward socks don't derail your mornings.

Explore extra-curricular programs. With the new school year comes numerous ways to enrich your kids' social and cognitive development. Extra-curricular activities let kids continue practicing skills

even after the school bell rings, but in a fun environment so they may not even realize they're still learning and cultivating healthy, safe relationships with friends. In addition to sports and clubs, a wide array of music and art education activities may be available that focus on everything from choir, band and dancing to drawing, writing and acting.

Set goals. Begin the school year by encouraging your children to take ownership and pride in their learning. Talk about goals like reading a certain number of books each month or earning grades that reflect their highest potential. Get kids motivated by designing goal boards or charts that can serve as daily reminders and track their progress. For larger goals, consider setting milestones so they can celebrate progress along the way and stay motivated for a big finish.

Learn more about educational and giving opportunities in your community at SalvationArmyUSA.org.

Courtesy Family Features

56 THE QUEENS COURIER • BACK TO SCHOOL • AUGUST 15, 2019

FOR BREAKING NEWS VISIT WWW.QNS.COM

Power-Packed Lunchbox Ideas

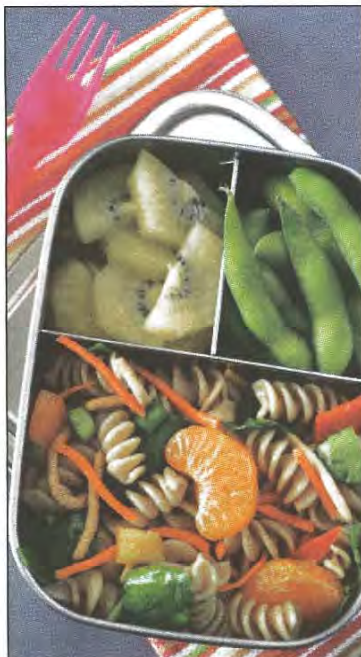
Packing and prepping wholesome lunches doesn't have to be a chore. You can kick health into high gear this school year with new ideas to make creative, nutrient-rich meals.

Fit to satisfy various dietary restrictions, the Power Your Lunchbox program offers kid-friendly options and allergy-sensitive selections. The program, which is dedicated to helping families make healthier lunches during the school year, features more than 80 registered dietitian-approved, family-tested meal ideas with produce as a focal point.

Consider skipping the typical sandwich, chips and apple. Instead, it only takes a few minutes to embark on a creative approach to lunch. Get the kids involved by having them use small cookie cutters to make fresh fruits and vegetables into fun shapes. Try complementing the produce with wraps or soups to add extra excitement to typical lunchbox fare.

Regardless if your child is a picky eater or is on the more adventurous side, bento box lunches such as Chinese Mandarin Pasta Salad Bento Box and Turkey Taco Salad Bento Box can prove to be satisfying, power-packed meals.

For more lunchbox inspiration, visit poweryourlunchbox.com.



Chinese Mandarin Pasta Salad Bento Box

Prep time: 20 minutes
Servings: 1

- 16 ounces rotini pasta
- 6 mini sweet peppers, sliced
- 3 mandarin oranges, peeled and segmented
- 3 green onions, sliced
- 2 cups baby spinach, chopped
- 1/2 cup matchstick carrots
- 1/2 cup sesame ginger dressing
- 1/4 cup chow mein noodles
- 1 kiwi, peeled and sliced
- 1/2 cup steamed edamame

Cook pasta according to package directions. Drain and rinse with cool water.

In large bowl, mix pasta, peppers, oranges, green onions, spinach, carrots and dressing. Toss to coat well. Top with chow mein noodles.

Place in lunchbox with kiwi and edamame.

Turkey Taco Salad Bento Box

Prep time: 10 minutes
Servings: 1

- 1 cup chopped romaine lettuce
- 1/4 cup cooked turkey meat, seasoned with taco seasoning
- 2 tablespoons shredded cheese
- 4 cherry tomatoes, quartered
- 2 tablespoons guacamole
- 1 ounce tortilla chips

Assemble taco salad with lettuce, taco



meat, cheese and tomatoes.

Place in lunchbox with guacamole and chips.

Courtesy Family Features

QUEENSBOROUGH

QUEENS CHAMBER NEWS & EVENTS

OPPORTUNITY KNOCKS, BUT SO DOES COMPETITION

BY SALVATORE ISOLA

The Queens Chamber of Commerce hosted an event to help members analyze their competitors and gain an edge.

"The biggest thing is there's really no right answer," said Stuart Harker, vice president of TD Bank's Commercial Lending Group, who led the workshop on July 25.

But Harker said all businesses first need to understand their competition, specifically their offerings.

"Competitive intelligence" involves collecting information about the marketplace and industry-wide needs, and then satisfying the market better than competing businesses.

In analyzing a competitor, Harker said it is best to figure out the products and services they offer, the target audience, marketing message, how they position their brand, and what they offer the customer.

Most important, however, is finding their competitive advantage. Realizing what their edge is will

allow businesses to better know how to service their customers and gain a bigger share of the marketplace.

This can be done by visiting a competitor's website, requesting their marketing materials, entering their stores, and talking with their sales agents.

"Depending on the business you're in, a lot of that information can be gained in different ways," Harker said.

Strategies a business can take to better position themselves over their competitors include marketing differently to target audiences, increasing hours of operation or delivery to meet demand, or focusing on a niche market.

Self-reflection is important, too. A SWOT Analysis is an internal analysis of a company's Strengths, Weaknesses, Opportunities, and Threats. Having all four pieces of the puzzle will allow businesses to develop strategies to tackle competition.

Regarding strengths, a business

must evaluate itself from a customer's perspective. Whereas weaknesses should be viewed from a competitor's view.

"Always play to your strengths," Harker said. "Maximize your strengths and minimize your weaknesses."

Opportunity allows businesses to grow, and they may exist now or in the future. A change in technology, policy, or customer lifestyle can be beneficial to a business.

Examples of threats include economic downturns, market shifts, and the ease of new competitors emerging. If there is a low cost to entry, new businesses can increase the availability of an existing product or service.

"You can't prevent risk, just mitigate it," Harker said. "You accept the fact that threats and risk are always going to exist, but the only thing you can do is plan for it."

Sometimes strengths can turn to threats. For example, some businesses start with just enough insurance to get them off the ground, but

as they grow they might have the same policy as a \$10 million business as they did when they were a \$1 million business.

If anything tragic happened, insufficient coverage could potentially shut them down. Harker said following Hurricane Sandy many businesses realized they were underinsured, but only after it was too late.

"How often as a business owner have you reviewed your insurance policy?" Harker asked. "It may not have to be the storm of the century, but fires and other unexpected events could put the future in jeopardy."

A thorough SWOT Analysis can take considerable time to construct, but the more thorough it is the better a business will be at gaining an edge.

For businesses looking for resources to help them grow, TD Bank offers free online options at tdbank.com/smallbusiness.

"So few things in life are free, but this is one of the good things," Harker said.

LOVE YOUR LOCAL GRANTS



QUEENS QUICKLY

The Department of Small Business Services (SBS) awarded over \$3.5 million to help long-standing businesses adapt and grow in a modern economy.

A second round of 20 small businesses across the city have been selected to receive grant awards of up to \$90,000 each through an initiative called "NYC Love Your Local." Selected businesses will use grant awards to cover the costs of projects identified by in-depth business consultations delivered by industry experts.

The first round of grants awarded \$1.8 million to 20 small businesses in December 2018. New Yorkers have also shared over 2,500 of their favorite small businesses to the NYC Love Your

Local interactive online map since 2017.

"NYC Love Your Local exemplifies the city's commitment to celebrating small businesses as the backbone of our neighborhoods," said SBDS Commissioner Gregg Bishop. "By working directly with long-standing businesses to help them adapt to an ever-changing city, we can better understand how best to support all small businesses as they start and grow in a modern economy."

Awardees are small businesses operating for at least three years in New York City's five boroughs. Awardees were selected based on a business needs assessment.

Grants will be used to fund projects including improving

operations, training employees, updating technology, enhancing the business location, and improving financial management.

Queens businesses receiving grants were Manducatis Rustica, an Italian restaurant in Long Island City, and Penn & Fletcher, a custom embroidery shop, also located in Long Island City.

"Manducatis Rustica and Penn & Fletcher are just two of the many high-quality small businesses that make Queens their home," said Borough President Melinda Katz. "Both are well-deserving of the grants they have been awarded by the NYC Love Your Local program, an important initiative that helps small businesses thrive in New York City."

Queens pols attack MTA's decision to remove bus arrival schedules

BY MAX PARROTT

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The Metropolitan Transit Authority's (MTA) decision to get rid of printed arrival schedules buses across the city has incurred the ire of Queens politicians.

After the MTA began removing the printed schedules in July in order to save an estimated \$550,000 and modernize its system, 16 Queens lawmakers signed a letter at the beginning of August attacking this policy as disproportionately affecting low-income and senior New Yorkers who may not have access to a cellphone or smartphone.

"Replacing bus schedules with only a notice that commuters may text MTA or call 511 for an updated schedule does not help those riders without access to a charged cellphone, especially our senior citizens, low-income New Yorkers, and event tourists," wrote Councilman Peter Koo, who penned the letter.

In lieu of the arrival schedules, the MTA has printed placards that give directions on how to get arrival information by using a smartphone from the MYmta app, texting their route and intersection, calling 511 or tweeting at the @NYCTBus account. In July the agency changes the signage on 83 bus routes across the city.

The MTA argued that its decision follows other transit systems across the country who have already gone paperless, as a result of high rates of cellphone and smartphone usage. The last time the NYC



Recent Law Changes That You Should Know About



The Commercial Truck Abuse Act Goes Into Effect



Council Member Daneek Miller sponsored the Commercial Truck Abuse Act (Int. No. 1010-A). Cosponsors include Council Members Constantinides, Richards, Adams, Koslowitz, Holden, Vallone, Ampy-Samuel, Rose, Gjonaj, Salamanca, Lancman, Dromm, Koo, Barron, Diaz, Deutsch, Gibson, Maisel, Rivera, Cabrera, Van Bramer, Ayala, Kallos, Brannan, King, Chin, Moya, Grodenchik, Rosenthal, Lander, Cumbo, Levin, Borelli and Ulrich.

The Commercial Truck Abuse act was introduced in response to numerous constituent complaints about these huge trucks parking on residential streets, especially near the airport. Thanks to their bill, 18-wheeler parked overnight in residential areas will face a \$400 ticket for the first offense, and a \$800 ticket for the second offence.

You are urged to call the 105 precinct and report any illegally parked trucks in your area. These bad actors need to know that they won't be able to write off \$60 parking tickets as the cost of doing business anymore.



Fines Prior to the Commercial Truck Abuse Act

- First violation \$250
- Second violation within a six-month period \$500



The Commercial Truck Abuse Act is enacted.

(A Local Law to amend the administrative code of the city of New York, in relation to increasing the penalties for certain commercial vehicles parked overnight on residential streets)



Fines After the Commercial Truck Abuse Act

- First violation \$400
- Second violation \$800



Hundreds of new speed cameras go live in NYC



Slow Down!

New State legislation gives the city the green light to rapidly expand its network of speed cameras in school zones. The cameras were previously only permitted in 140 areas — now the city can install them in up to 750 zones. The cameras automatically photograph cars traveling more than 10 mph above the speed limit, which is set at 25 mph on nearly all of the city's streets. The owner of any car caught speeding by a camera will automatically be sent a \$50 ticket.

The new law also requires the cameras to be active from 6 a.m. to 10 p.m. on weekdays, rather than just when schools are in session.

According to NYC DOT's Automated Speed Enforcement Program Report 2014-2017:

63%

Decrease in speeding in during school hours

17%

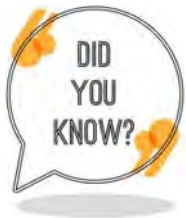
Decrease in injuries in locations with speed cameras

5/6

People killed or severely injured are struck in areas without cameras

15%

Less crashes after speed cameras installed in School Speed Zones



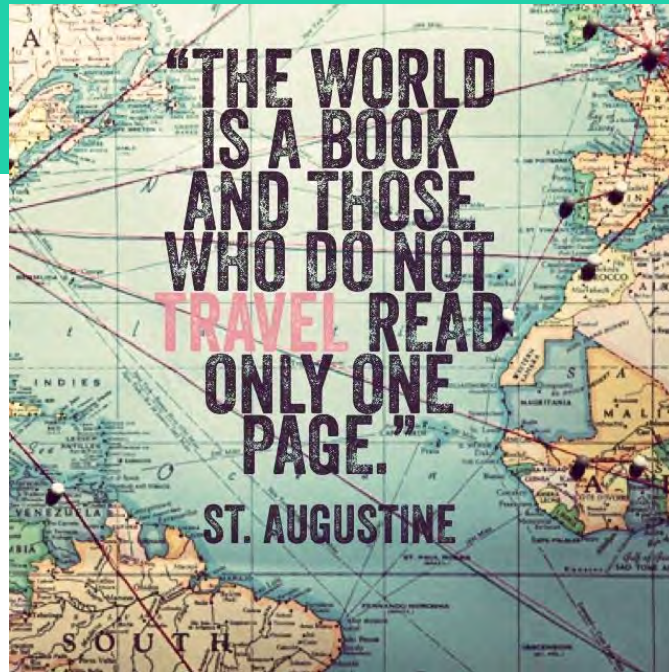
Visit <http://www.nyc.gov/html/dot/downloads/pdf/speed-camera-report-june2018.pdf> to get a copy of the report.

A driver at 40 MPH needs 300 feet to perceive, react and brake to an unexpected event – twice as far as a driver at 25 MPH, who only needs 150 feet.

5 SCIENTIFICALLY PROVEN HEALTH BENEFITS OF TRAVELING ABROAD

Nbcnews.com | May 19, 2017

By: Larry Alton



When was the last time you traveled abroad? Traveling for business is one thing, but I'm talking about packing your bags, logging out of your email account and disconnecting from your normal routine for a week or more.

Traveling the world isn't just fun and exciting; there's ample research to suggest it's highly beneficial for your physical, mental and emotional health as well.

Check Out These Five Proven Benefits

Americans may say they like to travel, but most don't venture abroad very often. According to a study published in the Hostelworld Global Traveler Report, Americans are half as likely as Europeans to go abroad and visit more than one country.

The average resident of the UK has visited 10 countries,

Germans have seen eight, and the French traveled to five nations on average. But Americans? They tend to visit just three. In fact, 29 percent of American adults have never been abroad!

When citizens of the U.S. do move past the border, most visit Canada or Mexico. Affordability is evidently a big factor — about 71 percent of Americans say it's too expensive to leave

the country — but that's hardly the whole story.

Given what all the travel and deal sites have to offer today, you can travel abroad without ransacking your piggy bank. Perhaps many Americans don't grasp the benefits of traveling abroad — and there are many!

Let's dive in and take a look at some of the health benefits that researchers have explored and verified scientifically.

// **Traveling the world isn't just fun and exciting; there's ample research to suggest it's highly beneficial for your physical, mental and emotional health as well.**

1

Travel Makes You Healthier

According to a joint study from the Global Commission on Aging and Transamerica Center for Retirement Studies, in partnership with the U.S. Travel Association, traveling actually keeps you healthier. The study found that women who vacation at least twice a year show a significantly lower risk of suffering a heart attack than those who only travel every six years or so.

The same is true for men. Men who do not take an annual vacation show a 20 percent higher risk of death and 30 percent greater risk of heart disease.

2

Travel Relieves Stress

Although missing a connecting flight or losing baggage in a foreign airport is sure to boost your anxiety, traveling has been scientifically proven to lower stress levels, and rather dramatically.

According to one study, three days after taking a vacation, travelers report feeling less anxious, more rested and in a better mood. Interestingly, these benefits tend to linger for weeks after the trip has ended.

3

Travel Enhances Your Creativity

"Foreign experiences increase both cognitive flexibility and depth and integrativeness of thought, the ability to make deep connections between disparate forms," explains Adam Galinsky, a professor at Columbia Business School who has authored a number of studies that investigate the concrete links between creativity and international travel.

Travel alone isn't enough, however. Galinsky has found that international travelers have to be purposeful about engaging.

"The key, critical process is multicultural engagement, immersion and adaptation," he continues. "Someone who lives abroad and doesn't engage with the local culture will likely get less of a creative boost than someone who travels abroad and really engages in the local environment."

Three days after taking a vacation, travelers report feeling less anxious, more rested and in a better mood.

5

Travel Lowers the Risk of Depression

While people tend to avoid the subject in our society, depression is unfortunately a major problem. Millions of Americans struggle with depression on a regular basis and it's not uncommon for doctors to overprescribe medication for depression.

Luckily, healthier alternatives are available for escaping the hopelessness of a depressed state. According to research, travel may be one of them.

A study from the Marshfield Clinic in Wisconsin found that women who vacation at least twice a year are less likely to suffer from depression and chronic stress than women who vacation less than once every two years.



4

Travel Enhances Your Creativity

Most people tend to be happier when they're traveling and don't have to worry about work, of course. However, one of the more interesting takeaways from a Cornell University study is that people also experience a direct increase in happiness from just planning a trip.

The study found that the anticipation of taking a vacation is far greater than the anticipation of acquiring a physical possession. Thus, the benefits of traveling abroad begin well before the trip does.

Where Will Your Travels Take You This Year?

So there are clear, scientifically-backed health benefits of traveling the world. Mentally, physically and emotionally, you can gain a lot from packing your bags and visiting places you've never been. But where will you go? Thousands of places across the world are worth visiting. Here are a few that should be on your radar:

- London, England. London is a must-visit city. If you're new to international travel and want to get your feet wet, there's probably no better destination. Not only is there a lot to do in London, but it's cheap and easy to get to from most major U.S. cities. There's also no language barrier, which is a bonus for people who get nervous about that.
- Cape Town, South Africa. The beauty of Cape Town is astonishing. Not only is the landscape unique, but there's wildlife galore, including the Big Five (lion, elephant, Cape buffalo, leopard, and rhino). There's much to see; whether you prefer a fast pace or slow and easy, there's an itinerary for you.
- Lucerne, Switzerland. If you've never been to Switzerland, Lucerne is a fantastic first city to experience. Conveniently near to the Zurich airport, the town is compact, yet lively. Not only are there lots of attractions in the city, but you can enjoy an array of hiking trails just outside of town.
- Auckland, New Zealand. Whether you want to kayak to a volcano, abseil down a waterfall, swim with sharks, or tackle challenging trails on a mountain bike, Auckland has everything an adventure lover could ask for. Oh, and it's also a city that teems with good food and entertainment.

Lawmakers press FAA to include Queens on noise discussion

BY JENNA BAGCAL

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As the struggle for quieter skies in Queens continues, lawmakers are calling on the Federal Aviation Administration to increase its transparency.

Queens Congresswoman Grace Meng, U.S. Senate Minority Leader Charles E. Schumer and U.S. Senator Kirsten Gillibrand recently addressed a letter to the head of the FAA, calling on the agency to keep the public abreast of what goes on during NextGen Advisory Committee public meetings.

The lawmakers requested that the FAA give residents more advance notice and accessible information regarding meetings.

According to the agency, the committee advises and recommends ways to enhance and maximize the Next Generation Air Transportation System (NextGen). The FAA conceived NextGen to modernize the country's air transportation system by improving its safety efficiency, capacity, predictability and resiliency.

But new flight routes set by NextGen have caused many northeast Queens communities to experience increased levels of aircraft noise.

"Many of my constituents who continue to be impacted by excessive aircraft noise related to NextGen want to be heard about how this new technology impacts their lives," Meng said. "The public deserves to be engaged on NextGen and this engagement must be a two-way street complete with dialogue and input from members of the community and other stakeholders. Increasing access and transparency to these meetings would help ensure this happens, and that committee members listen to their concerns. There should be no barriers that prevent this from happening. It is critical for Acting Administrator Elwell to make the changes we're requesting and I eagerly await his reply to our letter."

In the letter, the lawmakers said that the FAA is only required to give the public a 15-day notice prior to upcoming meetings. The committee held its last meeting on July 30 in McLean, Virginia, giving New York residents little time to plan for travel and accommodations.

They also complained that the FAA did not videotape or livestream the meetings for individuals unable to attend meetings.

"For the FAA to modernize air-infrastructure in a meaningful and comprehensive way, they must hear from affected community members," said Schumer.



Photo via Wikimedia Commons/xlibber

"That is why we are demanding that the FAA increase the transparency and accessibility of public meetings held by the NextGen Advisory Committee, which is responsible for advising the FAA on air transportation modernization, including new flight routes, so those [who] have suffered from excessive aircraft noise have a seat at the table and their voices can be heard."

Lawmakers called on the agency to do the following:

Ensure that when announcements are

made in the Federal Register of the meeting time, they are simultaneously published in a more user-friendly location, such as FAA's website

Extend the current 15 days of advanced Notice of Public Meetings with a longer lead time

Make the NAC meetings viewable and accessible via livestream

"With the FAA planning to convene public meetings on NextGen implementation, which would make changes to air traffic routes and could increase the

impacts of aircraft noise in some communities, I am calling on the FAA to make sure that these meetings are made more accessible and transparent for New Yorkers," said Gillibrand. "The federal officials determining aircraft route changes have a responsibility to listen directly to New Yorkers to ensure that any new routes carefully consider the potential effects on their quality of life. I'm proud to join with my colleagues in this push to ensure that New Yorkers can participate in the NextGen process."

Deadlines for vaccination under the new law on School Vaccination Requirements



Department
of Health

For children who are attending school or day care this **summer**:

Within 14 days of the first day of school or day care — children must receive the first age-appropriate dose in each immunization series to attend or remain in school or daycare.

Within 30 days after the first day of school or day care—parents or guardians of such children must show that they have appointments for all required follow-up doses. The deadlines for follow-up doses depend on the vaccine.

For children who are attending school or day care in the **fall**:

Within 14 days of the first day of school or day care — children must receive the first age-appropriate dose in each immunization series to attend or remain in school or daycare.

Within 30 days after the first day of school or day care—parents or guardians of such children must show that they have appointments for all required follow-up doses. The deadlines for follow-up doses depend on the vaccine.

wellness

Benefits of onions will make you shed tears of joy

The onion now has its very own day. It's a day to cheer one of the nation's most popular and versatile vegetables.

This is the perfect time to get adventurous and put onions in every meal.

The onion is the third-most consumed fresh vegetable in the United States, and it is packed with heart-healthy nutrients to keep disease and some cancers at bay. A recent study published in the Asia Pacific Journal of Clinical Oncology suggested that eating 35 pounds of allium vegetables (onions and garlic) per year (half an onion per day) reduced the risk of bowel cancer by as much as 79%. That works out to less than a pound a week per person. (A good French Onion Soup calls for 5 pounds and serves six in one sitting.)

While the onion has a solid nutrient value, its flavor - unlike many good-for-you foods - continues to shine in a variety of forms from grilled or stuffed, to sautéed or pureed. This is a day you can slice and dice and caramelize to your heart's content.

Don't worry about overeating this phenomenon of Mother Nature. One onion - Nature's Ninja - contains 20% of your daily vitamin C and 12% of your daily fiber needs. And don't forget, it's naturally sodium-, fat- and cholesterol-free and only 64 calories per one-cup serving.

The many varieties - yellow, spring fresh, sweet, white and red - all contain their unique flavors by the way they are prepared.



So load up and get cooking. Let the luscious smells waft through the kitchen to tempt the hungry bellies and serve up onions for breakfast, lunch, dinner, snack - even dessert.

Try all varieties and spread them throughout the day. See how many red, white and yellow onions you can incorporate into your day.

How about a healthy Chipotle Egg Breakfast Sandwich to start your day, or serve up a hearty Onion and Egg Hash for the family? A Spicy Onion Panini or

that French Onion Soup could easily turn lunch into a decadent treat. Maybe try a little Creamy Onion Dip for an appetizer before dinner? Have an onion dinner party, and pack it with onion dishes, such as Pasta Primavera with Caramelized Onions or Garden-style Fish with Onions and Bell Peppers.

Let's not forget dessert. The sweetness of the onion complements the chocolate and pecans in the Vidalia Onion and Georgia Pecan Chocolate Chip Cookies (see recipe below). See the NOA website,

www.onions-usa.org, for these and more recipes for inspiration.

Vidalia Onion and Georgia Pecan Chocolate Chip Cookies

Ingredients

- 1 cup butter softened
- 1/2 cup sugar
- 1 cup brown sugar
- 2 eggs
- 1 1/2 teaspoons vanilla
- 2 1/4 cup all-purpose flour
- 1 tsp fine salt
- 1 tsp baking soda
- 12 oz. semisweet chocolate chips
- 1 cup Georgia Pecans, chopped
- 1 cup Vidalia onion, diced small

Directions

Preheat oven to 375 degrees. Cream butter, add sugars and beat until light and fluffy. Add flour, salt and soda and mix until well blended. Stir in chocolate chips and pecans.

Rinse the Vidalia onion with ice water and drain well. Fold the onions into the dough to blend. Drop dough by large spoonfuls on a parchment or wax-paper lined cookie sheet. Bake for 10-12 minutes or until lightly browned (add about a minute to time at high altitudes). Remove from oven and enjoy immediately.

Note: These cookies are meant to be eaten warm; if you want to keep them past the day you make them, add some dried cranberries to the batter to absorb some of the moisture.

Courtesy BPT

Health is a state of body.
Wellness is a state of being.
J. Stanford

Expert tips to reduce workplace stress for better health

Feeling stressed at work? If so, you're not alone. A recent Gallup Poll on stress, worry and anger revealed that 55% of Americans said they experienced stress "a lot" during the day, up from 46% in 2006.

In the workplace, stress can affect your attitude, relationships with colleagues and work performance. Although a modest amount of stress is normal, high levels of stress can be dangerous to your health and may contribute to serious health problems such as high blood pressure, heart disease, diabetes, anxiety and depression.

But there are ways to help manage stress. Ann Marie O'Brien, R.N., national director of health strategies, UnitedHealthcare, shares the following tips that may reduce your workplace stress and get you back

on a healthy track performing at your usual best.

1) Talk to your boss. Consider having an open discussion with your boss about the stressors associated with your work responsibilities. Ask if there is an opportunity for additional skills training, or possibly even restructure your job to make it more manageable and better aligned with your interests and skills. Also, check if your company has an employee assistance program (EAP), which may provide available counseling and online resources.

2) Brush up on your time-management skills. We've all had days when it seems impossible to get everything done. In some cases, poor time management is the reason we feel this way, which then may

trigger stress. For your next work assignment, talk with your supervisor before getting started to plan realistic goals, priorities and deadlines.

3) Take advantage of workplace well-being programs. An increasing number of employers are offering well-being programs through their health plan and are making healthier food options available in the workplace. Some employers offer gym reimbursement programs such as UnitedHealthcare's Gym Check-In, have onsite workout rooms, offer stand-up desks, and encourage walking meetings and well-being challenges like taking the stairs. For your physical and mental health, combine exercise with a well-balanced diet, O'Brien said.

4) Grow your support network. If you have a close colleague at work, talk with that person and explain your work stressors and brainstorm possible solutions. If you don't, then reach out to friends and loved ones. It's important that you don't isolate yourself after a stressful event.

5) Focus on yourself. If you're feeling stress, a simple treat such as going to a movie, enjoying your favorite meal or just getting away to take a brief walk can give you time to unwind and recharge. If you cannot get a handle on your stress, talk to your doctor. She or he may recommend a counselor who could help you find other ways to help reduce or manage the unhealthy stress in your life.

Courtesy BPT

London Is Changing Its Skyscraper Designs—to Favor Cyclists

Wind tunnels and downdrafts can make life difficult for cyclists and pedestrians. London's new design rules aim to reduce headwinds.



Of the many things to consider when putting up a skyscraper, wind is among the most basic: A building's not much good if it can't stand up to a stormy day, or sways so much its occupants might as well be on a boat. But now, structural engineers, architects, and developers in the historic heart of London have to consider not just how wind affects their structures, but the pedestrians and cyclists below.

This month, the City of London Corporation, which governs the "Square Mile" that's home to the city's financial district, issued the UK's first "wind microclimate guidelines," designed to promote walking and biking by reducing the effect of wind on the ground. The engineering firm that helped draft the new standards is working with major cities in North America to help them follow London's lead.

Tall buildings accelerate wind on the ground in two ways. A series of towers can create a sort of canyon, as on many Manhattan streets, where wind is forced through a narrow channel, speeding it up. But even one building can have a serious effect. When wind, which flows faster at higher altitudes, hits a structure, some of it turns downward, running along the face of the building until that downwash hits the ground and turns again, reaching serious speeds. In 2011, a gust blew over a truck near a 32-story tower in Leeds, UK, killing a pedestrian. An investigation found that wind speeds on the ground neared 80 mph, the equivalent of a Level 1 hurricane. The city started closing certain roads around the building on windy days, until the building owners spent more than \$1 million on mitigation measures, including large, sail-like screens around its base.

At a less extreme level, too much moving air can make public spaces unpleasant. "When you have high wind areas, people don't go there," says Craig Schwitter, a structural engineer who also teaches at the Columbia University Graduate School of Architecture, Planning and Preservation. The plaza between the World Trade Center's former Twin Towers in New York was a beautiful space, he says, but so windy that nobody liked being there. Outdoor eating spaces are no fun if you can't hold onto your napkins or newspaper.

The City of London's guidelines specify acceptable wind levels for sitting and walking. They dictate wind-tunnel tests and computer simulations to predict how a new building will meet those, and where measurements should be taken—including cycling paths and points where wind speeds can change suddenly, like near building corners. While they're not legally binding, developers who want their projects approved by the municipal government would do well to follow the standards, says Ender Ozkan, an engineer with wind specialist firm RWDI, who helped create them.

For areas with "frequent sitting," such as outdoor cafés and restaurants, wind speeds shouldn't exceed 5.6 mph.

Over the past 2 1/2 years, his team ran studies of how wind moves through the area's cluster of high-rises and hosted workshops for municipal officials and industry types. They put interested parties in their wind tunnel near London to sit, walk, and try to read the newspaper in various conditions. Based on the results, they created a modified version of the Lawson scale, a set of criteria used mostly in the UK, which dates from the 1970s. It dictates what levels of wind (in common conditions) are tolerable for a range of activities. Lawson said speeds between 18 and 20 mph were fine for "business walking"—you're not happy, but you're safe and you'll get where you're going. The new scale calls wind above 18 mph "uncomfortable," and the guidelines say it's only suitable for spaces where people rarely walk. Ozkan's team also created a new category called "frequent sitting," with outdoor cafés and restaurants in mind, where wind shouldn't exceed 5.6 mph. "Occasional sitting" allows for speeds up to 9 mph, and refers to places like public benches.



Engineers and architects who want to tame the wind have a variety of tools at their disposal, says Chris Letchford, who runs the civil and environmental engineering department at Rensselaer Polytechnic Institute. Buildings that taper as they ascend limit how much wind they send shooting toward the ground (and help structurally, too). The tiers of a structure like the Empire State Building shunt down-washing air away from the building before it hits the ground. So do awnings. Open spaces at street level limit wind speeds around New York's Citigroup Center and London's "Cheese grater." Simple things like plastic screens, movable walls, and vegetation can help block the wind, Letchford says. "It's not always marvelous."

Even with these newly strict guidelines, developers in the City of London have it relatively easy: It's not that windy a place. Cities on large bodies of water are far gustier. But some in North America are looking to improve quality of street life by following London's lead. Boston, Toronto, and San Francisco are all working with Ozkan's firm to update their wind guidelines. In San Francisco, RWDI is gathering data to better understand how the city shapes the air—the current model is based on data that's more than 50 years old, when the 18-story Federal Building was the tallest thing around.

The city has asked the firm to consider cyclists in its work, says Hanqing Wu, a microclimate specialist who works in the firm's Canada office. They haven't yet put a casual cyclist in their wind tunnel (they have done testing related to bike racing), but may well soon, he says. And for the people who look like ants to those living way high up, that work could make life on the ground a bit less breezy and a bit more easy.



Mitigation of Climate Change

Reducing Greenhouse Gas Emissions in New York

Sources of Greenhouse Gases (GHG) in New York

According to the New York State Department of Environmental Conservation efforts have been made over the past decade to reduce the green house gas emissions that New York produces. Now, transportation is the largest source of greenhouse gas emissions in New York.

Main Sources of Greenhouse Gases in NYS



NEW YORK'S GOAL IS TO REDUCE THESE EMISSIONS 80% BY 2050

Transportation is currently the source of approximately 35% of New York's green house gas emissions and growing. New York is tackling this issue by supporting the use of electric vehicles, expanding public transportation systems and investing in pedestrian and bicycle infrastructure that will help to reduce congestion.

The Climate Leadership and Community Protection Act CLCPA commits New York to achieving a 40% reduction in Greenhouse gas emissions by 2030 and a 85% reduction by 2050.



Bicycling could help to cut carbon emission from urban transportation by 11%

A study by the Institute for Transportation and Development Policy found that bicycling could help to cut carbon emission from urban transportation by 11%. For a city like New York where bicycling accounts for a small share total of travel, this sounds like a high bar. To achieve the scenario for a 11% reduction, significant public policy commitment is needed.

Travel by bicycle has wither plateaued or is falling in quickly developing countries. In the US and Canada, Bicycling only accounts for about 1% of non-recreational travel.

There is huge potential for more trips to be taken by bicycle.

In every country, at least 35% of trips are under 5km, less than a 20 minute ride on a bicycle. Around 50% of trips are under 6 mi, less than a 30 minute ride on an e-bike.

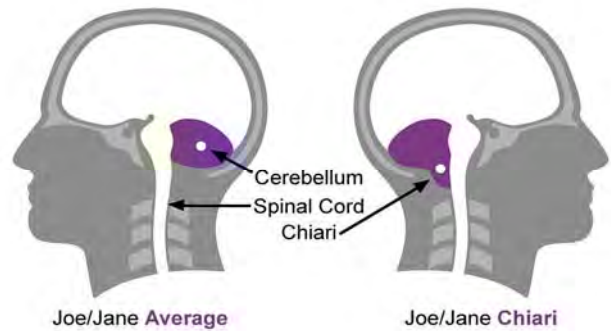


ITDP

Institute for Transportation & Development Policy



What is Chiari Malformation?



A serious neurological disorder where the bottom part of the brain, the cerebellum, descends out of the skull and crowds the spinal cord, putting pressure on both the brain and spine, and disrupting the normal flow of cerebrospinal fluid (CSF); also known as Arnold-Chiari, ACM, ACM I, ACM II, CM, tonsillar ectopia and hindbrain herniation.

10 Things To Know About Chiari

- 1 Affects about 1 in 1,000 people
- 2 Most common symptom is severe headache, usually in the back of the head, and made worse by activities such as straining, coughing, sneezing, or bending over
- 3 Can cause many additional symptoms, including balance problems, pain and weakness in the arms and legs, and trouble speaking and swallowing, to name a few
- 4 Diagnosed through a combination of MRI's (Magnetic Resonance Imaging), a neurological exam, and other tests
- 5 If symptoms are bad enough, or getting worse, a decompression surgery is usually performed
- 6 Surgery, performed by a neurosurgeon, involves removing part of the skull and spine, and sometimes sewing a patch into the natural covering of the brain
- 7 While precise data is not available, about 50% of patients become symptom free after surgery, another 20%-30% improve significantly, and about 20% experience no relief or get worse
- 8 In some people, can lead to another serious condition, known as **syringomyelia**, where a fluid-filled cyst develops inside the spinal cord
- 9 It is believed that the malformation is congenital (people are born with it); symptoms can develop at any age, but commonly become noticeable either in childhood or in a person's early 30's
- 10 Many doctors are not familiar with the condition, so people often go years without a proper diagnosis

Someone With Chiari *May* Not Be Able To

- Engage in strenuous activities
- Bend over
- Lift heavy objects
- Stand or sit for any length of time
- Walk very far

- Drive a long distance
- Work on a computer without pain
- Be in a noisy environment
- Perform household chores

Chiari Affects Everyone Differently

<http://www.conquerchiari.org/awareness/awareness-sheets.html>



How Memories Form and Fade

Strong memories are encoded by teams of neurons working together in synchrony

ScienceDaily[®]

Your source for the latest research news

Published: August 23, 2019

Source: California Institute of Technology

Why is it that you can remember the name of your childhood best friend that you haven't seen in years yet easily forget the name of a person you just met a moment ago? In other words, why are some memories stable over decades, while others fade within minutes?

Using mouse models, Caltech researchers have now determined that strong, stable memories are encoded by "teams" of neurons all firing in synchrony, providing redundancy that enables these memories to persist over time. The research has implications for understanding how memory might be affected after brain damage, such as by strokes or Alzheimer's disease.

The work was done in the laboratory of Carlos Lois, research professor of biology, and is described in a paper that appears in the August 23 of the journal *Science*. Lois is also an affiliated faculty member of the Tianqiao and Chrissy Chen Institute for Neuroscience at Caltech.

Led by postdoctoral scholar Walter Gonzalez, the team developed a test to examine mice's neural activity as they learn about and remember a new place. In the test, a mouse was placed in a straight enclosure, about 5 feet long with white walls. Unique symbols marked different locations along the walls -- for example, a bold plus sign near the right-most end and an angled slash near the center. Sugar water (a treat for mice) was placed at either end of the track. While the mouse explored, the researchers measured the activity of specific neurons in the mouse hippocampus (the region of the brain where new memories are formed) that are known to encode for places.

When an animal was initially placed in the track, it was unsure of what to do and wandered left and right until it came across the sugar water. In these cases, single neurons were activated when the mouse took notice of a symbol on the wall. But over multiple experiences with the track, the mouse became familiar with it and remembered the locations of the sugar. As the mouse became more familiar, more and more neurons were activated in synchrony by seeing each symbol on the wall. Essentially, the mouse was recognizing where it was with respect to each unique symbol.

To study how memories fade over time, the researchers then withheld the mice from the track for up to 20 days. Upon returning to the track after this break, mice that had formed strong memories encoded by higher numbers of neurons remembered the task quickly. Even though some neurons showed different activity, the mouse's memory of the track was clearly identifiable when analyzing the activity of large groups of neurons. In other words, using groups of neurons enables the brain to have redundancy and still recall memories even if some of the original neurons fall silent or are damaged.



Gonzalez explains: "Imagine you have a long and complicated story to tell. In order to preserve the story, you could tell it to five of your friends and then occasionally get together with all of them to re-tell the story and help each other fill in any gaps that an individual had forgotten. Additionally, each time you re-tell the story, you could bring new friends to learn and therefore help preserve it and strengthen the memory. In an analogous way, your own neurons help each other out to encode memories that will persist over time."

Memory is so fundamental to human behavior that any impairment to memory can severely impact our daily life. Memory loss that occurs as part of normal aging can be a significant handicap for senior citizens. Moreover, memory loss caused by several diseases, most notably Alzheimer's, has devastating consequences that can interfere with the most basic routines including recognizing relatives or remembering the way back home. This work suggests that memories might fade more rapidly as we age because a memory is encoded by fewer neurons, and if any of these neurons fail, the memory is lost. The study suggests that one day, designing treatments that could boost the recruitment of a higher number of neurons to encode a memory could help prevent memory loss.

"For years, people have known that the more you practice an action, the better chance that you will remember it later," says Lois. "We now think that this is likely, because the more you practice an action, the higher the number of neurons that are encoding the action. The conventional theories about memory storage postulate that making a memory more stable requires the strengthening of the connections to an individual neuron. Our results suggest that increasing the number of neurons that encode the same memory enables the memory to persist for longer."

The paper is titled "Persistence of neuronal representations through time and damage in the hippocampus." In addition to Gonzalez and Lois, co-authors are undergraduate Hanwen Zhang and former lab technician Anna Harutyunyan. Funding was provided by the American Heart Association, the Della Martin Foundation, the Burroughs Wellcome Fund, and a BRAIN Initiative grant from the National Institute of Neurological Disorders and Stroke.

SAFE Disposal Events

SOLVENTS | **A**UTOMOTIVE | **F**LAMMABLE | **E**LECTRONICS

Get rid of your harmful household products safely.

Queens: Saturday, October 12, 2019

10am to 4pm (rain or shine)

Cunningham Park, Ball Field Parking Lot

• Cars enter on Francis Lewis Boulevard between Union Turnpike & Grand Central Parkway

Can't attend? Go to nyc.gov/safedisposal or call 311 for a list of upcoming events, or turn over for year-round disposal options.

What To Bring

automotive products



electronics



household products



medical items



Not sure if your item is considered an electronic or an appliance? See a list of electronics at: nyc.gov/electronics.



no appliances



no air conditioners,
dehumidifiers,
or refrigerators



no tires

How To Package Materials for the Event

1. Look for items labeled DANGER, POISON, WARNING, or CAUTION.



2. Do not mix products.



3. Ensure products are labeled clearly.



4. Tightly seal and package all containers.



Tips: Syringes and lancets should be packaged in a "sharps" container or other leak-proof, puncture-resistant container, and clearly labeled. TVs or computer monitors with broken glass should be placed in separate sealed bags or boxes.

Only NYC residential waste will be accepted. No commercial vehicles allowed. Residents MUST provide proof of NYC residency (NYS driver's license, utility bill, etc.). For more information, visit nyc.gov/safedisposal.

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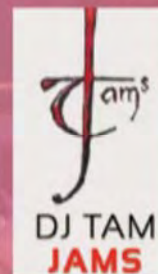
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LIBRARIANS' PICKS

Our librarians have suggestions for your fall reading.



***The Book Woman of Troublesome Creek* by Kim Michele Richardson**

This is a work of historical fiction that recaptures the never-told story of the pack librarians of Kentucky, part of Roosevelt's Depression-era WPA project, as well as that of the forgotten "blue" Fugate family of Kentucky who were considered "colored." This thoroughly researched book tells the tale of the Fugate family, emigrants from Cussy, France, who suffered from a genetic mutation in their hemoglobin that turned their skin to blue. Shunned and banished from white society, they were forced into the most abject poverty and social isolation. Believed to be the last surviving "blue" Cussy, Mary Carter—her mother deceased, her father a miner dying of black lung disease—takes a job with the WPA, earning \$28.00 per month. She and her fellow pack librarians battle weather, terrain, sickness, and personal anguish to bring books to the illiterate, under-served and often starving inhabitants of the back hills of Kentucky. The author, herself an orphan and foster child who was aided by the kindness and helpfulness of her local librarian, pays homage to the healing power of books and the importance of libraries and librarians, especially to the most poor and marginalized. It is first and foremost a love story. Please don't miss this book. It's a keeper forever!

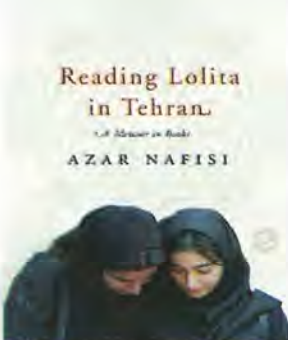
—Mary Blieka, General Librarian, Poppenhusen



***The Secrets We Kept* by Lara Prescott**

In the late 1950s and early 1960s, the CIA relegated most of the women it employed to be typists. However, in some cases they were trained to be carriers who secretly transported documents. *The Secrets We Kept* by Lara Prescott is the story of the role women played in the publication of *Doctor Zhivago* in the Soviet Union, the country of its origin where it was banned because of supposed anti-Communist leanings.

—Myron Brown, General Librarian, Ozone Park



***Reading Lolita in Tehran* by Azar Nafisi**

Reading Lolita in Tehran by Azar Nafisi is one of my favorites, as well as a Broadway Book Club favorite. I thought of it as Iran-U.S. relations are much in the news lately.

—Venus Curva, General Librarian, Broadway



***Convenience Store Woman* by Sayaka Murata**

In Tokyo, there are convenience stores on every corner. With this novel, you can see Japan through the eyes of Keiko Furukura, a 30-year-old part-time convenience store worker. She enjoys her job, but she is struggling to be a normal person and fit expectations of the people around her. Her attempts to try are what make this novel so engrossing! *Convenience Store Woman* won the prestigious Akutagawa Prize, and fun fact: the author herself works part-time at a convenience store!

—Kacper Jarecki, Community Library Manager, Cambria Heights

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Alternate Side Parking Rules

2019 Suspension Calendar

Rosh Hashanah: Sept. 30 — Oct. 1

Simchas Torah: October 22

Yom Kippur: October 9

Diwali: October 27

Columbus Day: October 14

All Saints Day: November 1

Succoth (2 Days): Oct. 14 — Oct. 15

Election Day: November 5

Shemini Atzereth: October 21

Veterans Day: November 11

	NO STOPPING	NO STANDING	NO PARKING
Can I stop to drop off or pick up passengers?	No	Yes	Yes
Can I stop to load or unload a package, or merchandise at curbside?	No	No	Yes
Is waiting allowed?	No	No	No

CONTACT US

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Corey Ince, Community Assistant, cince@qcb13.org



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