

**January Committee Meetings @ QCB13 Board Office**

- Seniors (SSSSNC) 1.3.19 @ 7:00 pm
- Land Use 1.7.19 @ 7:30 pm
- Youth, Education & Libraries 1.8.19 @ 7:30 pm
- Economic Development 1.9.19 @ 7:00 pm
- Public Safety 1.10.19 @ 7:00 pm
- Parks & Environment 1.15.19 @ 7:30 pm
- Transportation 1.16.19 @ 7:00 pm
- Health 1.17.19 @ 7:00 pm

GENERAL BOARD MEETING

Monday, December 17, 2018 @ 7:30 PM

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

AGENDA

1. Community Time
2. Meeting Called to Order
3. Pledge of Allegiance
4. Elected Officials — Welcome
5. Chairman's Report — Clive Williams
6. District Manager's Remarks — Mark McMillan
7. NYPD Report — Inspector Netis Gilbert, Commanding Officer, 105 Precinct
8. Civic Associations' Year End Accomplishments
9. Roll Call
10. Approve Minutes — November 2018
11. Public Speaking Time
12. Adjournment

NEXT GENERAL BOARD MEETING, Monday, January 28, 2018

North Shore Towers—272 Grand Central Parkway, Lake Success, NY 11005

QCB13 ANNUAL HOLIDAY PARTY

Tuesday, December 18, 2018 @ 5:30 pm

Mateus' Restaurant & Bar
222-07 Jamaica Avenue
Queens Village, NY 11428

Tomorrow!





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 – December 2018

Meetings Canceled:

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

Events/Meetings Attended:

November 19, 2018: QCB 13 General Board Meeting at the Bellerose Assembly of God.

November 20, 2018: Attend Queens Borough Cabinet Meeting. Topics:

- I. **Presentation on DSNY Snow Removal Plan** by Chief Roger Leahy, Borough Chief, Queens East; Chief Anthony Pennolino, Borough Chief, Queens West; Nicholas Circharo, Assistant Director, Community Engagement & Project Coordination
- II. **Presentation on Proposed Public Charge Rule** by Max Hadler, Senior Health Policy Manager, The New York Immigration Coalition

November 21, 2018: Host District Service Cabinet Meeting at QCB 13 office.

November 28, 2018: Attend National Black Caucus of State Legislators' Event at Citi Field. Elected officials in attendance included **State Senators Leroy Comrie** and **James Sanders Jr.**, **Assembly Members Alicia Hyndman** and **Clyde Vanel**. Also in attendance were **Board Members Alan Berrouet**, **Bonnie Huie** and **Nantasha Williams**.

December 3, 2018: 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.

December 4, 2018: Attend and participate in Transportation Committee Meeting Chaired by **Felice Hannah**. Details will be shared in her report.

December 5, 2018: Attend and participate as Community Advisory Committee member of the Belmont Redevelopment Project held at the Elmont Library. A preview of the next day's release of documents was provided, a project timeline, and discussion with other CAC members on the proposed actions by the developers for the community.

Attend and participate in [the last 1/3] of the Public Safety Committee Meeting Chaired by Michael O'Keeffe and Vice Chaired by Robert Glover. Details will be shared in their report.

December 10, 2018: Attend and participate in Health Committee Meeting Chaired by Bonnie Huie and Vice Chaired by Ashok Satkalmi. Details will be shared in their report.

December 12, 2018: 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.

December 13, 2018: Attend and participate in Parks & Environment Committee Meeting Chaired by Fay Hill and Vice Chaired by Peter Richards. Details will be shared in their report.

Respectfully submitted,

Mark McMillan

Mark McMillan

District Manager

A graphic with the text "Happy New Year!" in large, blue, 3D block letters. The letters are decorated with colorful streamers and confetti, giving it a festive appearance.

QCB 13 Public Safety Committee Report December 5, 2018 Meeting

- Liquor licenses: New: Lucky He, 218-40 Hillside Ave, Queens Village. Renewals: Lovell's Afterdark, 224-01 Merrick Blvd; Jassi's Tandoori, 271-11 Union Turnpike. All approved with conditions.
- Deputy Inspector Gilbert reported that crime is down 6% YTD, compared with same period last year. In the past 28 days, crime is down 9% (120 crimes reported vs. 132 for same period last year). No reports of shots fired have occurred in the last 28-day period. Domestic violence incidents made up 14% of crimes in the last 28-day period.
- Grand Larceny Auto incidents are still a problem. Lock your car, take your keys, and don't leave valuables in sight in your vehicle.
- Mailbox fishing remains a serious problem. Thieves literally fish envelopes out of USPO mailboxes. They then wash the ink and change payee and check amounts. An arrest was made recently in the 111th Pct. If you are mailing checks, it is best to mail them inside a post office. Or, use a mailbox that has been modified to discourage fishing. If these are not feasible, use a mailbox with a pickup time before nightfall.
- Camera Registration: DI Gilbert explained that the goal is to establish a database of camera location. If a crime is committed, officers can contact camera owners in the vicinity to ask them if they see anything suspicious. They might ask for a CD containing the pertinent footage. Plain clothes officers in an unmarked car can come to your home if it is necessary for officers to view the camera.
- Utility scams continue. A committee member, who is a Con Ed customer, received a call purported to be from PSEG, trying to arrange a meter installation. Other incidents have occurred in the 105th where persons represented themselves as Con Ed meter readers. Always request ID. Your last bill will state the next meter reading date. Con Ed will not come before that date. If you have any doubts, call Con Ed at 1-800-75-CONED before you let someone in.
- Officers from the Domestic Violence Unit spoke. Domestic violence or abuse can constitute 16-17% of total reported crime. It includes elder abuse and child abuse. Typically, the unit follows up on previous 911-generated domestic violence calls. Or, they can be the initial point of contact. The phone number is 718-776-9415. Their hours are 9:30 am-11:30 pm, Monday-Friday, 9 am to 4 pm on weekends. Sgt Limage is the unit supervisor.
- There are several resources available. A representative from Safe Horizons is at the precinct weekdays from noon to 8 pm. The number is 718-776-9121. They can provide support, advocacy services, information on victims' rights, and many other services. Other resources: The Jewish Association for Services to the Aged (JASA), and the Family Justice Center. Ask the officers or Safe Horizons rep for more information.



Pay Close Attention to Our Changing City Charter

This past November three referendums were on the ballot proposed by a City Charter Commission put together by the mayor. As you read this, the City Council has a second active City Charter Commission looking at the totality of the City Charter to decide on possible changes and amendments. In the interests of informing the public we were going to include the packet sent to the office for you to consider as an insert. However, the packet was sixteen pages of bullet-pointed topics, a ridiculous amount of coverage for any reasonable person to put into perspective and context. (The last two pages of the Sentinel highlight timelines and gives a website if you wish to download the information.)

So what is really going on? Simply put, the present New York City elected officials are changing the structure and rules of city government with minimal public input and understanding. What they are doing very quickly – as most are term-limited – is changing the Constitution of New York City. Unlike the United States Constitution which is 21 pages including its 27 Amendments (using 11-point font), the New York City Charter is 329 pages (10-point font), comprised of 74 Chapters and 3,021 sections! I'm sure you all have read every word!

This is not to argue that change over time is not necessary and beneficial to the citizens of our great city. It is only to point out that these changes are occurring very quickly, without hearings with experts, explanations and education to the citizenry by government on why certain things are being focused on at this point in time, and little media coverage on the who, what and why of what is taking place.

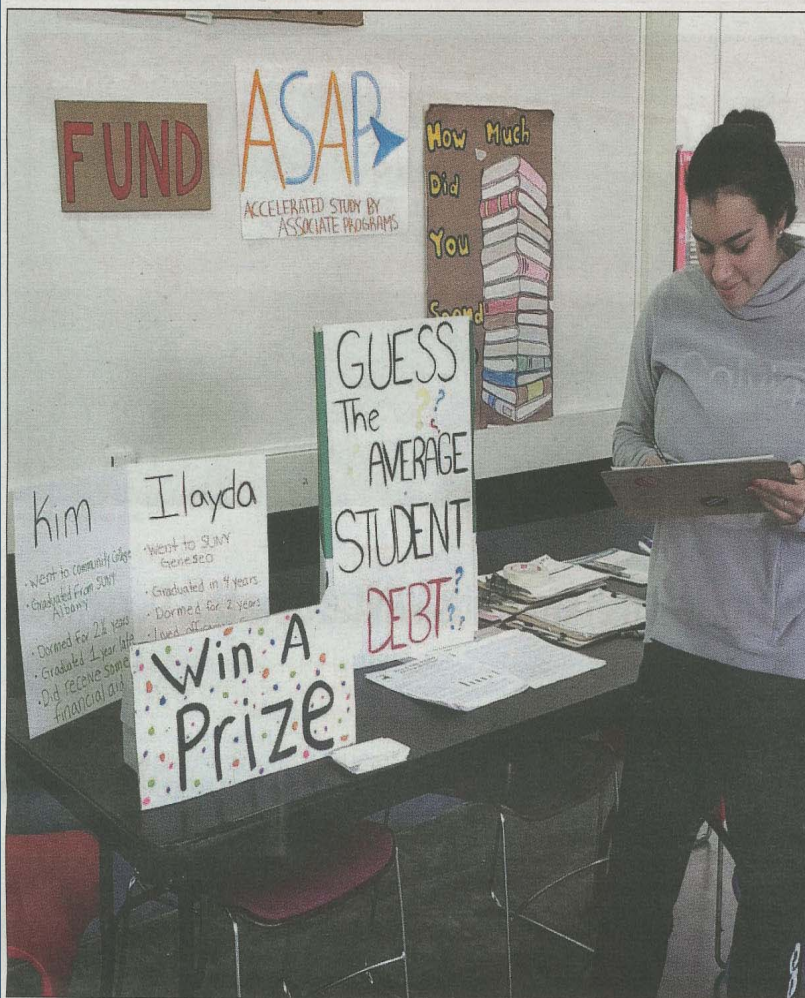
As civic-minded and politically active citizens, please pay attention to the proposed changes that eventually come out of this Commission to be voted upon. Look for the details: who will make the decision to appoint; how many appointees relative to the whole does each appointer receive; what entity does the new entity disempower; and most importantly from the standpoint of being a member of a community board, does this take away from the fundamental concept of local governing.

In a city that has 8.5 million people; in a borough with 2.35 million people, the idea was to have mini city halls in each borough with borough presidents who could focus on their borough's priorities. Community boards are a combination of neighborhoods that would be able to assess and recommend local determination of land use and city service needs for their respective areas. The importance was signified by making the police precincts co-terminus with the community board it served.

Some of the new initiatives could have the ultimate effect of taking local community power away. Be diligent when reading about proposed changes. Ask questions of your City Council members. Hold community forums. Coalesce - something that is personified by the Queens Civic Congress. The ground is shifting. The city is changing. You should be an informed about the codified ramifications.

Mark McMillan
12.17.18





'Fund CUNY ASAP': City college students call for more funding

BY EMMA MILLER
editorial@qns.com / @QNS

Students, unions and community groups petitioned on 10 campuses in Queens and other boroughs on Wednesday for more funding for the City University of New York (CUNY) on Citywide Day of Action.

The event was part of the Fund CUNY ASAP campaign created by the CUNY Rising Alliance, a coalition of 33 organizations created to fight for free higher education. NYPIRG, faculty and staff unions and the CUNY University Student Senate also participated in the Day of Action.

The group wants more funding for CUNY's Accelerated Study in Associate Programs (ASAP) and Accelerate Complete Engage (ACE) programs. These offer smaller classes, better advising, flexible schedules and free tuition, textbooks and MetroCards to students. The programs have been proven to double graduation rates and save the college money.

"When I had ASAP, I had resources like a MetroCard, textbook vouchers, an adviser to help me with any-

thing going on academically or personally," said Anthony Vancol, a psychology major at Queensborough Community College. "If I did not have ASAP, I don't think I would have graduated in the two years that I did."

Only two out of 10 CUNY community college students graduate in three years, while 53 percent of ASAP students graduate in within three years. The average adviser at CUNY covers anywhere from 600 to 1,000 students, another issue more funding for ASAP could address.

Organizers planned the day of action to be at the same time as the CUNY board of trustees' formation of their budget request for the next year. Participating students want the board to ask the city and state governments for enough money to fully fund programs like ASAP and ACE.

There is an online petition outlining these demands addressed to Governor Cuomo and Mayor de Blasio. Students and other volunteers collected signatures via email and social media.

"CUNY ASAP funding must be a priority in the upcoming state and city

budgets," said Carlos Calzadilla, president of Young Progressives of America, one of the organizations that makes up CUNY Rising Alliance. "Expanding ASAP and increasing it to include all CUNY students in need is what truly free college in New York City would look like ... ASAP is a program that tackles barriers that often prevent working-class students from affording college."

Per-student support for CUNY senior colleges from the state has gone down 18 percent over the past decade. Although overall funding has increased, it is not enough to fully fund ASAP and ACE. An independent study showed that fully funding the programs would cost more per student but save the college an average of \$6,500 per graduate.

"CUNY knows how to support students who are struggling to graduate. It knows how to lift students out of poverty," said Smitha Varghese, chair of NYPIRG's board. "ASAP and ACE show what CUNY can be if it is well funded. It's time for Albany and City Hall to do the right thing and fully fund CUNY."

Commercial waste zones

City unveils plan for carting industry

The Department of Sanitation (DSNY) last week released a plan for the implementation of commercial waste collection zones across New York City over the next three years.

While DSNY collects trash and recycling from residential buildings, more than 90 different private carters crisscross the city each night to service the city's 100,000 commercial businesses.

The commercial waste collection industry has been involved in dozens of fatalities in recent years, and yielded more than 500 moving violations in one week.

"The city's current commercial waste carting system has proven itself to be inefficient, unsafe and unsustainable," said DSNY Commissioner Kathryn Garcia. "The Commercial Waste Zones plan is a comprehensive blueprint to create a safe and efficient collection system for commercial waste that provides high-quality, low-cost service while advancing our zero waste goals."

The plan will divide the city into 20 zones, each served by three to five carters selected through a competitive process. The city argues the approach will reduce truck traffic associated with commercial waste collection by more than 60 percent, while strengthening service standards and allowing for customer choice.

Over the next few years, the city will work to implement a plan to select carters via an RFP process and a multi-year customer transition process.

But a coalition of businesses is strongly opposed to the city's

plan, arguing it would harm bodegas, food markets, stores, and office buildings by eliminating the choice, competition and customer service that exists under the city's current open market system.

They cited a similar zone-based plan that was implemented last year in Los Angeles, saying it created chaos and was met with negative feedback, as waste collection prices doubled, tripled or even quadrupled and service complaints numbered in the tens of thousands.

Three weeks ago, the San Diego City Council rejected a zone proposal, opting for improvements to its open-market system.

"It's already difficult and costly to operate a quality restaurant in New York City," said Kevin Dugan, government affairs director of the NYS Restaurant Association. "Restaurant owners have a right to expect that the city can address issues regarding the commercial waste industry without creating such serious and unnecessary problems for the businesses it serves every night."

Instead, the businesses support a plan proposed by Councilman Robert Cornegy that would strengthen the city's Business Integrity Commission and expand its regulatory power, giving it new tools to raise safety and environmental standards.

"Small business owners continue to oppose Mayor de Blasio's zone plan because we believe the city can improve safety in commercial waste carting without pushing thousands of small businesses further to the brink of closure," said Nelson Eusebio, board member of the National Supermarket Association.

Officials want accurate count in 2020 Census

Queens Ledger | November 20, 2018

By: Benjamin Fang

With the 2020 Census approaching, local officials are urging community members to participate for a more accurate count.

Last Tuesday, Borough President Melinda Katz hosted an event at Borough Hall to provide insight into the process and explain the importance of the count every 10 years.

In addition to determining the number of elected representatives in an area, the census also decides how much federal money comes back to the district. Katz said that will affect funding for education, senior centers, housing and more.

"This transcends politics. It's not about being a Republican or a Democrat," she said. "This is about the type of life we want for our families that are here."

She announced the formation of the Queens Complete Count Committee, a group of people who will work to ensure an accurate count of people living in the borough.

Katz alluded to a number of "unprecedented challenges" facing the census, particularly in Queens. For the first time, 80 percent of residents will receive the census form online, which she said raises questions about cybersecurity.

The Commerce Department also added a citizenship question on the form, which the borough president said can affect a borough like Queens, which has nearly half of its population born outside of the United States.

Opponents of the citizenship question, including the de Blasio administration, 18 states and nine cities, have brought a lawsuit against the Commerce Department. The suit is now working its way through the courts.

"It's ridiculous, it's not what the census is about," Katz said. "It's about the number of people who are actually here."

Dr. J. Phillip Thompson, deputy mayor of strategic policy initiatives, said this isn't the first fight the country has had over the census. When the U.S. Constitution was written in 1787, Thompson's ancestors in Virginia, who were slaves, were counted as three-fifths of a person.

"The fight around the census started then," he said. "There has been fights many times."

Another fight occurred in the 1960s, when the 1965 Voting Rights Act said "one person, one vote," instead of "one citizen, one vote." Thompson said civil rights advocates felt strongly about the wording because they wanted every person to be acknowledged and recognized, not just citizens.

The deputy mayor said the debate over the citizenship question today is "one of these fights."

"Many of us believe the intent is actually to frighten certain people so that they won't fill out the census," he

said. "The best way to respond to fear is to organize people together and fight back."

"We've got to organize in order to make a statement with this census, that everybody matters, everybody counts," Thompson added. "That's the big message."

Jeff Behler, regional director of the New York Regional Office for the U.S. Census Bureau, said the goal for the 2020 Census is to count everyone once and "in the right place."

To ease doubts or concerns about the level of safety of sharing personal information, Behler said that the responses are protected by a federal law called Title 13. The bureau cannot release any household data.

The penalty is a fine of up to \$250,000 and up to five years in prison.

"Everyone who has ever had access to Census data that's not public access is sworn for life," Behler said. "We take that seriously."

He added that Title 13 has "stood the test of time." The law has been taken to court many times by other federal agencies, law enforcement agencies and private organizations, all wanting the data.

"They've lost every time," he said.

Behler also stressed that the census is easy to fill out. Anyone can access the form online, through a toll-free telephone line, which can collect information for the first time, on paper or through a visit from a Census employee.

The online and phone response options will be available in 12 non-English languages. Guides will be produced in 59 non-English languages, Behler said.

The hiring of 350,000 to 400,000 census employees to knock on doors nationwide is the most expensive part of the process, he said.

The Census Bureau will soon be opening 13 offices in New York City. They will hire managers, supervisors and clerical staff for these temporary jobs.

Behler said though the census is officially in 2020, all residents must begin to plan today.

"If we miss people, if we don't get an accurate count in 2020, we're going to have to wait another 10 years," he said. "We need your help to do this."



2018 Holiday Edition

Safe Shopping Tips for Happier Holidays

QChron.com | November 29, 2018

By: Michael Gannon



The joy of the holidays can be tempered if one is the victim of thieves, pickpockets or online scammers. Shoppers who use a few common sense tips can greatly reduce their chances of becoming targets.

Law enforcement and consumer protection advocates are reminding customers to take a little extra care to protect themselves from holiday grinchies — or far worse — when they set out for their holiday shopping.

For those hitting the malls and the commercial shopping corridors, the NYPD said a few common-sense tips can prevent giving bad guys a good day.

“Don’t carry large amounts of cash,” the department said in a statement posted online last week. “When possible, carry cash substitutes such as traveler’s checks or credit cards.”

To guard against pickpockets, police said people never should carry wallets in their rear pants pockets. They also offered advice on how to spot potential pickpockets.

They said pickpockets usually work in teams of two or more, and strike when they consider their marks to be most vulnerable.

“Always be aware of staged distractions,” they said.

“Pickpockets may drop something in front of you or cause a loud commotion near you.”

They also recommend that people carry purses and backpacks in front of them, and that the bags and all outside compartments be closed.

No personal property should be left unattended for even a moment. As with pickpockets, potential thieves may devise a distraction nearby to create an opportunity to grab packages or personal belongings.

The office of New York State Attorney General Barbara Underwood and the Better Business Bureau of Metro New York are saying people also have to be more careful than ever when shopping online.

“During the holiday season, scammers take advantage of people’s inclination to trust,” Claire Rosenzweig, president and CEO of BBB Metro New York said. “Scam reports to BBB Metro New York about online purchases increased 60 percent during last year’s holiday shopping season.”

Both the AG and the BBB say red flags should rise when prices or bargains appear too good to be true. Underwood’s office said to be aware of sale prices that may have been marked up prior to the advertised discount, or that could contain hidden costs such as delivery charges or fees for assembly.

“New Yorkers should be on alert that sometimes bargains may not be as good as they seem,” Underwood said.

Both agencies said shoppers can help protect their confidential data by using websites beginning with <https://>, rather than the standard <http://>. Those are protected by an internet security protocol.

The AG said consumers also should carefully read the terms and restrictions that come when purchasing gift cards.

She and the BBB also say shoppers should be clear about a vendor’s return, refund and layaway policies before making a purchase.

Both also warn against inadvertently being tricked into using a website that has a similar name to popular, reputable sites and domains.

The BBB recommends paying with a credit card when possible, as that typically offers more protections for the consumer in the event of difficulties.



Happy Holidays!

Winter Holiday Safety

Winter holidays are a time for families and friends to get together. But that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire-safe holiday season.



HOLIDAY DECORATING

- Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- Keep lit candles away from decorations and other things that can burn.
- Some lights are only for indoor or outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Use clips, not nails, to hang lights so the cords do not get damaged.
- Keep decorations away from windows and doors.



HOLIDAY ENTERTAINING

- Test your smoke alarms and tell guests about your home fire escape plan.
- Keep children and pets away from lit candles.
- Keep matches and lighters up high in a locked cabinet.
- Stay in the kitchen when cooking on the stovetop.
- Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.



Before Heading Out or to Bed

Blow out lit candles when you leave the room or go to bed. **Turn off** all light strings and decorations before leaving home or going to bed.

FACTS

- ❗ **More than a third** of home decoration fires are started by candles.
- ❗ **Forty-two percent** of decoration fires happen because decorations are placed too close to a heat source.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource
on fire, electrical and related hazards

wellness

Safe and effective: Choose physical therapy for your back pain

If you're living with low back pain (LBP), you're not alone. The condition is the leading cause of disability in the U.S. Studies show 80 percent of American adults will experience LBP at some point in their lives. If LBP turns from short-term to chronic (lasting three months or longer), it can impact your overall quality of life.

Modern society craves quick-fix solutions to even complex problems, but this mindset can be particularly counterproductive when it comes to LBP. Studies show that LBP is often overtreated, particularly when it comes to the use of opioids, imaging scans (such as MRIs and X-rays), and surgery. Guidelines recommend first trying exercise and other conservative approaches instead.

"When it comes to low back pain, the best advice is to move," said APTA spokesperson Colleen Louw, PT, MED. "Most low back pain will resolve on its own and responds positively to increased movement and regular exercise."

As America seeks solutions to its ongoing opioid epidemic, patients and prescribers should be especially cautious about treating LBP with opioids. Opioids come with a list of serious potential side effects, and every day more than 1,000 people are treated in emergency departments for opioid misuse. Meanwhile, long-term use of opioids might not be particularly helpful for LBP, which is why the Centers for Disease Control and Prevention (CDC) released guidelines urging the use of safer alternatives, including physical therapy, for most



non-cancer-related chronic pain conditions.

"Given the substantial evidence gaps on opioids, uncertain benefits of long-term use and potential for serious harm, patient education and discussion before starting opioid therapy are critical so that patient preferences and values can be understood and used to inform clinical decisions," the CDC states.

Physical therapists can play a valuable role in the patient education process, including setting realistic expectations for recovery with or without opioids.

Physical therapists are movement experts who optimize quality of life through prescribed exercise, hands-on care and patient education.

A physical therapist will perform a thorough evaluation that includes:

- A review of your health history.
- Questions about your specific symptoms.
- A thorough examination that includes assessing the quality and quantity of your movements, and any movement behaviors that might put you at risk for delayed recovery.
- Tests to identify signs or symptoms that could indicate a serious health problem, such as broken bones or cancer.
- Assessment of how you use your body at work, home, during sports and at leisure.

An active treatment plan from a physical therapist can help you improve your

mobility while managing your pain, whereas opioids only mask the sensation of pain.

Here are four reasons to choose physical therapy for your back pain:

Physical therapy is a safe and effective alternative to opioids. While doctor-prescribed opioids are appropriate in some cases, choosing a safer alternative, like physical therapy, eliminates the risk of misuse and avoids the potential negative side effects. Your physical therapist will set realistic expectations for recovery, with or without opioids.

Physical therapists help you help yourself. Physical therapists empower you to be an active participant in your own treatment. Depending on the severity of your pain, your therapist may work collaboratively with other health professionals to ensure a comprehensive course of treatment.

Physical therapy is cost effective. A recent study shows patients with LBP who consult physical therapists early in their treatment processes incur lower out-of-pocket medical costs, with less probability of accruing expenses associated with opioid prescriptions, advanced imaging services or emergency room visits.

Physical therapy is accessible. You do not need a physician referral to access physical therapists' services in the U.S.

When it comes to your health, you have a choice. Choose more movement and better health - choose physical therapy. To find more information and a physical therapist in your area, visit MoveForwardPT.com.

Courtesy BPT

wellness

Improve health and performance at the office

Between the hours staring at a computer screen and the nearly constant temptation of treats in the breakroom, most offices are not known for fitness and health. However, work is where most Americans spend at least one-third of their days, and it's a place where simple changes can make a big difference.

Hunger is an important factor in managing workday wellness, from maintaining focus to making smart snacking choices. A survey on workplace snacking, conducted by Focus Vision and supported by the American Pistachio Growers, found that 92 percent of workers report becoming distracted from their tasks at work due to hunger before lunch. Eighty percent said they get hungry in the mornings before lunch and think about food often or every day.

Watching your eating habits and being more aware of your body's physical needs can help promote a better office lifestyle. Take steps to improve your workday wellbeing with these tips from Dr. Mike Roussell, nutrition expert and adviser to "Men's Health" and "SELF" magazines:

Keep healthy snacks on-hand. Sugary snacks can send you on a roller coaster ride of energy and focus. The right kind of healthy snacks can satiate your appetite as well as improve your health and performance at work. For example, the survey on workplace snacking showed a midmorning snack of pistachios can help

improve concentration, and the right kind of snack at the right time can help give you a competitive edge at work.

Find time for activity. Being physically active can help control stress, recharge your brain and promote overall wellness. Being at work doesn't mean that you must be sedentary. Break up lunchtime with a short walk or jump on board with a growing trend and conduct walking meetings. Next time you have a brainstorming or check-in meeting, take it to the streets and hold your meeting while walking around.

Feed your brain. A healthy body doesn't just mean strong muscles and maintaining a healthy heart, but also nurturing a healthy brain. It is important to fuel your brain with the nutrients it needs to function at its best. Research from Loma Linda University shows that eating pistachios stimulates brain waves associated with cognition, memory and learning. Lutein, an antioxidant found in pistachios, is also associated with improvements in executive brain function.

Stay hydrated. Staying hydrated is not only important for athletic performance, but is also important for peak mental performance at work. Several research studies show that small levels of dehydration can decrease mental performance and negatively impact mood. To avoid becoming dehydrated, have a large glass

of water with each meal or snack and at least one more glass between meals.

Take breaks to recharge. Engineers of one productivity app analyzed time logs from more than 5 million days of tracking to determine the behaviors of the most productive people. They found that when people worked for 52 minutes then took a 17-minute break they had the highest productivity levels. Setting periods of intense focus and then time off during your workday can help you be more productive and reduce stress.

Skip mindless eating. The office can be a nutritional landmine. Bowls full of candy and breakrooms with boxes of donuts make it all too easy to nibble without fully realizing all the calories you are accumulating. Taking a more proactive and conscious approach to snacking can help cut out unwanted extra calories while also curbing your appetite.

Explore more ideas for smart snacking at the office and at home at americanpistachios.org.

A Handful of Health Benefits

Increasingly, people with desk jobs are looking for healthier snack alternatives to typical choices like donuts and vending machine fare. A solution may be a simple handful away.

In a survey commissioned by the American Pistachio Growers, 1,000 American office workers who skipped

breakfast consumed a snack of pistachios (about 1 1/2 servings) between 9 a.m. and 11 a.m. The midmorning snack proved to be just what they needed to power through the morning. Ninety-two percent of the participants reported the pistachio snack helped eliminate hunger and improved their concentration.

Reinforcing their role in mental acuity, in a separate study, pistachios produced strong gamma waves, which are critical for enhancing cognitive processing, information retention, learning, perception and rapid eye movement during sleep.

"Pistachios are an ideal midmorning or midafternoon snack because of their unique nutrient package that not only promotes feelings of fullness and satiation, but newer studies show that it can promote an optimal mental state and more focus at work," Roussell said. "Pistachios are a healthy snack that you can look forward to eating day in and day out."

Indeed, an option like pistachios is a healthier choice than many go-to snacks. They do not contribute to weight gain or body fat changes and can significantly improve dietary nutrient intake. Survey participants increased their consumption of nutrients such as thiamin, vitamin B6, copper and potassium after snacking on pistachios for four weeks.

Courtesy Family Features

senior living

Three workouts everyone over 60 needs

You want to live the healthiest life possible and you realize that to do so, you can't rely on the same old exercise routine. You need to change it up and adjust your plans as you grow older. It may seem daunting, but the good news is that staying fit can be easier than you think.

"Many older adults know their fitness routines have to change as they age because of injuries, chronic aches and pains, or even shifts in the exercises they enjoy," says Julie Logue, SilverSneakers(R) training manager for Tivity Health. "That's why finding the right health plan during Medicare's open enrollment period is so important. It's especially valuable to find a health plan that includes SilverSneakers, which is the nation's leading fitness program designed exclusively for older adults. It's much easier to be consistent with exercise when you find a program you love."

If you are an older adult who likes yoga, strength training or aerobic exercise - or if you are considering such a regimen - Logue suggests a few ways to switch up your routine, so you can continue living a healthy, active lifestyle.

Finding peace with your yoga routine

Yoga is popular with fitness enthusiasts of all ages, and for older adults, practicing yoga can improve balance, flexibility, mental focus, core strength and breathing efficiency. It can also be a wonderful stress reliever.

If you are new to the practice of yoga, or if you feel unsure or unstable during any class, consider using a wall or chair to aid you in your balance for certain poses. Make sure to protect your joints by moving gently into stretches and poses, never forcing your body into any posture. You can regulate your blood pressure with even, continuous breathing.



Additionally, be aware that inversions, those poses that place your head below your heart, can cause changes in blood pressure. Finally, while yoga can certainly be practiced alone, taking a class through SilverSneakers is a great way to bond with others during your workout and get expert guidance from a trained instructor.

Stepping up your strength

Building muscle mass is a key benefit of strength training, but for older adults there are additional benefits. Strength training, sometimes called resistance

training, supports bone health and aids in the prevention of osteoporosis, improves your balance and supports a healthy weight. Regular strength training also can make everyday activities easier.

The Centers for Disease Control and Prevention (CDC) recommends that adults of age 65 and older, who are generally fit with no limiting health conditions, should do resistance training exercise on two or more days a week, focusing on all major muscle groups. When beginning an exercise program, the best practice is to start with lighter weights, performing one to two sets of each exercise with 10 to 15 repetitions in each set.

To continue to benefit from strength training safely, increase your resistance slowly, always using proper technique to avoid strains and other injuries. You can manage your blood pressure by exhaling during the most challenging part of each exercise. Choosing to work out with a partner or coach can help keep you motivated and make you more aware of your form and alignment, keeping you safer during your workout. Finally, take a break. Allowing a day between strength training workouts helps your muscles recover so you come back to your next routine even stronger. Download the new SilverSneakers GO(TM) app and discover programs to fit your personal activity level.

Keeping the cardio

Whether it's dance or another calorie-burning cardio exercise like cycling or walking, getting your body moving is a fun and healthy way to improve your life-

style. Cardio exercise has also been shown to improve your coordination, agility and reaction time, as well as help you manage your blood pressure and improve cognitive function. Plus, it's just flat-out fun, especially if you enroll in a class as a SilverSneakers member.

To keep your cardio routine interesting and effective, pay attention to the impact that some types of exercise can have on your joints. Walking, cycling and water exercise are all efficient ways to get a great workout while being gentle on your joints. And, with social isolation affecting as many as 43 percent of older adults, asking a friend to join you is a great way to stay motivated, connect with others and enjoy life.

Don't delay in improving your healthy lifestyle today

Improvements to your regular exercise routine will support you in your goal of living a healthy life, but you can take the next step with the support of a program that includes classes, digital tools and workouts designed with seniors in mind. Medicare open enrollment takes place from Oct. 15 to Dec. 7, so as you review your plan options, look for a health plan that offers SilverSneakers. Members have access to more than 15,000 fitness locations and community organizations across the country, so don't delay. No matter where you live, a better, healthier you is waiting to be discovered.

To learn more about SilverSneakers, visit www.silversneakers.com.

Courtesy BPT



Service dog Sully continues to serve President George Bush posthumously

NYDailyNews.com | December 2, 2018

By: Theresa Braine



George H.W. Bush's service dog, Sully, keeps watch at his master's casket. Bush's spokesman,

His master is gone, but Sully — service dog to the late President George H.W. Bush — hasn't given up his duties.

The yellow Labrador curled up in front of the 41st President's flag-draped casket on Sunday, as former White House spokesman Jim McGrath posted a picture on Sunday captioned, "Mission complete. #Remembering41."

"Bush received Sully in June from America's VetDogs nonprofit organization," The Associated Press noted. "The president had a form of Parkinson's disease, and Sully could open doors, pick up items and summon help."

Bush, who died at home at age 94 on Friday, served as U.S. President from 1989 to 1993.

His service to the nation, which included being shot down over the Pacific during WW2, serving as Vice President under President Ronald Reagan, and a host of other public positions, will be honored in Houston and Washington D.C. He will be buried in Texas on Thursday.

The poignant photo of Sully had been retweeted 10,000 times and liked 38,000 times as of Sunday evening.

Queens Senator Jose Peralta remembered as 'fighter' for immigrants and LGBT community

QNS.com | November 29, 2019

By: Mark Hallum

The crowd of mourners at St. Joan of Arc Church in Jackson Heights spilled out into the foyer of the large house of worship on Tuesday morning.

State Senator Jose Peratla, who died on Nov. 21 at age 47 from an illness, was remembered fondly for his advocacy for the underrepresented such as undocumented immigrants and the LGBT community by fellow Queens elected officials.

Senate Majority Leader Andrea Stewart-Cousins and Mayor Bill de Blasio attended the funeral on Tuesday morning along with Councilman Daniel Dromm, who shared a district with Peralta.

"Jose was a fighter for those who did not have the voice," Dromm said. "He was a fighter for our immigrant community. He was the main sponsor of the DREAM Act, he was a fighter for LGBT rights when nobody else would be there for us. He voted for marriage equality. He always spoke up for the little person, he always spoke up for the voiceless."

Borough President Melinda Katz commented on the fact that although Peralta fell out of favor with much of community by defecting the Independent Democratic Conference in 2017, paying proper respect to the lifelong public servant now a top priority.

"There's a lot of politics, but at the end of the day our families and friendships transcend that," Katz said. "As is self-evident today, nobody knows our future. This should be a message to take nothing for granted as we move along day-to-day. At the end of the day, we all want the same thing which is a great future for our family."

Councilman Barry Grodenchik, who served in the state Assembly with Peralta, tearfully remembered Peralta as a close friend of his.

"He always had a smile on his face through some of the darkest moments shared politically, we'd always laugh," Grodenchik said outside the church, before turning to the topic of passing the DREAM Act. "We have an overwhelming Democratic majority in Albany so there's really no excuses are there."

The Independent Democratic Conference was a group of eight state senators who broke away from the mainstream Democratic Party to caucus among themselves and negotiated with Republicans to pass progressive legislation.

Intensely opposed by Democrats across the state, the majority of former IDC members, who had disbanded in April, were voted out of office in the September Democratic primary.

Peralta was among them, having lost his seat to Jessica Ramos.

Peralta was a constant champion for the DREAM Act, for which he was a primary sponsor, and near the end of his life issued a resolution hoping to make New York a sanctuary state.

There is currently a push led by Congressman Adriano Espaillat to name the DREAM Act in honor of Peralta if it is passed and signed into law.

Peralta holds the honor of being the first Dominican American elected to the state Senate.

Understanding Hypertension

Expert Advice

Approximately 33 percent of Americans are afflicted with hypertension, better known as high blood pressure, according to the Centers for Disease Control.

What could we possibly learn about blood pressure that's new? Studies teach us about better diagnostic techniques, as well as consequences of hypertension and its treatment.

When you go to the doctor's office, they usually take your blood pressure. If they take readings in both arms, have you wondered why? When patients asked me why, I joke that I need the practice. In truth, it's because there may be significant benefit from taking readings in both arms.

An analysis of the Framingham Heart Study and Offspring Study showed that when blood pressure was taken in both arms, if there was a difference of more than 10 mm Hg in the systolic (top number) blood pressure, then there may be an increased risk for the development of cardiovascular disease — stroke and heart disease.

This is a simple technique that may give an indication of who is at greater cardiovascular disease risk. In fact, when this interarm blood pressure comparison showed a 10 mm Hg difference, researchers identified an almost 40 percent increased risk of having a cardiac event, such as a stroke or a heart attack, with minimal extra effort expended.

So, the next time you go to the doctor's office, ask if they would take your blood pressure in both arms to give you and your doctor a potential preliminary indication of increased cardiovascular disease risk.

When do we get our blood pressure taken? Usually, it is at the doctor's office in the middle of the day. However, nighttime blood pressure readings may be the most accurate, according to a study published in the Journal of the American Society for Hypertension.

Researchers found that every 10 mm Hg increase at night had a more significant predictive value than daytime readings.

If blood pressure is high in my office, I suggest that patients take their blood pressure at home, both in the morning and at night, and send me weekly readings. At least one of the readings should be taken before antihypertensive medications are taken.

There has been a debate about whether salt really plays a role in high blood pressure and heart disease. A compelling British study, called the Health Survey from England, implicates sodium as one potential factor exacerbating the risk for high blood pressure.

Results show that when salt intake was reduced by an average of 15 percent, there was a significant blood pressure reduction and that this reduction may be at least partially responsible for a 40 percent reduction in stroke mortality and a 42 percent reduction in heart disease mortality.

Most of our dietary salt comes from foods we least suspect, such as breads, pastas, and cheeses.

When we think of blood pressure-lowering medications, we don't usually consider age-related macular degeneration as a potential side effect. However, in the Beaver Dam Eye Study, those patients who were taking blood pressure

medications were at a significant 72 percent overall risk of developing early stage AMD.

It did not matter which drug class the patient was using, all had similar effects: calcium channel blockers, beta blockers, diuretics, and angiotensin receptor blockers. However, the researchers indicated that they could not determine whether blood pressure or the blood pressure medication was the contributing factor.

This is a controversial topic. If you are on blood pressure medications and are over age 65, I recommend you get yearly eye exams by your ophthalmologist.

In conclusion, we have some simple, easy-to-implement, takeaways. First, monitor blood pressure in both arms, since a difference can mean an increased risk of cardiovascular events. Reduce your salt intake; it appears that many people may be sensitive to salt, as shown by the British study.

If you do take blood pressure medications and are at least 65 years old, have annual ophthalmic exams to check for AMD.

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.

Guest Op-Ed

November is Lung Cancer Awareness Month



WAYNE KYE

Lung cancer is a brutal disease, and we can do far better in preventing it and detecting it early.

Screening rates for lung cancer — the leading cause of cancer death in the U.S. — are much lower than screening rates for other cancers. Only 2 to 4 percent of those at high risk for the disease are screened.

November is Lung Cancer Awareness Month and a good time to learn more about the disease and advances in early detection.

Despite declining smoking rates, lung cancer remains the second most commonly diagnosed cancer in the U.S. in both men and women (the first is skin cancer).

An estimated 234,030 Americans will be diagnosed with lung cancer in 2018, and about 154,050 will die of the disease. In New York alone, 13,190 will be diagnosed and 8,490 will die of the disease this year.

A staggering 80 to 90 percent of all lung cancer deaths are attributed to cigarette smoking. But that means up to 20 percent of people who die from lung cancer in the U.S. every year have never smoked or used another form of tobacco (such as pipe or cigar), so we should all be informed about this disease.

Other risk factors include exposure to radon gas in soil, asbestos in building materials, secondhand smoke, workplace exposure to certain toxic substances, and personal or family history of the disease.

E-cigarettes may contain fewer toxic chemicals than regular cigarettes, but they still contain nicotine, which is addictive and can cause harm to brain development for kids and teens.

The ingredients in e-cigarettes are not yet known, so they should not be considered healthy alternatives until more research is done.

Symptoms of lung cancer (persistent cough, constant chest pain, long-lasting hoarseness or shortness of breath) often don't appear until the disease reaches

an advanced stage.

That's why screening is so important for those at high risk. The earlier cancer is found, the more likely it is that treatment will be successful.

Low-dose CT screening has been shown to reduce heavy smokers' risk of dying from lung cancer. A recent study presented at the International Association for the Study of Lung Cancer (IASLC) World Conference on Lung Cancer showed annual screening in high-risk patients reduced lung cancer deaths by 26 percent in men and up to 61 percent in women.

Annual screening is recommended for adults ages 55 to 80 with a history of heavy smoking who currently smoke or

have quit within the past 15 years. Risks of CT scans include false positives (a result that suggests cancer is present when it really is not) or finding cancer that may never have been a problem.

Talk to a health care professional to decide if screening is right for you.

Quitting smoking (or never starting) is the best way to reduce your risk. The sooner you quit, the better your outcome.

You can also lower your risk by avoiding secondhand smoke, testing your home for radon, and following occupational health and safety guidelines if your job exposes you to carcinogens.

Without being judgmental, encourage loved ones who smoke to have conversations with their health care professionals about resources to quit and whether to be screened.

To learn more, visit preventioncancer.org/lungcancer and smokefree.gov.

Dr. Wayne Kye is the spouse of Congresswoman Grace Meng and a member of the Prevent Cancer Foundation's Congressional Families Cancer Prevention Program.

Queens Parks Commissioner to retire at year's end

QueensLedger.com | December 5, 2018

By: Benjamin Fang



Queens Parks Commissioner Dorothy Lewandowski will retire at the end of the year, parks officials announced over the weekend.

Lewandowski served 39 years with the Parks Department, starting in 1979 with a summer job as a ranger in Prospect Park. She has worked in Brooklyn, Manhattan and the Bronx, ultimately culminating her career with a 14-year stint as borough commissioner of Queens.

She previously worked as a manager, deputy chief of operations and chief of operations in the Bronx, before she was appointed Bronx parks commissioner by former Mayor Michael Bloomberg.

"The hardest part for me now, after 39 years, will be letting go," Lewandowski said. "But you serve a long career, you work hard and it's now time for others to take that over."

Lewandowski's husband, who works for the Transit Authority, will also be retiring.

"We're both looking forward to the next chapter in our lives," she said.

The longtime public servant said she'll miss the park workers, the parks, and above all, all the relationships she has built with community members. Lewandowski said she now looks forward to being a volunteer in city parks.

Lewandowski and her husband own a home in Queens and they're not selling, so they'll be around, she said.

When asked to name her favorite park, she couldn't choose just one.

"It's like children, you never say who your favorite is," she said. "But I have to say, I'm always drawn to the water. The Rockaways are always important to me, and all the parks along the East River."

December 31 will be her last day of city service. The Parks Department is currently interviewing candidates, and Lewandowski said there will be an acting commissioner in the interim until they hire someone permanently.

"We have a really strong team in Queens, and I've spent a long time building that," she said. "So I feel good about the legacy that we're leaving."

Parks Commissioner Mitchell Silver said Lewandowski has served the borough well in her tenure.

"She is the gold standard of what a borough commissioner should be," he said. "I'm truly going to miss her."



Announcement | Tuesday, December 4, 2018

By: Steven Rubenstein

ABNY Hires Melva M. Miller to Lead our Census 2020 Push

The census will determine tens of billions in federal funding for New York City and State – from Head Start to highways to affordable housing and higher education – dollars that matter in our everyday lives. It will also dictate how many representatives we send to Congress.

Every New Yorker deserves to be counted. New York is one of just eleven states that sends more money to Washington than it receives, and our citizens should get what they are OWED from the federal government.



At the same time, EVERY New Yorker who fills out the form must be protected as the law PROMISES.

We are committed to helping New York get the best and most accurate count possible.

To lead this effort, ABNY has hired one of New York's rising stars, Melva M. Miller, who will serve as Executive Vice President of this critical initiative. She will work with me and Angela Pinsky, our Executive Director, to help make sure the census push is a success.

We are lucky to be adding Melva, who mostly recently served as the Deputy Borough President of Queens, to our team. We needed an individual who knows how to organize from the ground up, who understands how to manage New York's unique politics, and who has serious policy chops, too.

Melva has been a passionate and dedicated community organizer since 1993. Her achievements include the creation of the Jamaica NOW Action Plan, a stakeholder-driven strategy to increase quality employment, economic diversity and financial security in downtown Jamaica, and she was also the lead organizer of the Western Queens Tech Strategic Plan, an initiative that produced a five-year blueprint for equitable growth of the Long Island City and Astoria tech ecosystem.

Melva has held several senior economic development roles throughout her career, including Director of Economic Development for her hometown borough and Executive Director for the Sutphin Boulevard Business Improvement District. She is a proud resident of southeast Queens.

Angela and I are excited to welcome Melva to the ABNY family.



2019 Weekend Walks



Guidelines and Eligibility

Weekend Walks are multi-block, multi-day events on commercial corridors that promote the use of streets as public space. NYC DOT provides limited funding to community based organizations to close commercial streets and program them to highlight NYC's unique neighborhoods and local business.

What is a Weekend Walk?

Temporary pedestrian street

Multi-block: 2 to 10 blocks on a commercial corridor

Multi-day: 2 to 10 days on regularly recurring dates

Community driven: organized by BID, merchant's association, civic organization, etc.

Engages and supports local businesses and community based organizations

Occurs in areas that could be enhanced by more space for pedestrians

What is *not* a Weekend Walk?

Street fair with any vending, i.e. no exchange of money (cash, credit/debit cards, bitcoins)

Events on primarily residential streets

Single-day or single-block events, e.g. block parties

Events that require a ticket or advanced registration in order to enter

A group walk to raise funds for charity

An event that does not promote NYC Streets as public space

Partner's Role

Enter into an agreement with NYCDOT for community management services agreeing to the following:

- 1) Executing programming and other activations that promote using NYC streets as public space
- 2) Ongoing communication with NYPD, Community Board, businesses, and other institutions
- 3) Securing a SAPO permit and providing all necessary documentation on time
- 4) Meeting all NYCDOT/SAPO deadlines that are set in advance

Event Requirements

- ☐ Events must be on a recurring and predictable schedule
- ☐ Consecutive event dates are not permitted (e.g. Saturday 8/16 and Sunday 8/17)
- ☐ All events and programming should be open to the public
- ☐ Must attend mandatory partner meeting in the spring or summer
- ☐ Occur along commercial corridors within the 5 boroughs
- ☐ Minimum length: 2 blocks, maximum length: 10 blocks
- ☐ Minimum number of days: 2, maximum number of days: 10
- ☐ Organized by community based organizations with strong ties to the neighborhood they are planning the event in

Visit

nyc.gov/weekendwalks

to apply!

Queens Community Board 13 invites you to the

Holiday Celebration

Tuesday, December 18, 2018
Mateus' Restaurant & Bar
6:30 pm
222-07 Jamaica Avenue
Queens Village, NY 11428



It's the time of the year
When there is cheer in the air.
With faces bright and bellies full
We hope to share this joy with you!



YOUR GUIDE TO NEW YORK CITY CHARTER REVISION COMMISSION 2019

WHAT IS THE CHARTER?

The New York City Charter is the City's constitution. It creates a framework for our government. The Charter controls how the City spends our tax dollars, how decisions are made about changes to our neighborhoods and the power of our elected officials. Nearly 30 years ago, a Charter Revision Commission overhauled the city's government. Now it's time for a fresh look.



CHARTER 101

Significant chapters in the Charter outline the budget, planning, zoning, contracting, collective bargaining, and land use processes for the city. The Charter establishes key institutions- including City agencies such as the Department of Housing Preservation and Development, Sanitation, NYPD, 311, and more-- and defines the authority and responsibilities of these agencies and elected officials.

WHAT CAN THE CHARTER DO?

There are many areas that the Charter may regulate, but there are some limits. Here are a few examples:

✓ CAN:

- Establish the powers of and limits on City officials
- Set the stage for governmental leaders to achieve desired changes
- Decide how land in the city is developed

✗ CAN'T:

- Eliminate political infighting
- Decrease local crime
- Stop a controversial project

GOALS

1

Establish a commission to review the Charter.

2

Get public input.

3

Gather recommendations and vote.

HOW CAN I GET INVOLVED?

1. Attend a public meeting or hearing.
2. Tell us what you think.
3. VOTE!
4. Stay connected.
www.charter2019.nyc



UPDATED* NEXT STEPS



SEPTEMBER – OCTOBER 2018

- The Commission heard 19 hours of public testimony from New Yorkers.
- Each hearing was about three hours long, except for the Manhattan hearing which ran over seven hours.
- 150 New Yorkers testified.
- The Commission received about 300 proposals.
- Staff engaged in extensive communication and outreach efforts, preparing and widely distributing education materials about the Commission at 15 community events.
- Engaged with 600 New Yorkers about the Charter.
- Created and maintained a robust social and traditional media presence, including web, Facebook, Twitter, Instagram, video and press stories.

NOVEMBER 2018

- Public submits proposed focus areas.

DECEMBER 2018

*Now accepting submissions until 12/31, but we want to hear from New Yorkers throughout this process as we move forward.

- The Commission votes on next steps.

JANUARY – MARCH 2019

- The Commission will hold public meetings and hearings on each bucket to (a) solicit more specific proposals and (b) receive feedback on the proposals received so far. At these meetings and hearings, the Commission will receive testimony from experts and commissioners will have the opportunity to question those experts. For the hearings, the format will be similar to our September 2018 hearings.

APRIL 2019

- Staff will develop a draft slate of proposals based on feedback.
- The Commission will vote to adopt the draft slate with whatever changes it deems appropriate.

MAY – JUNE 2019

- The Commission will hold public hearings in each borough on the draft slate.

JULY – AUGUST 2019

- Staff will develop a final slate of proposals based on feedback.
- The Commission will vote to adopt the final slate with whatever changes it deems appropriate.
- Staff will then prepare a final report and submission packet reflecting that final slate, which the Commission will also adopt by vote.

SEPTEMBER – OCTOBER 2019

- Staff submits the final report and submission packet by September 6th.
- Staff and the Commission engage in voter outreach and education.

NOVEMBER 2019

- Public votes on the proposals.

EXECUTIVE COMMITTEE

Clive Williams, Chair, cwilliams@qcb13.org

Angela Augugliaro, First Vice Chair

Marcia O'Brien, Second Vice Chair

Anup Ramnauth, Treasurer

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Ashok Satkalmi

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Alain Berrouet

Verdell Boncoeur

Bess DeBetham

Robert Glover

Bonnie Huie

Jackie Wilson

Springfield Gardens

Fay Hill

Curlene Nelson

Vernal Holder

Franck Joseph

Kangela Moore

Marcia O'Brien

Lorraine Gittens-Bridges

Tameka Pierre-Louis



Liquor Licenses Reviewed

- Lovell's Afterdark (Renewal)
224-01 Merrick Boulevard, Laurelton
- Lucky He Inc. (New Application)
218-40 Hillside Avenue, Queens Village
- Jassi's Tandoori Grill & Bar Inc. (Renewal)
271-11 Union Turnpike, New Hyde Park
- Rajdhani Restaurant Inc. (Renewal)
206-08 Hillside

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