



November Committee Meetings @ QCB13 Board Office

- Seniors (SSSSNC) 11.1.18 @ 7:00 pm
- Land Use 11.5.18 @ 7:30 pm
- Public Safety 11.7.18 @ 7:00 pm
- Parks and Environment 11.8.18 @ 7:30 pm
- Youth, Education and Libraries 11.13.18 @ 7:30 pm
- Economic Development 11.14.18 @ 7:00 pm
- Health 11.15.18 @ 7:00 pm

GENERAL BOARD MEETING

Monday, October 22, 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. Voting Items
 - ★ BSA Cal. # 115-53-BZ: 252-02 Union Turnpike, New Hyde Park Service Station
 - ★ BSA Cal. # 215-58-BZ: 77-40 Hewlett Street, New Hyde Park Service Station
 - ★ ULURP Application # 190004 MMQ
 - De-mapping a city street that would facilitate construction of NYPD's new 116 Precinct Station house building and related parking and landscaping.
 - ★ Community District Needs and Budget Requests
9. Committee Reports
10. Roll Call
11. Approve Minutes — September 2018
12. Public Speaking Time
13. Adjournment

NEXT GENERAL BOARD MEETING, Monday, November 19, 2018

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



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 – October 2018

Events/Meetings Attended:

September 24, 2018: Attend "Hard Hat Tour" of TWA Flight Center Hotel at JFK International Airport. Elected officials attending included **Congressman Gregory Meeks**, **Queens Borough President Melinda Katz**, **Council Members Adrian Adams** and **Donovan Richards**. Board Members attending included **Verdell Boncoeur**, **James Delaney**, **Felice Hannah**, **Curlene Nelson**, **Tameka Pierre-Louis**, **Anup Ramnauth**, **Mathew Thomas**, **Lourdes Villanueva-Hartrick**, **Nantasha Williams** and **Jerry Wind**.

September 26, 2018: Budget Consultation with Department of Parks and Recreation at the Overlook. **Board Members Fay Hill** and **Peter Richards** in their roles as Chair and Vice Chair of the Parks and Environmental Committee, respectively, also attended.

September 27, 2018: Attend and participate in a meeting with Triangle Equities re: Air Cargo Logistics Center being constructed on the South Conduit in the JFK Airport catchment area. Attendees of the meeting include **Chair Clive Williams**, and **Board Members Curlene Nelson** and **Richard Hellenbrecht** in their roles as Chair and Vice Chair, respectively, of the Economic Development Committee.

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.

October 1, 2018: Attend "Presser" on Winchester Boulevard near Braddock Avenue convened by **Council Member Barry Grodenchik** on "Electrolysis of Water Pipes" along Winchester Boulevard.

Attend meeting convened by **Assembly Member Clyde Vanel** on the *Belmont Redevelopment Project*. Attendees included representatives from **Empire State Development (ESD)**, **State Senator Leroy Comrie**, **Chair Clive Williams**, and **Board Members Richard Hellenbrecht**, **Michael O'Keeffe**, **Anup Ramnauth** and **Lourdes Villanueva-Hartrick**.

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.

October 2, 2018: Attend and participate in "United States Postal Service Community Advisory Committee (CAC) Meeting" at the Jamaica Central Branch to discuss issues within its postal distribution area. **Congressman Gregory Meeks** was in attendance.

October 3, 2018: 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.

October 4, 2018: Attend "Association for a Better New York (ABNY) Power Breakfast" where **Governor Andrew Cuomo** announces the latest details of the JFK International Airport Redevelopment Project. Elected officials from this area in attendance were **Congressman Gregory Meeks, Queens Borough President Melinda Katz, State Senator James Sanders, Assembly Member Alicia Hyndman** and **City Council Member Donovan Richards**.

Attend and participate in **Springfield/Rosedale Community Association, Inc. Meeting**. In conjunction with the NYC Department of Design & Construction (DDC) Team assigned to DDC Project # SE823, details are given regarding impact to this community over the course of this two to three-year project.

October 5, 2018: Attend and participate in "Civic Tech for NYC Community Boards – An Afternoon with BetaNYC & AppNexus" at its headquarters in Chelsea. Along with other community board participants and the city's contracted tech company, exercises and collaboration on how to quantify, map and share constituent issues.

October 9, 2018: Attend and participate in Youth, Education & Libraries Committee Meeting Chaired by **Rhonda Kontner** and Vice Chaired by **Lorraine Gittens-Bridges**. Details will be shared in their report.

October 10, 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.

October 11, 2018: Attend and participate in "Healthy Community Day" Recap Meeting held at New York City Children's Center in Glen Oaks. **Board Members Michael O'Keefe and Jerry Wind** were in attendance.

Attend and participate in Transportation Committee Meeting Chaired by **Felice Hannah**. Details will be shared in her report.

October 16, 2018: Attend Queens Borough Cabinet Meeting. Topics:

- I. **Overview of the New York City Office of Nightlife** by Ariel Palitz, Senior Executive Director
- II. **Presentation on Local Law 29** by Michael George Pitt, Engagement Coordinator, NYC Campaign Finance Board

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.

October 17, 2018: Host District Service Cabinet Meeting at QCB 13 office.

October 18, 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.

October 19, 2018: Attend and participate in "NYC Community Board Leadership Forum" held at the NYC Department of City Planning in lower Manhattan.

Respectfully submitted,



Mark McMillan
District Manager

PARTY 4 PARKS

NY4P AMBASSADORS

Fay D. Hill

Volunteers for Springfield Park, Inc., QUEENS

Fay D. Hill is the Executive Director and Secretary for Volunteers for Springfield Park, Inc. a newly formed organization working with local businesses, churches, schools, and neighbors to improve and maintain Springfield Park. When her local park had fallen into disrepair, Fay and a group of women from her community decided to do something about it. They started a flower garden, attended Partnerships for Parks workshops, worked on grant applications for better equipment, and pitched in to help beautify their park. With the assistance of City Parks Foundation's SummerStage, and local elected officials they have hosted several concerts in the park. The Volunteers are making efforts to recruit young residents to teach them about the

importance of park stewardship and maintaining Springfield Park for years to come. Fay remains active in her community in other ways as well, serving as the Parks and Environment Committee Chair on Community Board 13 and mentoring volunteers for Partnerships for Parks, for which she received the 2014 Golden Trowel Award for Queens. In 2015 she received a Proclamation from the City Council and the Martin Luther King Award in 2017 for her contributions to her community.



Represent Queens Community Board 13 in the upcoming community parades!

We are looking for participants to carry the banner and join us as we represent QCB13 in the following two parades:



JAMES JOHNSON PRESENTS

SPONSORED BY
NU OMEGRON CHAPTER OF OMEGA PSI PHI FRATERNITY, INC.
& ANDREW JACKSON ALUMNI



3RD ANNUAL **WE CAN BECAUSE WE KNOW WE CAN** COMMUNITY PARADE
GRAND MARSHALS
SEN. LEROY COMRIE & SNEED DA GREAT
CAMPUS MAGNET HIGH SCHOOL
207-01 116TH AVE | CAMBRIA HEIGHTS

SATURDAY OCTOBER 27TH

LINEUP 10:00AM | PARADE STARTS 10:30AM

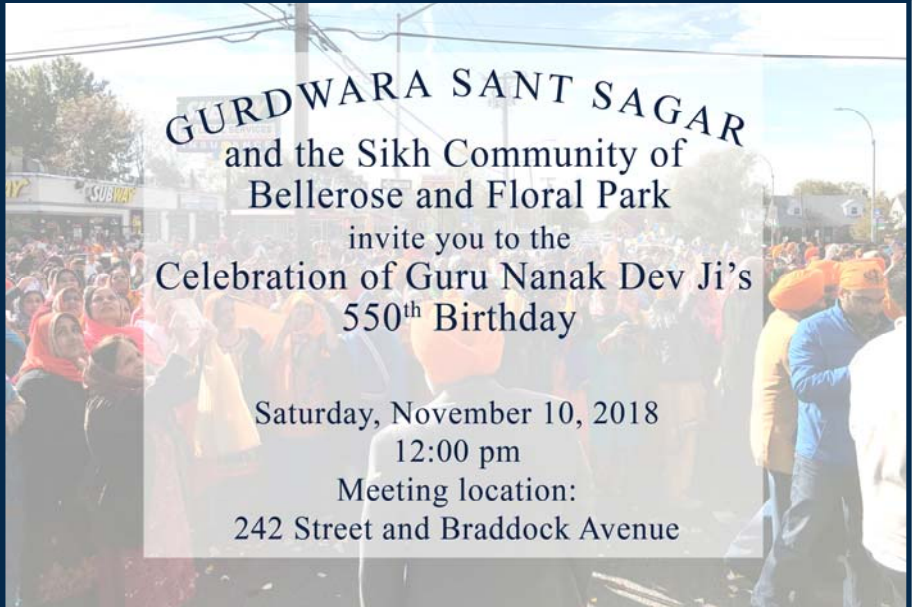
GURDWARA SANT SAGAR
and the Sikh Community of
Bellerose and Floral Park
invite you to the
Celebration of Guru Nanak Dev Ji's
550th Birthday

Saturday, November 10, 2018

12:00 pm

Meeting location:

242 Street and Braddock Avenue



A dark blue rectangular area filled with various white snowflake designs of different sizes and orientations. The snowflakes are scattered across the entire area, creating a festive winter theme.

Queens Community Board 13 invites you to the

Holiday Celebration

Tuesday, December 18, 2018

Mateus' Restaurant & Bar

5:30 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 bellys full
We hope to share this joy with you!

Frank Padavan, Queens' giant in the state Senate, dead at 83

BY JENNA BAGCAL

jbagcal@qns.com / [@jenna_bagcal](https://twitter.com/jenna_bagcal)

Former state Senator Frank Padavan, who represented northeast Queens for nearly four decades in Albany, has died. He was 83 years old.

Sources close to Padavan speculate that he may have died of a heart attack at New York Presbyterian Hospital, though his official cause of death has not been confirmed.

Padavan served as the senator for State Senate District 11 from 1973 to 2010, the second-longest serving state senator in New York history. He was unseated in 2010 in a close race won by Tony Avella. The current senator released a statement this afternoon mourning the death of his predecessor.

"I am deeply saddened to learn of the passing of former state Senator Frank Padavan. He will be well remembered as someone who fought diligently for northeast Queens and served our community well," Avella said.

Before becoming senator, Padavan earned his degree in electrical engineering and spent 30 years as a reserve member of the United States Army. He then served as Deputy Commissioner of the New York City Department of Buildings for four years.

The Queens GOP were the first to confirm Padavan's passing on Twitter:

"Rest peacefully @FrankPadavan you were a champion of the Republican Party and the NYS Senate you will be sorely



Photo via nysenate.gov

missed. Our condolences are extended to the Padavan family."

Councilman Eric Ulrich also took to Twitter in the wake of Padavan's death:

"I am deeply saddened to hear of the passing of former NYS Senator Frank Padavan. Sen. Padavan was a staunch advocate for his NE Queens district and a fighter for the forgotten middle class. Overall, he was an absolute gentleman and raised the bar for public service. RIP

Frank."

Former Queens Borough President Claire Shulman spoke highly of Padavan's work for the borough of Queens and of his solid work ethic as a senator.

"He did an enormous, wonderful service for the borough of Queens and the state of New York. He was a hard worker who did very well for his constituency," said former Queens Borough President Claire Shulman.

One of Padavan's long-time colleagues, former state Senator Serphin Maltese, called Padavan "a towering figure in the state Senate" and stressed that he was true to his conservative roots while still retaining independence from traditional partisan politics.

"For 38 years he was an independent voice in the Senate with a great amount of credibility," Maltese said. "That's why he kept getting re-elected in a district where Democrats outnumbered Republicans 3 to 1."

Padavan was the loving father of Scott and Allison; father-in-law of Pratisha Budhiraja; and grandfather of Sofi Kush Padavan. He was preceded in death by his wife, Johanne.

Visitation for Padavan's family and friends will take place on Saturday, Oct. 13, from 2 to 5 p.m. and from 7 to 10 p.m., at Martin A. Gleason Funeral Home's Whitestone location, 10-25 150 St. There will be a second wake there on Sunday, Oct. 14, from 2 to 5 p.m., with a religious service taking place at 4 p.m.

In lieu of flowers, the Padavan family requests that memorial donations be made to any of the local organizations which Padavan supported during his life. They include the Alley Pond Environmental Center, alleypond.com; the Bayside Historical Society, bayside-historical.org; the Bowne House, bowne-house.org; and NewYork-Presbyterian Hospital, nyp.org/giving.

Bill Parry and Robert Pozarycki contributed to this report.

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FOR BREAKING NEWS VISIT WWW.QNS.COM

Queens cultural affair director takes reins at Queens County Farm

BY EMMA MILLER

editorial@qns.com

@QNS

Jennifer Weprin will step into the role of executive director at the Queens County Farm Museum in Little Neck on Monday, Oct. 15.

Amy Fischetti-Boncardo, the current director, is retiring after 30 years at the museum. Weprin told The Courier that she is excited to "build on the accomplishments" of her predecessor.

Jennifer Weprin, the wife of former Councilman Mark Weprin, will remain as the director of cultural affairs and tourism for Queens Borough President Melinda Katz through Oct. 12. Katz appointed her to the post in 2016, and Jennifer Weprin

has represented her on 20 different boards of directors, including the board of the Queens County Farm Museum.

"This organization has an incredible foundation and is so important to the city and for New York state," said Weprin about the museum.

Weprin has a lot of experience growing nonprofit organizations. As cultural affairs director, she was able to advocate for cultural organizations across Queens. Prior to that, in 2011, she joined the Louis Armstrong House Museum as director of marketing and external affairs. During her time there, Weprin helped the museum increase press coverage and school visits.

Weprin has worked in many other organizations in New York City and around



Photo courtesy of Flushing Town Hall

Jennifer Weprin (at left) with Ellen Kodadek and Veronica Tsang during Flushing Town Hall's 2018 spring gala.

NYC

Housing Preservation & Development

DAY

6 a.m. - 10 p.m.
At least 68°F inside

NIGHT

10 p.m. - 6 a.m.
At least 62°F inside

Below 55°F outside

No outside temperature requirement

Building owners are legally required to provide heat and hot water to their tenants. Hot water must be provided 365 days per year at a constant minimum temperature of 120 degrees Fahrenheit.

According to NYC Housing Preservation and Development, heat must be provided between **October 1 and May 31** i.e. "Heat Season," under the following conditions:

Day

Between the hours of 6:00am and 10:00pm, if the outside temperature falls below 55 degrees, the inside temperature is required to be at least 68 degrees Fahrenheit.

Night

Between the hours of 10:00pm and 6:00am, the inside temperature is required to be at least 62 degrees Fahrenheit.

the world. In Queens, she has been marketing director at Gold Coast Arts Center and the Queens Theatre and president at Story Time Inc.

The Queens County Farm Museum sits on land that has been farmed since at least 1697. Today, it is the city's largest piece of farmland at 47 acres. According to their website, the museum's mission is to "preserve, restore and interpret the site, its history and owner's lifestyles." The museum is open every day from 10 a.m. to 5 p.m. Admission is free except for special events.

Pols seek DEP help to ID pipe failure source

Queens Chronicle | October 11, 2018

By: Michael Gannon

Elected officials representing Queens Village are seeking the city's help in diagnosing just how underground residential water lines have been deteriorating and failing at a rate they call inexplicable.

Officials believe the pipes are failing because of a process called electrolysis, which Councilman Barry Grodenchik (D-Oakland Gardens) and Assemblyman Clyde Vanel (D-Queens Village) are saying has led to chronic and persistent water main breaks.

In a joint statement, Grodenchik and Vanel said some residents who with repeated line breaks have been dropped from an insurance program that helps homeowners fix pipes that connect to city mains because they have been called too often.

"One line breaking is bad luck, two are a coincidence but 15 to 20 homes with broken pipes are indicative of a systemic problem that exists under the streets," Grodenchik told the Chronicle.

He and Vanel point to plumbers who have repaired lines in the area of Winchester Boulevard and Braddock Avenue repeatedly for the last several years, professionals who say electrolysis is the culprit.

Vanel and Grodenchik are asking the city's Department of Environmental Protection to conduct a study aimed at identifying the source of the electricity, which they believe is traceable to underground utility lines.

"It's important to find out who is causing the problem, but more important for the community is fixing the problem now," Vanel said. "... A thorough and detailed study by the [DEP] would greatly benefit the constituents in the neighborhood, as well as help other communities facing the same issue."

A DEP spokesman, in an email to the Chronicle, said the agency has been active on the matter.

"DEP shares the frustration of the homeowners — private water service lines should not be failing this often," the spokesman wrote. "We have discussed the issue with some of the property owners, the Council Member and the private utilities, and expressed our concern that stray voltage may be causing the pipes to fail."

Fall Leaf Collection



It's that time of year again!

Make sure to collect your leaves in paper lawn and leaf bags or in open, unlined containers and set them out for collection with your compost the night before your collection regular collection date. DSNY turns the leaves into compost, a natural soil amendment.

NO

Plastic bags.

Yard waste set out in plastic bags will be collected as garbage.

NO

Branches and yard clippings from hired professionals.

Landscapers must dispose of yard waste at a permitted composting facility.

NO

Wood debris (branches).

You must notify the Parks Department due to Asian Long Horned Beetle quarantine; call 311 or visit on.nyc.gov/wood-debris.

When leaf bags are available at the office, we will let you know. Or visit nyc.gov/leafcollection for other locations.



Several provisions in a new law that the president signed this month aim to reduce noise over the skies of Queens and Long Island.

Congressman Tom Suozzi announced that he secured several provisions in the Federal Aviation Administration Reauthorization Act, which the President signed into law Oct. 5, which are designed to lower the amount of noise pollution over his district, which covers northeast Queens, northern Nassau and northwestern Suffolk counties.

"The people of Long Island and Queens deserve to live in peace and quiet," Suozzi said. "Today, we are taking another step closer to mitigating aircraft noise and improving quality of life for those impacted by incessant aircraft noise."

The new legislation will require a multitude of actions from the FAA, most of which are research related. The FAA will explore measuring sound in different ways, leading to new studies on the impact of air traffic noise on communities and residents in terms of health and economics. The studies will also look into phasing out the loudest planes. The FAA will review its community involvement policies and appoint a new community ombudsman to meet with local community leaders and navigate conflicts.

Additionally, the new legislation will enforce the new, alternative North Shore Helicopter Route, which will reduce flights by an estimated 50 percent and keep remaining flights at a much higher altitude. Airport operators must also submit noise exposure maps when a change in noise levels is expected.

Suozzi is the co-chair of the Quiet Skies Caucus, a group of 41 Representatives seeking to raise awareness of aircraft noise and make meaningful solutions.

FOR BREAKING NEWS VISIT WWW.QNS.COM

OCTOBER 11, 2018 • THE QUEENS COURIER 19

Billions allocated to upgrade and repair JFK Airport

BY EMILY DAVENPORT
edavenport@qns.com / @QNS

From upgrade terminals to more manageable roadways, John F. Kennedy Airport will see an huge number of improvements thanks to a new multibillion-dollar plan.

Governor Cuomo announced a \$13 billion plan to transform the terminals at JFK Airport. The improvements will come with state-of-the-art technology upgrades, security enhancements and streamlined road access.

"While leaders in Washington talk about investing in infrastructure, we're actually doing it at historic levels and the transformation of JFK Airport into a 21st-century transportation hub will ensure New York remains the nation's front door to the world," Governor Cuomo said. "This historic investment to modernize JFK Airport and the surrounding transportation network will not only ease travel through this major hub, but it will ensure JFK joins the ranks as one of the finest airports in the world."

The south terminal will replace JFK's Terminal 1, Terminal 2 and the area left vacant when Terminal 3 was demolished in 2014. The new terminal will provide 23 international gates, 24 security screening lanes, over 230,000 square feet of retail,



Photo: Shutterstock

dining and other concessions, 116,000 square feet of airline lounges, and 55,000 square feet of interior green space, children's play areas and cultural exhibits.

The north terminal, which will be built in place of Terminal 7 and the demolished Terminal 6, will have 12 international gates, 74,000 square feet of retail, 30,000 square feet of airline lounges, and 15,000 square feet of recreational space.

Construction on the north and south terminals, which has been allocated \$3 billion and \$7.9 billion, respectively, is expected to begin in 2020 with the first new gates opening in 2023 and substantial completion expected in 2025.

"World-class terminals and best-in-

class customer service will go hand-in-hand at John F. Kennedy International Airport under Gov. Cuomo's leadership," said Port Authority Executive Director Rick Cotton. "The reimagined, modernized JFK Airport will be the gateway that New Yorkers deserve, enabling continued passenger growth in the decades to come."

In addition to the enhancements to the terminals, the state DOT will implement plans to improve the "spaghetti-like roadway system" and provide easier access to terminals. Plans include linking the terminal areas by two "ring roads" — a north loop and a south loop — which will make it easier to enter and exit the airport while providing significantly easier

access to the terminal areas on both sides of the airports.

The State DOT is also allocating \$1.5 billion toward highway improvements designed to ease bottlenecks, particularly at the Kew Gardens Interchange with the Van Wyck Expressway. Construction on the interchange is expected to be completed by the end of 2022.

On the Van Wyck Expressway, the DOT is planning to build a fourth lane in both directions, which would be restricted to passenger vehicles with three or more people and for-hire vehicles with at least one passenger. The environmental approval process is currently underway and expected to conclude in early 2019. Construction is slated to begin in late 2019 and finished by end of 2024.

To keep up the rising demand of public transit, Port Authority will be adding 50 percent capacity to the AirTrain JFK system as well as increasing frequency of service.

"The \$13 billion overhaul of John F. Kennedy will be instrumental in assuring continued economic growth and development across Queens," said Queens Borough President Melinda Katz. "A project of this magnitude will bring many opportunities to the community of southeast Queens, as well as encouraging additional investment from the state."

Attorneys General call on the FCC to help phone service providers to stop spoof calls

Qns.com | Wednesday, October 10, 2018

By: Emma Miller

Thirty-five Attorneys General across the U.S., including Barbara D. Underwood of New York, have asked the Federal Communication Commission to help phone service providers to block more illegal robocalls.

Under the 2017 Call Blocking Order, phone companies can already determine which calls are legitimate and block those that are not. The proposed law would help service providers block more calls including "neighbor spoofing." This is when the consumer receives a robocall from a number that appears to be in the same local area code in order to hide the caller's identity and encourage the consumer to answer the call.



"Unwanted robocalls aren't just a nuisance – they're a means for scammers to take advantage of unsuspecting New Yorkers," said Underwood. "New Yorkers have been bombarded with these illegal robocall scams – including the all-too-common spoofed calls that appear to come from a neighbor – and it's time for federal action."

The FCC received 4.5 million complaints about robocalls in 2017, two and a half times more than 2014. People have already discovered new ways to avoid the call blocking measures the FCC put in place last year.

"Virtually anyone can send millions of illegal robocalls and frustrate law enforcement with just a computer, inexpensive software and an internet connection," the Attorneys General said in their report filed to the FCC.

The proposed law would allow phone companies to use new technology to block illegal spoof calls even if they appear to come from a legitimate phone number. This would begin in early 2019.

The FCC has not yet responded to the new proposed rules.



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give goods. find goods. do good.

Protect yourself against breast cancer by getting screened

BY EMMA MILLER

There are many ways that women can reduce their risk of contracting breast cancer.

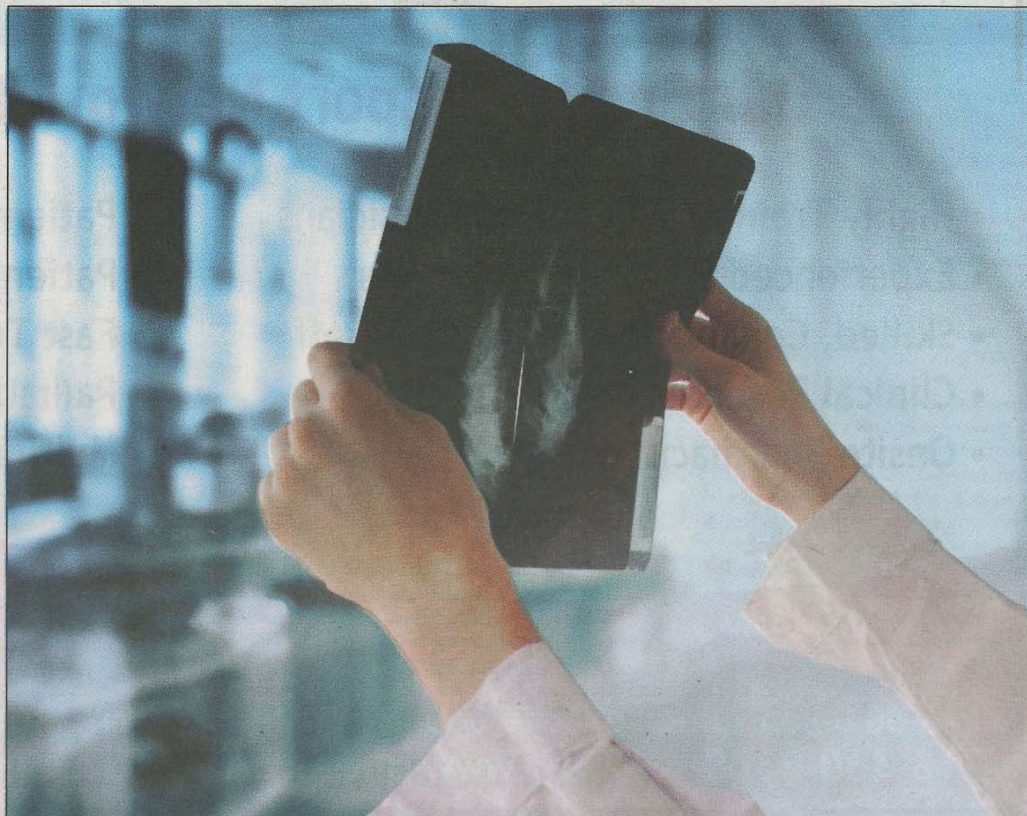
The NYC Health + Hospitals recommends that all women ages 50 to 74 have a mammogram every two years. The exams are considered to be the best way to detect breast cancer in its early stages.

Women ages 40 to 49 and older than 74 should talk to their doctor about whether they should schedule regular screenings.

Some ways women can reduce their risk of breast cancer are by exercising regularly, watching their weight, not smoking, limiting alcohol consumption and breastfeeding their children. Women should also ask their doctor about the risks of hormone replacement therapy or birth control and limit their exposure to radiation from medical testing like X-rays and CT scans.

Not all women with breast cancer have symptoms, but some warning signs are new lumps, swelling, thickening, dimpling, redness or flaky skin and pain. Women who experience any of these should talk to their doctor about scheduling a mammogram to test for breast cancer. Even women who do not have insurance may be able to get a mammogram for little or no cost through NYC Health + Hospitals after talking to one of their financial counselors.

NYC Health + Hospitals offers mammograms at its two locations in Queens: Elmhurst Hospital, 79-01 Broadway (718-334-2424) and Queens Hospital, 82-68 164th St. (718-883-3000). More information is available online at <https://www.nychealthandhospitals.org/services/breast-health/>.



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October 11, 2018



Queens Ledger
Brooklyn Star **ENTERTAINMENT**

Debunking myths about grocery store staples

When you enter a grocery store, you're suddenly faced with thousands of options. You want to get the staples you need and you want the best nutrition for your family, but it's easy to get overwhelmed. How do you know what's your best choice?

"Options like brown versus vitamin-enriched white bread, or grade A versus AA eggs can cause confusion for even savvy shoppers," says Registered Dietitian and Nutritionist Dawn Jackson Blatner. "With so many choices it's difficult to know what's what."

Blatner reveals the truth about some of the most common myths and misconceptions of grocery store staples to streamline trips and ensure you're bringing home the most nutritious options.

Bread

Many people believe the darker the bread, the healthier it is, causing them to skip labels and grab a brown loaf on the go. The problem is, just because bread is brown doesn't mean it's whole grain. That color could be achieved through caramel coloring.

"What you see doesn't tell the whole story, so it's important to look at labels to get the facts," says Blatner. "Whole grain and sprouted grain are always good bread choices for better nutrition. It's also important to pay attention to sugar content. There are many great options available with 0 grams of sugar."

Eggs

Egg-grading systems were created by the USDA to mark interior and exterior quality of eggs. Many people ignore this system and simply choose eggs based on appearance or price. To get the best nutrition, buy from a producer that has its own quality standards that go above and beyond USDA requirements.

Produce

The produce section is one of the healthiest places in the grocery store, but the notion that the misters are there to make items look good and add water weight so they cost more at checkout is a myth. In reality, that water helps ensure fruits and vegetables stay fresh, especially items that could

wilt, like lettuce.

"Give items a good shake to get rid of water weight," suggests Blatner. "And remember to always rinse fresh produce well once you're home to clean the surface of any dirt and bacteria. The mist at the store isn't meant to clean, only to help maintain freshness."

When fresh fruits aren't available, she reminds people to look for frozen alternatives, noting many frozen options are picked at the peak of freshness and flash frozen to capture high nutrient content. The best frozen varieties are those without added sauces or seasonings.

"When you know the truth, you are empowered to make smart decisions while you shop so you can get superior products with superior nutrition," says Blatner. "Then you can have fun making tasty recipes your family will devour."

Blatner offers one such recipe for inspiration:

Zesty Egg Fried Rice
Lettuce Wraps

Ingredients:

4 eggs (large)
2 tablespoons Sriracha sauce
6 strips lean smoked bacon, chopped
2 cups cooked jasmine rice
1/4 teaspoon black pepper
2 tablespoons low sodium soy sauce
1/3 cup sliced scallion greens
12 leaves Boston/Bibb lettuce

Directions:

In a medium bowl, whisk eggs and Sriracha together until well combined.

In large non-stick skillet, over medium-high heat, cook bacon until crisp. Transfer bacon to plate, leaving drippings in the skillet. When cooled, chop bacon into small pieces.

Drizzle the egg mixture into the skillet, stirring as you drizzle. Add bacon, black pepper, rice and soy sauce to skillet and stir-fry 3-4 minutes, or until eggs are set. Stir in scallion tops.

Remove from heat. Divide the mixture among the lettuce leaves and serve immediately.

queens business

The Elder Law Minute™

Protecting One's Home When Applying for Medicaid

BY RONALD A. FATOULLAH, ESQ.
AND JOSEPH BRENINGSTALL

ELDER LAW

RONALD FATOULLAH
ESQ., CELA*

One of the more common misconceptions regarding Medicaid eligibility is that in order to qualify for Medicaid long term care benefits, applicants must sell their homes and spend down their assets until they are below the asset limit of \$15,150 for a single person or \$22,000 for a married couple, where both spouses are applying. This misconception strikes fear in the hearts of applicants and their family members for several reasons. Firstly, for many applicants the equity that they have built in their home is their most significant asset, and they have a difficult time coming to terms with the fact that they may lose this. Secondly, many applicants have other family members who live in the home with them, and they or the family members residing with them are afraid of being displaced. This specific fear has led to several recent cases of grave elder abuse wherein family members living with seniors prevented them from getting the care they required out of fear of losing their residence.

This article seeks to put these misconceptions to rest, and suggests a variety

of solutions that would allow seniors and their family members to plan for their care without fear of losing their home.

The Federal Medicaid guidelines state that as long as a nursing home resident intends to return home, the home will never be considered a countable asset for Medicaid eligibility purposes. On a federal level, and according to most state guidelines, it is enough that the resident has a subjective intent to return home no matter how slim the chance of that actually happening may be. Some states, however, require that there be at least an objective possibility of the resident returning home in order for the home to be exempt. Although some states may place a lien on a home even if a statement of intent to return has been filed, the lien will be removed if the resident ultimately returns home. In any case, a lien will only prevent the

applicant's estate from selling the home without Medicaid recovering the funds expended for the applicant's care; it will not displace other family members who are currently residing in the home as long as the resident is still living.

There are, however, many other options available to a homeowner who is applying for Medicaid other than a statement of intent to return. Transfers to a spouse, a child under the age of 21, and a child who is certified blind or permanently disabled, and transfers into a trust for the sole benefit of a disabled individual under age 65 (this can even include the applicants themselves in certain circumstances) will be considered exempt transfers and will not be subject to the traditional five-year lookback rule. Additionally, transfers to a sibling who has resided in the home for more than one year and is contributing to the equity, maintenance or upkeep of the home are exempt as well. Finally, transfers to a "caretaker child," meaning a child of the applicant who has lived in the house for at least two years prior to the applicant's entering the long term care facility, and who during that period provided care that allowed the applicant to avoid enter-

ing the facility, are also exempt. These exemptions will often apply in the situation described above, and may prevent the home from being included as a countable asset.

The foregoing options are best applied in emergency situations when there has not been time for advance planning; however, it is a wise idea for seniors to consult with an elder law practitioner to explore the many ways in which they can act preemptively to protect their assets while remaining eligible for Medicaid.

Ronald A. Fatoullah, Esq. is the founder of Ronald Fatoullah & Associates, a law firm that concentrates in elder law, estate planning, Medicaid planning, guardianships, estate administration, trusts, wills, and real estate. Joseph Brenningstall is a law clerk with the firm. The law firm can be reached at 718-261-1700, 516-466-4422, or toll-free at 1-877-ELDER-LAW or 1-877-ESTATES. Mr. Fatoullah is also a partner with Advice Period, a wealth management firm that provides a continuum of financial and investment advice for individuals and businesses, and he can be reached at 424-256-7273.

editorial

Employment Matters Five Ways to Motivate Your Team

Dear Mindy: Is it possible to keep my team motivated and happy without pay raises? I am looking for some suggestions or ideas that I can implement quickly.

Dear Looking: There are many ways to keep your employees happy and motivated without raising their pay. Great leaders know and care about the people on their teams. Start by asking your team members what is important to them and how each person would like to be recognized. Then use some of the suggestions below:

1. Recognize Your Team's Achievements: When your employees accomplish their goals or go above and beyond their job descriptions take the time to show that you appreciate them. Write an email or a personal thank

EMPLOYMENT
MATTERS
MINDY STERN
SPHR, SHRM-SCP,

you note for their accomplishments. Take the time to learn what is important to each team member and customize a small gift for them. For the employee with the sweet tooth, perhaps some chocolate; for the voracious reader perhaps a gift card to a local book store; for the sports fan perhaps tickets to a sporting event.

2. Coach Your Employees: Employees appreciate knowing where they stand with their managers. When you provide ongoing feedback about your team's performance it will motivate them to continue to grow in their jobs. Look for opportunities to recognize team members that have done a good job and then provide the leadership that will motivate them to accomplish additional goals.

3. Encourage Ongoing Self-

Development: Each employee should have a learning development plan that is customized for their specific goals. Encourage your employees to learn new skills by attending training sessions. Motivate them to get professional certifications that will be helpful for their job. Look for learning opportunities such as shadowing or mentoring that would enhance your team's performance. Set team goals for learning and when the team achieves their goal reward them with a special lunch or breakfast.

4. Communicate Often and Clearly: It is important to be transparent when communicating with your employees. Weekly team meetings are a very effective way to build trust and keep the lines of communication open. Topics for each meeting may vary and many managers like to rotate the leadership role to team members to encourage different points of view. Create time to listen to your employees' concerns and do your best to solve them. Keep an open

channel of communication and get their feedback when necessary.

5. Add Perks: Employees appreciate the little things that make their lives better. Explore local vendors who may want to provide services to your organization at no or low cost. Some suggestions are chair yoga classes; blood pressure screenings; lunchtime walking clubs; chair massage treatments; lunch and learns sponsored by a local restaurant or grocery store; remote dry-cleaning services; casual dress Fridays; ice cream Tuesdays; etc. These types of events help employees build a community of shared experiences as well as create a positive work environment.

Mindy Stern, SPHR, SHRM-SCP, ACC is a trusted HR advisor, leadership coach, author, speaker and president of AIM Resource Group Inc. Visit the website at www.aimresourcegroup.com or call 718-217-1074 if you would like to get more leadership tips.

Postal workers rally against proposed privatization

Queens Examiner | October 10, 2018

By: Benjamin Fang



Dozens of postal workers and union leaders rallied on Monday to send this message to President Donald Trump: U.S. Mail is not for sale.

As part of a nationwide day of action, the letter carriers expressed their ardent opposition to the president's proposal to privatize the postal agency. They were joined by Congresswoman Grace Meng, who rallied with them outside her Flushing office.

"Selling the postal service to private corporations would be a disaster for our country," Meng said.

In April, Trump issued an executive order creating a task force to look into the Postal Service's operations and finances. Meng noted that two months later, the administration put forth a proposal to privatize the agency in a government reorganization plan.

Meng said not only would that small businesses, who rely on the postal service, but also the workers, who could lose their jobs in the shuffle.

"If the agency were to be privatized, we all stand to be socked with higher delivery costs and a reduction of services," she said, "especially in areas where it's not profitable for private companies to make deliveries, like rural areas throughout our country."

She added that Queens residents won't accept rising prices and a decrease in service. Even when there are rumors of possible closure of a neighborhood post office, residents make it clear they need their facility open.

The congresswoman is a co-sponsor of a resolution in the House that seeks to block the privatization of the agency. The bipartisan resolution has 223 co-sponsors, and is currently in the House Oversight and Government Reform Committee.

A similar measure in the Senate has 42 co-sponsors, and has been referred to the Homeland Security and Governmental Affairs Committee.

"It would be unacceptable for corporate profits to be made on the backs of the millions of Americans who depend on the services of the postal service," Meng said. "We are taking this privatization plan, putting a 'return to sender' and sending it back to 1600 Pennsylvania Avenue."

Randi Weingarten, president of the American Federation of Teachers, said often in rural communities, there is only a school and a post office. The post office is relied upon to be the "communication link between them and everyone else," she said.

"It is what binds urban, suburban and rural. It is what has bound us since the earliest days of our America," she said. "So how dare Donald Trump and the Republicans try to make a buck off the American people?"

George Mangold, president of the New York State Association of Letter Carriers, said that the postal service is in the United States Constitution and shouldn't be privatized. Tony Paolillo, president of the local Flushing branch of the union, said they deliver to 157 million delivery points, and add one million every year.

Paolillo said the Trump administration seems to have a "foregone conclusion" that the service should be dismantled. He warned that that action would have catastrophic effects.

"Privatizing this postal service will be absolutely disastrous," he said.

> oped

Why solar power is viable option for NY



**BY COSTA
CONSTANTINIDES**

The election of real Democrats in the primaries earlier this month is proof voters across in the Empire State want real, progressive change when it comes to issues like the environment.

That's why committing to 1 million solar-powered homes across the state over the next five years — along with implementing supportive policy mechanisms — is a bold, essential, and attainable step we should take.

For the first time in years, New York could have a Democrat-led state Senate that should recognize the dangers of a rising global temperature. We know too well that climate change is more than a looming threat; it is extreme weather that has pummeled our region in the last decade. Just ask the Rockaway residents still rebuilding six years after Sandy, or commuters bracing for the lengthy L train shutdown over storm damage.

New York City has sought to reduce its reliance on dirty fossil fuels with various forms of cleaner, renewable energy. It's paramount here in western Queens, where adult asthma hospitalization rates are higher than the boroughwide average as our residents deal with high density and cramped streets.

Soot from the Ravenswood Power Plant finds its way into the lungs of public housing residents who live downwind of its smokestacks. That just shouldn't be.

Plummeting prices are making solar a cost-effective, significantly cleaner alternative to fossil fuels. That's why, in February 2016, the City Council passed my bill to promote solar panels on city-owned buildings wherever possible, because government should lead by example.

In my native Astoria, we have allocated funds to install panels on two schools as well as one of the busiest branches of the Queens Library system. Our next generation of leaders will come of age seeing first-hand how renewable energy can directly affect their lives on a daily basis.

Consumers have taken note, too, and the Empire State now boasts 700 solar companies who employ a combined 9,000 workers. Nearly 100,000 installations have generated enough power for 225,000 homes — making us the 11th-best state for solar energy. That 600% increase of installations since 2011 has catapulted New York into the top ten for growth potential.

We cannot rest on our laurels, however, because there's always more to be done. The right solar policies could equal 20,000 employees in the industry over the next three years, according to a recent jobs study. And there's no reason why New York City shouldn't carry a large swath of those jobs, be it in engineering, design, construction, or installation.

That's why I believe committing to 1 million solar-powered homes by 2023, including for 100,000 low-income households, will be a watershed moment for New York State. Indeed, it would make costs cheaper, especially for families struggling to make ends meet. More importantly, solar can keep the air cleaner in working-class communities like Queens — such as those living in the shadow of Ravenswood.

Community solar ensures that the nearly half of New Yorkers who rent or live in multi-family buildings get the same bill-saving benefits.

I look forward to working our partners in state government and our stakeholders in first making this commitment, then following through to make this a greener state, a greener city, and a greener Queens.

Constantinides represents the City Council's 22nd District and is chair of the Committee on Environmental Protection.

Queens constituents, elected officials offer suggestions on how to improve tax system

TimesLedger.com | October 15, 2018

By: Naeisha Rose

York College was the site of a tax reform public hearing last week, where elected officials and residents of all different types of property were able to address concerns about the current tax system and make suggestions.

The meeting was held at the school's Milton Bassin Performing Arts Center.

State Sen. Leroy Comrie (D-St. Albans) spoke on behalf of his constituents in District 14, which represents Briarwood, Cambria Heights, Hollis, Hollis Hills, Hillcrest, Jamaica, Jamaica Estates, Jamaica Hills, Kew Gardens, Laurelton, Queens Village, Rosedale, South Jamaica, Springfield Gardens and St. Albans.

"Property taxes are essential to the function of New York City government, and the very collection of it allows our government to operate efficiently, but our property taxes are thoroughly and unmistakably regressive," said Comrie. "It impacts negatively those who could least afford it, principally households with incomes under \$100,000 a year."

According to the senator, most of his constituents make around \$59,000.

"Frankly those are most of the people I represent," said Comrie. "People who are told for decades trying to raise a family, work full time, and saved up enough money to buy a house in southeast Queens... may be retired, and are maybe blessed enough to have a pension, alongside Social Security, are stuck, yet they are being hit with a flat tax with no correlation of their ability to pay."

Comrie also said he found it troubling that southeast Queens homes are some of the cheapest throughout the borough and the city with prices going for \$400,000 to \$500,000, but they are over assessed for taxes, while other neighborhoods aren't evaluated at all sometimes. He added that nearly 30 percent of his district's one-to-three family homeowners pay some of the highest taxes at \$6,000.

"We've been in our home for over 28 years and we are now retired and we find that our taxes have increased significantly in the last few years and we consider it to be a hardship," said Sharon Handy of Addisleigh Park, who read a letter from her tax-preparer husband. "Our current system puts too much weight on the estimated market value... which is the primary source used to calculate our annual property taxes."

The couple was afraid that one and two family homeowners who are retired would be forced out of their houses due to exorbitant taxes.

City Councilman Eric Ulrich (R-Ozone Park), represented constituents from Belle Harbor, Breezy Point, Broad Channel, Howard Beach, Lindenwood, Neponsit, Ozone Park, Richmond Hill, Rockaway Park, Roxbury, South Ozone Park, West Hamilton Beach and Woodhaven at the event.

"To say that the current system is regressive is an understatement," said Ulrich. "It is not very transparent. It is not a fair process. It sometimes rewards the bad guys and punishes the good guys."

According to Ulrich, a property worth \$915,000 in Belle Harbor was taxed \$10,000, while 10 properties in Park Slope ranging from \$2.7 million to \$4.3 million were also taxed around \$10,000.

"Currently, we tax less valuable properties at a higher rate and it disproportionately hurts communities of color and non-white districts across the city," said Ulrich. "People coming [to Queens] for the American dream are finding it harder and harder to make ends meet. We have to do something."

Mathew Joseph, a Queens tax appraiser from Bellerose, offered some suggestions to fix the tax law.

"All property should be assessed by the fair market value... that are beholden on ratios based on tax classes," said Joseph. He also added, that "income producing property should be valued based on market income."

He also suggests that there needs to be a Department of Assessment for properties that is completely separate from the city's Department of Finance.

"This [Department of Assessment] will give the office strength, stability and independence from outside influence," said Joseph.

Front Yard Planting

The **front yard** planting regulations are applicable to new buildings in R1 through R5 districts. To ensure an equitable and proportionate distribution of planted areas, minimum standards for the amount of plantings and the dimensions for planted areas are based on the width of the **zoning lot**.

R1 through R5 Districts: Front Yard Planting	
Street frontage of zoning lot	Per centage of front yard (min)
Less than 20 feet	20
20 to 34 feet	25
35 to 59 feet	30
60 feet or greater	50

The minimum percentage of planted area in the front yard ranges from 20 percent for narrow lots to 50 percent for wide lots. A planted area within a driveway or parking space doesn't qualify towards the minimum planting requirements. On corner lots and through lots, the minimum amount of planting has to be met on each street frontage. For multiple buildings on a single zoning lot, the minimum planting requirement is based on the street frontage allocated to each building.

The minimum width of a planting bed must be at least 12 inches to ensure that these planted areas have a visual impact on the street, are sustainable and are easily maintained over the long term. The planted areas can be a combination of grass, groundcover, shrubs, trees or other living plant material.



Lower-density streetscape in Bellerose



High-density streetscape on the Upper West Side

Planting regulations also apply to medium- and high-density contextual R6 through R10 districts and where the optional **Quality Housing Program** is utilized in R6 through R10 districts. When buildings are set back from the street in these zoning districts, the entire area in the front of the building must be planted, except for the entrances/exits to the building or driveways.



"EVERY DAY, THERE'S ANOTHER GARDEN GONE"

The shift from gardens to concrete has been dramatic with the whole front of the house cobblestoned.

In an April 30, 2008 vote, the Council approved the **Yards Text Amendment**.

The Yards Amendment addresses, among other issues, the paving over of front yards, by requiring that a certain minimum percentage of all front yards be landscaped, based on the length of the property's street frontage.

BEAUTIFUL



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It also prohibits front yard parking in developments in the lowest density, single-family houses and establishes a minimum 20-foot wide side yard requirement for houses on corner lots, as well as requiring all interior lots to have rear yards.

It is a requirement of a minimum percentage of planting in front yards, based upon street frontage, ranging from 20% for narrow lots (less than 20' wide) to 50% for lots 60 feet wide or greater.

It is a requirement to provide rear yards, a 30-foot open area behind every building segment (row houses) to ensure a useable rear yard, whether or not a rear yard is required. On corner lots, the requirement is one side yard to be at least 20 feet wide.

Steeply sloped driveways are prohibited. Maximum slope is 11%.

In addition, to encourage parking in rear yard garages, the floor area increased for detached garage in rear yard from 100 square feet to 300 square feet.

Prohibits parking spaces from locating in the front yard.

Reduces allowable front yard fence and wall height from 8 feet to 4 feet, except that on corner lots, permit a height of 6 feet where a front yard overlaps a side yard.

Steps in front yards would be restricted in height to the first story above a basement.

For curb cuts serving paired driveways, increase maximum width from 15 feet to 18 feet, and establish a minimum width of 15 feet. This will ensure better access to driveways, a greater chance the 16 foot spacing requirement between curb cuts will be maintained, and allow sufficient space for the minimum front yard planting requirements be met.

By: Maxine Brannon



Northwell Holiday Spectacular: Oh, what fun for everyone!

Start a new tradition with your family and ours. The Northwell Holiday Spectacular at the Center for Advanced Medicine is a free, fun-filled evening just for you, featuring arts & crafts, face painting, a petting zoo, even a walk-in snow globe — plus music, dancing, sing-alongs and refreshments!

Let's make the season bright—together!

Sunday
December 9, 2018
3pm – 6pm

**Center for Advanced
Medicine**
450 Lakeville Road
Lake Success, New York 11042

Questions?

Please contact Community Relations:
CommunityRelations@northwell.edu



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- Ashanti McMillan, Radiology major at LaGuardia, TJ Maxx employee

“YAIP at LaGuardia connected us with opportunities and helped me become more self-sufficient. I learned how to take full advantage of the resources that are there for us.”

- Rawle Searles, Business Administration major at LaGuardia, Marshall's employee and NYC Department of Transportation CUNY intern



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Press Release

For More Information Contact Front Desk of APEC (718) 229-4000

The Eco-Flora Project

An Afternoon With The New York Botanical Gardens

DATE: Saturday, October 27

TIME: 1:00pm - 3:30pm

PLACE: Alley Pond Environmental Center
228-06 Northern Blvd.
Douglaston, NY 11362
718-229-4000
www.alleypond.com

AGES: ages 14 years old through adultss

FEE: Free to attend (registration required)

PRE-REGISTRATION REQUIRED. Please pre-register by visiting www.alleypond.com

Daniel Atha, Director of Conservation Outreach at The New York Botanical Garden, will present a talk about its EcoFlora project (an effort to document all of the plant species that call our City home and the threats that face them). Join the discussion about nature in NYC and how we can all work together for the same conservation goals. There should be time for experimentation with a short field trip for items of special interest to the APEC membership. If you are a user of the phone app found at www.inaturalist.org, you will hear of its use in NYC conservation efforts. Brought to you by the members of the Alley Creek Ecoquest Club here at APEC. Registration required. This program for ages 14-adult will take place at APEC at 228-06 Northern Blvd. in Douglaston on Saturday, October 27 from 1:00pm - 3:30pm and is free.



Halloween Essay & Drawing Contest

Sponsored by Assemblyman Edward C. Braunstein

213-33 39th Avenue, Suite 238, Bayside, NY 11361

Phone: 718-357-3588

Fax: 718-357-5947

Email: braunsteine@nyassembly.gov

Students in grades 2 through 5 are welcome to participate! The essay or drawing should have a Halloween theme. For example, you may submit an essay on your favorite trick or treat experience, or why you picked your Halloween costume this year. If you are interested in participating, please **print your full name, grade, and school information legibly on your entry**. Essays can be submitted to Assemblyman Braunstein's office by mail, email, or fax, but **drawings must be mailed or dropped off**. Entries may be of any size or format. District-wide prizes will be awarded to one student in each grade. New York State Assembly Certificates of Merit will be awarded to all students who participate. The contest deadline is **Wednesday, October 31, 2018**.

Halloween Safety Tips

Halloween is almost here and ghosts and goblins will soon be answering the call to trick or treat. To ensure your little monster has a perfectly "ghoulish" evening, I've put together some Halloween safety tips.

Trick or Treaters:

- ✓ Don't eat anything from your trick or treat bag before your parents have looked at it.
- ✓ Always stay with people you know, and stay in your neighborhood.
- ✓ Tell your parents where you are trick or treating and stay away from dark streets and buildings.
- ✓ Never go into cars or houses of people you don't know.



Parents:

- ✓ Arrange for an adult to accompany trick or treaters.
- ✓ Know the route your child will travel and give him/her a curfew.
- ✓ Be sure children can see through their masks.
- ✓ Dispose of unwrapped candy.



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