

City of New York
Community Board #4Q
46-11 104th Street
Corona, NY 11368

Phone: 718-760-3141
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CB4Q is on the web!
For more information including access to our newsletters, latest events,
and much more, please be sure to visit us at:
www.nyc.gov/queenscb4



SEPTEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Public Safety 7:00pm. CB Office 46-11 104th Street	6	7	8
9	10	11	12	13	14	15
16	17 CB Meeting 7:30pm. VFW Post #150	18	19	20 110 Pct. Council 6:30pm. VFW Post #150	21	22
23 First Day of Autumn	24	25	26	17	28	29
30						

The next meeting of Community Board #4Q will be scheduled for **October 9, 2018, Location TBD.**
Please contact the Community Board office **BEFORE ANY** meeting to be sure that it has not been postponed
or canceled.



NYC Community Board #4 Queens

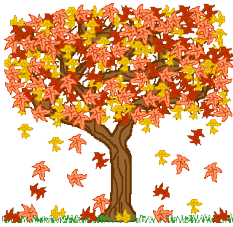
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Damian Vargas, Chairperson
Christian Cassagnol, District Manager

September 2018

MEETING NOTICE

Date: **Monday September 17th, 2018** ← **NOTE MEETING DATE!!**
Time: 7:30 pm
Location: VFW Post #150
51-11 108th Street
Corona, NY 11368



AGENDA

1. Pledge of Allegiance
2. Roll Call
3. Vote: Minutes of June 12th Meeting
4. Report of the Chairperson
5. Report of the District Manager
6. Public Forum
Good and Welfare of the District
7. Report of the Legislators
8. Guest Speaker: Queens Borough President
Melinda Katz
- Address to the Community
9. Report and Vote: Public Safety Committee
SLA Applications (See page 2)
10. Committee Reports
Consumer Affairs Transportation
Environmental ULURP/Zoning
Health Youth
Parks
11. Adjournment



Important Dates to Remember

- Sunday September 9th Rosh Hashanah begins at sundown
- Tuesday September 11th 110 Precinct Community Council holds 9/11 Remembrance Ceremony - **8:00am**
(110 Precinct - 94-41 43rd Avenue)
- Saturday September 15th New Life Fellowship Church E-waste Recycling event - **10:00am**
(New Life Fellowship Church - 82-10 Queens Blvd.)
- Saturday September 15th 82nd Street Partnership hosts Viva La Comida Food Festival- **12:00pm**
(82nd Street and Roosevelt Avenue)
- Monday September 17th Community Board 4 Meeting - **7:30pm**
(VFW Post #150 - 51-11 108th Street)
- Tuesday September 18th Yom Kippur begins at sundown
- Tuesday September 18th Borough President Katz hosts Homeowners & Tenants Enrollment Event - **10:00am**
(Queens Borough Hall - 120-55 Queens Blvd.)
- Thursday September 20th 110th Precinct Community Council Monthly Meeting- **7:00pm**
(VFW Post #150 - 51-11 108th Street)
- Sunday September 23rd First Day of Autumn
- Saturday October 6th Queens Community Board 4 Third Annual Youth 101 Fair- **11:00am**
(Hoffman Park - Hoffman Drive and Woodhaven Blvd.)



CB4 is going electronic! If you'd like to receive this newsletter via email, please sign up here:
<http://bit.ly/2rfa2UG>



NYS LIQUOR AUTHORITY LICENSES - September 2018

NEW APPLICANTS

#	<u>ESTABLISHMENT NAME</u>	<u>ESTABLISHMENT ADDRESS</u>	<u>LICENSE TYPE</u>
1	Los 4 Amores	93-10 Roosevelt Avenue Jackson Heights, NY 11372	Wine, Beer & Cider
2	ANFLO Inc. <i>Igloo Rolls</i>	40-09 82nd Street Elmhurst, NY 11373	Liquor, Wine, Beer & Cider

RENEWAL APPLICANTS

#	<u>ESTABLISHMENT NAME</u>	<u>ESTABLISHMENT ADDRESS</u>	<u>LICENSE TYPE</u>
1	Yin Yang China Bistrol Inc.	89-10 Queens Blvd. Elmhurst, NY 11373	Wine, Beer & Cider
2	7951 Albion LLC <i>Club Amadeus</i>	79-51 Albion Avenue Elmhurst, NY 11373	Liquor, Wine, Beer & Cider
3	The Cheesecake Factory Restaurants Inc.	90-15 Queens Blvd. Elmhurst, NY 11373	Liquor, Wine, Beer & Cider

CORPORATE CHANGE

#	<u>ESTABLISHMENT NAME</u>	<u>ESTABLISHMENT ADDRESS</u>	<u>LICENSE TYPE</u>
1	The Cheesecake Factory Restaurants Inc.	90-15 Queens Blvd. Elmhurst, NY 11373	Liquor, Wine, Beer & Cider

110 Precinct Council Meeting

Thursday September 20th, 2018

VFW Post #150 - 7pm

51-11 108th Street

Corona, NY 11368

Police officers from the 110th Precinct will receive awards for their achievements.

Captain Nicola Ventre, CO of the 110th Precinct will also be on hand to discuss crime and quality of life issues.

Refreshments will be available.

**Lower East Side Ecology Center, Elmhurst United and the
New Life Fellowship Church are holding a
RECYCLE YOUR E-WASTE event!**

Saturday September 15th, 2018

New Life Fellowship Church

82-10 Queens Blvd. in Elmhurst

10am - 4pm Rain or Shine

They will accept working & non-working computers, monitors, printers, scanners, keyboards, mice, cables, TVs, VCRs & DVD players, phones, audio/visual equipment, cell phones & PDA's



Back-to-School Health & Safety
From New York-Presbyterian Queens

The Summer season is winding down, and now it is time for families to prepare for their children to go back to school. Dr. Joseph J. Abularrage, Chairman of the Department of Pediatrics at New York-Presbyterian Queens, offers the following tips to prepare children for a healthy, happy, and safe school year.

“Children will perform better at school when they are rested, active and eating a healthy diet,” Dr. Abularrage says. “Here are a few late-summer lifestyle changes that may prepare your children for a safe and productive school year.”

New York-Presbyterian Queens' Pediatric Department provides the following health tips concerning health and wellness, nutrition, your children's sleep schedule, and the safe use of backpacks.

Health + Wellness

1. Keep your children active. Experts recommend about 60 minutes of activity a day for a growing child. This is easier to achieve during the summer when there is an abundance of free time. Try to keep your children moving with organized activities or a neighborhood stroll.
2. Schedule a physical exam for your child. Schedule an appointment with your child's physician prior to the beginning of the school year. If your child is an athlete. You can also set up a sports physical, so your child can join their team and get the exercise s/he needs. Finally, if your child is on medication, talk to your doctor about a plan to administer medicine during the school day if needed.



Nutrition

3. Make sure your child eats breakfast. Students who eat a healthy breakfast perform better in the classroom. It is important that every child eats three nutritious meals a day and does not skip breakfast. A hungry child may lack the necessary concentration for his/her school work
4. Check the school lunch menu to avoid allergies and unhealthy decisions. If your children have allergies, check the school's lunch menu to avoid triggering a reaction. Be sure teachers, administration and the school nurse are aware of any allergies.

Sleep

5. Keep to a consistent sleep schedule. During the summer, children tend to fall asleep and wake up at later times. As summer closes, gradually alter bed time until your child is used to his/her school year sleep schedule.
6. Put away mobile or tablet devices before bed. Smartphones and tablets emit “blue light,” which gives our body a false signal that it is morning, making it difficult to fall asleep.

Backpacks

7. Make sure your child wears their backpack properly. Make sure your child uses both straps on their backpack. Using just one strap of a backpack can put stress on the body. This could lead to lower back pain or poor posture.
8. Monitor the weight of your child's backpack. Make sure your child is not carrying too much in his/her backpack. If you think your child is carrying too many books home, talk to your child's teachers about ways to reduce the load.