

Sentinel Newsletter

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

January 22, 2018



February Committee Meetings @ QCB13 Board Office

- Seniors (SSSNC) 2.1.18 @ 7:00 pm
- Land Use 2.5.18 @ 7:30 pm
- Transportation 2.6.18 @ 7:00 pm
- Public Safety 2.7.18 @ 7:00 pm
- Youth and Education 2.13.18 @ 7:30 pm
- Economic Development 2.14.18 @ 7:00 pm
- Health 2.15.18 @ 7:00 pm
- Parks and Environment 2.20.18 @ 7:30 pm

GENERAL BOARD MEETING

Monday, January 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. Public Speaking Time
5. Elected Officials — Welcome
6. Chairman's Report — Clive Williams
7. District Manager's Report — Mark McMillan
8. NYPD Report — Inspector Jeffery Schiff, Commanding Officer, 105 Precinct
9. Approve Minutes — November and December 2017
10. Questions and Answers About Sidewalk Violations and Curbs
— Nicole Garcia, Queens Borough Commissioner Department of Transportation
11. Public Hearing and Voting Item
 - ❖ ULURP 116th Precinct
12. Committee Reports
13. Adjournment

NEXT GENERAL BOARD MEETING, Monday, February 26, 2018 — Bellerose Assembly of God, 7:30 pm

A Note From The District Manager

I had the opportunity recently to go to Metrotech, which is the headquarters for FDNY/EMS. Located in downtown Brooklyn, the easy way to get there from the Board Office was a direct LIRR ride to Atlantic Terminal. Getting off the train, a 10 block walk down Flatbush Avenue takes me to the location. Because of the timing of the train and the start time of the event, I could take a leisurely walk.

I lived in Brooklyn in the nineties, and worked there a few years ago. But the changes I witnessed as I emerged were stunning. Leaving the train station going north on Flatbush Avenue one immediately encounters a triangular silver-toned three-storied structure on what used to be an open air flea market on weekends. This Apple Store – all glass with the ceiling the bottom of the fourth floor - was the base of a twisted metallic apartment tower with inset balconies at the higher floors that shoots up some 40 stories, right across the street from BAM. As I proceed north the entrance to a soon-to-be-opened Whole Foods is the other street-level commercial business at the base of this building. Across the street at what used to be a non-descript beige three-level apartment building now boasts a façade painted black with white graffiti-like artwork giving the structure a distinct character in this emerging architectural scene. Looking further ahead, new apartment towers with balconies have shot up on both sides of the street, sleek, modern and funky at the same time. The liquor stores now have extensive wine selections, and each new tower has the telltale markings at street level of the upscale residents living there: gourmet coffee bistros, name-brand delis, sushi restaurants, \$12 hamburger shops with exotic flavored milkshakes and craft beer, modern themed restaurants with lots of glass and granite. There are Citi Bike stands, black cars with TLC plates dropping off or picking up residents, truly hotbeds for both Uber and Lyft.

Even the older buildings are getting a makeover as the din of construction lights shows how they have been gutted in preparation for the necessary remodeling with amenities required by the new residential class moving in. There is even a tower that looks to be 80 stories being constructed on the old site of the Fulton Street Mall, right next to Junior's.

This is the future of our city. Out here in east/southeast Queens, we are perhaps 5-10 years away from this movement overcoming some of our communities. The more attractive areas are those along mass transit lines providing quick and easy transportation to Manhattan...and now downtown Brooklyn. You already see this in downtown Jamaica; there are 5 or 6 residential towers be built now. Long Island City has more new towers presently being built than anywhere in the country; it is an incredible thing to see when I take the LIRR into Manhattan.

Reading a lot about transportation lately, it is said that population density promotes a certain vibrancy as all sorts of people are forced to rub shoulders with each other. This cross-pollination eventually breeds cultural innovation manifested in art, music, food and perspective on those who just happen to be different than you. And in this generation of social media a certain mindset of the "collective" has taken hold.

My parents moved from the grittier densely populated parts of the Bronx, as others have from various areas of Manhattan and Brooklyn in the sixties and seventies to have some space, a yard and trees on their block. Essentially, the proverbial "house with the white picket fence." I grew up having a half-moon backboard and rim on the front of our garage. I venture to guess that many of your children are leaving our semi-suburban life and moving to the density. I would also guess you would never even consider doing the same.

What happens when the change occurring in so many other parts of our city begins to reach our communities?

Mark McMillan



NYC Parks

Dorothy Lewandowski
Borough Commissioner
Queens

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City of New York
Parks & Recreation
The Overlook
80-30 Park Lane
Kew Gardens, NY 11415
nyc.gov/parks

January 17, 2018

Dear Volunteers for Springfield Park,

I want to personally thank you for an incredibly productive 2017 year of hands-on volunteer work in the Borough of Queens. As we look forward to 2018, we want to wish you a very happy New Year, and thank you for your outstanding support of NYC Parks.

We appreciate your hard work with Partnerships for Parks to complete beautification projects, host events, and obtain funds for Springfield Park. You have demonstrated great enthusiasm by transforming your neighborhood, proving that your continued dedication is an indispensable asset to your local green space.

On behalf of the Borough of Queens and the green spaces we serve, thank you once again for your commitment to NYC Parks!

Sincerely,

*Thank you for all
your support over the years!*

Dorothy Lewandowski



HERE'S TO
A BRILLIANT
2018

QCB13



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
Chairman

Mark McMillan
District Manager

DISTRICT MANAGER'S REPORT – January 2018

Meetings Canceled:

Seniors & Special Needs Committee
Youth & Education Committee
Economic Development Committee
Transportation Committee
Parks & Environmental Committee
Health Committee

Events/Meetings Attended:

December 12, 2017: QCB 13 Holiday Party at Mateus' Restaurant. Elected officials in attendance included **State Senators Leroy Comrie and James Sanders, Jr.; Assembly Member David Weprin, Council Members Barry Grodenchik and Donovan Richards.** Commanding Officer of the 105 Precinct, **Inspector Jeffrey Schiff** attended along with his Community Affairs Officers Detective Jovoda Cooper and Officer Andrew Fitzpatrick. **Board Chairman Clive Williams** along with **Corey Bearak, Alain Berrouet, Verdell Boncoeur, James Delaney, Robert Glover, Richard Hellenbrecht, Fay Hill, Mohamood Ishmael, Franck Joseph, Rhonda Kontner, Marcia O'Brien, Michael O'Keeffe, Anup Ramnauth, Peter Richards, Lourdes Villanueva-Hartrick, Jackie Wilson** and **Jerry Wind** all attended.

December 14, 2017: Attend Funeral Service for Lilly B. Miller, mother of **Deputy Borough President Melva Miller.**

December 18, 2017: Meet with William Giron from the Comptroller's Office. Discussion on time and place for Comptroller Scott Stringer to meet with Board Members.

December 19, 2017: Attend Presentation of Springfield Gardens/South Jamaica Transportation Study by DOT at Queens Borough Hall. **Queens Borough Commissioner Nicole Garcia** was in attendance.

December 20, 2017: Attend Announcement by **Governor Andrew Cuomo** at Belmont Park Turf & Field Club about the construction of an arena for the New York Islanders on the south parking lot area. Elected officials attending included **State Senators Leroy**

Comrie, Assembly Member Clyde Vanel, State Senate Majority Leader John J. Flanagan, Board Chairman Clive Williams also attended.

December 27, 2017: Meet with Iva Christie, DDC Community Construction Liaison for Project #QEDA003.

Design Acquisition Presentation by DDC on HWQ274F1 (Rosedale Area). **Board Member Marcia O'Brien** (also in her capacity as President of the Rosedale Civic Association) and some affected Rosedale residents were in attendance.

January 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.

January 4, 2018: "Bomb Cyclone" Blizzard.

January 8, 2018: Attend and participate in Land Use Committee Meeting Chaired by **Richard Hellenbrecht**. Details will be shared in his report.

January 9, 2017: Queens Borough Cabinet Meeting:

Item 1 – Update on Benefits Programs, presented by Marcel Dixon, Outreach Liaison, NYC Department of Finance

Item 2 – Presentation on Car Sharing Program, presented by **Nicole Garcia, Queens Borough Commissioner**, Jason Banrey, Deputy Borough Commissioner and Alex Keating, Director of Special Projects, NYC Department of Transportation

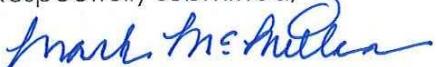
Attend "Regional State of the State Address" at North Shore Towers presented by Hersh K. Parekh, Queens Regional Representative, Office of Governor Andrew Cuomo. **Council Member Barry Grodenchik** and **Board Member Jackie Campbell** were in attendance.

January 16, 2018: Attend "Panel Discussion on Reverend Doctor Martin Luther King, Jr's Six Principles of Nonviolence" hosted by FDNY at the Metrotech Headquarters. **Fire Commissioner Daniel A. Nigro** was in attendance. **Board Member and FDNY Lieutenant Jonathan Logan** was a panelist on this occasion providing insight and history lessons throughout the discussion period.

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

PowerPoint Presentation by **Pastor John Boyd, Jr.**, of New Greater Bethel Ministries on a proposed building project at the present church site. Board Members in attendance were the Board Chairman Clive Williams, Richard Hellenbrecht, Mohamood Ishmael, Anup Ramnuath and Peter Richards.

Respectfully submitted,



Mark McMillan, District Manager

City Council looks to save storefronts

Blunt retail business report offers recommendations to aid small retail

by Michael Gannon

Editor

High taxes, rising rents and well-funded national chain stores are just some of the challenges facing small retailers and entrepreneurs in New York City.

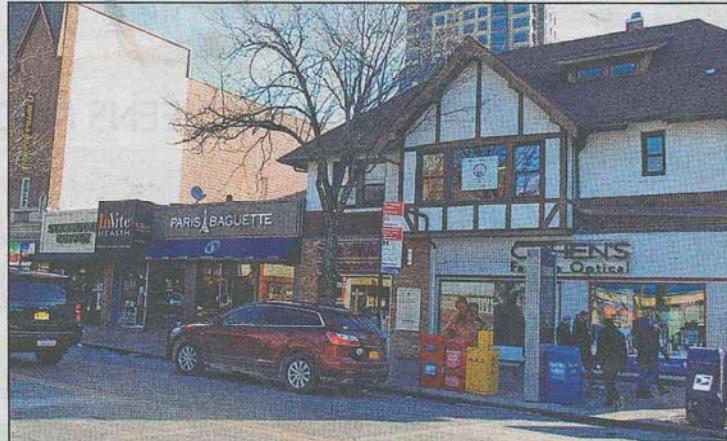
And with uncertain economic times ahead, the City Council is looking to keep a large assortment of small retail businesses in business, while protecting them from being muscled out by the big boys.

"Planning for Retail Diversity" is a 70-page document that addresses tax incentives, land use and building code regulations and businesses ranging from street carts to gyms.

Signatories in the cover letter include former Council Speaker Melissa Mark-Viverito, Councilman Robert Cornegy (D-Brooklyn), chairman of the Committee on Small Business; Councilman Donovan Richards (D-Laurelton), chairman of the subcommittee on zoning and franchises; and David Greenfield, the former councilman and chairman of the Committee on Land Use.

The letter states that small retail businesses provide 600,000 jobs in the city.

"However, all is not well without city's retail sector," the letter states. "Low income communities continue to lack essential goods and services and the highest-end retail corridors are pockmarked with vacancies due to ever increasing rents. Additional-



Whether it be tony Forest Hills, above, or a resurgent Jamaica, small retailers are being hit hard on many sides. The City Council soon will review recommendations aimed at helping them survive alongside bigger, deep-pocketed chain stores.

PHOTO BY MICHAEL GANNON

ally, e-commerce now takes almost 10% of retail sales nationwide, posing a growing threat to our neighborhood businesses."

"These are all recommendations at this point," said Jordan Gibbons, a spokesman for Richards. "This is the start of the con-

versation." Hearings would have to be held before most of the recommendations could be put in place, and some, such as those involving tax law, would require passage by the state Legislature.

Some of the recommendations involve

things like easing the permit process for gyms, and rezoning some areas to limit the lengths of individual storefronts. The latter, according to the report, would keep a large national retailer out of a spot that then is freed up for two or more smaller enterprises.

The stated aim is not to keep national chains out — just to offer smaller entrepreneurs a fighting chance on a more level playing field.

The authors would like the city's Department of Small Business Services to conduct regular inventories of vacant storefronts; work on ways to mitigate the impact of e-retailers on brick-and-mortar operations; and offer landlords incentives to offer long-term leases to small proprietors.

Under one proposal, landlords would be offered a certain rate of tax abatement per square foot if they agree to 10-year leases with "affordable" renewal riders that set maximum levels for rent increases.

Still another proposal is to offer a variety of tax breaks to supermarket owners and their landlords aimed both at keeping existing stores in place and encouraging ones to open in underserved neighborhoods.

Leslie Brown, president of the Forest Hills Chamber of Commerce, said the diagnosis is right, but the some of the prescriptions may well be unworkable.

continued on page 18

Chain stores

continued from page 6

Inversely, the biggest losing ZIP code was 11413, which comprises parts of Springfield Gardens and Laurelton. It lost five chains, giving it a total of 21.

What the CUF analysis discovered about Flushing is part of a larger trend about businesses in general growing in the neighborhood. According to a City Council report about retail in the five boroughs, the same 11354 ZIP code saw an increase in 141 small restaurants and retailers from 2002 to 2012. Only three other ZIP codes throughout the entire city saw a larger increase in those businesses, which the Council study defined as ones with revenue under \$1 million.

With Dunkin' Donuts and MetroPCS taking the top two spots for chains in the CUF report, the other eight biggest chains in Queens are, in order: Subway with 118 locations, Baskin-Robbins with 77, T-Mobile with 76, Rite Aid with 58, McDonald's with 55, 7-Eleven with 48, Starbucks with 40 and CVS with 38.

In an interview, Association for Neighborhood and Housing Development Policy Coordinator Lena Afritdi praised the CUF report. She also said that the increase in chains is bad for New Yorkers if they are "pushing out the small businesses that meet the current needs of the community."

Community grant meeting

State Sen. Leroy Comrie (D-St. Albans) and Assemblymen David Weprin (D-Fresh Meadows) and Clyde Vanel (D-Queens Village) are partnering with the Citizens Committee for New York City to provide information of the availability of micro grants for community-building projects.

All applications must be for less than \$3,000. People do not need to be members of formal organizations to apply for the funding.

The meeting will take place at 7 p.m. on Thursday, Jan. 11, at Queens Baptist Church, located at 93-23 217 St. in Queens Village.

The grants are designed to offset the cost of materials, basic equipment and other items needed to facilitate grassroots community projects.

The money may not be used to pay individuals' salaries, fees or dues to larger organizations, nor may it be used to provide direct service items.

Those interested in attending the meeting or seeking further information are invited to call Comrie's district office at (718) 765-6359.



Doug Shadel
OUTSMART FRAUD

When a Con Man Calls

Frauds using false identities are on the rise. Here's how to foil the fakers

CAN YOU SPOT an imposter? Eighty-five percent of adults are confident they can, according to a recent AARP survey. But the majority of the survey participants then flunked an "Impostor IQ" quiz that measures the ability to spot a liar (take the quiz at aarp.org/fraudwatchnetwork).

Welcome to what experts call the illusion of invulnerability—the belief that frauds happen to others but not you. Overconfidence in your ability to spot bad guys is a dangerous thing. Impostor fraud is among the fastest-growing scam types precisely because so many of us think we are immune to it.

To help, here is a small sampling of actual impostor scams now playing out across America.

The takeaway? Never accept a pitch or give any information to a stranger—on the phone, in person or over the internet—with first independently verifying that it's legitimate.



The jury duty manager

"Hi, I'm calling from the courthouse, and you missed jury duty. Pay \$400 or go to prison."



The big-winner announcer

"I'm from the Canadian lottery, and you have won \$1 million! Pay the import tax and fee, and we'll send you your winnings."



The puppy breeder

"As a dog lover, you should know we just got a beautiful litter of purebred golden retriever puppies. Just \$200 each!"



The doctor representative

"Research shows conclusively that these new capsules will stop your disease in its tracks."



The utility company

"We will be shutting off your electricity in 24 hours if you don't pay the past-due amount on your bill immediately."



The police or fire department

"We're raising money for officers [or firefighters] injured in the line of duty. How much will you be donating today?"



The government clerk

"You have unclaimed property with our state. Simply pay this fee and we will release it to you."



The Internal Revenue Service

"You owe taxes and are at grave risk of large fines or jail time if you do not settle this situation immediately."



The ticket seller

"As an affiliate of a major ticket vendor, we can get you seats for your dream concert for a discount, if you act quickly."



The long-distance lover

"In these weeks of chatting, I've fallen so in love with you. Send money for a plane ticket, and oh, the magic that will happen!"



The bank verifier

"There's a data problem with your checking account. Please verify this information so we can confirm things and fix the error."



The military rep

"I'm from the Veterans Administration, and you are entitled, as an ex-soldier, to benefits from this program. I just need to know ..."



SE Queens: Local JFK benefits a must

Elected, civic and business leaders demand community benefit agreement

by Michael Gannon

Editor

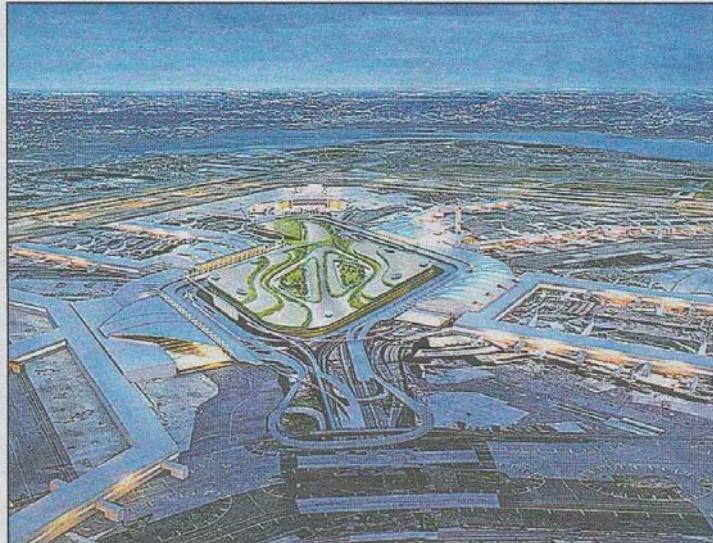
Back in January, Gov. Cuomo promised that the areas surrounding John F. Kennedy International Airport will reap great economic benefit from his \$10 billion plan to rebuild the airport practically from the tarmac to the tower.

But even in this Christmas season, civic and elected leaders last week told members of Community Board 12 that they are taking nothing on faith.

State Assemblywoman Alicia Hyndman (D-Springfield Gardens) and Glenn Greenidge, chairman of CB 12's Economic Development Committee, said they are determined to get it in writing in the form of a community benefits agreement, one including contracts, jobs and infrastructure improvements. The Chronicle viewed a live streaming of the meeting on CB 12's Facebook page.

"What we have to be concerned about is that in 20 or 30 years when we're gone from this community that this airport still is a viable place of employment opportunities," Hyndman told the crowd at the Robert Ross Johnson Family Life Center in St. Albans.

"The planes fly over our homes and the cars drive through our neighborhoods," Hyndman added. "It's only fair that this community has a say about the kinds of jobs that come to the airport."



A rendering shows what the state intends a modern John F. Kennedy International Airport to look like. Now Southeast Queens is pressing for its businesses, residents and homeowners to be in on the \$10 billion project.

RENDERING COURTESY NYS

She added that residents will not be satisfied with just retail positions in any new shops or hotels.

"We want jobs in labor, management," she said. "We have concerns with [minority- and women-owned] businesses in

Southeast Queens." Hyndman said it is vital that elected officials and business groups know just which businesses in Southeast Queens would be eligible for things like construction and vending contracts.

"We have to know who those businesses are," she said. "And if they are small businesses, we have to build their capacity so that they can compete."

The assemblywoman said similar promises were made to communities to the north and west before LaGuardia Airport embarked on its ongoing \$4 billion renaissance.

"We learned from some of the mistakes with LaGuardia," she said. "We don't want to make the same mistakes here in Southeast Queens."

That, Greenidge said, is the reason the entire Southeast region — elected officials, civic leadership and the business community — must pull in unison for a CBA.

"This is a big play; this is a gamechanger," Greenidge told the board and members of the public in no uncertain terms. "This is not a case of something that could happen for our community or should happen. This is something that has to happen for the benefit of our community."

The state has hosted one community meeting on the project and is planning another for early next year. ☐

TWA hotel at JFK Airport tops out

Preview of the space available at One World Trade Center by appointment

by Anthony O'Reilly

Associate Editor

Construction workers placed the last beam, known as topping out, on the TWA Flight Center hotel at John F. Kennedy International Airport Dec. 12.

The hotel, which is expected to open in early 2019, will hold a 505-guestroom luxury space around the landmarked TWA Flight Center terminal, which has been in the dark for more than 15 years.

"This topping out brings us one step closer to reviving this treasured landmark and reopening it to the public for generations to come," Tyler Morse, CEO of MCR and Morse Development, which are handling the project, said in a press release.

The Eero Saarinen-designed flight center, opened in 1962, will serve as the hotel's lobby and will be in the middle of two buildings that will hold the rooms.

The terminal, which will be preserved in its original state, will host six restaurants and four bars, with one of the eateries being a food hall for up-and-coming restaurateurs.

Guests can access the rooms from the lobby through interconnected tunnels.

The terminal closed in 2001 because it was too small to accommodate modern aircraft, and has been unused since. A space will be dedicated for a museum with mementoes from TWA and the Jet Age.

Officials broke ground on the project last December, and Gov. Cuomo hailed it as an ode to the days when New York — and the rest of the country — dared to build big.

"We were always the first, we were always the best and we always did what couldn't be done," Cuomo said at the time.

The project is expected to generate 3,700 permanent and construction union jobs and is 100 percent privately funded.

It will be the first hotel built within JFK Airport's property line.

"JFK Airport's new iconic TWA Hotel is an invaluable investment in the borough of Queens, and the progress in its construction and transformation in just the past year is remarkable," Borough President Melinda Katz said in



Construction workers topped out the TWA Flight Center hotel at John F. Kennedy International Airport, less than a year after Gov. Cuomo and area officials broke ground on the project. It will be the first hotel at the airport.

PHOTO BY MAX TOUEY

MCR's release.

For those who may not want to wait until 2019 to get a look at the hotel's lounge, MCR in September debuted the TWA lounge on the 86th floor of One World Trade Center.

The company said the Manhattan space was "designed to preview the ethos of the TWA hotel." Those who wish to see the space must schedule an appointment by emailing IWTCA@

TWAHotel.com.

"This construction milestone for the TWA Flight Center Hotel is made possible in part by the labor of local Queens residents," Thomas Grech, executive officer of the Queens Chamber of Commerce, said in a release. "This visionary project is providing thousands with good jobs and ensures JFK Airport remains economically competitive for years to come." ☐



Queens Residents Can Get Help from HEAP to Heat Their Homes

Borough President Melinda Katz announced that residents who need financial assistance to help heat their homes this winter are encouraged to come to her office at Queens Borough Hall to apply for help from the Home Energy Assistance Program (HEAP).

"We do not know what Mother Nature has in store for us this winter, but we do know how harmful and even deadly winter temperatures can be for the elderly and to other vulnera-

ble people," Borough President KATZ said. "Many individuals and families are eligible for important and potentially life-saving financial assistance that will allow them to afford heating their homes. All Queens residents who are struggling to pay their heating bills should take advantage of this valuable program."

HEAP is a federally funded grant program that helps low-income homeowners and renters defray the cost of their heating fuel. Eli-

gible recipients can receive up to several hundred dollars per year to offset their fuel bills. From now through March 14, 2018, HEAP application assistance will be available on Mondays and Wednesdays (excluding holidays) from 9 a.m. to 5 p.m. in the Office of Borough President Melinda Katz at Queens Borough Hall (Room 225), 120 - 55 Queens Boulevard. No appointments will be accepted, and walk-in applicants will be served on a first-come, first-served basis.

Online voter registration

Mayor Bill de Blasio last week signed legislation allowing for the creation of an online system to make voter registration easier for New York City residents.

Under this new legislation, the City will create an online portal and mobile application where voters can submit registration information or submit updates to their registrations.

"We're embracing technology to help make voting more accessible for New Yorkers," said Mayor Bill de Blasio. "This bill is one step towards fixing our an-

tiquated electoral system, which for far too long has discouraged participation in the democratic process."

In addition to requiring online and mobile apps for voters to submit their information, this new law requires the CFB to provide voters with a mechanism for an electronic signature on the voter registration form.

It would also allow CFB to use signatures already provided to other city agencies, including IDNYC, if appropriate. The bill takes effect in 18 months.

Representatives from the New York City Human Resources Administration (HRA) will be available to directly assist people with applications. Multi-language assistance will be available. U.S. citizens and qualified immigrants can get HEAP assistance if they meet eligibility requirements.

Individuals must apply for HEAP benefits annually. That means someone who received a HEAP grant last year must reapply again this year to receive HEAP benefits for the winter of 2017-2018. This year a family of four with a gross monthly income of \$4,457 or less can receive HEAP benefits. This monthly income threshold will increase or decrease depending on the size of a household.

HEAP assistance is also available to those who receive Supple-

mental Nutrition Assistance Program (SNAP) benefits, Temporary Assistance or Code A Supplemental Security Income (SSI).

Eligibility for HEAP is based on a point-system that factors in household income, percent of income spent on energy costs, and the presence of vulnerable individuals (i.e. children under the age of six, adults aged 60 years or older, and those with a permanent disability). Applicants visiting the HEAP office must bring a copy of a recent utility bill as well as documentation verifying their income and rent and the date-of-birth and social security number of each household member.

Additional details related to HEAP can also be obtained by calling the New York State HEAP hotline at 1-800 - 342-3009 or online by visiting www1.nyc.gov/assets/hra/downloads/pdf/services/energy_asn.gov/programs/heap.pdf.

Essay Winners

Assemblyman Edward Braunstein announced the winners of his Halloween Essay & Drawing Contest for students in second through fifth grades.

They were second grader Annette Mary Ajai of PS 115 in Floral Park; third-grader Isabel Lin of PS 41 in Bayside; fourth-grader Olivia Tran of PS 159 in Bayside; and fifth-grader Ming Jia, who attends PS 221 in Little Neck. All winners received an Amazon gift card and all participants received an Assembly Certificate of Merit.



Kim, Vanel seeking cyberspace rules

Albany examining the popular but controversial virtual money realm

by Michael Gannon

Editor

Bitcoin, a virtual or cryptocurrency invented in Japan in 2009, has been gaining in popularity and controversy.

It is being used more and more for goods and services around the world, and is difficult to trace or tax, drawing the attention of officials in Queens and elsewhere.

Its value began Tuesday's financial trading day at nearly \$18,000.

But myriad sources this past week have published official suspicions that North Korean hackers are stealing Bitcoins as a means of defeating crippling world economic sanctions, and also commented on their growing popularity in narcotics and other illicit trade.

On Dec. 14, the U.S. Attorney's Office for the Eastern District of New York indicted Zoobia Shanaz, 27, of Brentwood, LI, for allegedly converting more than \$85,000 of fraudulently obtained money into Bitcoins and other cryptocurrency with the intent of supporting ISIS.

And CNBC and other news outlets reported that just as Bitcoins began Tuesday as a hot investment, the trading price dropped more than \$1,000 in less than an hour between 3:30 and 4:30 p.m., causing the U.S. Securities and Exchange Commission to temporarily suspend trading in shares of The Crypto Co. partly on

concerns of stock manipulation.

Patrick Colabella, a CPA and an associate professor of accounting and taxation at St. John's University, recently published a paper on virtual currencies with student Michael Shoff. He told the Chronicle that the medium is almost completely unregulated.

"When a national government like the United States issues currency, it is backed by the faith and credit of the United States government," Colabella said. "It's the same for the British pound and others. ... Cryptocurrencies are outlaw currencies. They are generic throughout the world. You have something which has no real security underneath it."

Many people are concerned that Bitcoins are at or nearing the bubble stage.

"If that bubble bursts, the value can go down zero in a minute," Colabella said.

Two state assemblymen from Queens — Ron Kim (D-Flushing) and Clyde Vanel (D-Queens Village) — are proposing to tackle that at a state level.

Vanel wants the state to establish a task force that would help the legislative and executive branches craft regulations and oversight, according to Burke Thomaselli, the lawmaker's legislative coordinator.

"He is a big believer that New York is the financial capital of the world, and that [virtual currency] is part of the future," Thomaselli

said of the assemblyman.

He added that some shops and bodegas in Vanel's district already accept Bitcoin and other virtual currencies. He said he has been in contact with his colleagues on the Senate Banking Committee, and that appears to be a fairly bipartisan issue. Kim, in a white paper released by his office on Dec. 13, has several concrete suggestions.

Kim wants to replace existing Bitlicenses issued by the state with one that ensures greater consumer protections. The aim, he said in his statement, is to also attract "high-quality exchanges" to the state.

"New York is already the financial capital of the world, but if we can't keep up with future technological developments we'll be left in the dust," he said. "Virtual and cryptocurrencies are a new and exciting development for many consumers, but they still entail a great deal of risk. With the value of Bitcoin and other virtual currencies on the rise, the potential for massive financial losses are mounting."

Kim also wants any brokers to have an insurance plan much like the Federal Deposit Insurance Corp. and to open more of their records and data to regulators than is now required.

Kim said the state will need to protect consumers while fostering a healthy economic environment for growth and investment. But Colabella said the type of regulation they are

seeking could be impossible at a state level.

"The federal government regulates currency in this country," he said, adding that Bitcoins, for example, were created, exist and are used as a medium of exchange in a cyberspace.

"It is a rogue currency that has been able to generate a lot of power in a given system," he said. "You can mine Bitcoins — we've done that — and it can all be done anonymously, and has no names attached to it."

He said while movement of Bitcoins from wallet to wallet is posted within the system, the transactions of goods and services are not recorded and no cash changes hands.

That, he said, is what has made cryptocurrency attractive to the wrong people.

Even for law-abiding people, he said the government would not know how much is being exchanged for taxation purposes.

But he also said that governments could profit by creating their own digital currency, calling them Govcoins, and competing directly with the existing cyber money.

In their paper, Colabella and Shoff wrote that virtual currency with legal tender status from a government would bring with it a type of security that now does not exist.

They wrote that the marketplace should react by shifting to a safer currency, thus "subordinat[ing] other competing virtual currencies."



File photo

The city comptroller released a report criticizing bus service in New York City.

Queens bus service fares better than rest of city, but system is in 'crisis' mode: comptroller

BY ANGELA MATUA

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City Comptroller Scott Stringer released a study analyzing the city bus service and is arguing that major changes need to be implemented to make the system more reliable.

The report, titled "The Other Transit Crisis: How to Improve the NYC Bus System," found that bus ridership has lost 100 million passengers in the last eight years. The average bus in the city's system travels slower than buses in the 17 largest bus companies in the country, with an average speed of 7.4 miles per hour on local, express and SBS routes.

The bus service in Queens fared slightly better than the service in Manhattan, Brooklyn and the Bronx with average speeds of 8.1 miles per hour. Ridership in Queens also rose by 1 percent from 2011 through 2016.

Employment growth within Queens, Brooklyn, the Bronx and Staten Island has risen by double digits since 2006 but Manhattan only saw a 5 percent increase in growth since then. Many residents are also commuting within their home borough or to another borough that isn't Manhattan, making reliable bus service even more imperative.

Queens saw a 34 percent employment growth between 2006 and 2016, but in neighborhoods with plenty of job opportunities, the bus service was infrequent.

For example, in College Point where

there are 13,851 jobs according to the Census Bureau, only one of seven bus routes had high frequency service going both ways. Four routes were considered low frequency traveling both ways and two routes were considered high frequency traveling in one direction.

Evening service in neighborhoods with a high concentration of healthcare, retail, food services and hospitality is also lacking, the report found. In neighborhoods like Forest Hills and Glen Oaks, where half the jobs are in industries requiring staff seven days a week and 24 hours a day, bus service plummets by more than 60 percent between rush hour in the morning and the evening.

Select Bus Service, which was implemented in 2008 to address some of the issues with service including slow speeds and inefficient routes, "has introduced effective, replicable innovations" that should be implemented system-wide, the report found.

But the report also says that implementation has not been reliable and that there are design flaws. Five of the nine routes implemented before 2016 lost ridership after they were turned into SBS routes. Ridership also decreased by 0.2 percent on all nine lines.

The Q44, which was implemented in 2015 and runs through Jamaica, saw a 2 percent decrease from 28,139 riders in 2015 to 27,712 riders in 2016.

The frequency and speed of SBS buses also does not differ much from buses that follow local routes. SBS buses arrive every

4.9 minutes during rush hour while local buses arrive every 6.7 minutes. While the average speed of an SBS bus is 8.7 miles per hour, a local bus travels 7 miles per hour on average.

One of the design flaws, according to the report, is the distance between bus stops. The MTA Bus Company guidelines outline a spacing interval of 750 feet between each stop. On 10 routes, bus stops are located more than 1,200 feet apart, which is problematic for seniors and riders with disabilities.

The Q10 (1,362 feet), Q35 (1,641 feet) and Q100 (3,560 feet) rank among the routes with the highest distance between each stop.

Bus routes with the shortest average distance between stops also have slow and unreliable service. Seven of the nine bus routes with less than 650 feet between stops saw a decrease in riders between 2011 and 2016. The comptroller suggested that the MTA conduct a "top-to-bottom review" of spacing across all of its bus routes. In total, the report made 19 recommendations to improve the service.

Gloria Chin, a spokesperson for the Department of Transportation, pointed to the mayor's announcement that the city would add 21 new SBS routes within the next 10 years. There are a total of 15 SBS routes so far, with the latest one implemented along Woodhaven and Cross Bay Boulevards in Queens.

Chin also said the city has worked to create new dedicated bus lanes in highly trafficked corridors in neighborhoods

such as downtown Flushing. She added that while the city was "grateful to get the support for all these efforts," some of the recommendations he made will require his "active assistance."

"For example, given his support for dedicated bus lanes, we look forward to working with Comptroller Stringer to advance state legislation for additional bus-lane cameras among his former colleagues in the state legislature," she said. "The new bus shelters that he recommends will also require that we modify existing contracts and make new city expenditures — and so we will appreciate the comptroller's support in expediting those changes."

Officials for the MTA argued that "the bus network has never been more dynamic than it is now." They also said that outer-borough ridership has transferred to subways due to "new populations that are increasingly traveling to Manhattan for work and leisure" using the subway.

"The bus system and our riders are the victims of a crisis," said MTA Chairman Joe Lhota in a statement. "Traffic congestion and New York City's consistent inability to manage traffic flow and enforce existing traffic laws on its streets is killing our bus service and hurting bus riders. The proper and progressive way to deal with the scourge of traffic is for everyone to support a responsible congestion pricing plan. Traffic congestion is keeping the most reliable and advanced bus fleet in recent history from moving as efficiently as it can and should."

Report finds that 1 in 12 Queens workers are going hungry

BY ROBERT POZARYCKI
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Having a job doesn't necessarily mean that you're no longer hungry, as a new report found that one in 12 working people in Queens suffers from food insecurity.

Hunger Free America came to Ridgewood on Nov. 22 to announce its annual report on hunger in the "World's Borough." The nonprofit advocacy group noted that the number of hungry people in Queens has dropped 15 percent over the last three years, but remains 15 percent higher than the number recorded prior to the Great Recession nearly a decade ago.

Joel Berg, CEO of Hunger Free America, pointed to recent minimum wage increases in New York City as a cause for the recent decline in hunger, but warned that looming Trump administration cuts puts many working class residents in danger of falling into greater poverty.

The organization cited, as one example, the administration's recent proposed \$192 billion reduction in the national Supplemental Nutritional Assistance Program (SNAP), which provides economic assistance to qualified individuals to purchase food and drink.

"We still face a nation, state and local epidemic of the 'working hungry,'" Berg said. "Yet, just at a time when the nation needs even more jobs, even higher wages and even more robust anti-hunger safety net programs, Republicans in Washington are scheming to cut the safety net and eviscerate health care — which would clearly make hunger soar — just to fund even more tax cuts for the mega-wealthy."

Hunger Free America's examination of Queens found that 10.3 percent of the borough's children resided in food insecure homes over the last three years. One out of every 11 Queens senior citizens also suffers from food insecurity.



Joel Berg, CEO of Hunger Free America, visited Ridgewood on Nov. 22 to announce results of a study on hunger in Queens.

Food pantries and soup kitchens work diligently to feed the hungry, but the report found that 34.6 percent of these organizations can't keep up with the demand. Approximately 38.9 percent indicated that they needed to turn people away, reduce the amount of distributed food or limit their hours of operation due to insufficient supply.

"Hunger in New York City, through all seasons, has become an expensive service," said Tanesha Williams, a volunteer at Bethel Gospel Tabernacle in Jamaica. "How can we give if we are limited?"

One local lawmaker, City Councilman Barry Grodencik, said that no Queens family or individual "should ever go

hungry in our city."

"Far too many New Yorkers lack access to adequate quality food," Grodencik said. "Choosing between paying bills and purchasing nutritious food is a constant struggle for so many of our neighbors."

Read the full report by visiting Hunger Free America's website, hungerfreeamerica.org.

New laws make for fairer workplace

Employees in the fast food and retail industries finally have some common-sense protections to make their lives a little easier.

Last week, the city's new Fair Workweek Laws went into effect. For fast food workers, it means that employers will now have to give them ample advance notice of their shifts, which will make it easier for them to balance the other aspects of their lives.

While often derided, fast food and retail jobs are often a person's first foray into the workforce. However, many of these employees are also students who have to balance a class schedule or single parents, who might have to work a second job to make ends meet or arrange for child care.

Forcing them to make last-

minute decisions choosing work at a minimum wage or slightly better job and other aspects of their lives is an unfair burden.

Fast food employees will also now have to consent to working "clopening" shifts, or two shifts

if they report to work.

Nearly one in nine New Yorkers works in the fast food and retail fields, and they are among the lowest wage earners. These new laws will help them get ahead and not hold them hostage to a part-time job to ensure their livelihood.

And the new regulations do little to affect the bottom line of employers, it only makes the workplace fairer.

The Department of Consumer Affairs has already publicly stated it is not looking to fine businesses who are making good-faith efforts to comply with the new regulations and slip up here and there, only crack down on the businesses who wantonly disregard them.

Fast food and retail jobs are major employers in New York City, and these laws will make them a more equitable place to work.

Nearly one in nine New Yorkers works in the fast food and retail fields, and they are among the lowest wage earners. These new laws will help them get ahead and not hold them hostage to a part-time job to ensure their livelihood.

that end less than 11 hours apart over two days. And if they consent, they will also have to be compensated \$100, a good incentive for folks who are able to handle the workload.

Retail employees will also be freed from on-call shifts, which basically puts employees at the whim of the employer, who can send them home without pay even

Queens lawmaker's bill to criminalize 'revenge porn' passes NYC Council

BY SUZANNE MONTEVERDI
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Revenge porn will soon be outlawed in New York City.

The City Council voted unanimously on Nov. 16 to approve Queens Councilman Rory Lancman's bill aimed at stopping the practice of spreading X-rated content of an individual without their consent online. If Mayor Bill de Blasio signs the bill into law, disclosing or threatening to disclose intimate and explicit images of another person without their consent and with the intent to cause harm would become a misdemeanor offense in New York City.

"Revenge porn" is a form of sexual assault in the modern age that perpetrators use to humiliate or embarrass victims. A total of 38 states plus the District of Columbia currently have laws specifically to combat the offense, according to the Cyber Civil Rights Initiative. Neither New York state nor New York City currently have any laws on the books, according to Lancman.

The offense would be punishable by up to one year in jail, a \$1,000 fine or



Photo via Pexels

both. In addition to creating a criminal penalty, the bill also creates a civil cause of action for victims, which would grant them the opportunity to seek compensatory and punitive damages and injunctive relief.

A 2016 study by the Data & Society Research Institute found that one in 25 Americans has been a victim of threats or posts of nearly nude or nude images and young adults are more likely than older adults to have had someone post an explicit photo without their permission.

The study also found that men and women are "equally likely" to have sensitive photos posted.

Lancman's bill is modeled after a state bill introduced by Bayside-based Assemblyman Edward Braunstein. The Hillcrest-based councilman announced the piece of legislation alongside Manhattan Councilman Dan Garodnick, victim advocates and a revenge porn victim at a press conference in April.

"Criminalizing revenge porn will ensure New Yorkers are protected and those who take part in this despicable conduct will face serious consequences," Lancman said. "I commend the victim advocates, law enforcement personnel and revenge porn survivors who raised their voices to make this day a reality."

"With a click of a mouse, careers are put in jeopardy, relationships are damaged, and online harassment becomes a daily battle — all because of revenge porn," Garodnick said. "Today we send a message to bullies and domestic abusers that this vile behavior is unacceptable — and now criminal — in New York City."

Queens Council members who co-sponsored the bill included Donovan Richards, Elizabeth Crowley and Daniel Dromm.



Photo by Anthony Giudice/QNS

America China Hotel Association Corp. donates to keep the arts alive at Queens Theater

Queens Courier co-publisher Victoria Schneps presented Taryn Sacramone of the Queens Theater and Derek Law, Vice Chairman of the America China Hotel Association Corp., with a check for \$1,200 — raised from the raffle sales at the Hotel Association's Premiere Gala event — to help fund another season of incredible theater.

"We are grateful for the America

China Hotel Association Corp.'s contribution to the Theatre. We have an ambitious season of theater and dance as well as education programs happening, and depend on the generosity of friends in the community to make it all happen," Sacramone said.

"On behalf of the Queens Theatre staff and Board members, as well as the audiences and students we serve, I want to thank them, and of

course Vicki Schneps and the Queens Courier. One of Vicki's amazing gifts is her ability and willingness to connect people in this borough."

"The America China Hotel Association Corp. is delighted to be able to help the Queens Theatre," Law added. "Our Premiere Gala event was a success, and we're proud that the evening's raffle will benefit such a wonderful organization."

"Rain"
"Hail"
"Snow"

DEP gets the job DONE!



Martin Van Buren H.S. removed from list of struggling schools

BY ANGELA MATUA

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Martin Van Buren High School in Queens Village is one of 27 schools statewide that will be removed from Priority School status, a state designation given to schools with low graduation rates and poor scores on state testing.

The New York State Department of Education announced on Dec. 1 that the school at 230-17 Hillside Ave. had improved enough to be removed from the list.

"Removal from Priority School status shows the hard work being done by students, teachers and administrators at these schools and I applaud them all," said Board of Regents Chancellor Betty A. Rosa. "While we're seeing progress in struggling and persistently struggling schools, there is still a great deal of work to be done to reduce the gap between our expectations for success and the reality of the results for students in these schools."

School must pass several hurdles to be removed from Priority School status including meeting participation rate requirements for English Language Arts (ELA) and mathematics in the 2015-2016

and 2016-2017 school years. For high schools, the four-year graduation rate must have been at least 60 percent for the past year and either the four-year or five-year graduation rate must have been at least 60 percent in the year prior to that.

The four-year graduation rate at Martin Van Buren High School during the 2014-2015 school year was 55 percent, which is below the 70 percent average citywide and 73 percent average borough wide.

During the 2016-2017 school year, the school brought its four year graduation rate up to 67 percent and its six-year graduation rate to 68 percent from 62 percent in 2014-2015.

"These schools are working hard to collaborate with stakeholders to address the needs of their students, and the results so far are promising," Commissioner Mary Ellen Elia said. "At the same time, we must remain mindful that only sustained and accelerated progress in these schools can create the level of progress necessary for us to meet our goals for all of New York's children."

In the 2016-17 school year, a total of 90 city schools were designated as Priority Schools based on 2014-2015 data. In 2012-13 there were 122 schools identified



File photo

Martin Van Buren High School was removed from the Priority Schools list after improving its graduation rates.

as Priority Schools, marking a 25 percent decrease in Priority Schools citywide.

The high school was also formerly on the Struggling Schools list, which made the school subject to the state's receivership law. Under the law, the school superintendent can develop a school interven-

tion plan; convert schools to community schools that provide wrap-around services; expand the school day or school year; and remove staff and/or require staff to reapply for their jobs in collaboration with a staffing committee as long as the school is still designated a Priority School.

Nominate your favorite teacher for a 'Big Apple Award'

BY ANGELA MATUA

[@Angelamatua](mailto:amatua@qns.com)

For the sixth year in a row, the city is asking the public to nominate a teacher who goes "above and beyond to serve our students and families."

The Big Apple Awards is a citywide program started by the Department of Education to recognize educators who have positively impacted their students and community. Last year, 7,800 teachers across the public school system were nominated.

The citywide community nomination period, which will end on Nov. 27, asks students, families, administrators and community representatives to nominate a teacher. The DOE is especially interested in nominations for educators who teach grades 2, 7 and 10, and also teachers of special education and English Language Learners.

After this community nomination peri-



Photo courtesy of Instagram/nycschools

Parents and students can nominate a teacher for the Big Apple Awards through Nov. 27.

od, a group of 1,000 nominees will be invited to submit an application that will be reviewed by a DOE committee.

Then, up to 250 nominees will be chosen to move to the district-level selection stage. This stage will include an interview and/or classroom visit by the school's superintendent team. Superintendents will choose up to two finalists per each school district to move to the final round and a Board of Judges will choose the winners.

Next spring, recipients will receive a visit from Schools Chancellor Carmen Farina, who will honor them with the award. Winners will serve as Big Apple Fellows and will meet monthly as part of the Chancellor's Teacher Advisory Group. Educators will

be able to discuss best practices and education policy and receive leadership development.

Last year, special education teacher at P.S. 199 in Sunnyside Patrick Murphy, was one of several teachers to win a Big Apple Award. Murphy brought a Lego robotics program to the school several years ago and inspired several students to consider engineering careers. He also created a school wide website and trained fellow teachers on how to use Google Apps for Education.

"I have never met a teacher that exhibited such understanding and care for students," one parent told the DOE. "You can tell Mr. Murphy truly enjoys teaching and works hard to make a difference for his students."

To nominate a teacher for the Big Apple Awards, fill out the nomination form online at <https://www.surveymonkey.com/s/3S3850310/2017-Big-Apple-Awards-Nomination-Form>.



'Just say no' in Cambria Heights

The schools at the Campus Magnet Complex in Cambria Heights recently took part in "Red Ribbon Week" to encourage all students to avoid drug use. The week-long observation included special classroom activities to help students

focus on managing stress in a positive, drug-free way. Ms. Hitt, the SAPIS/Youth Development Advisor at the campus, is shown with students Layquan Cox, Jailan Francis, Sahna-Kay Thorpe and Yadilka Guzman.

Queens Village student excels as a tutor

Senior Sireka Khemai of Queens Village serves as secretary of Martin Van Buren High School's ARISTA chapter. ARISTA is the city's name for the National Honor Society and is active in The Scholars community service group. Khemai and other ARISTA students volunteer as tutors at two nearby public schools as part of fulfilling their community service obligations. Khemai is pursuing a career in medicine as either a physician's assistant or a nurse.



A closer look inside our public schools

BY SCHOOLS CHANCELLOR CARMEN FARINA

As an educator for 52 years, I know that all of our schools' most important work happens in the classroom.

In my first four years as New York City schools chancellor, we've invested in our classrooms through our Equity and Excellence

for All agenda – our belief that every child, no matter what ZIP code they live in or where their parents were born, deserves a great education.

By any measure, our schools are the strongest they've been, with record-high graduation rates, record-high numbers of students going on to college, record-low dropout rates, and improving test scores. We're building on this progress with 3-K for All, Computer Science for All, and Community Schools. Many of our investments in classrooms across the city – particularly in training teachers and improving classroom instruction – are less splashy and often overlooked, but are just as critical to our vision of Equity and Excellence for All.

Here are a few of those "under-the-radar" investments that are making an impact in our classrooms:

- *80 minutes of teacher training.* Nearly four years ago, one of the first things I did was set aside 80 minutes at every school every week for teacher training. This is a game-changer for schools and the children and families we serve. During the 80 minutes, teachers learn how to use new cutting-edge resources; plan for upcoming lessons; and look closely at students' performance on tests and essays to figure out what they're teaching well and what they need to do better.
- *Passport to Social Studies.* Since I was a child and my father read Spanish books with me about the history of Spain (his native country), Social Studies has always been my favorite subject. Unfortunately, it was not seen as a priority in schools, but it has to be. We must prepare students to be thoughtful, productive citizens, and they absolutely have to understand history, civics and current events.
- *Investments in middle school.* We now provide an after-school seat for every middle-school student, and also started a program called "Teen Thursdays," where seventh-grade students can visit many local cultural institutions. It's not a given that kids and families feel welcome at their local museums and cultural centers; programs like this connect our students and parents with their city in a new way. We're also honing in on middle school math through our Algebra for All initiative – making sure students get the math instruction they need in fifth grade and middle school so they're ready to take on advanced math courses in high school.
- *Collaboration over competition.* Last school year, we tapped into that collaborative spirit and brought the "co-located campus initiative" to 20 campuses across all five boroughs. Participating schools are on a single bell schedule so all students on the campus can share AP and enrichment courses, increasing access to more rigorous coursework. Teachers come together for shared professional development, there are family welcome centers to encourage all parents to get involved, and there have even been campus-wide proms. By coming together, schools that would have been siloed are sharing best practices and strengthening campus culture – and students are benefiting.
- *Family engagement.* We've increased the number of evening parent-teacher conferences to make them more convenient for families – resulting in a 40 percent increase in conference attendance – and provided additional training to parent coordinators on engaging parents in their school communities.

These "under-the-radar" efforts – and many like them – are making a real impact for children and families across the city. There's a lot of work our teachers and principals are doing every day to put us on the path to Equity and Excellence for All, and put our children on the path to success.

QCB13 – A Few 2017 Highlights

January

- * Campus Magnet High School honors late coach Chuck Granby with gym renaming.
- * Martin Van Buren High School acknowledged for turnaround in all categories.



February

- * Councilmember I. DanEEK Miller attends Queens Community Board 13's Transportation Committee Meeting.



March

- * "Unity in Diversity" Rally at Queens Borough Hall.



April

- * Queens Community Board 13 welcomes new Board Members.



May

- * Traffic light installed at the intersection of Little Neck Parkway and the Grand Central Expressway service road.
- * Laurelton Memorial Day Parade
- * Rosedale Memorial Day Parade



June

- * Richard Hellenbrecht receives Community Board Service award for 30 years of service.



July

- * Pat Williams Playground ribbon cutting ceremony.



August

- * National Night Out.
- * India Day Parade.



September

- * Bellerose shelter scrapped.



October

- * Healthy Community Day.
- * Guru Nanak Dev Ji's Birthday Celebration Parade.



November

- * Thank you to our Elected Officials who visited and sent relief supplies to Puerto Rico.
- * Council Member Barry Grodenchik hosts Mayor Bill de Blasio Town Hall at Martin Van Buren High School.



December

- * Holiday Party at Mateus' Restaurant and Bar.



CEC approves renaming PS 330 for Marshall

BY BENJAMIN FANG
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Borough Hall's cultural center bears her name. Earlier this month, officials renamed a street in Corona after her. Now, a school will be named after Helen Marshall.

Community Education Council (CEC) for District 24 voted unanimously last Tuesday to rename PS 330, located at 110-08 Northern Boulevard, as Helen M. Marshall School.

Marshall was the first and only African-American, and second woman, to be elected Queens borough president. She served in that role from 2002 to 2013.

Prior to that, Marshall's long career in public service included 10 years in the City Council and eight years in the Assembly.

She passed away in March at the age of 87 in California.

Debra Rudolph said the idea was presented be-

fore the School Leadership Team (SLT) three months ago. She noted that Marshall, who lived in East Elmhurst, was an elementary school teacher for several years before being elected. "We really feel she has organic roots in our community," Rudolph said.

CEC 24 co-chair Dmytro Fedkowskyj was appointed by Marshall to the Panel for Education Policy. He remembered her fondly as "extremely passionate about education."

"She did not nothing but make the borough better for our public schools," he said. "I see this as a perfect fit for your school."

In a statement, Councilwoman Julissa Ferreras-Copeland, who suggested the idea to PS 330, called Marshall a mentor, friend and inspiration.

"Those of us who had the fortune to know Helen personally, know that above all, she was an educator," Ferreras-Copeland said. "There's no better way

HELEN MARSHALL



to honor her legacy than by naming a school after her."

At the CEC's December meeting, the council also approved a list of its top five capital projects.

Those projects include building an addition at PS

199 in Sunnyside, bathroom upgrades at PS 14 in Corona, building a French drain installation and window replacements at PS 229 in Woodside, and an auditorium upgrade for PS 73 in Maspeth.

Homeowners to get \$183 rebate on water bill: mayor

BY BENJAMIN FANG
bfang@queensledger.com

Homeowners throughout the five boroughs received an early holiday present from the city.

Last Wednesday, Mayor Bill de Blasio announced that the New York Court of Appeals has upheld the Water Board's decision to issue a \$183 credit to 664,000 homeowners. More than 204,000 Brooklyn homeowners and 277,000 Queens residents will benefit from the rebate.

"It is wonderful to be able to announce that hardworking families will be getting an extra gift this holiday season," de Blasio said. "It's also a time of year when people are pinching every penny and they are trying to take care of their family and get gifts."

Last year, the city proposed the \$183 credit, which the Water Board approved. The Rent Stabilization Association, the landlord lobby, challenged the move in court.

Initially, the New York

County Supreme Court invalidated the decision, but the Water Board appealed, and eventually won in the appeals court.

Standing with a Greenpoint homeowner in front of her house on Lorimer Street on Wednesday, the mayor said the cost of everything in New York City has gone up, making it tougher for families to make ends meet. That's why every little bit helps, he said.

"There are a lot of people in this city that \$183 will really help and matter to them in their lives," he said.

According to the mayor, for years the city tacked on "hidden taxes" on the water bill. They were paying for charges that "had nothing to do with the water supply." De Blasio said he determined that was wrong and needed to end, and the Water Board agreed.

Now, homeowners' water bills will no longer have those charges.

"What they see is what they get," de Blasio said. "No more hidden taxes, no

more hidden fees, just pay for the water you use."

Greenpoint resident Katie Naplatarski, who has lived in the neighborhood for 35 years and owned a home for 20 years, said her most recent water bill was more than \$250. Eight years ago, it was less than \$100.

"In this time, one expense that has really increased is the water bill," she said. "In the past eight years, I would say it has gone up about four times as much as it used to be."

Assemblyman Joseph Lentol called it a great day "for the little guy," the small homeowners who "get hit every which way."

He compared the action to Congress approving the Republican tax bill.

"We have a Grinch in Washington taking money from the poor to give it to the rich," Lentol said. "Here in our hometown, we have Santa Claus, who has come to our neighborhood to give money to small family homeowners."

But Councilman Rory



Homeowner Katie Naplatarski discusses her steadily rising water bills.

Lancman of Queens had a different assessment. He posted a comment on his social media feed questioning the mayor and Water Board's decision.

"If the mayor and the Water Board have enough extra cash floating around to give homeowners such as myself a \$183 credit, without raising rate on renters and other property owners and without the mayor re-

neging on his promise to no longer charge ratepayers 'rent' for using our water and sewer infrastructure," he said, "then by all means play Santa and go for it."

"But if my credit means raising renters and other property owners' rates, or going back to fiscal gimmicks like 'renting' our infrastructure to ourselves, then forget it Mr. Grinch," he added.

Vanel Proposes AI Regulations, Talks Net Neutrality

Queens Tribune, December 27, 2017

By Trone Dowd



Since elected, Assemblyman Clyde Vanel has been laser-focused on computer and technology literacy in his district.

Assemblyman Clyde Vanel (D-Queens Village) is proposing yet another piece of legislation looking to put New York State at the forefront of regulating the future.

Vanel, who since being elected to the state Legislature in 2015 has seemed to carve out a niche for himself as a tech-focused politician, proposed the idea of studying and regulating artificial intelligence on a state level. The assemblyman made the announcement via his weekly YouTube series, "Clyde's Corner."

"I introduced Bill A8821 that creates a temporary state commission to study and investigate how to regulate artificial intelligence," Clyde said.

As explained by Vanel in his video, artificial intelligence as many know it from science fiction movies and books, is not quite what Vanel is talking about. Instead, Vanel is referring to what is called "narrow artificial intelligence." Examples of narrow artificial intelligence include less-advanced versions of the technology used in everyday items like Siri, Amazon's Echo, Facebook's suggested-friends software and other common products.

While scientists work to replicate human brain function has with the processing power of computers, Vanel argues that lawmakers should start research on such concepts now to get a leg up on the transformative technology.

"Regulators have to be proactive in making sure that we protect New Yorkers, America and mankind from those kinds of dangers," Vanel said.

Over the last year, Vanel has tried to bring the attention of his peers in the Assembly and that of his constituents to universal internet access, crypto currencies like Bitcoin, and turning Southeast Queens into a cutting-edge neighborhood for businesses big and small to invest in.

In addition to his proposals on regulating AI for the near future, the assemblyman wrote a long form letter to his constituents about the Federal Communications Commission's first step towards repealing Obama-era regulations on upholding net neutrality.

"In 2015, under the Obama administration, the Federal Communications Commission (FCC) advanced rules that treated telecom companies and internet service providers (ISPs) like utilities, aiming to stop them from meddling with the internet," Vanel said. "The rules also prohibited ISPs from charging tech companies or consumers for faster delivery of their music, movies or other content. In other words, content and data were to be treated equally with respect to transferability, delivery times, access and cost."

But after the vote on Dec. 14, the FCC under President Donald Trump rolled back the rules.

"Currently, broadband companies are free to pursue so-called paid prioritization arrangements, if they choose to do so," Vanel explained. "In place of the previous net neutrality protections, the FCC, under President Trump, is going to only require the internet service providers to be transparent about their network practices."

Vanel revealed that he and his colleagues are already working towards making legislation to combat this controversial move by the president.

"Very shortly, the New York State Assembly will be advancing a bill to set up a commission to study how best to implement net neutrality rules in New York State," Vanel said. "Look out for it."



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Snow Removal: YOUR RESPONSIBILITIES A Guide for Homeowners, Property Managers, Businesses & Residents

Prepare in advance for the snow season by getting the necessary equipment, including a good snow shovel and ice melt or material to help with traction.

If you live on a private street, get together with your Homeowner Association (HOA) and make sure there is a plan for snow removal.

Know what is too much for you. Pace yourself when cleaning snow because it can be a physically-intensive and strenuous task. In cases of heavy snowfall, you may want to consider hiring a service or a person to clean the snow from your sidewalk or driveway.

If you can, look in on and help your neighbors who are elderly, disabled, or otherwise homebound.

Who is responsible for cleaning snow and ice from the sidewalk?

According to the NYC Administrative Code, every owner, lessee, tenant, occupant or other person having charge of any lot or building must clean snow and ice from the sidewalks adjacent (i.e., in front of, on the side of, in back of) to their properties.

How long do I have to clean the sidewalk?

If the snow stops falling between:

- 7:00 a.m. and 4:59 p.m. - you must clear within four hours
- 5:00 p.m. and 8:59 p.m. - you must clear within fourteen hours. *Example: If the snow stops falling at 7:00 p.m., the owner, lessee, tenant, occupant or other person in charge of any lot or building has until 9:00 a.m. the following morning to clear.*
- 9:00 p.m. and 6:59 a.m. - you must clear by 11:00 a.m.

What is the best way to clean snow from the sidewalk?

Remove snow along the sidewalk adjacent to your property. Do not push snow from the sidewalk into the street. Clear the snow from around the fire hydrant if there is one in front of your property. Do not cover crosswalks with snow. You should move the snow to your front yard, behind the stoop line, or to the grassy curb strip if one exists.

Where possible, try to clear a path at least four feet wide along the sidewalk. Corner property owners should clear a path to the crosswalk, including any pedestrian ramps, and where the snow has melted and creates a puddle, disperse the water away from the crosswalk. This will help people in wheelchairs, people with children in strollers, students going to school, and individuals with mobility-assistance devices.

Who clears fire hydrants and catch basins?

According to the NYC Administrative Code, the person having charge of the adjoining property is responsible for keeping the fire hydrant clear of snow and ice and any other debris or materials to ensure it is accessible during a fire emergency.

While there is no specific requirement to clear snow around catch basins, they provide drainage when snow and ice begin to melt. Clearing the catch basins, and placing a channel towards the catch basin, will help prevent flooding when snow and ice begin to melt.

Clearing fire hydrants and catch basins benefits everyone on the block and is something that block residents may wish to work together on to help address.

Why do snow plows leave a ridge at the end of my driveway? Who is responsible for clearing the ridge?

Snow ridges are an unavoidable after-effect of plowing streets, particularly in larger or heavier snow storms. DSNY must plow to create a passable driving lane. While this clears a path for traffic, in times of heavy snow, it may leave a snow ridge. We appreciate this concern. However, residents are responsible for clearing any ridge in front of their driveway. We suggest driveways be cleared after street snow clearing operations are conducted and completed. It is important that snow may not be placed in the street because this could create hazardous conditions and the need to re-plow the street, which may result in the creation of another snow ridge in front of one's driveway. Placing snow in the street, if observed by Sanitation personnel, could result in the issuance of a Notice of Violation, with a fine of \$100.



How can locations that do not clear their sidewalks be reported?

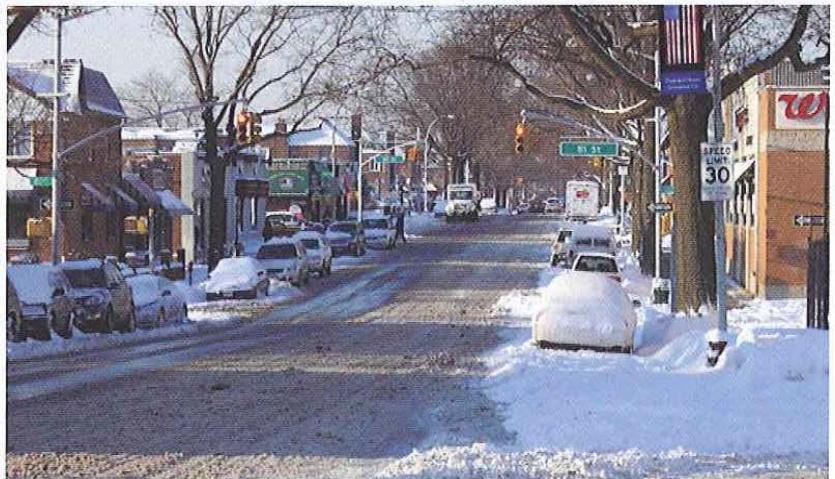
Residents can make a Failure to Clean Ice/Snow from sidewalk service request to the NYC 311 Customer Service Center. Call 311 or go to www.nyc.gov/311.

- Make sure the problem is on the public sidewalk (not on stoops or internal pathways)
- Provide a specific address
- Make sure the time period (listed above under "How long do I have to clear the sidewalk?") has passed since the snow stopped.

What happens if I don't clear my sidewalk?

Homeowners, property managers, businesses, or others, who do not comply, can face fines of:

- \$100- \$150 1st Offense
- \$150- \$350 2nd Offense
- \$250- \$350 3rd Offense and subsequent



Garbage bill backers trash Miller change

Councilman says he still wants thoughtful legislation for city, carting industry workers

by Michael Gannon

Editor

Councilman Daneek Miller (D-St. Albans) has been one of the more vocal backers in recent years of a bill to reduce the clusters of garbage carting and transfer operations that plague four communities in the city, including Jamaica in his 27th District.

So when the Waste Equity Bill went missing from a flurry of legislation voted on by the City Council on Tuesday, several proponents of the plan accused Miller of single-handedly blocking it.

But Miller said it is more complicated than just that. So too did Councilman Antonio Reynoso (D-Brooklyn), who is chairman of the Council's Committee on Solid Waste and Sanitation and one of Miller's closer allies in the trash equity fight.

"I threw my support behind Intro 495-C four years ago because I recognized the ill-effects of air pollution, fumes, truck traffic and noise from commercial waste transport in Southeast Queens were outstanding issues affecting residents for generations, and serving in the Council alongside a supportive Administration presented a unique opportunity to tackle this issue," Miller said in a statement Wednesday.

Miller said after further review he recognized the bill's broad approach would not have necessarily resolved each of these issues in the

community, "and had the potential to make a number of them even worse."

"Rather than rubber stamping the legislation and risking creating unintended consequences, I chose to exercise greater caution than others outside of the Council preferred given the impending deadline and their zeal to pass any bill regardless of its merit."

Miller said the best option is to draft new legislation that is not only sustainable and environmentally sensible for Southeast Queens and the entire city, while compelling the carting industry to improve its safety standards and wages.

More than 75 percent of all the solid waste generated by New York City is sorted and transferred at waste stations concentrated in two communities in Brooklyn, one in the Bronx and one in Jamaica in the area covered by Community Board 12.

Most of the garbage processed in Queens traditionally has come through Jamaica at transfer stations along both sides of a seven-block stretch of Douglas Avenue.

All four communities also have large concentrations of low-income minority residents.

Intro. 495-C was aimed at reducing the traf-



Councilman Daneek Miller

FILE PHOTO

fic, stench and health hazards associated with such trash clusters by capping the percentage of the city's garbage that any one community could be allowed to process. Carting industry representatives and other critics believe it could cost jobs by forcing carters to close; but proponents say those jobs can be more than made up if companies expand their operations to include recycling and composting.

In a joint statement issued by the Teamsters Union, New York Lawyers for the Public Interest and the NYC Environmental Justice Alliance, numerous critics expressed their disappointment with Miller.

"Intro 495-C represented a modest but critical opportunity to reduce some of this excess capacity at the facilities located in the overburdened communities, while incentivizing the private-sector transfer stations to create jobs by investing in recycling and organic waste processing equipment needed to meet the City's zero waste goals," the statement said. "Miller's change of position, with no explanation, has left many members of environmental justice communities with questions, frustration, and anger." The statement included a quote from the Rev.

Andrew Wilkes of the Greater Allen AME Cathedral of Jamaica, who marched to Douglas Avenue with Miller in February.

"We are troubled that Councilmember Miller went from championing waste equity at our Toxic Tour and Pray-In last February to walking away from Intro 495-C in a backroom discussion," he said.

Sean Campbell, president of Teamsters Local 813, which represents private sanitation workers, said Miller is blocking relief for working families of color who live around waste transfer stations in Southeast Queens, North Brooklyn and the South Bronx.

"Private sanitation workers live in the same communities that we work in," he said. "We pay the price for pollution, traffic and noxious smells. It is a disgrace that one Council member can single-handedly block a vote and protect the polluters, after co-sponsoring the legislation for four years and supporting it all along the way."

Reynoso, however, whom the statement praised for his support of the bill, came to Miller's defense in a tweet on Tuesday.

"@IDaneekMiller did not kill this bill," Reynoso tweeted. "It is way more complicated and nuanced than that. The advocates should take a step back and note he was one of the strongest advocates for waste equity in the NYC Council over the last 4 years."

A new bill can be introduced in January. ☐

Civics largely favor Cabaret Law repeal

Other concerns over nightlife remain

by Anthony Medina

Chronicle Contributor

Mayor de Blasio and the City Council late last year announced the repeal of the 91-year-old Cabaret Law, which banned people from dancing in New York City establishments without a special license.

Critics said the statute was a fracture in the city that represented a time when jazz clubs in Harlem and interracial dancing were unacceptable by many residents and city officials.

Now that club and bar owners don't need to fear when more than two people at a time start dancing in their establishments, many Queens civic and business leaders expressed support, though measured. Some predict a better nightlife atmosphere and a possible focus on more important issues.

"We're very happy the law was repealed," said John Choiel, executive director of the Greater Flushing Chamber of Commerce. "Now people can dance in our community without the fear of being raided by the police."

One of the major criticisms that surrounded the Cabaret Law was its inconsistent use by different officials to crack down on clubs and bars. Former Mayor Rudy Giuliani in particular was criticized for shutting down establishments not abiding by it during his tenure.

"It's always good to get antiquated laws off the books," said Ed Wendell, a civic activist in Woodhaven. "This is a law they were actually using against businesses."

Besides the possible risk of a few elderly folks getting too excited dancing around city streets, Wendell thinks the repeal is a positive sign for community growth.

"To waste police on going around picking up people who are dancing when there are so

many more important issues, I can't get myself too excited about that," Kissena Park Civic Association President Beverly McDermott said. But, she added, "They're allowing too many bars and karaoke bars in and around residential neighborhoods. ... I'm more concerned about the fact that it's so easy to get drugs in a bar than to dance in a bar."

"I would probably have to agree with what most of the people are saying," Northwest Bay-side Civic Association President Jena Lanzetta said. "It just sounds like a law that's kind of antiquated. I don't think it's really too relevant anymore to today's times."

Only 104 businesses held a cabaret license because of the lengthy application process and high fees, according to the Mayor's Office.

"On the surface I'll say it's a good action, repealing a law that was made during the '20s in a time of blatant racism," said Councilman Robert Holden (D-Middle Village), speaking shortly before he was sworn into office. "Anything like that should have been repealed."

The longtime civic leader added that the zoning of clubs and bars should be enforced to protect areas where residential and commercial uses mix. Using noise ordinance laws instead of the Cabaret Law will keep the focus on problematic issues residents might experience around busy nightclubs, such as music volume or disorderly conduct, he said.

Joann Ariola, president of the Howard Beach-Lindenwood Civic Association, echoed those thoughts.

"The Cabaret Law was antiquated and needed revision," she said. "I just hope that the City Council is taking into consideration that our communities are already plagued with noise complaints and will be making legal-



The city can no longer legally stop you from getting off the barstool and shaking it a bit.

ly enforceable provisions to ensure the new law does not negatively effect the surrounding communities."

Clive Williams, chairman of Community Board 13, had reservations about the change.

Board 13, which is covered by the NYPD's 105th Precinct, has had a handful of serious problems with nightlife spots, even to the point where Inspector Jeffrey Schiff, commanding officer of the precinct, had two sitdowns earlier this year that dozens of business owners on the precinct's radar were "strongly encouraged" to attend.

A small businessman himself, Williams acknowledges that the fines under the old program could be onerous.

But he also served as chairman of CB 13's Public Safety Committee before taking his current post.

"I'm worried that some businesses will begin to attract the kinds of crowds that they're not ready for or equipped to handle," he said.

Councilman Rafael Espinal (D-Brooklyn) worked closely with the mayor since the beginning of last year to repeal the outdated statute.

"Artists, musicians, business owners, workers, and everyday New Yorkers looking to let loose will no longer have to fear the dance police will shut down their favorite venues," Espinal said in a prepared statement.

"On behalf of the ten thousand dancers that celebrate 80+ styles of dance in the annual Dance Parade, we are grateful for City Council Member Rafael Espinal's leadership," Greg Miller, director for the annual Dance Parade at New York, said in a prepared statement. ☐

Michael Gannon, Anthony O'Reilly and Ryan Brady contributed to this story.

MTA will study lead paint on elevated lines

Legislation introduced by state Senator Jose Peralta this past summer requiring the MTA to study lead levels in paint used on elevated subway tracks was signed by Governor Andrew Cuomo on Dec. 18.

In May, a local painters union found that paint chips falling from the 7 train in Jackson Heights contained high levels of lead.

District 9 International Union of Painters and Allied Trades said the paint falling from the elevated 7 train contained more than 40 times the legal threshold of lead paint, which amounts to 224,000 parts per million.

The legislation requires the MTA to submit a written report that includes the study on lead paint levels, which would be conducted in tandem with the Department of Environmental Protection and the Department of Health to determine how the MTA complies with the federal Clean Air Act.

The report should also include recommendations to eliminate exposure to lead from falling paint chips and should feature past station renovations to outline the level of lead abatement that was done.

Angela Matua

City eyes expansion of Citi Bike program

Though Citi Bike has become a popular bike share option since it was first implemented in 2013, it typically does not serve outer boroughs like the Bronx, Staten Island and most of Queens.

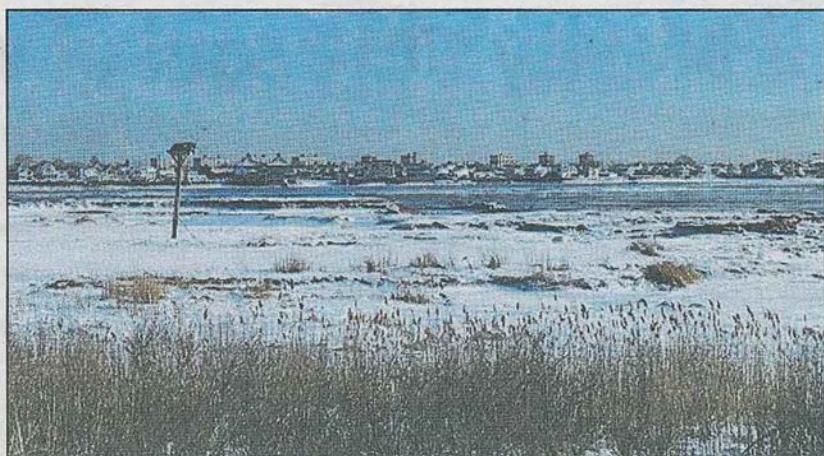
Mayor Bill de Blasio announced last week that the city is looking to work with other companies to fill in the gap. Specifically, the city released a request for expressions of interest (RFEI) seeking companies that provide dockless bike systems.

In addition to looking at the feasibility of a dockless system, the RFEI should analyze how practical it is for the city to implement a "free-locking" bike share system. This system would allow riders to unlock a bike using their phones and the bicycles would not be locked to a dock or rack.

In Queens, Citi Bike is only available in Long Island City and Astoria but other Queens neighborhoods with little transportation options could benefit from bike sharing programs.

Angela Matua

qbore



The National Park Service has a full list of events for the Jamaica Bay area during the winter months, from bird walks to nature hikes.

PHOTO BY JERIN ARIF / NPS

Head south for the winter – straight to Jamaica Bay

by Anthony O'Reilly
Editor

What if we told you some of the best winter activities could be found in the great outdoors? Odds are, you'd probably laugh and return to sipping your hot cocoa while cozied up in a pair of warm pajamas.

But the truth is, there is a full calendar of events planned for the Jamaica Bay area that can be enjoyed even during sub-freezing temperatures. Below are just a few.

"They get a fair amount of year-round visitation," said Don Riepe, Northeast Chapter president of the American Littoral Society. "There are birds there, mostly water fowl, ducks and geese ... We've had an incursion of snowy owls this year."

This Saturday, nature enthusiasts will be "Turning Over a New Leaf" from 10 to 11:30 a.m. as a guided walk will take place through the East Pond trails.

There will be many other opportunities to join park rangers, Riepe and Mickey Cohen, also of the society, in January and February.

Cohen on Jan. 28, from 10 a.m. to 2 p.m., will be leading a hike of the North Forty Natural Area at Floyd Bennett Field to "discover the enigmas of the winter woods."

On Feb. 11, nature enthusiasts can explore "usually-hidden biological treasures" at Fort Tilden during low tide, from 10 a.m. to noon.

And when the weather starts to get a little warmer, Riepe will be leading a "Bird Walk Late Winter Thaw" tour at the Jamaica Bay Wildlife Refuge Center in Broad Channel Feb. 24, from 10 a.m. to 1 p.m., showing hikers different winter birds and the early signs of spring. Reservations are required for this walk, so if you're interested

call the Littoral Society at (718) 474-0896 or email donriepe@gmail.com.

The society will also be hosting "survival walks" during the winter, where Cohen and Riepe will be detailing how wildlife keeps warm during the coldest months.

"I talk about how the animals adapt to the winter ... what kinds of plants you can see," he said. "Hard winters are actually good for some of the plants."

Riepe encourages everyone wishing to attend any event to "dress comfortably," especially on days when there is strong wind.

The Littoral Society won't be the only one hosting winter walks and tours.

Park rangers will encourage you to put your head in the clouds Jan. 13, from 11 a.m. to noon, at the wildlife refuge center. Attendees will learn how to identify different types of clouds and be educated on how they could impact the weather.

There will be a "Winter Nature Hike" Jan. 20, from 10 to 11:30 a.m., where rangers will show "where all the animals go during the winter."

Before the Big Game, participate in the "Superb Owl" hike Feb. 4, from 1 to 2:30 p.m., to see owls, hawks and more along the West Pond Trail.

And while we can't guarantee Bill Murray will be there, a "Groundhog Day Hike" will take place from 10 to 11:30 a.m. Feb. 2, where attendees will learn about the behaviors of the animals.

And while we can't guarantee Bill Murray will be there ... wait, this seems familiar.

For more information on these events and more, or for a full list of everything going on this season, visit bit.ly/2ClwEoI or call (718) 354-4606.

Rikers Island to start closing prison facilities

Washington Examiner, January 2, 2018

By Kelly Cohen



The first of nine prison facilities on Rikers Island will close this summer, and more may follow, New York City officials announced Tuesday. "Big news on Rikers Island: with the population below 9k for the first time in 25 years, the Mayor will shutter a jail building on the island this summer. Huge step toward getting off Rikers Island for good," said Eric Phillips, Mayor Bill De Blasio's press secretary, on Twitter.

The George Motchan Detention Center houses roughly 600 men,

but will close its doors as the city's overall jail population continues to drop.

De Blasio announced in March that Rikers, which has been plagued by years of complaints of violence, corruption, and civil rights violations would be completely shut down in 10 years.

According to the New York Daily News, there were approximately 6,700 prisoners on Rikers as of Jan. 1. There are 8,700 prisoners in all city jails as of December, the first month in 30 years that the average daily population was below 9,000.

"Every day we are making New York City's jail system smaller, safer, and fairer," de Blasio said in a statement. "This announcement is an important step in our plan to close Rikers Island and create more community-based facilities to better serve people in custody and our hard-working correctional staff."

The city said the 300 corrections officers working in the Motchan facility will be moved to other locations.

But not everyone was happy. Elias Husamudeen, president of the Correction Officers' Benevolent Association, warned that assaults would rise as prisoners are moved out of Motchan.

"With vicious assaults on correction officers occurring nearly every week, along with a near 30% increase in inmate on inmate slashings and stabbings department-wide, we had hoped Mayor de Blasio would have announced a plan today to make the jails safer. Instead, the Mayor shamelessly shared his plan to close one of the largest jail facilities on Rikers Island," he said. "Shifting inmates from GMDC to other facilities on Rikers Island will only further increase the assaults."

The plan to replace Rikers is to build new smaller jails in other boroughs, which is also part of the plan to help with prisoner re-entry and prevent recidivism.

SHARING THE PAST AND AGING

There can be much satisfaction in sharing with an elderly person his reflections on the past. Directly or indirectly, it is part of our history as well. Apart from the facts we could glean, it deepens our understanding of life's experiences. Together with the old person, we feel the transformation from child to youth to adult and beyond.

In this way, an old person who opens his mind and feelings to us is a unique text on human development and aging.

When we show interest in that person's past, we are being helpful to him in several ways: 1) an opportunity to air his experiences making it easier for him to develop a fresh perspective, and 2) the process of discussing his past with another person can help him to be more objective, (i.e.) he can stand back and take another look at the experiences that have been so close



Dr. Sheldon Ornstein is a registered professional nurse with a doctoral degree in nursing organization. He has specialized in the care of older adults and has published many articles on the subject. He has done post-graduate work in gerontology and has taught at several universities. In 2013, he was inducted into the Nursing Hall of Fame at Teachers College, Columbia University.

to him.

Some of the disappointment and resentment that may have been influencing his view of his past life may be alleviated through the sharing process. This can encourage not only a more positive assessment of the past, but also a more hope-

ful attitude toward the present and future. He may also find it easier to think positively about his achievements if somebody else is at hand to confirm them, and by doing so, honor them.

There is no age restriction on turning to the past for help to meet

challenges of the present and future. Overuse of the past, shown by certain old people, is related to their reduced opportunity for sharing experiences with others, as well as reduced stimulation and opportunity in the present environment.

Despite this concern with the past, the future is of interest to many elderly individuals just as the past is to many of their juniors.

Research with adults indicate that the most typical daydreams center around practical tasks and challenges and this is as true of the old as it is of young and middle-aged people. The old do not bury themselves in the past or avert their eyes from the future. Neither should we!

Quotable Quote: "Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are."

FDNY Celebrates Dr. Martin Luther King Jr.

NYC.gov/FDNY January 16, 2018

On Tuesday, January 16th, FDNY members gathered to celebrate the life and legacy of Dr. Martin Luther King Jr. Dr. King's emphasis on service, courage, and leadership, are shared values of the FDNY. Last year, FDNY responded to 1.7 million emergencies to keep New Yorkers safe. The courageous efforts and leadership of members of the Department continue to advance the Department's life-saving mission forward.

Fire Commissioner Daniel A. Nigro highlighted FDNY's efforts to create an inclusive Department and keep communities safe.

"FDNY members are charged with always doing the right thing and honoring their oaths," said Fire Commissioner Nigro. "Through serving our communities, we develop friendships and understanding with every New Yorker, of every background, in order to educate them to prevent fires and better protect themselves and their families."

This year, FDNY held a panel discussion on Dr. King's commitment to fostering an inclusive community. Members of the panel were Deputy Assistant Chief Lillian Bonsignore, Lieutenant Nelson Roman, Lieutenant Jonathan Logan, retired Army Sergeant James Faulkner, and Restorative Justice Attorney Bayliss Fiddiman.

Chief of Department James E. Leonard highlighted the service and generosity of FDNY members, from providing aid to those who lost their belongings in fires and presenting fire safety education across schools, communities, firehouses, and EMS stations.

"When it comes to serving a community, to protecting and education, there's no greater agency in this city than the FDNY," said Chief Leonard. "Our members serve the community, and community based interaction and involvement is what helps us achieve our mission to save lives."



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wellness

Boomers: 10 reasons to go nuts

For the roughly 75 million Americans who make up the baby boom generation, a healthy diet and lifestyle are the best weapons against age-related diseases.

"It's vital at any age to adopt good habits to live a strong, fit and healthy life," says Dr. Mike Roussell, a nationally recognized nutrition consultant and nutrition adviser to Men's Health and Shape. "Fueling your life with tasty and nutrient-rich foods while making sure to be active every single day are essential components to keeping your body young and vibrant."

Roussell's recommendation? Nuts. In particular, pistachios. "Pistachios are a multitasking nut with fiber, healthy fats, and three specific types of antioxidants that may help fight the onset of age-related conditions that lead to poor health in these 10 ways."

1. Heart health

Large population studies show that people who regularly eat nuts, such as pistachios, have a lower risk of dying from heart disease or suffering a heart attack. Pistachios provide 360-degree cardiovascular support in that they can promote improvements in cholesterol levels, blood pressure and blood vessel function.

2. Anti-inflammatory

Excessive inflammation is one of the root causes of age-related conditions, such as arthritis. Pistachios contain a special form of vitamin E called gamma tocopherol, which has unique anti-inflammatory properties. Gamma tocopherol levels have also been shown to decrease as we age.

3. Weight loss

Being overweight can also contribute to a number of age-related illnesses. Studies show pistachios positively promote weight maintenance as the dietary fiber, fat and protein all work together to make us feel fuller and satisfied longer, plus removing them from the shell slows down eating. Pistachios are also the lowest-fat nut.

4. Digestion

The fiber in pistachios also can help with digestion. Research shows that the fiber in pistachios works as a prebiotic and feeds the good bacteria in our digestive tract to improve the health of our digestive system. A single serving of pistachios contains as much as 3 grams of dietary fiber.

5. Blood glucose level

Developing adult onset diabetes, or Type 2 diabetes, is a common fear for boomers. The American Diabetes Association praises the health benefits of nuts, including pistachios, calling them a diabetes superfood because they improve how the body's cells use glucose and how insulin responds to a carbohydrate-containing meal, namely, stabilizing blood glucose levels.

6. Skin health and appearance

UV light from the sun promotes damage and accelerates the aging of our skin. Pistachios contain two carotenoid antioxidants that are concentrated in the skin and work to filter out and protect it against the damaging effects of UV light.

7. Eyesight

Pistachios contain lutein, a nutrient known to help improve eye health, especially in older individuals. Lutein has been shown to prevent and slow down macular degeneration by providing more pigment for the eye, thereby reflecting more of the sun's light, preventing damage to the retina.

8. Memory

Preliminary research shows that the

fatty acids and antioxidants found in pistachios can help support brain health. The antioxidants in pistachios can help ward off excessive inflammation in the brain, a major cause of accelerated cognitive decline. Another study found that eating pistachios stimulated brain waves that aid the formation of ideas and memory processing.

9. Sleep

Nuts, including pistachios, are rich in minerals such as magnesium. One benefit of magnesium is that it may aid sleep because it assists in helping the muscles relax and quiet activity in the brain by working as an inhibitory neurotransmitter.

10. Energy

Pistachios have been shown to promote energy, which is why so many professional athletes consume them while training. More energy means we'll commit to getting enough exercise.

But what is Dr. Mike's main reason for having his clients eat pistachios? "They taste good. People are much more likely to stick to a healthy diet when the food is tasty and fun to eat."

Courtesy BPT

> senior living

Tips for helping reduce the burden of Alzheimer's caregiving

Caring for someone with Alzheimer's or other dementias is exceptionally demanding, and especially challenging. The caregiving needs of people living with Alzheimer's are not only often more extensive, but are often needed over many years - even decades.

A recent survey by the Alzheimer's Association indicates many caregivers are not getting the help and support they need - a whopping 84 percent of caregivers say they would like more support in caring for someone with Alzheimer's, especially from family members.

"Too many people are shouldering the caregiving burden alone," says Ruth Drew, director of information and support services at the Alzheimer's Association. "Many people want or would welcome help, but they are reluctant or just too overwhelmed to ask."

Tips for supporting a caregiver

Providing help and support to caregivers can be easier than most people think. Even little acts can make a big difference, Drew says. The Alzheimer's Association offers these suggestions:

Learn: Educate yourself about Alzheimer's disease - its symptoms, its progression and the common challenges facing caregivers. The more you know, the easier it will be to find ways to help.

Build a team: Organize family and friends who want to help with caregiving. The Alzheimer's Association Care Team Calendar is a free, personalized online tool that allows helpers to sign up for specific tasks, such as preparing meals, pro-



viding rides or running errands.

Give a break: Spend time with the person with dementia, allowing the caregiver a chance to run errands, go to their own doctor's appointment or engage in an activity that helps them recharge. Even

one hour could make a big difference in providing the caregiver some relief.

Check in: Many caregivers report feeling isolated or alone; make a phone call to check in, send a note or stop by for a visit.

Tackle the to-do list: Ask for a list of

errands that need to be done. Pick up groceries or dry cleaning, or even offer to shuttle kids to and from activities.

Be specific and be flexible: Open-ended offers of support ("Call me if you need anything," or "Let me know if I can help.") may be well-intended, but are often dismissed. Be specific in your offer ("I'm going to the store, what do you need?"). Continue to let the caregiver know that you are there and ready to help.

Help for the holidays: Help caregivers around the holidays by offering to help with cooking, cleaning or gift shopping. If a caregiver has traditionally hosted family celebrations, offer your home instead.

Join the fight: Honor a person living with the disease and their caregiver by supporting the Alzheimer's cause. Volunteer at your local Alzheimer's Association office or participate in fund-raising events.

"It's a mistake to assume caregivers have everything under control," Drew says. "Most caregivers can use and would appreciate help. No one can do everything, but each of us can do something."

To learn more about Alzheimer's disease and ways you can support families and people living with the disease, visit www.alz.org, the website of the Alzheimer's Association.

Editor's Note: November is National Alzheimer's Disease Awareness Month and National Family Caregivers Month.

Courtesy BPT





How to Respond to Summons from NYC Enforcement Agencies

Presented by

FIDEL F. DEL VALLE

**COMMISSIONER AND CHIEF ADMINISTRATIVE LAW JUDGE
NYC OFFICE OF ADMINISTRATIVE TRIALS AND HEARINGS (OATH)**

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Top 4 nutrition predictions in the New Year

Several food and nutrition trends were in the spotlight this year, including the continued rise of plant-based diets, non-dairy ice creams and superfoods that are blasts from the past - legumes, apples and cabbage. It can be easy to experience nutrition whiplash in the New Year, but don't be a victim. Get a jump-start on understanding the top nutrition trends that will impact quality of life and make it easier to add important vitamins and nutrients to the body.

"The start of a fresh year always ushers in new opportunities to make one's health better," said Elizabeth Somer, MA, RD and author of "Eat Your Way to Sexy." "Study after study consistently finds that most Americans don't meet even minimum standards of a balanced diet, so it's important to be aware of advances in nutrition, so you can optimize your health all year long."

There are four key nutrition predictions that will top 2018.

No. 1 - Personalized nutrition

A one-size-fits-all approach that can be applied to vitamins, minerals, omega-3s and other essential nutrients doesn't align with what research reveals about individ-

ual nutrient needs. Many factors tweak the basic recommendations, including age, gender, health status, medication use, stress level, sleep habits, exercise routines and more.

For example, when the body is exposed to ultra violet (UV) light, it manufactures vitamin D; however, as we age, the body becomes less and less efficient at making vitamin D. This is when dietary and supplement sources become increasingly more important while the needs for the vitamin increase.

It is no wonder there will be a growing trend and demand for personalized nutrition recommendations in 2018. Nutrition innovators - like www.vitaminpacks.com - are already responding by developing comprehensive nutritional assessments to curate unique combinations of vitamins and nutrients designed specifically to the individual consumer.

No. 2 - Awareness of drug nutrient interactions

According to a recent paper published in the European Journal of Nutrition, vitamins and other nutrients play a crucial role in metabolism - the process in the body that supports overall health.

How vitamins and phytonutrients interact with prescription medications can impact metabolism.

In one example, antacid medications can interfere with vitamin B12 and calcium absorption, so requirements for these and other nutrients may increase, yet people don't make the adjustment in their supplement plans. Therefore, it is important to consult a health care practitioner before adding a dietary supplement, so prescription medications and vitamin supplements can live in harmony.

No. 3 - Go with your gut

Probiotics are live bacteria that are good for health, especially the digestive system. It may be easy to think of bacteria as something that causes diseases, but the body is full of bacteria, both good and bad. Probiotics are the "good" or "helpful" bacteria because they have been known for years to help keep the gut healthy. What's more, research has shown that the benefits of probiotics may span more than the gut, including the circulatory, hormonal and nervous systems. Probiotics are naturally found in the body to varying degrees, and there are high levels of probiotics in some foods and supplements.

Encouraging the growth of probiotic bacteria is important in maintaining an effective intestinal barrier, enhancing nutrient absorption and blocking toxins and pathogens. A focus on gut health and spotlighting food and dietary supplements that support a healthy belly will top 2018 nutrition trends.

No. 4 - Vitamin K2

Don't confuse this K2 with the mountain in the Himalayas. Vitamin K2 is an overlooked vitamin that helps control calcium movement in the body and supports healthy arteries and bone health. It is found at sub-optimal levels in the traditional diet, but can be found at high levels in fermented foods, like sauerkraut and the Korean dish kimchi. Vitamin K2 will no longer be overlooked in 2018. Ask a health care practitioner about adding this important vitamin to the diet, especially if fermented foods aren't served regularly for dinner.

It doesn't take a crystal ball to predict what will be the hottest nutrition trends in 2018; it only requires a look at the latest nutrition research and connecting with a health care provider or registered dietitian.

Courtesy BPT

Free card can help make prescriptions more affordable

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Peter Ciccone, who has been the manager of the New York market for the NY Rx Card for about six years, said it's no secret that Americans are now more concerned about their healthcare than ever.

"You may find that there's a lapse in your program no matter what insurance you have," Ciccone said. "Everyone's gone to the pharmacy, had it filled, and discovered their insurance does not cover it."

The free NY Rx Card, the marketing manager said, can help ease the strain.

"We help people make their prescriptions more affordable," Ciccone said. "Nationwide, we do about 30 to 40 million scripts a year. That's a heck of a volume."

The program kicked off in June 2012 and is funded through a private equity consisting of pharmaceutical companies and retailers, such as CVS and Walgreens. The coupon card will provide

users with Rx medication savings of up to 75 percent at more than 68,000 pharmacies across the country.

The coupon card is pre-activated, enabling users to use it immediately. There are no membership restrictions, income requirements or age limitations and the card may be used by those who do not have prescription drug insurance. And, to ensure customer privacy, all prescriptions processed through the program are confidential.

With the card, New Yorkers have saved a quarter of a billion dollars since 2012.

"Some of our biggest customers are in Queens: whether Jackson Heights, College Point, Astoria, Auburndale — you name it," the representative said.

"The program is designed to help New Yorkers, and we know it works and it's safe," he added. "It's one of the few times where something that is free is really free to the user."

To download the card or learn more about it, visit the New York Rx Card website, www.newyorkrxcard.com.

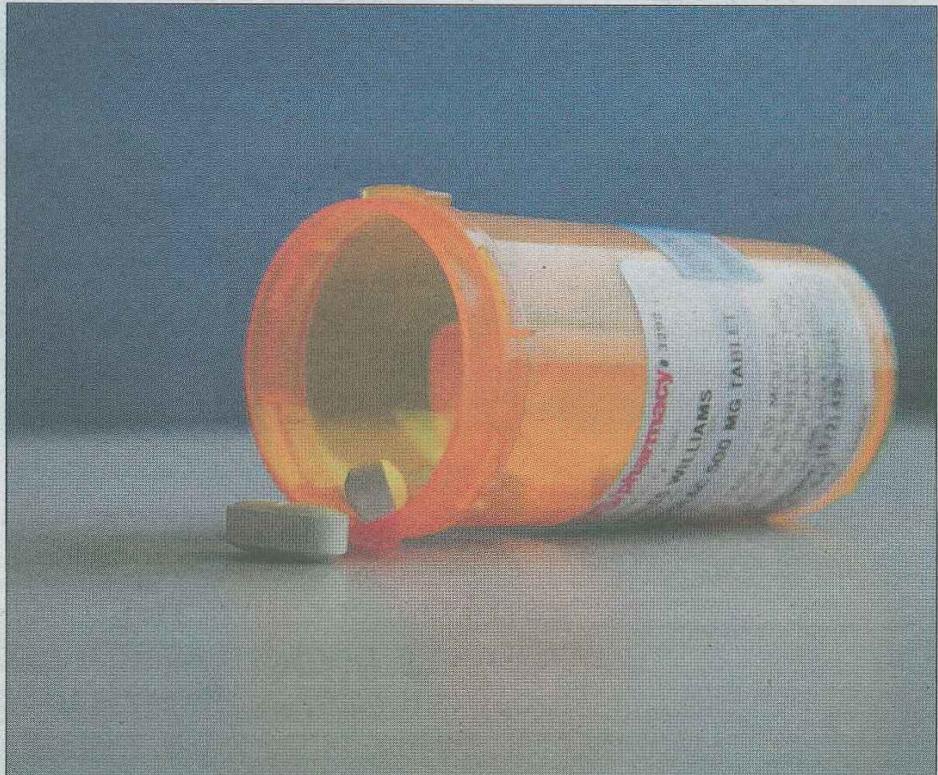


Photo via Flickr/charlesonflickr

5 ways to jump-start your heart health

If you're looking to improve your heart health, each day is all about making a choice that moves you in the right direction. You'd rather stay in with a big bowl of ice cream. But maybe today, you could click off the TV set and take a walk with a friend.

It's easy to see why heart health is a pressing concern. One in three adults live with one or more types of cardiovascular disease, according to a review published in the journal Circulation.

Over time, changes in the heart and blood vessels can lead to a host of devastating problems, including heart attack, heart failure and stroke. On top of that, lifestyle factors, such as poor diet and a lack of physical activity, lead to one in five deaths in the U.S., according to a study published in 2011 in the Journal of Public Health.

The good news is as the weeks and months pass, these healthy choices do pay off and make meaningful shifts in your health profile.

Turning these choices into habits is well worth the time and effort. Choice by choice, you could see big improvements.

1. Reach for whole foods

Diets abound, but the classic Mediterranean-based diet always comes up as a winner for heart health. It's simple to follow because it's made up of whole, healthy foods, like fruits, vegetables, beans, nuts, olive oil and fish. In 2013, a study in the New England Journal of Medicine said switching to a Mediterranean diet can prevent 30 percent of heart attacks, strokes and heart disease deaths in high-risk people.

2. Get up and move more often

The Surgeon General says 2.5 hours of moderate intensity exercise each week promotes good heart health. To get started, visit your doctor to find out what is safe for you. Then work activities you enjoy into your routine, whether it's a walk in the woods, a leisurely bike ride or swimming laps at the community pool.

3. Seek the company of others

This may not come up at the doctor's office, but the time we spend with friends and family does reward us with better heart health. Isolation is linked to depression and that's linked to higher rates of heart disease. Pick up the phone and call

someone. Schedule lunch with an old friend, plan a special day with younger relatives or sign up for an activity.

4. De-stress and decompress

If you constantly feel the effects of stress in your body, it may be time to take steps to reverse that. Scientists haven't found definitive proof, but they believe stress could trigger inflammation, a precursor to heart disease. So go ahead, and seek some joy: Laughter releases "good" HDL cholesterol. Exercise is also a proven stress buster, and studies show a mindfulness meditation practice reduces blood pressure.

5. Know your risks

Hopefully, you're already making those annual doctor visits because your blood sugar, blood pressure, weight and cholesterol can all tell us something about our heart health. But what you really want to know is whether there is fatty buildup in your arteries, because it can lead to stroke, peripheral vascular disease and carotid artery stenosis. Doctor office tests offer indicators and warning signs, but they don't tell you how much you're blocked.

Luckily, there's a safe and affordable

test that gives you the hard data on what is happening inside your body: vascular screening. If you think learning the truth will discourage you, one study indicates the opposite may be true.

The report published in the Journal of Community Medicine and Health Education says people who had vascular screening reported more positive changes to their health several months after their vascular screening than the control subjects who weren't screened. For example, 61 percent of screened respondents said they ate healthier foods since the screening, versus the 46 percent who were not screened.

Truth is empowering and it can give people a powerful incentive to change, even if the news isn't what you're hoping to hear. To get your own vascular test, find out when Life Line Screening is coming to your community. You'll get a results pack you can take to your doctor, so you can work on a plan together to improve your health.

To find out when a Life Line screening clinic may be scheduled in your area, visit www.lifelinescreening.com or call (877) 754-9631.

Courtesy BPT

Brain drained? These habits can help maintain a healthy brain

Everyone has those days. You're operating in a fog, or perhaps you spaced out on a family member's name in the middle of dinner, or maybe you just find it hard to concentrate on work or hobbies. When these unwanted situations begin to come up more often, you may start to worry. Aging has long been associated with a slow mental decline.

The good news is there are simple things you can do to clear the cobwebs and regain your focus. Dr. Mike Dow, a psychotherapist and best-selling author, says we often don't realize the brain is just like the heart, our muscles, our lungs and bones - it needs maintenance, and healthy habits to help keep it working at its very best.

"People understand pretty well that if they eat healthy, quit smoking and start exercising, they can improve their cardiovascular health," Dow says. "But they don't always connect the dots of living a healthy lifestyle to improving cognitive health."

To help you reach your optimal brain health, Dow offers these everyday tips.

Give yourself a daily challenge

If you catch yourself in a rut or locked in your routine, it may be time to find ways to stretch your mind muscles with a new and challenging activity. Researchers have discovered that healthy brains need certain levels of reserves, and challenging them is one way to build those reserves.

"Think of your brain like a bank account," Dow says. "Every time you learn something new, or play a challenging game or read a book, it's like depositing a dollar into that account. The more cash deposits you make, the more you have to spare."

Feed your brain

Like other parts of the body, the brain needs food and nutrients, and the right food can go a long way to support brain health. An antioxidant-rich diet including things like unsweetened tea, berries and turmeric can protect the brain from damage that comes from aging and oxidative stress.

Dow also recommends taking a supplement like Natrol Cognium. It contains a unique silk protein that's been shown in human clinical studies to protect the brain from oxidative stress. The studies also show that it improves memory and concentration by increasing blood flow and nutrition to the brain. If you're interested in learning more about the benefits of Natrol Cognium, visit natrol.com/benefits/brain-health/.

Tend to your relationships

As life and circumstances bring inevitable changes, the number of people we count as friends and loved ones can change over the years. It takes effort, but Dow says it's important to try to maintain our relationships and be open to creating new ones, because they can have a profound effect on brain health.

"Relationships tend to buffer us from the stress of daily life, which is good because over time, excess stress can cause inflammation," Dow says. "At the same time, good, healthy relationships give our

lives meaning."

To meet new people, try simple things like inviting a neighbor over for dessert, joining a book club or volunteering for a nonprofit or cause that's important to you.

Get enough sleep

We often short ourselves on sleep when life gets busy, but it's important to make it a priority, Dow says.

"Think of nighttime sleep as a wash-and-rinse cycle that clears away the 'bad stuff' that builds up during the day," Dow says. "Brain fog and dementia-causing plaques are washed away by cerebrospinal fluid, and this process is more effective when you're sleeping."

Dow recommends practicing healthy sleep habits, such as striving for eight hours each night, being consistent with your bedtime routine and using melatonin instead of prescription and over-the-counter sleep aids to help you drift off.

Courtesy BPT

It's official: New Islanders arena to be built at Belmont Park

BY TIMOTHY BOLGER
AND ROBERT POZARYCKI
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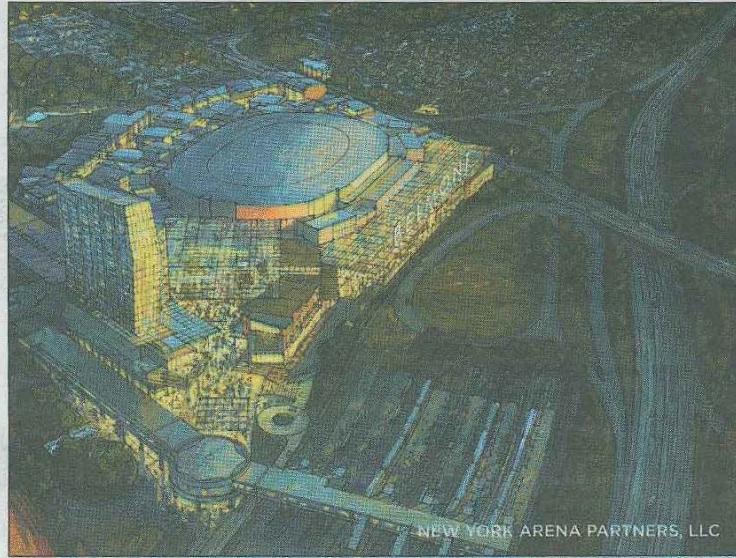
The New York Islanders have won a bid to build a new arena at Belmont Park on the Queens/Nassau border, and it's possible the team will skate back home to Long Island before the new building is done.

On Dec. 19, Bloomberg and other news outlets cited anonymous sources stating that hockey team and its financial backers are getting the green light to build a new 18,000-seat arena on New York state land in a parking lot adjacent to the racetrack.

Governor Andrew Cuomo made it official the following day, Dec. 20, during a formal announcement at the racetrack. He said the billion-dollar development will create a new 18,000-seat arena that will serve as the Islanders' permanent home, as well as a new 435,000-square-foot retail and dining village and a luxury hotel adjacent to the arena.

"With the state-of-the-art redevelopment of Belmont Park, we are adding a crown jewel to the economic resurgence on Long Island. The return of the Islanders is exciting for all fans, bringing the storied franchise back to its rightful home," Cuomo said. "The creation of this world-class entertainment destination will bring visitors from near and far, as we continue to transform the region and strengthen our economic momentum on Long Island."

The project will create 12,300 con-



Renderings courtesy of the Governor's office

A rendering of the new arena, hotel and transit hub to be created adjacent to Belmont Park.

struction jobs and 3,100 permanent jobs, Cuomo said. Additionally, the Belmont Park Long Island Rail Road station will become a full-time stop as part of a new transit hub; the station is only used on race days at the track.

"I am excited to finally welcome the Islanders home to Nassau County, and I'd like to thank Governor Cuomo for helping make that possible," Nassau County Executive-elect Laura Curran

said. "As county executive, I'll make sure we work with the local community and stakeholders to make sure the area is developed with their input. Economic development at Belmont will benefit all Nassau County taxpayers."

The rebooted New York Cosmos soccer team previously proposed building a stadium on the site, but the Empire State Development Corp. scrapped that and other bids made years ago. The Cosmos

then moved to Brooklyn.

The Islanders left the coliseum in Uniondale, their original home, and moved to the Barclays Center in Brooklyn in 2015 after multiple failed attempts to renovate The Old Barn, as fans call the coliseum.

Earlier this year, reports emerged that the Isles were looking to leave Barclays and find a new home, reigniting hope that they might return to the recently renovated coliseum, but NHL Commissioner Gary Bettman said the coliseum is "not a long-term option."

Investors in the new arena include Sterling Project Development, Madison Square Garden Co. and private equity firm Oak View Group, the Press previously reported. Sterling is owned by the Wilpon family, who also own the New York Mets, while MSG is run by the Dolan family, who also own the New York Rangers and the New York Knicks.

"While it's certainly an interesting proposal for the Rangers to take ownership in the arena of an arch-rival, it would at least bring the Islanders back to Nassau County," outgoing Nassau County Executive Ed Mangano has said.

Reportedly, the new arena could be ready in time for the 2020 season. Despite its existing lease with the Barclays Center, Cuomo said the state would negotiate with the Islanders to play as many of its home games as possible at the Nassau Coliseum until the new arena is complete.

Just for You

#worklife



Slack(ing) at Work

What is Slack? "Just like the messaging apps you use in your personal life, Slack lets you direct message individuals or have persistent group chats if you're working in a team," explains Adam Preset, research director for digital workplace at Gartner. "Within Slack, you can share files, receive notifications and connect to other services that help you automate your work, create workflows and collaborate." Android and iOS, free)

communication can find chat-based collaboration tools useful. "It gets you out of your email inbox. It keeps your internal conversations, knowledge, content and projects in one place. And it makes it easier to onboard a new team member—just add that person to the group chat to read the conversation. Slack may displace some email but won't replace it altogether, just as email doesn't negate the need to have in-person meetings or video conferences. It just adds to the mix."

Why use it? Preset says teams that need to stay in constant

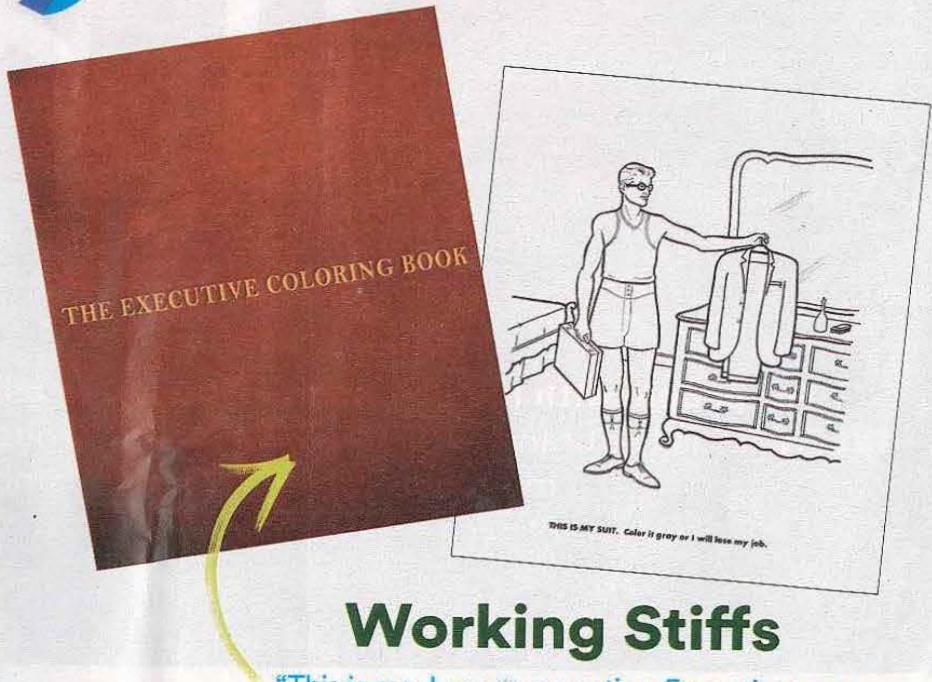
42% The percentage of U.S. mothers with children under 18 who are the sole or primary earners in their family.

Source: Center for American Progress

How can I save face after a meltdown at work?

An angry outburst or fit of tears is an occasional in-office hazard. Samantha Boardman, MD, founder of Positive Prescription (positiveprescription.com), offers advice on regaining composure.

- Put a passionate spin on it. "Instead of saying 'I was too emotional' to account for your behavior, say, 'I was very passionate,'" Boardman suggests. Being passionate is associated with determination, motivation and having a high degree of self-control. Being emotional, however is associated with irrationality and instability.
- Stay away from coworkers who bring you down. "Their negativity is contagious and can really undermine your emotional stamina," she says. "Instead, fortify yourself—make friends with colleagues. Studies show that having a best friend at work enhances workplace well-being, especially for women."
- Finally, take time every day to disconnect from work to combat stress. "Getting enough rest, eating a healthy diet, getting exercise and spending time on non-work-related activities may be the best way to combat frazzled nerves."



Working Stiffs

"This is me. I am an executive. Executives are important." That's one of many quips found in the pages of *The Executive Coloring Book*, a reissue of the 1961 *New York Times* best seller that lampoons *Mad Men*-era corporate types. Appropriately, you'll need only two crayons: gray and brown, the colors of corporate ennui.

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