



December Committee Meetings @ QCB13 Board Office

- Land Use 12.3.18 @ 7:30 pm
- Transportation 12.4.18 @ 7:00 pm
- Public Safety 12.5.18 @ 7:00 pm
- Seniors (SSSSNC) 12.6.18 @ 7:00 pm
- Health 12.10.18 @ 7:00 pm
- Youth, Education and Libraries 12.11.18 @ 7:30 pm
- Economic Development 12.12.18 @ 7:00 pm
- Parks and Environment 12.13.18 @ 7:30 pm

GENERAL BOARD MEETING

Monday, November 19, 2018 @ 7:30 PM
 Bellerose Assembly of God — 240-15 Hillside Avenue, Bellerose, NY 11426

AGENDA

1. Community Time
2. Meeting Called to Order
3. Pledge of Allegiance
4. Elected Officials — Welcome
5. Presentation — JFK Redevelopment Program
 - Selvena N. Brooks-Powers & Nantasha Williams
 Managers, External Affairs and Community Outreach
 The Port Authority of NY & NJ | JFK Redevelopment Program
 - ✦ Program Origin
 - ✦ Updates On The Program (Current Status)
 - ✦ Opportunities For The Community
1. Chairman's Report — Clive Williams
2. District Manager's Remarks — Mark McMillan
3. NYPD Report — Inspector Netis Gilbert, Commanding Officer, 105 Precinct
4. Committee Reports
5. Roll Call
6. Approve Minutes — October 2018
7. Public Speaking Time
8. Adjournment

NEXT GENERAL BOARD MEETING, Monday, December 17, 2018
Bellerose Assembly of God 240-15 Hillside Avenue, Bellerose, NY 11426

QCB13 ANNUAL HOLIDAY PARTY

Tuesday, December 18, 2018 @ 5:30 pm
 Mateus' Restaurant & Bar
 222-07 Jamaica Avenue
 Queens Village, NY 11428



November 7, 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.

November 8, 2018: Attend **Queens Borough President Melinda Katz's** Veterans' Day Observance at Queens Borough Hall. **Chair Clive Williams** and **Board Member Robert Glover** were in attendance.

November 10, 2018: Walk in parade in celebration of Guru Nanak Dev Ji's 550th Birthday (founder and first Guru of the Sikh religion). Invited and organized by **BM Pritpal Singh Walia**, and joined in the walk by **BM Michael O’Keeffe**.

November 13, 2018: Attend and participate in Youth, Education & Libraries Committee Meeting Chaired by **Rhonda Kontner** and Vice Chaired by **Lorraine Giffens-Bridges**. Details will be shared in their report.

November 14, 2018: Meet, along with **Chair Clive Williams**, with **Assistant Chief Kevin Williams, Executive Officer, Patrol Borough Queens South**.

Attend and participate in Economic Development Committee Meeting Chaired by **Curlene Nelson** and Vice Chaired by **Richard Hellenbrecht**. Details will be shared in their report.

Respectfully submitted,



Mark McMillan
District Manager



sanitation

How This Affects You

When snow is not shoveled, snow piles up and hardens — making it slippery and dangerous.

What You Can Do

Make a plan to clear you sidewalk. Property owners must keep their sidewalks clear — without shoveling snow into the street or crosswalk and clearing a path at least 48 inches wide.

Remember to clear fire hydrants, catch basins and pedestrian strips.

Know how long you have to clear your sidewalk. If the snow stops falling between:

7:00 am — 4:59 pm you have 4 hours to shovel;

5:00 pm — 8:59 pm you have 14 hours to shovel; or

9:00 pm — 6:59 am you have until 11:00 am the next day to shovel.

Fines begin at \$150 for the first offense. By the third offense you'll have a \$350 penalty.

Learn more or report an issue by calling 311 or visiting nyc.gov/311.

QCB 13 Seniors, Social Services and Special Needs Committee Meeting October 4, 2018

By: Jerry Wind, Committee Vice Chair

Our meeting began with a presentation from Mr. Darnley Jones of the NYC Department for the Aging. Mr. Jones gave us some interesting insights on the services that are available to our senior population. He stated that out of all the major U.S. Cities, New York provides the greatest amount of senior services.

We also had a representative, Richard, of Home Care at it's Best. He explained that this is a local business that provides a varied amount of home care services serving the 5 boroughs and Nassau county.

A member of the community brought us a complaint about a group home that was not maintaining it's property. Our District manager was made aware of this and will contact the agency that manages the home. Vice Chair, Jerry Wind will maintain a database of any complaints from these group homes which will be consulted when an agency comes to our Board requesting our support.

A meeting is pending with Services Now for Adult Persons to obtain background information on our centenarian honorees and set a date for the presentation ceremony at upcoming meeting.

QCB 13 Public Safety Committee Meeting November 7, 2018

By: Michael O'Keeffe, Committee Chair

- Liquor Licenses Renewal approved for Windies in Queens Village, and new license for Vinny's On the Court Pizzeria (d/b/a Supreme Pizza) in Bellerose.
- Committee members had a conversation with Sgt. John Collins, NCO Supervisor, and several NCO's. Committee members were all very happy with work of the NCO's in their sectors.
- Deputy Inspector Gilbert reported there were 92 fewer crimes reported this year compared to same time period last year. Crime is down 17% for recent 28-day period, compared to 2017.
- Scams continue to be a driver of Grand Larcenies, despite warnings that have been given out over the past few years. Most common: Con Ed scam, phone calls stating that someone's loved one's are in jail and need to be bailed out. Other phone scams targeting seniors seem to be increasing.
- Jerry Wind suggested using Robonomo (<https://www.nomorobo.com/>) to block robocalls.
- Mailbox fishing: DI Gilbert reported that thieves are using rodent trap glue and string to fish letters out of USPS mailboxes. If the letters contain a check, the thieves wash the ink off the check and change payee and amount. If you are mailing checks, mail before last pickup of the day, so checks are not left in box overnight. Or, use a mailbox that has been modified to discourage fishing. Also, you might consider using permanent ink for check writing.
- Lt Chris DiPreta has taken over Special Operations. Lt Mike Lauterborne is staying on in another capacity. Many thanks to Lt. Lauterborne for his great work over the years!
- DI Gilbert reported that the truck program is going very well. Committee members agreed and thanked the 105th for the efforts.
- We need to seek help from elected officials help the NCO's deal with abandoned homes.



Where am I?



Our community board boasts an incredible diversity that needs to be detailed. We have veterans, teachers, caretakers, union workers, government employees, real estate agents, entrepreneurs, firefighters, health care executives and practitioners, tech workers, private sector managers, those who work in law firms, not-for-profits and the court system. Some are retired and working harder than ever; some have day jobs and are making their mark.

Some are born in America and moved here from Brooklyn, Harlem, the Bronx, Alabama, and other parts of Queens. Some are born in the Caribbean, South Asia, and South America. Some are second/third generation as their parents/grandparents emigrated from different parts of Europe during an earlier era. You are Catholic, Christian, Hindu, Jewish, Muslim, Sikh, agnostic and atheist.

You own your home which has a front yard, back yard, driveway and one house on either side of your property. You live in a garden apartment cooperative, or those giant towers adjacent to the Grand Central Parkway. You believe in family, good schools, safe streets, beautiful well-kept parks, vibrant commercial strips and local government that is responsive to your needs. You worked hard to get *here* because you want to be *here*. And you want to make sure that your hard work is not ruined by neglect, so you belong to a block and/or civic association.

You are proud of the fact that you have captured your version of the "American Dream." Despite the fact that some of your children may not want to live here, you understand and will not let that destroy the joy you get from living in *your* neighborhood. Sure things are changing; but you will fight like heck to keep your community the best it can be.

Because of your civic involvement, your City Council Member and Borough President recognized your efforts and appointed you to the Community Board. You are 1 of 48 in a Board area containing 215,000 people. Though you may not always agree with your fellow board members, you conduct yourself in a civic manner respectfully giving your views when so moved.

You are all different and all the same: you are out late on most weeknights on behalf of your commitment to the betterment of your community. You believe in the opportunity that this city, this country, has provided for you and your family. You are the best of America: an engaged and informed citizen.

Be proud that despite the turmoil endlessly detailed in our daily media news streams, in our corner of New York City there are people who represent America at its best: the members of Queens Community Board 13.

E Pluribus Unum.

Mark McMillan, District Manager

JFK Airport's Terminal 4 Partners With Vaughn College for Girls In Aviation Day

Queens Ledger | November 1, 2018

Terminal 4 at John F. Kennedy International Airport – one of the world's most active air terminals – hosted its third annual Girls in Aviation Day in partnership with Vaughn College.

Terminal 4 held a panel discussion with aviation industry experts from leading companies for the students. Panelists included representatives from JFKIAT – the company which operates Terminal 4, the Transportation Security Administration (TSA), the Federal Aviation Administration (FAA), and a number of airline partners, including Swiss International Airlines, Etihad Airways, and JetBlue Airlines. Following the panel, attendees received a tour of an aircraft, the FAA tower, and aircraft rescue & firefighting operations.



"We are proud to host such an extraordinary event and empower young women from our community to pursue career possibilities in the aviation industry," said Susana Cunha, Vice President of Operations for JFKIAT. "In partnership with Vaughn College, this annual event showcases successful women in the field and gives students the opportunity to network and appreciate that they can pursue challenging and fulfilling careers."

Girls in Aviation Day is an international event hosted by Women in Aviation Chapters throughout the world. This program provides young women – ages 8 to 17 – an opportunity to interact with industry experts. Women in Aviation is a nonprofit organization which seeks to encourage and educate women on all aviation career fields and interest.

Terminal 4 is invested in helping New York City community members achieve their educational and professional goals. In addition to hosting Vaughn College's Girls in Aviation Day, Terminal 4 offers paid internship opportunities, volunteer initiatives through PROJECT: VOLUNTEER and participation in job fairs and related career development events.

Parking Spaces, New York City

New York City does not set aside reserved spaces on its streets for persons with disabilities. Reserved parking spaces are only available off-street, in parking lots for shopping centers/malls, office/apartment buildings and college campuses. You can use the vehicle plates for people with disabilities or a state permit for people with disabilities to park in reserved spaces in those off-street lots.



However, the NYC Department of Transportation issues a City permit (a rectangular dashboard permit) that allows persons with severe disabilities to park at most curbsides on NYC streets. City permits are issued to people with a permanent disability that so severely affects their ability to walk that they require the use of a private automobile.

The New York City parking permit is not valid outside of NYC. For more information or to obtain an application for a NYC permit, call (718) 433-3100 or visit the NYC Department of Transportation's web site.

SE Queens lawmakers push for increased use of e-scooters

TIMES Ledger | October 26, 2018

By: Naeisha Rose

While many visit South Ozone Park to gamble at Resorts World Casino, City Council Members Adrienne Adams (D-Jamaica) and Donovan Richards (D-Laurelton) were at the gaming house's parking lot on last week to host the first ever e-scooter demonstration in Queens as a way to increase awareness of a new possible form of public transportation.

The e-scooters they tested at the casino — located at 111-00 Rockaway Blvd. — were from Bird Rides, an e-scooter share service that provides affordable, safe and emission free electric scooters, according to Adams' office.

"With a failing transit system, we need to expand transportation options especially in New York City's transportation deserts like southeast Queens," said Adams. "E-scooters are an affordable and environmentally sound alternative that warrants thoughtful consideration and represents an innovative solution to the city's transit woes."

But certain electric vehicles like e-scooters are considered illegal, carry a \$500 fine and could also get impounded, according to New York State law.

Bird Rides, however, is thriving in 100 U.S. markets, including Washington, D.C., and states like California, Texas, Oregon, and customers only need to unlock the service with an app on their smartphones for \$1 to ride the scooters for .15 cents per minute, according to Adams' office.

"As a lifelong resident of a true transit desert in southeast Queens, I know how important it is for communities such as mine to support and rally around new alternatives to the mass transit options we've had to endure for decades," Richard said. "Taking buses to the subway just isn't reliable enough and taking the Long Island Rail Road is far too expensive for most. Taking advantage of new ride shares, dockless bikes and scooters will help us bridge the transportation divide that has no signs of improving in the near future. Affordable options such as Bird Scooter will give some residents another option without overburdening their wallet, while also helping to reduce congestion and alleviate the overburdened subways."

Legislation from the City Council could pave the way for e-scooter operation in Queens and throughout the city. Members of the City Council's Transportation Committee, including its chair, Ydanis Rodriguez, are currently working to introduce such a bill at City Hall.

"The potential for legislation is still being researched right now," said Maria Henderson, a spokeswoman for the Manhattan-based Rodriguez. "The Committee on Transportation is looking to see if it is feasible for New York City to do this and we are looking at other municipalities and seeing what they have done."

Rodriguez's office is hoping to have a draft for the legislation ready within a month, but there are no guarantees on a set timeline.

"He has always been an advocate for alternative modes of transportation that are green options," said Henderson. "Reducing emissions, reducing congestion... he has always been a big proponent of those things."



City Council Members Adrienne Adams and Donovan Richards host an e-scooter demonstration at Resorts World Casino in South Ozone Park.

Queens remembers synagogue shooting victims at candlelight vigil

BY CARLOTTA MOHAMED
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Queens residents of all faiths and backgrounds stood in solidarity outside Borough Hall in Kew Gardens Monday night to remember and honor the victims of the recent mass shooting at the Tree of Life Synagogue in Pittsburgh, Pennsylvania.

Borough President Melinda Katz was joined by elected officials, community leaders and advocates at the event, dubbed "Queens Against Hate," a candlelight prayer vigil on the steps of Borough Hall at 120-55 Queens Blvd.

"We're here today, all of this diversity, all of these religions, all of the folks behind me and in front of me to say everyone who wants to promote fear in this word, America will not have it. Queens will not have it. We stand together," said Katz, among a loud applause.

On Saturday morning, Oct. 27, a Pennsylvania man, Robert Bowers, 46, stormed into the Tree of Life Synagogue shouting anti-Semitic slurs and shot 11 people, many of whom were elderly. It's believed to be the deadliest attacks against Jewish Americans in the United States, according to the Anti-Defamation League.

Katz also noted the shootings of two victims in a Jeffersontown, Kentucky, supermarket on Oct. 24. After an alleged failed attempt to enter a predominantly black church, Gregory Bush, 51, went to Kroger supermarket and opened fire, CNN reported; the incident is now being investigated as a hate crime.

"I believe very strongly that words matter. Whether you're a faith leader, community, leader, a parent, a grandparent, a teacher or political figure, words matter," said Rabbi Michael Miller, executive director of the Jewish Community Relations Council of New York.



Photo by Bruce Adler

Members of the Sikh community showed their solidarity with the Queens Jewish community during a vigil at Queens Borough Hall on Oct. 29.

Miller added, "If there's anything that we should be doing is building bridges from the Jewish community to every other community ... bridges of understanding and most importantly, bridges of words... and indeed maybe I would substitute the word love for the word shalom, the word peace. That indeed is where all of our bridges should be heading."

Imam Safraz Bacchus, from the Masjid Al-Abidin in Richmond Hill, said the attack on the synagogue in Pittsburgh is an "attack on all mosques, churches, mandirs and other religious institutions."

"At the end I must say, that love will triumph always over hate," Bacchus said.

Queens residents expressed the need for unity during a difficult time in the nation, given the political atmosphere.

Baljinder Singh, of the Sikh Cultural Society of Richmond Hill, was joined by

members of the World Sikh Parliament, Sikh Coordination Committee East Coast (SCCEC), and The Sikh Center of New York.

"This is a hate crime, and our condolences to the families whose people got killed in this hate crime," said Singh. "This is the same thing that happened to the Sikh community in August 2012, when a gunman entered the gurdwara in Wisconsin during prayers and opened fire. "We feel the pain that the Jewish community is feeling today. We stand with the Jewish community."

Judy Katz of Bayside, who attends the Temple Gates of Prayer Synagogue of Flushing, said it's important for everyone to "stand up and show up."

"My parents were survivors of the Holocaust," Katz said. "They were lucky to survive and come to America. I read enough about things, and it's absolutely

frightening. It's not just the Jewish community, but everyone needs to stand up."

As the candles were lit, Katz and local elected officials each read the names of the victims, and concluded with a song "Hallelujah" by Leonard Cohen.

Jerry Ball of Forest Hills reiterated that a leader's words does matter when it affects the citizenry, resulting in violent acts of hatred.

"Queens is the 'World's Borough,'" he said. "The diversity, the acceptance, the love that everybody feels for each other, the culture, the connections here are what make the world a wonderful place. If everyone can live like we do in Queens, the world will be so much happier."

On Sunday evening, Oct. 28, the Jackson Heights community also honored the victims with prayers, songs and a candlelight vigil with Councilman Daniel Dromm.

editorial

Employment Matters: Are You Ready for a Career Change?

Dear Mindy, I want to make a shift in my career and am not sure how to begin this journey. I don't see any growth potential in my current job but feel that I have lots of experience that could get me a better opportunity. How do I begin?
Shifting Gears

Dear *Shifting*, Your situation is challenging, but by no means unique. Many people realize that the skills they have mastered could be transferrable to other, more rewarding career paths. If you feel you might be in this situation, follow these simple guidelines:

1. Strengths – Make a list of your strengths that include skills you have acquired, talents you possess, exper-



EMPLOYMENT MATTERS
MINDY STERN
SPHR, SHRM-SCP,

tise you have developed and areas that you are passionate about. In addition, think about areas you would like to develop.

2. Research – Before you decide to change jobs do as much research as possible about various types of industries and career paths. Speak with your contacts to see what opportunities are available in their organizations. Research the job boards to see what positions interest you. Take a few courses relevant to your desired industry to add to your knowledge base.

3. Financial considerations – Sometimes shifting careers might require a step down from your current salary level. Make sure that your financ-

es can support a reduction and consider if the risks outweigh the potential rewards.

4. Networking – If you haven't networked in a while, now is the time to get in the habit of creating important professional relationships. Meeting people in various industries will give you insight and connections for your future career path.

5. Resume development – Read your resume as if you were a hiring manager in the new industry. How do your skills match the job descriptions of positions you would like to have? Fine tune your resume and cover letter to focus on your transferable skills to convince a hiring manager to consider your application.

6. Be Confident – Practice answering the question: "Why do you think you are qualified for this position?" Focus on the fact that while you are new to the industry, you have solved the same type of

problems, used similar technology and/or successfully managed people at the same level as the new position.

Understanding your strengths and considering how to develop and transfer your skills to another industry will put you in a good position to achieve your career goals.

Mindy Stern, SPHR, SHRM-SCP, ACC is a career coach, author, speaker, trusted HR advisor and president of AIM Resource Group Inc. If you are ready to make a meaningful impact on your career call for a free 30 minutes strategy session. Visit the website at www.aimresourcegroup.com to see our on-line skill development courses or call 718-217-1074 to get results! Do you want your questions answered in this column? Send requests to mstern@aim-resourcegroup.com.

Daylight savings time is bad for your body, some experts say

New York Post | November 5, 2018

By: Melissa Malamut



Still feel groggy after setting your clock back last weekend? You're not alone. Experts say that the end of daylight saving time — and the curtain of darkness that falls at 4:30 p.m. every day — can wreak strange havoc on our bodies and minds for days after the fact. "It's like a little bit of jet lag — just like flying to Chicago," Saul Rothenberg, Ph.D., a psychologist and sleep specialist in Connecticut and Long Island, tells The Post. While he says some people aren't affected too badly by the "extra" hour of sleep, with symptoms limited to "general grogginess" or nothing at all, more sensitive types "may experience stomach issues like diarrhea."

The worst health risks of daylight saving time mostly occur in March: Heart attack incidences jump 25 percent the Monday after we "spring forward" and lose an hour of sleep, according to the American College of Cardiology.

Still, people with heart disease should know that sleep-cycle disruption of any kind can precipitate a rise in heart rate and blood pressure that can lead to a heart attack, says Dr. Benjamin Hirsh, director of preventive cardiology at North Shore University Hospital in Manhasset, LI.

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"The heart responds to routine," says Hirsh.

"Recent studies demonstrate that any disruption in the hormonal regulatory cycle," such as a change in sleeping patterns, "can be a trigger for heart attacks," he says.

Knowing these risks, why is daylight saving time still so widely practiced? Since the time change was first enacted in 1918, to allow more daylight for working hours and to conserve energy, its purported purpose has changed numerous times throughout its 100-year history. Today, it is seen by many to be outdated and inefficient, and some states, such as Arizona and Hawaii, don't follow it at all.

But a change of laws regulating daylight saving time may soon be on the way-too-dark horizon. Massachusetts and Maine have bills in their legislatures proposing to ditch the time change. Florida has passed a bill, but requires federal approval to change the policy. And on Tuesday, California will decide whether or not to nix it.

And New York could be next. Assemblyman Clyde Vanel, D-Queens, introduced a bill at the end of this year's legislative session —which he plans to reintroduce next year pending a successful re-election Tuesday — to create a task force that will study whether New York state should eliminate the time change completely.

He was inspired to see what our society would be like with more sunlight, especially in the winter, after visiting Europe last year, where it didn't get dark until 9:30 p.m.

"It would be interesting to see how eliminating the time change would affect mental health and productivity," Vanel says. He also consulted other Assemblymembers from upstate farming areas. "I have some members from agricultural parts of New York State that are interested in extending light hours."

Vanel said that he did some research on his own, but "no one had a good answer" about any of the issues around day light savings time. He hopes that the taskforce can provide a study to the assembly, senate and governor by next year.

"I don't imagine a New York where it's light out at 10 pm," Vanel says, "but, when it's dark at 4:30pm, its too early. We aren't Vampires!"

health

3 alarming places where germs are hiding in your kitchen

Your kitchen may look clean, but here's the dirt on what's really happening. Although a quick daily clean might keep some of the bacteria at bay, it's important to remember that germs are lurking in the dark corners often overlooked! Since the kitchen tends to be where family and friends congregate, not only is it alarming to discover that things may not be as clean as you thought they were, bacteria can come in contact with the food you eat. That raises your risk of getting sick.

These are three places in the kitchen where germs like to hide, along with things you can do to clean up your act.

1. Your refrigerator

It's true, germs can and do hang out inside your refrigerator, especially in the meat and vegetable compartments. In the NSF study, these tested positive for E.coli, salmonella or listeria 36 percent of the time. To keep food safe, discard food that's past its prime, and maintain a consistent temperature level in the fridge, ideally between 40 and 32 degrees Fahrenheit, according to the Centers for Disease Control and Prevention. You should also get in the habit of regularly cleaning refrigerator door handles and meat and vegetable drawers!

When it's time to replace your fridge, consider the LG InstaView Door-in-Door Refrigerator with ColdSaver(TM) panel, which acts like a barrier keeping cold air



in where it matters the most - inside the refrigerator, extending the life cycle of your food. The InstaView model also lets you see what's inside before you open the door. Just knock twice on the tinted glass panel to illuminate, and you can find what you need without letting all the cold air escape. Both of these features will keep food surrounded with fresh, cool air, so everything stays fresher, longer.

2. Your dishwashing station

Be honest. How long has that kitchen towel been hanging on that loop by the kitchen sink? A week? A month? Can't remember? If you're not careful about how often you wash your towels, your kitchen rags could become a breeding ground for dangerous, stomach-sickening germs. According to researchers from the University of Mauritius, towels can devel-

op some nasty bacteria - the kind that causes foodborne illnesses - when they're used for a full month. Yuck! And don't forget the kitchen sink sponge. Other research suggests this so-called cleaning tool harbors some of the nastiest germs, with three-quarters of them contaminated with coliform bacteria, according to a study completed by NSF International.

To keep things cleaner, get into the habit of grabbing a clean towel every few days. Sponges should not be used for longer than two weeks.

3. Your food prep surfaces

Whether you're making your lunchtime sandwich or chopping veggies for dinner, don't be deceived by the spotless appearance of your countertops, sinks and cutting boards. The NSF study discovered that fecal coliform has a presence on these surfaces - 45 percent of kitchen sinks, 32 percent of countertops and 18 percent of cutting boards. Even if these are wiped or rinsed daily, it's important to take the extra step to keep bacteria from lingering on these surfaces where they can contaminate your food. Before you gather your ingredients, wash all meal prep areas with hot, soapy water.

Now that you know what to do to combat hidden bacteria lurking in your kitchen, you can prepare meals and feed your family with much greater peace of mind.

Courtesy BPT

health

New insights show type 1 diabetes community needs more advances

People living with type 1 diabetes (T1D) are faced with daily challenges like stress and limited freedom to do what they love, leaving them seeking additional ways to help manage their condition. This sentiment is shared by medical professionals, specifically endocrinologists who want to do more to help their patients living with T1D.

In two recent online T1D Unmet Needs surveys from the American Association of Clinical Endocrinologists (AACE), conducted by The Harris Poll in collaboration with Sanofi US and Lexicon Pharmaceuticals, more than 70 percent of adults living with T1D (73%) and endocrinologists (73%) stated that recent advances in T1D care give them hope that there will eventually be a cure. However,

according to the surveys, an overwhelming majority (87% of adults with T1D; 93% of endocrinologists) agreed that more advances are needed to help improve the lives of those with the disease.

Some of the results of this survey may be surprising, including that many adults living with T1D:

- feel like the whole day revolves around managing the disease (51%)
- feel like a burden to their partner (35%)
- avoid going out to eat (57%)
- avoid attending social gatherings with family and friends (49%)

The Challenge of Life with T1D is Ongoing

For those living with T1D, everyday situations that other people take for grant-

ed can be challenging and can ultimately have an adverse impact on their lives. For instance, adults living with T1D have a significant emotional burden: 88 percent said living with the disease adds stress to their lives, and 55 percent said managing their T1D takes up a significant amount of time and energy.

These challenges extend into disease management as well, as adults living with T1D also said they struggle the most with keeping their blood sugar within the recommended range (58%) and achieving individualized target A1C levels (48%). In addition, approximately 77 percent of adults living with T1D stated they wish they had medications to help them stay within the recommended blood sugar range for longer periods of time.

Opportunities Exist to Improve Education and Prioritize Better Outcomes

Overall, the survey results illuminated the T1D community's need for more than what is currently available in terms of support, management and treatment of the disease and why it is important to continue prioritizing and advancing innovation to help people achieve better outcomes. Living with T1D is an everyday challenge, so it may not be surprising that 96 percent of endocrinologists and 88 percent of adults living with T1D are hopeful that future advances in T1D will help with overcoming the challenges of this disease.

In combination with bringing to light the unresolved needs of this community, these results represent an opportunity to enhance education that might ulti-

mately help improve T1D care and outcomes. Learning more about the condition is an important step toward addressing the challenges that people living with T1D face daily. The findings of this survey will also hopefully help to encourage further dialogue and information-sharing between endocrinologists and their patients. For more information on the challenges of living with T1D, please visit gobeyondinsulinalonet1d.com.

About the surveys

The research was conducted online by The Harris Poll on behalf of the American Association of Clinical Endocrinologists (AACE) in collaboration with Lexicon Pharmaceuticals Inc. and Sanofi, among patients diagnosed with type 1 diabetes (T1D) and endocrinologists who treat T1D patients within the United States. The patient survey was conducted May 21 through June 6, 2018 among 255 adults age 18+ who have been diagnosed with T1D by a healthcare professional. Figures for age by gender, income, race/ethnicity, region, size of household, marital status and employment status were weighted where necessary to bring them into line with their actual proportions in the population. The healthcare professional survey was conducted May 22 through June 11, 2018, among 253 endocrinologists who see at least one patient with T1D in a month. Results were weighted for gender, by years in practice, and by region where necessary to bring them into line with their actual proportions in the population.

Courtesy BPT



Group from Queens works to destigmatize mental illness

BY JENNA BAGCAL

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

A group of eastern Queens residents wants to illuminate their journeys with mental health.

On Thursday, Oct. 18, the residents participated in “The Spoken Word” at Zucker Hillside Hospital in Glen Oaks, where each performed a series of poems, songs and short essays that portrayed various forms of mental illness and the possibility of recovery.

Participants included Richmond Hill resident Rich Alexandro, his mother Pat Alexandro from Bellrose and Brendan Foley and Michelle Benjamin from Bayside. The four have been diagnosed with major mental illnesses but are now “medically compliant and thriving” thanks to a regimen of medication and continued therapy.

“During their presentation, the poets recited, sang, rapped and spoke their feelings in an effort to tear down the common myths and cruel beliefs that continue to stigmatize the population of Americans living with behavioral health disorders,” according to a written statement from Northwell Health, the parent hospital of Zucker Hillside.

The hospital’s director of ambulatory psychiatric rehabilitation, Carmine DeSena, shared that they had been devel-

oping the show as a means of outreach and education. He shared that the performances were meant to educate people about mental health and show that there are opportunities to recover, work and go back to school.

“We wanted to put a face with the story and show members of the community that it’s not about the diagnosis, it’s about the individual and how the individual has a lot to offer,” DeSena said.

He added that Rich Alexandro served as the impetus for the program, having frequently participated in spoken word performances throughout his life. Alexandro said he had been performing spoken word since he was about 18, which was also the time that he was diagnosed with bipolar disorder.

He described his performance as “kind of like a rap” but without the production behind it and details his experience living with bipolar disorder. Over the past year and a half, Alexandro said that the group had performed several times for different audiences including hospital staff, inpatients and outpatients and general audiences.

“The best compliment I’ve ever gotten was from one of my coworkers,” Alexandro said. “She said it was the closest she ever came to being in the shoes of someone with a mental illness.”

A line from his spoken word piece is,

“I’m a act normal, whatever that means/ Playin’ fake scenes and routines cuz I inherited blue genes,” which gives a taste of the “dark” subject matter of his poetry. He shared that much of what he writes is about things that he wants to purge and without art, he may not be alive today.

His mother Pat Alexandro also shared her story of postpartum depression after giving birth to her fourth child. Though she had never performed publicly, Rich Alexandro said that his mother was always “comfortable being herself.” In her narrative piece, she writes, “So, please be patient with me now and take me as I am/and I, in turn, will take you as you are” to spread the message of treating people with dignity and respect.

Similarly, Benjamin said that she had never performed publicly and was reluctant to participate at first, but ultimately, she was happy that she was afforded the opportunity. It took her a day to write the entire piece but shared that it took some time to find the right words to convey her experience.

“I wanted to have everyone gain insight on what my own personal experience was,” said Benjamin, who added that it was her intention for people to see what she experienced in her “state of psychosis.”

Benjamin’s piece highlights her lifelong journey with depression and in an

excerpt, she writes, “At once two worlds collided and quickly, uninvited, came the truth and I moved out, removed doubt, and came back to the future. Grounded now and in laser focus/I discarded but regarded my state of psychosis.”

Like Rich Alexandro, Bayside resident Foley shared his journey with bipolar disorder which he was diagnosed with at 18. “I thought I was cursed, I always thought of the things I couldn’t do,” said Foley.

Foley said that writing his piece entitled “My Curse, My Blessing” changed his perspective and way of thinking. A line from his piece reads, “I am here to say that my illness has let me understand people in a different way. I am blessed, not cursed. And I am Brendan, not bipolar.”

As a result, he said that he sees things in a “more positive light” and is able to use his experiences and voice to help others diagnosed with mental illnesses. He realized that the things he thought he “didn’t have” are qualities he now possesses after participating in the Spoken Word experience, which allowed him to work through his inner struggles.

Currently, three of the performers are employees with Zucker Hillside Hospital; Rich Alexandro as a peer advocate and Benjamin and Foley as fully licensed Personalized Recovery Oriented Services (PROS) counselors.

Let the sun shine: Mind your mental health this winter

Harvard Health Publishing | January 23, 2017

By: Dominic Wu, MD

Although the winter season begins with a bit of holiday cheer, many people feel a little “off” as the cold weather drags on. I’ve already seen a few patients who are puzzled by how easily they become irritated. “Is there something wrong with me?” “Why am I so unhappy?” Often, their bodies are just responding to the darker and colder days.

We are governed by circadian rhythms, our body’s natural clock that helps regulate important functions including sleep/wake cycles and mood. These rhythms can be thrown off by the winter season.¹ The sky gets bright later in the morning, and dark earlier in the evening; yet, our hectic schedules require us to keep going as if nothing has changed. This shift, along with other factors – including genetics and body chemistry – may affect your mental health.

Maintaining wellness

Exercising, eating nutritious foods, practicing mindfulness, and maintaining social support systems are core components of maintaining a healthy lifestyle. Not only is physical activity a fantastic outlet for stress, exercising 30 minutes daily may help your body release endorphins, your natural “happy hormones.” It may be challenging during the holidays to eat healthy, but try to fill up first on healthy fruits and vegetables to maintain a balanced diet then have the occasional indulgence.

Meditation has been shown to improve symptoms in people suffering from depression and anxiety, and may also help you to stay well. Meditation can be as short as a 10-minute session every other day when

you take the time to be mindful and check in with your body. Some people, especially those who find it difficult to quiet their minds, may find guided meditation helpful. There are plenty of apps such as Headspace and podcasts available to help you. Other meditative practices such as yoga, taking a quiet stroll in a park, or even closing your eyes to focus on listening to your favorite song can also be helpful.

Keeping in touch with your family, friends, and other caring people in your life strengthens your sense of community, and provides you with a strong support system to call on when you feel down.

Light therapy

Some studies² have shown that light therapy may benefit those with depression, especially if it is related to the season. A review article³ showed that light boxes that produce light intensities of more than 2,500 lux are beneficial (to compare, a cloudy winter day provides around 4,000 lux whereas a sunny day provides 50,000– 100,000 lux!). We usually recommend that light therapy be used early morning when you wake up, using a fluorescent white light box of 10,000 lux without ultraviolet wavelengths⁴ (these are sold specifically for seasonal mood problems). You should position the light 12-18 inches from yourself for approximately 30 minutes, keep your eyes open but do not look directly into the light. Many people will place it nearby as they eat breakfast or begin their daytime chores. Although light therapy is generally well tolerated, you should consult your doctor before

starting the therapy, especially if you have preexisting conditions such as eye disease. Possible side effects include headache, eye strain, nausea, and even agitation or sleep disturbance, although this is usually related to using the light later in the day.

When to seek medical attention

Depression can come on during any season, and although some people might think they feel just a little “off,” it is important to call your doctor when you have these concerning signs of depression:

- depressed mood most of the day
- decreased interest or pleasure in activities that you used to enjoy
- difficulty sleeping or sleeping more than usual
- moving slower or feeling more hyperactive during the day
- feeling tired and less energetic
- feeling worthless or excessively guilty
- difficulty concentrating more than usual
- thoughts of death, suicide, or harming others

If you notice these symptoms almost every day during the week, or have thoughts of harming yourself or others, seek medical attention right away. It is also important to reach out to the supportive people in your life. If you notice these symptoms tend to occur in the winter months, you may suffer from seasonal affective disorder (SAD), which could benefit from medical treatment.

Prevent these 4 winter home problems now

When you start feeling those first hints of winter, the instinct to get ready kicks in. You may dig out your car's snow brush, blanket, shovel and winter survival kit and place them in the trunk of your car. The winter coats and boots come out of storage, and you may pick up some extra mittens.

But what do you do to protect your house against the hazards of winter? If you don't take time for maintenance and winterization now, you can end up paying for it later, in the form of higher energy bills, frozen pipes or fixing a broken furnace.

Here are four common problems that can hit home during the winter and how you can ward them off.

Sky-high energy bills: Do your electric bills rise during the wintertime? Heating your home accounts for about half of your home's energy bills, according to the U.S. Department of Energy. Combat the cold by sealing off any cracks or gaps with caulk and inspect entrances for worn or broken weatherstripping. Schedule a furnace inspection with an HVAC contractor and consider installing a smarter thermostat. Learning thermostats can remember your favorite temperatures, turning down when you leave for work, and returning to your favorite temp at the



end of the day.

Water leaks: According to the Insurance Information Institute, water damage accounts for half of all property damage claims. Add winter's freezing temperatures to the mix, and you can end up with a big problem if your home has a power outage or your furnace malfunctions.

For extra peace of mind, there's now a leak and flood protection system you can purchase that shuts off your water main's supply when it detects leaks - and sends an alert to your smart device. LeakSmart Snap installs in seconds without any tools or the need to cut into the main water supply line. Wireless sensors placed around the house can detect a leak or temperature changes and shut down the whole house water supply in seconds. It is compatible with LeakSmart Hub 3.0, which offers battery back-up and built in Wi-Fi for 24/7 whole home protection.

Power outages: When a winter storm hits, the ice and wind can break power lines and interrupt the supply of electricity to our homes. It's not uncommon for some outages to last for days, which is why it's always smart to be prepared.

Before winter hits, make certain your generator or other backup power source has ample fuel and is in good working order. Keep basic supplies at the ready, so you can keep your family comfortable. Make sure you have extra blankets, stocking caps, batteries and fully charged power banks for your mobile phones. It's also good to have a few gallons of fresh water and some cans of ready-to-eat chili and stew. If you have a camp stove, keep it in an easy-to-reach place, along with a

fuel supply.

Ice dams: Another thing to watch for in the winter are pools of water forming on your roof. These can be caused by ridges of snow and ice, and eventually cause leaks to the interior of your home. Ice dams can also lead to the formation of large, pointy icicles that hang from the gutters, which can fall and injure people.

A little work upfront can go a long way toward preventing ice dams and the damage they can cause. First, make sure the gutters and downspouts are clear of leaves and other yard debris, so the snowmelt has a place to go. Next, poke your head into the crawlspace of your attic and see if the insulation layer is still thick enough to keep the heat from escaping through the roof. While you're up there, look for gaps and leaks. Finally, this is an appropriate time to invest in a simple snow rake, so you can easily remove wet, heavy snow from your roof before the dams can start forming.

Now that you know the most common winter hazards that can hit home, you can take the steps to protect your investment and keep your family comfortable and safe.

To learn more about protecting your home, visit LeakSmart.com.

Courtesy BPT

this is...

Business News From The Queens Chamber Of Commerce

QUEENSBOROUGH

November 2018 • Volume 14 • Issue 11

A MESSAGE FROM THE CHAIR

RULING ADDS SALES TAX TO DIGITAL ECONOMY

The recent Supreme Court decision in *South Dakota v. Wayfair, Inc.* has changed the game when it comes to sales tax.

Essentially, the ruling grants states greater power to require out-of-state retailers to collect sales tax on sales to in-state residents. The case marks a massive development in the debate over the digital economy's responsibility for the collection of sales tax.



TOM SANTUCCI
CHAIRPERSON

Now, New York and other states can require an online seller to collect and remit sales tax on purchases made within the state, even if the company doesn't have a physical presence within the state.

New York had already been considering a sales tax on marketplace providers. However, businesses with a physical presence

— offices, warehouse, retail stores, and employees — in New York State are likely registered and collecting sales tax from New York customers.

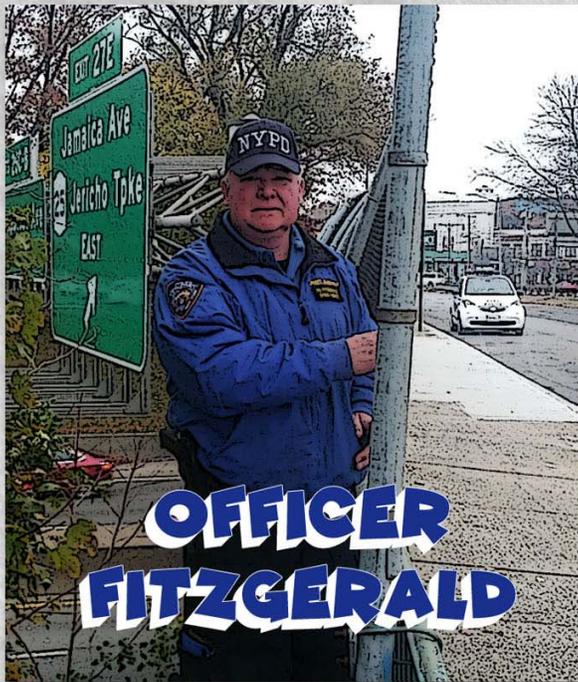
The impact on New York State businesses will be the requirement to register as a sales tax vendor and collect and remit sales tax in other states.

It remains to be seen how prepared retailers in New York are for this change. All online retailers will now be required to register and collect sales and use tax in all states and localities where

the do business.

To further complicate the issue, this may also mean having to remit sales taxes retroactively. If this is the case, we can assume a legitimate constitutional challenge as an undue burden on interstate commerce.

Finally, online retailers have the added concern of cost-conscious consumers. In such a heavily-populated city such as New York City, where many consumers purchase products online, we'll have to wait and see the effect upon e-commerce businesses.



**OFFICER
FITZGERALD**

LOCAL HERO

ON THURSDAY, NOVEMBER 15, 2018, 105 PRECINCT COMMUNITY AFFAIRS OFFICER ANDREW FITZGERALD ALONG WITH A GOOD SAMARITAN RESCUED A FEMALE WHO WAS ATTEMPTING TO JUMP OFF THE OVERPASS ONTO THE CROSS ISLAND PARKWAY. OFFICER FITZGERALD HAS THE CHARACTER OF ONE OF THE LATE, GREAT, STAN LEE'S SUPERHEROES.

"THERE IS A HERO IN ALL OF US, THAT KEEPS US HONEST, GIVES US STRENGTH, MAKES US NOBLE..."

All about serving the public

Kristoff Philpotts is a senior in the Math, Science Research and Technology High School in the Campus Complex, Cambria Heights. He is involved in many volunteer activities which included helping Ms. Mendz with her classroom in the ninth grade, helping Mr. Mozolli with his paperwork in the tenth grade, helped Mr. Ota set up his bulletin boards last year, helped the school set up the recent College Fair and is in Ms. Whitehall's Peer Leader class, which does volunteer work around the school and mentors freshman.

In middle school, Philpotts brought in food for the needy and helped build the roof on his church. He is in the Japanese Club, is on the MAST HS Honor Roll, took



Advanced Placement U.S. History and is now taking AP Computer Science and AP Biology. He plans to attend Nassau Community College for two years and then transfer to the University of Buffalo to study Engineering and Technology.

Statue of Liberty loses her torch

The Statue of Liberty lost her torch Thursday, but it's been a long time coming.

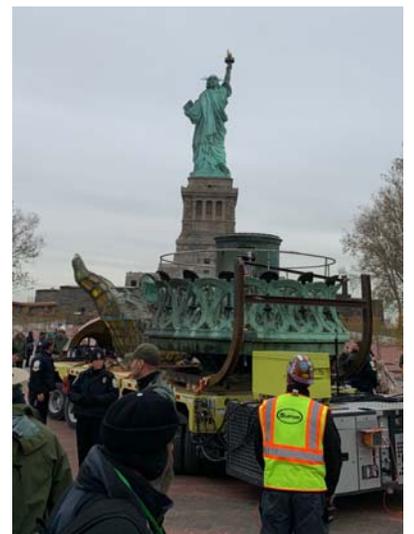
Lady Liberty, a gift from the French that was put up in the harbor of New York City in 1886, had her original 3,600-pound gold torch taken down in 1984 and replaced with a new one while the other one was supposed to be cleaned after 100 years of wear and tear.

However, National Park Service and Statue of Liberty-Ellis Island officials found the original had been damaged too severely to repair and ruled it would be best not going back into the statue's right hand.

Instead, the original torch was stored in the base of the statue for more than three decades until Thursday.

Workers spent hours mid-Thursday moving the torch out from the statue, onto a truck, and a few hundred feet away to the site of a forthcoming museum dedicated to the Statue of Liberty.

The museum is scheduled to open in May and will give visitors historical context to the statue.



Jury Duty Facts from the New York State Unified Court System

So you've been called for jury duty. Everyone who is eligible must serve rich or poor, of any religious or racial background.

Today, we know more than ever that the right to a fair trial cannot be

ensured by police or any other authorities. It can only be ensured by the direct, day-to-day participation of we the people.



How are names of potential jurors selected?

Potential jurors are randomly selected from lists of registered voters, holders of drivers' licenses or ID's issued by the Division of Motor Vehicles, New York State income tax filers, recipients of unemployment insurance or family assistance, and from volunteers.

Do I *have* to report?

There are no automatic exemptions or excuses from jury service in New York State. Everyone who is eligible must serve. You are eligible to serve as a juror in New York State if you are:

- a United States citizen,
- at least 18 years old, and
- a resident of the county to which you are summoned to serve.

In addition, jurors must

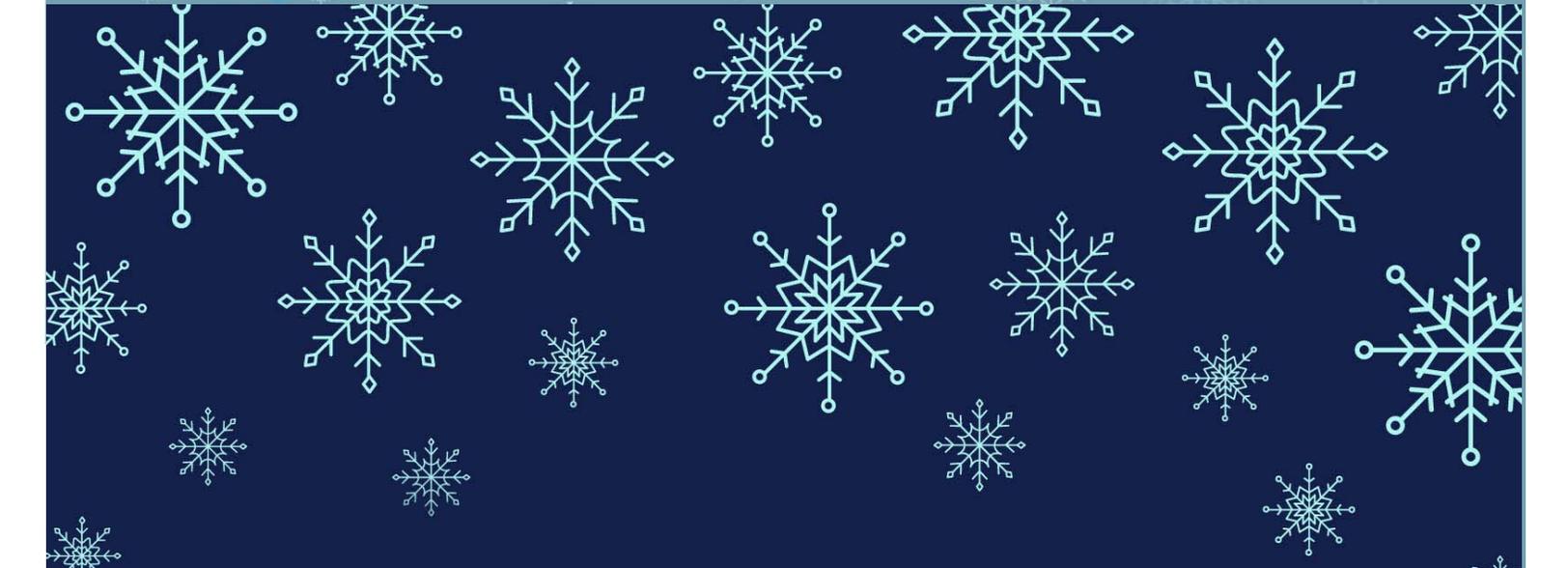
- be able to understand and communicate in the English language, and
- not have been convicted of a felony

Can jury duty be postponed?

You can postpone your service once online at <https://iapps.courts.state.ny.us/juror/ppn> or by calling 800.449.2819 at least one week before your date of service. Have your juror index number (from your summons) with you when you call. Pick a date between 2 and 6 months from the date on your summons and you will be assigned the available date closest to your choice. Any future request for postponement or excusal must be made by contacting your local commissioner of jurors office.

If you cannot serve even if granted a postponement, you may contact your local commissioner of jurors office and ask to be excused from service. The commissioner may ask you to provide documentary proof of the reasons why you need to be excused.

For more information about jury duty, visit nyjuror.gov/juryQandA.shtml or call 800.695.8767.



Queens Community Board 13 invites you to the

Holiday Celebration

Tuesday, December 18, 2018

Mateus' Restaurant & Bar

5:30 pm

222-07 Jamaica Avenue

Queens Village, NY 11428

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



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Laurelton

Alain Berrouet

Verdell Boncoeur

Springfield Gardens

Fay Hill

Curlene Nelson

Bess DeBetham

Robert Glover

Bonnie Huie

Jackie Wilson

Liquor Licenses Reviewed



- Lovell's Afterdark (Renewal)
224-01 Merrick Boulevard, Laurelton
- Lucky He Inc. (New Application)
218-40 Hillside Avenue, Queens Village
- Vinny's on Court Pizzeria (New Application)
236-09 Braddock Avenue, Queens Village
- Windies Restaurant and Bar (Renewal)
216-06 Jamaica Avenue, Queens Village
- Wok and Roll (Renewal)
JFK International Airport, Terminal 8
- Brindle Room (Alterations)
JFK International Airport, Terminal 7

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