



The City of New York  
Borough of Queens

Community Board 8

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Chairperson, Martha Taylor

District Manager, Marie Adam-Ovide

Minutes of Community Board 8 Board Meeting held on Wednesday, June 9, 2021 via [Zoom Webinar](#).

**Attendance:**

**Board Members Present:**

Dilafroz Ahmed, Jagir Singh Bains, Heather Bennett-Idels, Carolyn Brown, Robert H. Block, Edward Chung, Susan D. Cleary, Kenneth Cohen II, Solomon Davydov, Maria DeInnocentiis, Allen Eisenstein, , Kevin Forrestal, Howard A. Fried, Bhitihara-Martha Fulton, James Gallagher Jr., John Gebhard, Wendy Gennaro, Ashan Habib, Marc A. Haken, Michael Hannibal, Tami Hirsch, Steven Konigsberg, Paul S. Lazauskas, Mitch Lisker, Elke Maerz, Mary Maggio, Jennifer Martin, Dilip Nath, Alan Ong, Tamara Oshero, Hersh Parekh, Simon Pelman, Frances Peterson, Mohammad Rahman, Jesse Rosenbaum, Seymour Schwartz, Deepti Sharma, Douglas Sherman, Harbachan Singh, , Dr. Penny M. Stern, Mohammed Tohin, Jacob Weinberg and Tamika Williams-Moore.

**Board Members Absent:**

Florence Fisher, Carolann Foley, Joshua Glikman, Frank Magri, David Mordukhaev, Rabbi Shlomo Nisanov, Charlton Rhee and Martha Taylor.

**Others Present:**

Max Weprin representing Borough President Donovan Richards, Susan Seinfeld representing Honorable Council Member Barry Grodenchik, Henry Yam representing Honorable Council Member Jim Gennaro, Ashley Lin representing State Senator John Liu, Tayler Jackson representing State Senator Leroy Comrie, Hudy Rosenberg representing Assembly Woman Nily Rozic, Mohammed Rahman representing District Attorney Melinda Katz, Scott Solomon from City Planning, Lucille Songhai from MTA, 107<sup>th</sup> Precinct Commanding Officer Kevin Chan and CB8 District Manager and Jatna Reyes, CB8 Staff Member.

**Call to Order:**

2<sup>nd</sup> Vice Chair Seymour Schwartz called this Board Meeting to order at 7:32 p.m.

*The order of the agenda was changed by 2<sup>nd</sup> Vice Chair Seymour Schwartz.*

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**Approval of Minutes:**

Marc A. Haken made a motion to approve the minutes of May 19, 2021, seconded by Mary Maggio.

Count in favor: **43** Opposed: **0** Abstained: **0**

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**Elected Officials' Announcements:**

**Hudy Rosenberg representing Assembly Member Nily Rozic** – Yesterday, Assemblywoman Rozic and State Senator Leroy Comrie, passed legislation that if signed, will allow deadline for property tax abatement programs. This will enable the current deadline to be extended through July 15, 2021. She will keep us posted.

**Susan Seinfeld representing Council Member Barry Grodenchik** – On Friday, June 11<sup>th</sup> from 11:00 a.m. to 12:30 p.m., there will be a FREE mask distribution event at the Food Universe located at 222-51 Jamaica Avenue. This event is being held in conjunction with Assembly Member Clyde Vanel, Senator John Liu, and Community Board 13. Also, on Friday, June 18<sup>th</sup> from 11:00 a.m. to 12:30 p.m. at the Franhill Shopping Center located at 202-15 Hillside Avenue. This event is being held in conjunction with Assembly Member Weprin, Senator Leroy Comrie and Community Board 8.

**Raida Hussain representing Assembly Member David Weprin** – Ms. Hussain reiterated what Ms. Seinfeld announced about the mask distribution event next Friday.

**Ashley Lin representing State Senator John Liu** – Their office is fully open and operational. If you have any questions/concerns, please call their office at: 718-765-6675 or email her at: Ashley@johnliusenate.com

**Muhammad Rahman representing District Attorney Melinda Katz** – They will have a gun buyback program this Saturday, June 12<sup>th</sup> from 10:00 a.m. to 4:00 p.m. If you have an operating gun, they are giving away a \$200 gift card and an iPad. It is going to be at St. Mary Magdalene Roman Catholic Church in Springfield Gardens. They will also have a Pride Celebration virtually on June 10<sup>th</sup> from 6:00 p.m. to 8:00 p.m. To sign up, please visit: [www.queensda.org](http://www.queensda.org).

**Taylor Jackson representing State Senator Leroy Comrie** – Their office is open by appointment only. They continue to assist constituents on the Home Energy and Cooling Assistance Programs. They will be having an E-Waste event this Saturday, June 12<sup>th</sup> at Baisley Pond Park for more information, please contact their office at: 718-765-6359.

**Additional Announcements:**

**Mary Maggio** – This Sunday, June 13<sup>th</sup>, the 107<sup>th</sup> Precinct will host a Fundraiser Car Wash Event at 10:00 a.m. You can enter at 158-40 Harry Van Arsdale Jr. Avenue. Car Wash is \$10. Refreshments will be served.

*1st Vice Chair Michael Hannibal took the floor and proceeded with the order of the agenda.*

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**Salute to the Flag**

1<sup>st</sup> Vice Chair Michael Hannibal led the salute to the flag.

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**Chairperson's Report – Michael Hannibal:**

- As discussed at last month's meeting, we have a new staff member, Nicholas Mejia. He is here with us today to say hello. *[Nicholas was not present. Introduction omitted.]*
- Best wishes to Board Member Susan Cleary who is home recuperating from a back injury. We wish her well!
- Hillcrest Jewish Center is looking to have in-person meetings in September. We do not have an exact date yet. If they re-open before September 22, 2021, the Board will meet fully in-person at the center. Anyone with any questions, can contact the center directly.
- We were joined by Commanding Officer Kevin Chan. 1<sup>st</sup> Vice Chair Michael Hannibal invited him to address the Board.

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**Commanding Officer Kevin Chan – 107<sup>th</sup> Precinct**

- Commanding Officer Chan introduced himself and expressed his gratitude with Community Board 8. He is happy to be here and become part of the community. He was born and raised in New York City. He currently lives in Brooklyn with his wife and kids since 2006. He is happy to join the family of the 107<sup>th</sup> Precinct. He's only been here for two weeks. He is learning the area quickly and is looking forward to working with all of us. He has seen a spike in robberies and assaults. They had a robbery this past Saturday at a Queens Valley Playground located at 137<sup>th</sup>

Street and 76<sup>th</sup> Avenue. A male Asian was approached by two individuals, one white male and a black male teenager. They asked him for his belongings, the victim took off and was stabbed twice. He survived and wasn't seriously hurt. They are still in the lookout for these two individuals. There was also a shooting incident back on Memorial Day on Hillside Avenue and 165<sup>th</sup> Street. A car passed by and started shooting. They recovered 6 bullet shells. They know who the shooter is and are looking to capture him soon. He invited everyone to visit him at the Precinct anytime.

*Commanding Officer Chan asked if there were any questions from the Board Members.*

**Marc A. Haken** – asked about any plans to combat drag racing in the District (i.e. Main Street, Francis Lewis Boulevard, etc.).

**Answer:** [C.O. Chan] – We are aware of this situation. This issue is being experienced Citywide. When we get exact areas where these races are, we conduct operations where they stop them from doing this. We have our Public Safety team working on the racing issues at the Fresh Meadows Mall and Cunningham Park. Local NCO's are always in the area working to serve you. If you know of any exact location, please feel free to reach out and we'll work on it. He understands that speed humps were installed at the Fresh Meadows Parking Lot and Cunningham Park to prevent recurrence of the issue.

**Tammy Osherov** – stated that IOG Supermarket Parking Lot on 69<sup>th</sup> Avenue and 195<sup>th</sup> Lane in Fresh Meadows is also a problematic area with racers doing donuts and loud exhausting.

**Answer:** [C.O. Chan] – We'll definitely keep an eye out on that parking lot.

*1<sup>st</sup> Vice Chair Michael Hannibal thanked Commanding Office Chan for attending our meeting. We look forward to working with him.*

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**Borough President's Donovan Richards Representative – Max Weprin**

- On Thursday, June 17<sup>th</sup>, there will be a virtual Job Recruitment Fair event at 2:00 p.m. Also, there will be a Father's Day Celebration event at 6:00 p.m. More information is available on their website.
- Borough President Richards is hosting Queens drive-in FREE movie nights at the parking lot of the New York Hall of Science. Upcoming movies are: June 16<sup>th</sup>, "Coming to America", June 24<sup>th</sup>, "Monsoon Wedding".
- Their office is hosting an IDNYC pop-up enrollment site at Borough Hall until June 30<sup>th</sup> by appointment only.
- On June 14<sup>th</sup>, they are launching an immigrant welcome center at Borough Hall. They will be also raising a pride flag on this day. Board Members who attend will receive a Community Board tote bag. You can register for all these events at: [www.queensbp.org](http://www.queensbp.org).

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**City Planning Representative – Scott Solomon** – Mr. Solomon gave a presentation on the three Citywide Text Amendments that are up for review by the Community Board. Along with Ms. Lucille Songhai from the MTA, they gave an overview of the text amendments for Elevate Transit: Zoning for Accessibility (ZFA). Mr. Solomon proceeded with the Hotels and the Health & Fitness text amendments overview. These are the main highlights of the presentation:

**Elevate Transit: Zoning for Accessibility (ZFA) – Lucille Songhai**

- The MTA and City Planning are proposing a citywide text amendment that will allow the MTA to work more efficiently with private developers to help achieve system-wide accessibility more quickly.
- The proposal includes a system-wide easement requirement and an expanded transit improvement bonus in high density (*mostly in R9/R10 districts/not applicable in CB8*).
- Their current accessibility status is 136 out of 493 subway stations are accessible. 25 out of 39 LIRR and MNR stations within city limits in the MTA system are accessible.
- They are focusing on having ADA accessible stations that include many features to make stations readily accessible to, and usable by, individuals with disabilities. They are looking at vertical accessibility which focuses on having elevators at stations.

- More New Yorkers can benefit from more accessible transit stations: people with disabilities, parents with young children, seniors, and people with small injuries.
- Of the 2.3 million Queens residents there are 130,000 residents with an Ambulatory Disability, 150,000 children under 5 and 340,000 residents 65+. From 2005 to 2015, the number of New Yorkers over 65 grew by 19.2 percent, that is more than twice the rate of the total population which is 7.5 percent.
- The MTA's 2020-2024 Capital Program makes historic investment in accessibility. More than \$5 billion dedicated to making 77 stations accessible. In our District: Briarwood and Parsons Boulevard. 43% of New York City Transit stations, serving over 60% of riders, will be fully accessible. No subway rider will be more than 2 stations away from an accessible station.
- Elevator construction is challenging as they can encounter narrow platforms, limited entry and exit passages, narrow sidewalks, limited clearance between buildings and stations. Most stations require more than one elevator to be accessible.

**Scott Solomon:**

- Zoning for Accessibility (ZFA) is seeking to create more opportunities for accessibilities throughout the transit system with expanded zoning tools including the easement requirement provision limited applicability and CD11. Also, the transit bonus provision that only applies to those high density districts.
- Today, the zoning tools are in place to support the construction of transit improvements but with very limited applicability citywide.
- Existing zoning regulations: Easement Provisions – a requirement that station-adjacent sites provide a space for future station access if required by the MTA.
- There are also limitations which exists in very limited areas in the City. No general framework for facilitating transit easements outside of these limited areas. MTA has missed opportunities to locate ADA access, particularly at complex stations.
- The ZFA proposal includes an expanded system-wide easement requirement that will address some of these limitations. The easement will be applicable on sites that meet the criteria and will be triggered when building permits are filed with DOB.
- Sites eligible for easements will include developments and enlargements on zoning lots of at least 5,000 sq. ft. and within 50 ft. of mass transit stations.
- They will be located in residential zoning districts that permit multi-family housing, medium and high-density commercial districts, and all manufacturing districts.
- The easement requirement is the only provision that the ZFA will be applicable to CB8. Development located in applicable sites will be required to file an application with MTA and the Chairperson of the City Planning Commission to determine whether an easement on the zoning lot is needed, to help facilitate station access improvement in the future. While the process of obtaining a certification will be required for most sites within 50 ft. of a transit station, it is anticipated that the MTA will only seek an easement in places that are suited for future transit entrances.
- Easements can vary in height; underground subway stations could occupy multiple levels below grade as elevated transit stations which you don't see along Hillside Avenue. They vary in size due to the multiple and things that will be provided. An elevator can take up less space whereas a new station entrance that requires a staircase and an elevator can take up a large easement volume.
- Briarwood and Parsons Boulevard stations is included in the 2020-2024 MTA Capital Program for ADA upgrades.

**Citywide Hotels Text Amendment – Scott Solomon**

- This is a text amendment that will create a new special permit for hotel development across the City. It is intended to create a consistent framework for hotels development and ensure that hotels do not negatively affect the surrounding area.
- Rapid growth of new hotels throughout the City has led to a variety of special permits in various locations in recent years. In addition, a special permit was adopted for hotels in M1 districts in 2018. Different criteria for varying locations and zoning districts has resulted in an inconsistent review of hotels.
- The purpose and need are to ensure that there is a consistent zoning framework for new hotels that will support more predictable development.

- The new special permit will be applicable in higher density commercial, mixed-use, and M1/residential districts. The proposed Citywide special permit will replace existing special district permits.
- A map was shown of applicable areas in CB8. There was an area showing the area that currently allows hotel development and will be subject to the new hotel CPC special permit. This means that any hotel development will need to apply for the special permit with the Department of City Planning. This process will make all proposed hotels subject to ULURP review which includes time for Community Boards to review, adopt, and submit recommendations to the City Planning Commission. Upon the Borough President's review, should the CPC approve it then it will go to the City Council for final approval subject to mayoral veto.
- Similar to the existing M1 special permits, they will not require a special permit for hotels that are built for a public purpose such as temporary housing for the homeless.
- The proposed text amendment is intended to address the land use concerns related to commercial hotels and is neutral with regard to current policies related to siting social service and shelter facilities that also have sleeping accommodations.
- The new special permit findings are proposed to be that the hotel use shall not impair the future use and development of the surrounding area.
- The COVID-19 pandemic has had a disastrous effect on the NYC hotel industry and its workers. Between January and November 2020, a net total of 146 hotels (out of 705) and 42,030 rooms closed. 96.3% of room closures occurred in Manhattan. Estimates of 197,000 job lost in the leisure and hospitality industry.

### **Health and Fitness Text Amendment – Scott Solomon**

- A BSA special permit is currently required to open and operate most exercise and health-related businesses, including gyms, spas, and licensed massage therapy.
- The Physical Culture or Health Establishment (PCE) special permit process is costly and lengthy, often requiring more than 6 months before a business receives a permit to open.
- Even with a special permit, gyms are not permitted along many local retail streets that allow compatible service and retail amenities.
- Removing barriers for gyms and other health-related businesses to open will help speed the economic recovery from the pandemic and ensure that neighborhoods have important health-related amenities.
- During the 1970s, stringent zoning regulations were created for these businesses, designed to address commercial sex associated with health clubs and massage parlors.
- A special permit was required for all such uses as a means of verifying the legitimacy of the operator through a criminal background check.
- Over the last two decades, special permits for gyms, spas, and massage parlors are disproportionately located in the Manhattan core, western Brooklyn, and Queens.
- Removing the special permit requirement will help smaller, independent businesses open in more locations across NYC.
- Many gyms and health-related businesses have temporarily or permanently closed due to the pandemic.
- Employment in gyms declined by more than 605 in 2020. Removing the special permit will support economic recovery from the pandemic.
- What is being proposed is removing the BSA special permits from all gyms, spas, and licensed massage therapy. Gyms and spas will be considered commercial uses that will be allowed as of right. Smaller gyms and spas, those that are less than 10,000 sq. ft. will be allowed in all commercial manufacturing districts including C1 districts where gyms are currently not allowed. Gyms and spas that are unlimited in size will be slightly more limited. They will be allowed in high density C1 districts as well as C2 districts, higher districts, and manufacturing districts.
- Licensed massage therapy will be classified with other ambulatory health care uses as Use Group 4A or Use Group 6B (health care office), permissible in select residential, commercial, and manufacturing districts.
- Massage therapists are health professionals licensed by the NYS Education Department. Massage is a protected job title, meaning it is illegal to operate under the name without a license (includes massage, shiatsu, reflexology, acupressure, connective tissue, and other practices). Many massage therapists already work in community facilities, including physical therapy offices and nursing homes.

- In New York, massage therapists must display their current registration certificate and license to operate. Here is also a searchable database maintained by the State of all licensed massage therapists.
- There will also be noise and vibration regulations. Higher impact gyms will be required to submit documentation to the Department of Buildings certifying that they are designed to sufficiently reduce noise and vibration on neighboring uses prior to being issued a Certificate of Occupancy. These additional noise and vibration requirements will be applicable in mixed-use buildings with residences or schools. These requirements will apply in all commercial and MX districts.

*Scott Solomon asked if there were any questions from the Board Members regarding any of the three text amendments presented.*

**Maria DeInnocentiis – I was looking at the zoning maps for special permit districts. If you could go to your slide number 38. They are near the Long Island Expressway is the special district of Fresh Meadows, the commercial area, I would think that they would not be allowed to have a hotel at all due to the designation of a special district. Why is that of the gym being considered? Why would we allow a special permit there?**

**Answer:** *[Scott Solomon]* – It will still be subject to the special district regulation. The underlying zoning allows for a hotel.

**I hate to say this, we have a hotel right in the area, that we fought very hard to stop and it was still built. Now it is filled with prisoners from Riker’s Island. It really bothers me the Fresh Meadows Development area would even be considered a hotel possibility. Under any kind of permits.**

**Answer:** *[Scott Solomon]* – That is a good point that you raised because those are areas where today, you could build a hotel as of right. That was never changed if we came here. What is changing is if someone built it subject to approval of this text amendment, they will be required to seek a special permit at CPC. I would be happy to discuss this individually.

**Yes, I would like to get details on that because, not that we can do anything about the Wyndham now, but we need to figure out what we can do to keep that from happening.**

**Answer:** *[Scott Solomon]* – When you are talking about the future concerns, that’s what this would do. Any future hotels will be subject to a special permit subject to ULURP process, but any existing hotels will have to seek a special permit to continue operating.

**Jesse Rosenbaum – Scott, you are talking about the south side, we have two Marriott hotels on the north side and multiple new properties on Jamaica Avenue. We are a little bit over-built right now. I am not sure that you are giving us an option.**

**Answer:** *[Scott Solomon]* – In the future, if this special permit proposal is approved, any future hotel will be subject to a special permit.

**Douglas Sherman – In the past two years, hotels have been used in large parts to house homeless families. With your proposal with everything that you are saying, why would any community support the development of new hotels knowing that they could be used for a purpose of temporarily housing homeless families as opposed to tourism and a more desirable business.**

**Answer:** *[Scott Solomon]* – That future hotel that you are concerned with becoming a transient use for homeless housing, will be subjected to a public review. If this didn’t exist, they will not be subjected to it.

**I think there would be a greater support for affordable housing, then it will be for a hotel industry.**

**Answer:** *[Scott Solomon]* – This is a proposal about commercial transuse hotels. This has nothing to do with housing production, this is not a re-zoning change of homeless policy. We are City Planning. Zoning does not dictate homeless policy. This looks at the land use concerns related to commercial transuse hotels.

**So, these hotels that will be developed could be used to house temporarily homeless families. Correct?**

**Answer:** *[Scott Solomon]* – Yes, that would be allowed.

**Seymour Schwartz – I am looking at the area close to Hillside Avenue (referring to a map screen shared during the presentation). For most years, those couple of blocks were limited to commercial automobile related industries. We as a community worked very hard to change that. They are now C4. Why would we encouraged greater opportunities for hotels to fill up that area in the heart of our district when an important priority would be to encourage residential family use in that area. I cannot see us approving this recommendation.**

**Answer:** [Scott Solomon] – This is not encouraging hotel development. This map above here, exists today. This isn't a changed map; this isn't a re-zoning. These are the areas that you can built hotels today. With the approval of a special permit being lawed, tomorrow, it would not be allowed without approval of a special permit.

**Jesse Rosenbaum** – We are in a very unusual situation, when COVID-19 hit, the hotel industry went down the tubes because nobody could come in. I think that the proposal that is on the table is that is somebody oversees the operation to make sure that we don't get over-built and to make sure that the quality of the residents/guests that are coming to the hotel are the quality that we want.

**Answer:** [Steve Konigsberg] – Jesse, do you have a question? Seeing none, I would like to ask for a motion to for approval of all three text amendments.

**Jesse Rosenbaum made a motion to approve the three Citywide Tax Amendments presented tonight: Elevate Transit: Zoning for Accessibility (ZFA), Hotels Text Amendment and Health & Fitness Text Amendment, seconded by Wendy Gennaro.**

**Elevate Transit: Zoning for Accessibility (ZFA)**

*A roll call vote was taken.*

**Count in favor: 37      Opposed:      Abstained: 0**

**Members who voted in favor:** Dilafroz Ahmed, Jagir Singh Bains, Carolyn Brown, Robert Block, Edward Chung, Maria DeInnocentiis, Allen Eisenstein, Kevin Forrestal, Bhitihara-Martha Fulton, James Gallagher Jr., John Gebhard, Wendy Gennaro, Ahsan Habib, Marc A. Haken, Michael Hannibal, Tami Hirsch, Steven Konigsberg, Paul S. Lazauskas, Mitch Lisker, Elke Maerz, Mary Maggio, Dilip Nath, Alan Ong, Tamara Osherov, Hersh Parekh, Simon Pelman, Frances Peterson, Mohammad Rahman, Jesse Rosenbaum, Seymour Schwartz, Deepti Sharma, Douglas Sherman, Harbachan Singh, Dr. Penny M. Stern, Mohammed Tohin, Jacob Weinberg and Tamika Williams-Moore.

**Members who voted against:** None.

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**Citywide Hotels Text Amendment**

**Discussion:**

**Hersh Parekh – Would this apply to facilities where the bottom floors are restaurant or something else or is this only for buildings that are full hotels?**

**Answer:** [Scott Solomon] – It would be for any hotels.

**Seymour Schwartz – Scott, do I understand that the text amendment would allow the planner of a hotel, allow him 6 years to complete the project and in-between prior to the six full years, operate some other kind of a facility in that space.**

**Answer:** [Scott Solomon] – There are a few situations. For example, today is a hotel, upstairs goes empty because they are out of business during the pandemic and it stays empty. No one occupies it. They are empty for two years and a day, today right now and you are in the area where the zoning doesn't allow it, you would lose to continue the use.

**What if prior to any construction, the developer would of receive a special permit, does he require any other consideration or review, or should he change the purpose of the facility?**

**Answer:** [Scott Solomon] – They would be subject to a special permit.

*A roll call vote was taken.*

**Count in favor: 30      Opposed: 4      Abstained: 0**

**Members who voted in favor:** Dilafroz Ahmed, Jagir Singh Bains, Carolyn Brown, Robert Block, Edward Chung, Maria DeInnocentiis, Allen Eisenstein, Kevin Forrestal, Bhitihara-Martha Fulton, James Gallagher Jr., John Gebhard, Wendy Gennaro, Ahsan Habib, , Michael Hannibal, Steven Konigsberg, Elke Maerz, Mary Maggio, Dilip Nath, Alan Ong, Tamara Osheroov, Hersh Parekh, Frances Peterson, Mohammad Rahman, Jesse Rosenbaum, Seymour Schwartz, Harbachan Singh, Dr. Penny M. Stern, Mohammed Tohin, Jacob Weinberg and Tamika Williams-Moore.

**Members who voted against:** Marc A. Haken, Tami Hirsch, Mitch Lisker, Douglas Sherman.

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**Health & Fitness Text Amendment**

*A roll call vote was taken.*

**Count in favor: 25      Opposed: 6      Abstained: 0**

**Members who voted in favor:** Dilafroz Ahmed, Jagir Singh Bains, Carolyn Brown, Edward Chung, Kevin Forrestal, Bhitihara-Martha Fulton, James Gallagher Jr., John Gebhard, Wendy Gennaro, Ahsan Habib, Marc A. Haken, Michael Hannibal, Steven Konigsberg, Mitch Lisker, Mary Maggio, Dilip Nath, Alan Ong, Tamara Osheroov, Frances Peterson, Mohammad Rahman, Jesse Rosenbaum, Seymour Schwartz, Harbachan Singh, Dr. Penny M. Stern and Mohammed Tohin.

**Members who voted against** Maria DeInnocentiis, Allen Eisenstein, Tami Hirsch, Hersh Parekh, Douglas Sherman and Tamika Williams-Moore.

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**Committee Reports:**

**Health Minute with Dr. Penny Stern, Health Committee Chair:**

- Dr. Stern spoke about the rise of orthopedic complaints associated with spending unusual hours on the computer. As many people are still working from home due to the pandemic, they are experiencing more shoulder, lower back, and other types of pains.
- She suggested that you create a workspace that is comfortable. For example, positioning your computer, laptop at slightly or below eye level. To do this, you need a chair that is adjustable. Your feet need to be on the floor. Working on a sofa and lying in bed is not recommended. It can lead to more aches and pains due to bad postures. Try keeping your ears above your shoulders and your shoulders above your hips. This will help you to keep a good spinal alignment. If you need extra back support, you can use a cushion on your lower back against a chair.
- She suggested that one plans exercise breaks as often as possible. Standing up at least once to stretch, you'll prevent tight muscles and loss of flexibility which can happen when you sit for prolonged periods of time. Keeping well hydrated and when you eat make sure you look for healthy choices including snacks.

**Adjournment**

Marc A. Haken made a motion to adjourn this meeting at 9:04 p.m.

*Respectfully submitted,  
Jatnna Reyes, CB8 staff  
June 18, 2021*