

QUEENS TIMES

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Blue Every Friday**

Point Of View

Tips For Working From Home

Thanks to modern technology, more Americans are able to work from home than ever before. According to the latest American Time Use Survey, 24 percent of employed persons do some or all of their work at home.

If you're joining their ranks -- whether full-time or part-time -- there are several things you should know about working efficiently and effectively from home.

Make it Comfortable

Whether you plow through a full day's work in one sitting, or take breaks throughout the day to attend to household business, you're going to be spending large chunks of time in your home office so you'll want it to be as comfortable as possible.

From furniture to computer related hardware, opt for ergonomic products that prevent stress-related injury.

Ensure your space gets plenty of light, ideally natural. And because it's entirely yours, don't forget to decorate! However, if you plan to receive clients or business associates, keep it professional.

Make it Functional

To prevent distraction, a room with a door that closes is ideal. If that's not possible, set your home workspace as far apart from the bustle of other household activities as possible. Steer clear of televisions, chatty household members and the siren call of

(Continued on page 2)

Clinton Democratic Club Brings In City Leaders



Pictured L to R: NY Hospital Queens VP for Physician Development Tom Evans, Councilman & Chair of the Consumer Affairs Committee Daniel Garodnick, State Committee Member John Dorsa, NY Hospital Queens Community Liaison Debra Pagano Cohen, District Leader & First Vice Chair of the Queens County Democratic Committee Mary Ann Dorsa, U.S. Coast Guard Auxiliary Member Susan Macinick, President Paul Vallone, and the Clinton Club Kids. Not pictured: Councilman and Chair of the Public Safety Committee Peter Vallone, Jr. See story on page 2.

Unveiling Plaque In Honor Of Patricia Dolan



Queens Borough President Helen Marshall and Queens Library Director Tom Galante admire plaque unveiled, Wednesday, February 15th in the Community Room of the Kew Gardens Hills library in memory of civic leader and library advocate Patricia "Pat" Dolan. The plaque honors Dolan's advocacy and dedication to the expansion of the library and her tireless civic activism. Dolan died in November after she was struck by a vehicle on Hillside Avenue on her way to a community meeting. Marshall has provided \$6.7 million for the expansion of the Kew Gardens Hills branch.

Congressman Crowley Holds 13th Annual Black History Month Event with Guest of Honor NBA Great Len Elmore



Rep. Crowley and the evening's honorees (from left to right: Len Elmore, George Crouch, Veta Brome, Rep. Crowley); (TOP RIGHT) Len Elmore delivers the keynote address during Rep. Crowley's annual Black History Month celebration; (BOTTOM CENTER) Rep. Crowley and local elected officials with the evening's honorees (back row, from left to right: Len Elmore, Assemblyman Michael DenDekker, Rep. Crowley; front row, from left to right: Assemblyman Michael Benedetto, George Crouch, Veta Brome, Councilman James Vacca, Queens Borough President Helen Marshall) Photo by Dominick Totino Photography



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Clinton Democratic Club Brings In City Leaders

The Clinton Democratic Club held its monthly meeting Wednesday, February 15th at the law offices of Vallone & Vallone. Guest speakers included Councilman Daniel Garodnick, who discussed important issues affecting New York City residents such as top city complaints, abuses by debt settlement companies, and upcoming issues with our city's budget; Councilman and Chair of the Public Safety Committee Peter Vallone, Jr., who explained his bill which would seize commercial trucks who are repeat offenders of our residential streets; and New York Hospital Queens Community Liaison Debra Pagano Cohen and New York Hospital Queens Vice President for Physician Development Tom Evans, both of whom spoke of the hospital's goals to expand services and their ongoing local outreach programs.

The Clinton Club Kids entertained members with Valentine's Day songs and an exciting dance routine reminiscent of "Glee." The Clinton Democratic Club will hold its next meeting on Wednesday, March 21st at the offices of Vallone & Vallone, located at 25-59 Francis Lewis Boulevard.

Point Of View

(Continued from Page 1)

the refrigerator.

Your space may be limited, but you can create storage space out of thin air. Shelves that mount to the wall will free up the floor, and keyboards that open up to create a supply storage space, will eliminate clutter on your desk.

Stay Organized

If you're a one-man or one-woman band, you'll especially want to invest in new technologies that will help you stay organized.

If you're constantly monitoring your email -- and who isn't these days? -- consider a telephone that connects to a PC, allowing you to consolidate your communications in one place. For example, the Contact Sync feature from Panasonic's KX-TG9470 phone series allows for incoming calls to trigger a pop-up contact in Microsoft Outlook, making caller information and notes from previous calls readily available at a user's fingertips. Users can also make outgoing calls directly from their computer through their Outlook address book. More information can be found at <http://shop.panasonic.com>.

Consider backing up your files digitally for easy searching. Electronic filing systems can be safe and secure, and will survive unforeseen catastrophes.

Even if you're only in your home office one day a week, the way you set up your space matters. To do good work, you need your workspace and equipment to work for you. (StatePoint)



Congressman Crowley Holds 13th Annual Black History Month Event with Guest of Honor NBA Great Len Elmore

On Tuesday, February 21st, Rep. Joe Crowley (D-Queens, the Bronx) held his 13th annual Black History Month celebration with guest of honor former NBA great Leonard "Len" Elmore. Nearly 600 7th Congressional District residents gathered at the Dreiser Loop Auditorium in Co-op City to hear Mr. Elmore deliver the keynote address and to honor two local community leaders, Veta Brome of Queens and George

Crouch of Co-op City.

"Each year, I look forward to joining the community in honoring both the legacies of those who have worked before us to build a better America as well as those who are carrying on the effort today," said Rep. Crowley. "This year, we honor three New Yorkers who encourage us to do more than just set an example for others. They are members of our community who are on the frontlines

of change and in the business of improving the lives of others. Len Elmore, Veta Brome and George Crouch are remarkable leaders and I am proud to recognize their service and contributions to our community as we celebrate Black History Month."

Mr. Elmore, who grew up in Queens and played for the New York Knicks, is a sports broad-

(Continued on page 11)

Governor Cuomo Announces "NYSSTORE" On EBay To Sell State Vehicles And Other Assets

Governor Andrew M. Cuomo today announced that the Office of General Services (OGS) will launch "NYSStore," a new eBay-based online platform to sell unneeded state vehicles and other excess state assets. NYSStore will offer a spectrum of surplus state goods including office supplies, computers, cell phones, furniture, medical equipment, cameras, generators, tools, and other supplies that are no longer needed by the state. The sale will begin in early April with inventories updated regularly.

As part of Governor Cuomo's overhaul of New York's government operations, a new fleet management system has been set up to consolidate the state's

vehicle fleet. As a result of this effort, the state has already identified nearly 500 vehicles to be part of the first online sale. The sale of these cars and other goods could generate hundreds of thousands of dollars as well as millions of dollars in reduced costs due to reduced fuel and maintenance expenses.

"By selling unneeded equipment and supplies, New York State will reduce operating costs and cut back on excess spending and inventory," Governor Cuomo said. "This initiative is a small part of our work to overhaul government operations and make the state work more efficiently for the taxpayer."

The nearly 500 passenger vehicles that will be offered in the

initial sale on NYSStore include numerous makes and models. Many vehicles are late model (after 2000), have high mileage and will be sold "as-is". Vehicles not sold through NYSStore will be offered through the traditional Office of General Services on-site auction at a later date.

The vehicles will be offered through the NYSStore (<http://www.nysstore.com>), via eBay, beginning in April. Vehicles will be available for inspection at the Harriman State Office Campus, and the Department of Motor Vehicles will have a satellite office on the Campus to facilitate the sale and registration of the vehicles. Vehicles will be offered at a "buy it now" price, or for auction with a minimum price.

Can Your Family Afford College? by Jason Alderman

I'm a firm believer that the more knowledge you acquire, the richer your life will be. But as college tuition and fees continue to skyrocket, students and parents increasingly are asking, "Is a degree really worth the cost?" For many people it certainly is: On average, college graduates earn \$550,000 more than high school grads over a lifetime, according to a Pew Research Center study. Not only that, the current unemployment rate among college grads is only half that of high school grads.

So, assuming your kid is interested in college, ask yourself, "How much can we afford to spend without digging ourselves into a hole?" Unless you started socking away money long ago or Junior can count on a full-ride scholarship, you'll probably need to take out student (and parent) loans to pay for that degree.

Tread carefully so you're not saddled with too much debt. Here are a few factors to remember:

Not all degrees are created equal. The average college graduate now carries roughly \$25,000 in student loan debt, but many families rack up far more, especially if they have several children. Students should follow their passions – in education and in life – but remember, someone

with a degree in engineering or computer sciences will probably garner much higher pay and more easily pay off loans than graduates in lower-paying fields like education.

In other words, don't take on debt that will overwhelm your future ability to pay it off. To save money, many students start out at a community college then transfer to a four-year institution.

Calculate college's true cost. As with buying a car, when tallying a college's true cost there's the sticker price – the stated full cost for tuition, fees, room and board, etc. – and there's the net cost you'll actually pay after subtracting grants, aid, work study and other adjustments that may apply.

Thanks to a new federal law, all post-secondary institutions must post a "net price" calculator to help families more accurately estimate the true costs of attending, based on the student's individual situation. Colleges may either use the Department of Education's basic calculator template or develop their own if they require additional information.

Although you won't be able to do exact comparisons, the new calculators do provide a good starting point for estimating the true costs of various colleges. Indeed, some students find that

because of financial incentives offered, such as grants, merit-based scholarships and low-income subsidies, they can actually afford schools they'd previously ruled out. Expensive private schools sometimes end up cheaper than comparable state schools.

Another good comparison tool is the Department of Education's College Navigator (<http://nces.ed.gov/collegenavigator>), which lets you search for details about colleges throughout the U.S., including tuition and housing costs, majors and degrees offered and typical SAT scores of students attending. You can even build a list of schools for side-by-side comparisons.

Fill out a FAFSA. Even if you think your income's too high to qualify for financial aid, you still should fill out the Free Application for Federal Student Aid (FAFSA), since it's also required by virtually all institutions for access to federal student loans. Federal loans generally have more favorable interest rates and repayment terms than private loans so it's best to exhaust those alternatives first.

Jason Alderman directs Visa's financial education programs. To Follow Jason Alderman on Twitter: www.twitter.com/PracticalMoney

Schumer Reveals: FDA Reviewing The Safety And Legality Of Caffeine Inhaler, AeroShot

United States Senator Charles E. Schumer announced today that the Food and Drug Administration (FDA) has agreed to conduct a full review of the safety and legality of the new caffeine inhaler, AeroShot, which hit stores in New York and Boston this past month. The product, a lipstick sized disposable inhaler, allows the user to inhale a powder that sends 100mgs of caffeine into the body. The product was introduced into New York and Boston markets in January without an age restriction on its purchase, without ever having been reviewed by the FDA, and without having its safety claims independently verified by regulators.

In December, Schumer called on the FDA to review the safety and legality of the product – with a particular focus on both how it would affect teens and its use in combination with alcohol. Today, Schumer announced that the FDA has agreed to his request and will conduct a review of the safety and legality of the product.

"A new product like AeroShot raises questions that need to be answered before allowing consumers, especially teens and kids, to use and abuse it. The AeroShot caffeine-inhaler is being marketed as a party enhancer; it can facilitate excessive drinking and its effects have never been examined by independent regulators to determine their impact on the human body and in combination with alcohol, especially for adolescents," said Schumer. "We need to make sure that AeroShot does not become the next Four Loko by facilitating dangerous levels of drinking among teenagers and college students."

AeroShot delivers an airborne shot of caffeine powder through a small dispenser. The company's materials claim that the product is safe and does not enter the lungs, but rather is dissolved in the mouth and swallowed. There is no evidence on the company's website to substantiate these broad, health-related claims. On the contrary, according to the American Academy of Pediatrics (AAP), while caffeine has been shown to enhance physical performance in adults, these effects are extremely variable, dose dependent, and most importantly, have not been thoroughly studied in children and adolescents. Moreover, because of the potentially harmful developmental and addictive effects of caffeine, the AAP discourages the non-medical use of caffeine by children and adolescents. The impact of inhaled caffeine on the lungs of children and teens has never been examined.

In December, Schumer urged the FDA to request and review product safety evidence from AeroShot's manufacturer, including whether the product is harmful to children, adolescents, and the overall public health. Schumer specifically raised concerns over the potential for the product to be abused by adolescents in conjunction with alcohol. In a separate letter sent to AeroShot's manufacturer, the American Academy of Pediatrics also raised concerns about the inhaled caffeine product and the effects of caffeine on developing neurologic and cardiovascular systems, the potential for the product to exacerbate asthma, and the risk of physical dependence and addiction. They also raised concerns over the impact

of the powder in AeroShot being absorbed by the lungs. AeroShot has a vitamin B additive, and is sold as a dietary supplement, allowing it to get around pre-sale review by the FDA.

"I am worried about how a product like this impacts kids and teens, who are particularly vulnerable to over-using a product that allows one to take hit-after-hit-after-hit, in rapid succession," said Schumer. "Scientists, pediatricians and public health professionals should do a top-to-bottom review of its impacts before we let our youth serve as guinea pigs for a questionable product."

Since that time, AeroShot has claimed that it changed its advertising materials to indicate the product's safety for those 18 years and over. However, while that information appears to have been updated on its website, the packaging on AeroShot products sold in New York and around college campuses like Columbia University, still claim that the product is safe for those 12 years and older.

Schumer announced today that the FDA had agreed to conduct a review of the safety and legality of AeroShot, which could involve compelling the company to provide adequate evidence to substantiate its health and safety claims, particularly among children and young people aged 12-20. After reviewing the safety and legality of the product, the FDA could issue a warning letter to AeroShot identifying possible violations of the Food, Drug, and Cosmetic Act or other laws under FDA's jurisdiction. Possible ac-

(Continued on page 5)

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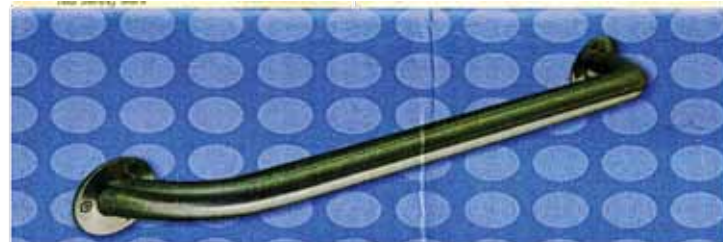
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Whirl With Merle

TWIN CITY OF ST. PAUL (Part 1) by Merle Exit

Of the Twin Cities, St. Paul, Minnesota, tends to be the "quieter" city than is Minneapolis and did not lack for ways to occupy myself, taking in many attractions and dining spots.

Air Tranning and arriving too early for a check in I decided to tour. One area, not totally in the downtown section, is the main streets of Summit Avenue and Grand Avenue. Summit Avenue is said to be the country's longest span of preserved residential Victorian architecture. Lined with Victorian homes converted into boutique shops, Grand Avenue is considered to be both an historic residential and "hip" commercial neighborhood.

Since I was unable to do more than look at homes on Summit Avenue, I stopped in some of the stores on Grand. Always thinking of food. Penseys Spices and Seasonings. What a fabulous array to cook with!

Not far, on 7th Street West, Cosetta's Italian Market caught my attention. Cheeses, meats, deli and a cafe. I heard that they are noted for their pizza. I was saving my appetite for lunch at Saji-Ya at 695 Grand Avenue. Need I say what type of cuisine? I read, "Long-time sushi lovers know that Saji-Ya serves only the freshest fish and has an experienced team of chefs lead by our executive sushi chef 'Manny' Ortega. Yet this destination hot spot, located on St. Paul's Grand Avenue, serves more than sensational sushi, fabulous lunches, excellent Teppanyaki (grilled Japanese cuisine) and Japanese entrees grace Saji-Ya's exotic menu." I naturally engaged in some sushi and maki rolls.

Passed on dessert as Grand Ole Creamery was just down the block. This old fashioned ice cream parlor serves up super-premium ice cream and lots of flavors.

Back on Summit Avenue to tour the James J. Hill House. "Rugged stone, massive scale, fine detail, and ingenious mechanical systems recall the powerful presence of James J. Hill, builder of the Great Northern Railway. Guides lead tours that help you imagine family and servant life in the Gilded Age mansion. Completed in 1891, the red sandstone residence was the setting of the public and private lives of the Hill family."

Heading in to the downtown area, there was an exhibit at the Minnesota History Center about the year 1968. "The social forces that swirled through the turbulent 1960s crested in 1968. It was a



turning point for a generation coming of age and a nation at war. The year saw the peak of the Vietnam War, the assassinations of Dr. Martin Luther King Jr. and Robert Kennedy, riots at the Democratic National Convention, assertions of Black Power at the Olympic Games and feminist demonstrations at the Miss America pageant. Hair opened on Broadway, Laugh-In debuted and became the number-one show on TV, Bonnie and Clyde and The Graduate picked up Oscars and Johnny Cash gave a legendary performance at Folsom Prison. President Lyndon Johnson spoke of a country "challenged, at home and abroad" in his State of the Union address; his successor, Richard Nixon, promised in his nomination acceptance speech that 'the long, dark night for America is about to end.' In the closing days of the year, we saw Earth in its entirety for the first time from the window of the Apollo 8 space capsule." The exhibit goes until February 20th, then tours other cities.

Check in time! Going to the Saint Paul Hotel in the downtown area, known for its old-world charm and European inspired elegance, and accommodating the most discerning business and leisure travelers every day. I believe that the hotel is turning

101 years old. Great location as they have complimentary local transportation that will take you to such attractions as the Science Museum of Minnesota, St. Paul Cathedral and Minnesota State Capitol crowned by the largest unsupported marble dome in the world. I suggest they get an 18-hour Z-bra.

There are parks located just outside the hotel of which have Peanuts character sculptures. I am told that Charles M. Schulz, the creator, was born in St. Paul and wish to gain their claim to fame.

Across the street is the Landmark Center that serves as a cultural center for music, dance, theater, exhibitions, public forums, and hosts countless special events. There was no particular event going on, but went upstairs to see two of the galleries. One was American Association of Woodturners Gallerie, of art that offers a view of contemporary works created in wood and also features educational exhibits, a display of vintage lathes.

On the opposite side is the Schubert Club Museum which houses an educational exhibit of musical instruments, music boxes and more. It happened to be closed when I was there. Peeking in I could see this massive sculpture of instruments. To be continued.

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Queens Times Weekly ...

HOROSCOPE

For the Week of ... 2/23/12 - 2/29/12

ARIES
(Mar. 21 - April 20)
Problems with members of your family may play on your emotions. Monitor your budget carefully to avoid unnecessary stress. Your lucky numbers are 5,8,9.

TAURUS
(Apr. 21 - May 21)
You may find that someone you really cared for in the past has come back into your life. Let go of the past in order to progress. Your lucky numbers are 8,5,9.

GEMINI
(May 22 - June 21)
Don't say something you'll live to regret. Curb or cut out that bad habit you've been meaning to do something about. Your lucky numbers are 7,4,3.

CANCER
(June 22 - July 22)
Avoid confrontations with co-workers. You can avoid hassles by sticking to your work and refusing to get involved in gossip or idle chatter. Your lucky numbers are 9,1,8.

LEO
(July 23 - Aug. 22)
Put your efforts into your work or money making ventures rather than your emotional life. Use your quick wit to win friends. Your lucky numbers are 5,4,3.

VIRGO
(Aug. 23 - Sept. 23)
Changes involving your domestic scene may be unpleasant. You might not accomplish all that you want to at home this week. Your lucky numbers are 4,9,3.

LIBRA
(Sept. 24 - Oct. 23)
Put your thoughts into some trendy new ideas. You will find that you are able to clear up a number of small but important details. Your lucky numbers are 6,8,9.

SCORPIO
(Oct. 24 - Nov. 22)
Someone you like may be receptive and actively seeking your company. Moneymaking ventures may just turn your life around. Your lucky numbers are 2,9,5.

SAGITTARIUS
(Nov. 23 - Dec. 21)
Keep an open mind when listening to the opinions of others. Don't overdo it. Don't lend to people who have given you negative vibes. Your lucky numbers are 6,4,3.

CAPRICORN
(Dec. 22 - Jan. 20)
Your health may have suffered due to neglect or abuse. Make career changes that may increase your income. Your lucky numbers are 5,7,9.

AQUARIUS
(Jan. 21 - Feb. 19)
You can make financial gains if you are prepared to take a risk. Don't give out any personal information that you don't want spread around. Your lucky numbers are 5,9,6.

PISCES
(Feb. 20 - Mar. 20)
You will have a productive day, organize yourself at work. Emotional situations could bring out your stubborn nature. Your lucky numbers are 7,4,5.

Did you know ...?

Each king in a deck of playing cards represents a great king from history. Spades - King David; Clubs - Alexander the Great; Hearts - Charlemagne; and Diamonds - Julius Caesar.

Leonardo da Vinci could write with the one hand and draw with the other simultaneously.



Answer to Last Weeks Puzzles
"Sudoku"

4	2	3	7	8	1	9	5	6
7	8	1	9	6	5	2	3	4
5	9	6	3	4	2	8	7	1
9	5	4	2	1	8	3	6	7
2	6	7	5	3	9	1	4	8
1	3	8	6	7	4	5	2	9
3	4	2	1	9	6	7	8	5
6	1	5	8	2	7	4	9	3
8	7	9	4	5	3	6	1	2

S	S	O	G	V	I	S	I	N	W	R	V	S	U	O	V	R	E	N	
G	C	U	V	C	T	A	B	H	A	I	O	S	P	O	G	S	G		
A	A	Y	S	H	O	U	T	L	C	I	D	I	N	P	T	I	O	H	S
R	O	R	R	E	T	N	R	I	N	L	N	C	M	S	S	O	N	A	P
E	O	I	N	O	E	E	N	K	N	S	N	E	L	O	L	R	S	I	
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S	S	E	A	E	P	P	S	S	R	H	S	S	I	N	J	O	A	E	
R	P	S	C	A	A	G	O	I	A	A	E	A	H	G	M	E	I	N	R
V	I	S	I	O	N	B	S	P	N	S	E	G	A	S	S	A	P	U	V
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V	N	I	Q	U	I	O	E	R	N	A	H	P	G	U	E	B	I	O	R
S	A	E	L	A	P	M	M	A	G	A	L	R	N	N	P	A	N	I	
S	O	S	I	H	P	S	P	I	C	T	N	E	E	I	A	G	T	Y	
R	T	L	S	O	S	A	I	T	H	R	S	A	M	C	G	S	S	H	O

Poets Corner

Farewell Whitney

by Susan Varo

A golden voice
Of whence you came
It is your lineage
Hence your name

A song to sing
And crowds to please
You had it all
And more to seize

That voice must come from Heaven
Placed on the highest rung
You shared with all so mightily
Nothing left unsung

Yes Houston we have a problem
Mr. Davis you launched a change
Now this sad verse of music
Written and arranged

All at once you were gone
But you must have found your place
These bittersweet memories
You left an empty space

You gave us one moment in time
You shared with us your gift
All this love being sent out
Cannot mend this rift

I watched and I wept
When they carried you away
I just want the sun
Instead the sky was gray

Wherever you are
I hope that you will shine
And there will be much love
To those you leave behind

Our dear Whitney
You'll never come again
But you've come full circle
You've come so far since then

And my name is Susan
I had to pay you respect
I'll be on my way
I'll pause and reflect

Farewell Whitney
You must be on your way
But thanks for all you've given us
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FDA Reviewing
Safety And Legality
Of Caffeine Inhaler,
Aeroshot

(Continued from page 3)

tions as a result of the review include those similar to FDA actions taken against Four Loko, including requiring the manufacturer to make changes to the product, its marketing, and compelling it to be removed from the market entirely. Last year, at Schumer's urging, the FDA agreed to take action to stop the marketing, distribution and sale of caffeinated alcoholic beverages, including Four Loko, after concerns were raised about how their increasing popularity coincided with alcohol-related emergencies, hospitalizations and deaths.

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Bill Co-Sponsored By Addabbo To Boost Graffiti Removal Efforts Is Approved By NYS Senate

Under a bill (S.585) co-sponsored by NYS Senator Joseph P. Addabbo, Jr. (D-Queens), convicted graffiti vandals would get a taste of their own medicine and be required to clean up graffiti and repair damaged property as part of their sentences, according to the Queens lawmaker.

"This legislation adds new meaning to the phrase, 'Tag! You're it!'," said Addabbo. "Specifically, people convicted of graffiti tagging would find that they're the ones ultimately responsible for scrubbing off or otherwise removing stubborn paint on walls, buildings and wherever else this vandalism occurs. As part of their sentence, vandals would be forced to learn just how time-consuming and difficult it is to clean up graffiti and repair defaced property."

The legislation recently passed the New York State Senate, and will now go to the State Assembly for consideration. The only exceptions to the graffiti



clean-up requirements in the bill would be in circumstances where the removal process is deemed unreasonably dangerous, or if no program providing for graffiti removal supervision exists in a specific area. This month, Addabbo, Councilwoman Elizabeth Crowley and Assemblyman

Mike Miller sponsored a graffiti clean-up in Middle Village.

"Graffiti all too often mars neighborhoods and costs property owners a lot of time and money in clean-up costs," said Addabbo. "This bill sends a clear message to graffiti vandals that if they spray, they'll pay."

Council Member Jimmy Van Bramer Holds His District 26 Mobile Office In Sunnyside

Council Member Jimmy Van Bramer held his District 26 Mobile Office at Sunnyside Library in Long Island City.

Members of the community who do not have the opportunity to visit the district office during the week had a chance to voice their questions and concerns directly to Council Member Van Bramer and his staff.

Since taking office in 2010, Council Member Van Bramer has made accessibility his priority. The mobile office is a part of Council Member Van Bramer's ongoing initiative to expand outreach and accessibility in neighborhoods throughout the 26th District. Future mobile office events, in all neighborhoods, are currently being planned.



Council Member Jimmy Van Bramer Announces Agreement to Build A New School in Woodside

On February 17th, Council Member Jimmy Van Bramer announced a successful collaborative effort with the School Construction Authority (SCA), the Department of Education (DOE), elected and community officials to purchase several lots at 57th Street and 39th Avenue in Woodside to build a new elementary school.

Council Member Van Bramer was joined by Lorraine Grillo, President of SCA, State Senator Michael Gianaris, Assemblyman Michael DenDekker and representatives from Congressman Joe Crowley's office, Assemblywoman Cathy Nolan's office, Community Education Council 30 and the DOE.

Council Member Van Bramer has worked extensively with the SCA to address overcrowding issues in Woodside and Sunnyside. The acquisition and the construction of this school will add 440 new seats to one of the most heavily overcrowded areas in the city.

"This agreement comes at a time when CEC 30 is in the midst of some of the worst overcrowd-



ing in the City of New York," said Council Member Van Bramer. "Today's announcement shows a commitment by both the SCA and the DOE to address this problem in our district. This agreement will not only give our children the adequate space that is needed to learn but will also alleviate the strain that has been put on schools in the surrounding area."

Council Member Van Bramer has met with CEC 30 to discuss overcrowding at PS 11 and is dedicated to developing a long-term

initiative with the SCA to actively address this issue in Woodside and Sunnyside, which sit in Community Education Council District 30.

"No child should have to fight for a desk, school supplies or the attention of their teachers. That's why I applaud Councilman Van Bramer for securing this agreement," said Rep. Joe Crowley. "There is no question Queens is in need of new and better school facilities and today's announce-

(Continued on page 11)

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Hundreds Gather to Elect New Leadership to Queens County Young Democrats

Motivated by a commitment to better their community, over 150 members of the Queens County Young Democrats gathered to elect a new Executive Board at the Anoroc Democratic Club last Wednesday night. Preceding President Costa Constantines distributed the election ballots to each member and under his leadership; QCYD has grown from a group of seven to the second-largest young democratic chapter in the State of New York. Also in attendance was Assemblyman Phillip Goldfeder to support his colleagues in public service.

Nick Roloson, a long-time QCYD member, won the seat for President. He currently serves as the Chief of Staff for Assemblyman Mike Miller and served as the former president of the St. John's University Democrats as well as the New York State College Democrats.

"Over the past 5 years, I have spent my time running politically-based organizations; I made programming, membership, and fundraising my prime mission. As President of QCYD, I want to bring the same level of dedication and results," said Nick Roloson. He continued explaining that "I hope to continue the mission of Costa to make our voices heard."

The remaining Executive Board seats went to:

• Hersh Parekh, Vice-President,



who is a first-year law student at Hofstra University;

• Rebecca Lynch, Vice President of Political Affairs, who is a District Leader for the 24th Assembly District, Part B in Glen Oak;

• Michael Mallon, Vice President of Membership, who is an aide to Councilman Danny Dromm as well as President of the Lesbian and Gay Democratic Club of Queens;

• Jamal Wilkerson, Vice President of Diversity, who is an aide to Councilman Leroy Comrie;

• Allison Weingarten, Treasurer, who is a student at Hunter College, School of Social Work, as well as aide to Assemblyman Lancman;

• Rochelle Haynes, Secretary, who is the Director of Policy at NYC Human Resources Administration/

Dept of Social Services;

• Angelica Ottomaneli-Katz,

Communications Director, who is an aide to Assemblyman Phillip Goldfeder and former Co-Chair of the Women's Caucus.

"QCYD's mission has always been to involve young people in the political process and advocate for issues important to young people," said Costa Constantines. He continued stating that "During my tenure as QCYD president, we increased our membership by 500 percent. I am grateful for all of those who worked to make the organization stronger, including our phenomenal county leader Congressman Joseph Crowley. I have great faith in the new QCYD board led by our new President Nick Roloson and that he and the new Executive Board will lead the organization to even greater success."

Addabbo & Local Students Send Valentines To Our Veterans



Senator Addabbo visits VA St. Albans Community Care Center to brighten the day for many when he dropped off Valentines from P.S. 88 students on February 16, 2012.

NYS Senator Joseph P. Addabbo, Jr., who serves on the Senate Veterans, Homeland Security & Military Affairs Committee, paid tribute to the brave sacrifice given by American men and women in uniform by supporting school children in the district who work on a Valentine's Day-themed project each year designed to applaud our heroic veterans housed in the VA St. Albans Community Care Center. On Thursday, February 16, Sena-

tor Addabbo visited residents of the VA St. Albans Community Care Center, as the representative of over 50 students from P.S. 88 in Ridgewood and delivered their "Valentines for Vets" greetings. Dozens of students had worked for the past several weeks on crafting creative, colorful, expressive greeting cards and letters, to show appreciation for the veterans' sacrifice and service from World War II to the Middle East conflicts. Their teacher and

principal met with the senator earlier that morning when he picked up the students' work.

Senator Addabbo then visited the veterans to personally deliver heart-felt greetings to each from the school children, affectionate tokens filled with expressions of their gratitude to show the veterans they care and they're not forgotten. For more information on the above, please contact Senator Addabbo's district office in Howard Beach at 718-738-1111.

Honoring a Titan of Local Activism

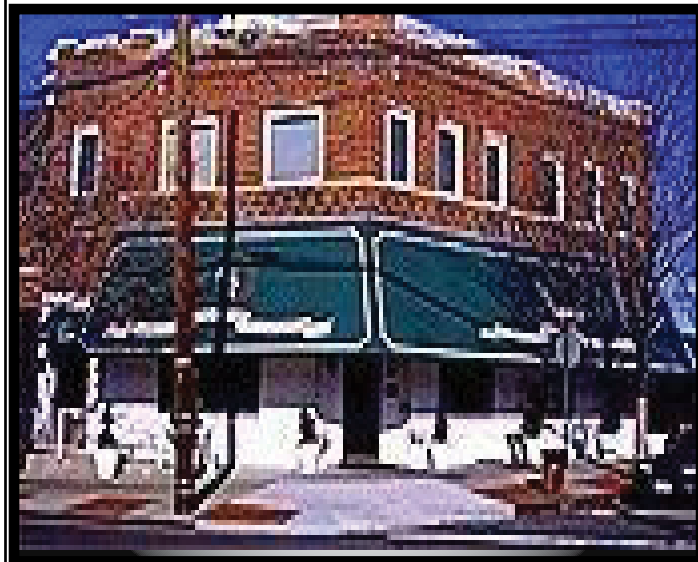
Member James F. Gennaro (D-Fresh Meadows) joins (l. to r.) Richard Hellenbrecht of the Queens Civic Congress, Assemblyman David Weprin, state Sen. Toby Stavisky, Councilman Jimmy Van Bramer, Borough President Helen Marshall, and Queens Public Library officials and neighborhood leaders at the Kew Gardens Hills Library on Wednesday night to unveil a plaque memorializing civic leader Pat Dolan.

Dolan, who fought for the funding necessary to renovate the



(Continued on page 11)

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How to Boost Your Brain Power at Every Meal

Feed your Head: How to Boost Your Brain Power at Every Meal Keep your mind sharp and focused all day long by adding these super seeds to your meals and snacks

Regardless of age, most of us endure those times when our brains just can't seem to get in gear. Experiencing "brain fog," a "senior moment," or losing your train of thought mid-sentence can be irritating at best and personally or professionally costly at worst. Happily, there is a lot you can do to help your brain perform optimally at any age. In honor of Brain Awareness Week, taking place March 12 – 18, commit to feeding your brain healthy doses of the nutrients it craves throughout each day. One of the easiest ways to do this is to add sunflower seeds and beverages to your meals and snacks.

"Our brains need amino acids, antioxidants, B vitamins, and healthy fats to maintain optimal function and prevent memory loss and cognitive decline as we age," said Christina Fitzgerald, MS, RD, LDN, of Nourished Nutrition and Wellness Services in Chicago. "Sunflower kernels are one of nature's most powerful brain boosters, delivering whopping amounts of these nutrients in every portion. Sprinkling sunflower kernels on cereals and salads, enjoying sunflower "milks" like SoL™ Sunflower Beverage on its own or in recipes, and snacking on sunflower seeds or SoL™ smoothies each day makes feeding your head a "no-brainer!"

Sunflower seeds are among the richest sources of lignans and linoleic acid – healthy phytochemicals and fats that are vitally important for brain health. They also contain one of the highest plant sources of choline, an amino acid essential for memory and cognitive function. And when it comes to antioxidant protection, it's hard to beat these super seeds. Each 8 ounce serving of SoL™ Sunflower Beverage, for example, contains 50% of the

recommended daily allowance of Vitamin E, the free radical scavenging nutrient that protects the brain from oxidative stress that leads to decline. New research has shown that people who consumed moderate amounts of Vitamin E from food sources lowered their risk of Alzheimer's disease by 67%. Sunflower seeds and beverages are also chock full of folate, the B vitamin essential for brain development in the womb and enhanced performance throughout our entire lives.

Here are five easy ways to get the goodness of sunflower kernels into your daily meals and snacks:

1. Breakfast or snack smoothies. Combine SoL™ Sunflower Beverage in a blender with some ice cubes and other brain-friendly foods like blueberries, avocados, or dark chocolate. Sweeten to taste, whiz, and enjoy.

2. Sprinkle a handful of sunflower seeds on salads at lunch or dinner, or add them to recipes for extra crunch.

3. Give your kids sunflower seeds in the shell to snack on at movies or after school. For about the same amount of calories in a sugar-laden candy bar, you can feed your kids something they already love to eat, with the added bonus of about 10 grams of protein and a brain-nourishing dose of healthy fats in each one cup serving.

4. Trade up on your post-workout beverage. Instead of downing a sugary energy drink, amplify the good work that aerobic exercise just did for your brain by quenching your thirst with a cold glass of SoL™. Lower in calories and sugar than most energy drinks, SoL™ is creamy, delicious, and full of the antioxidants, phosphorus, and phytonutrients your body and mind need to recover after a workout.

5. Enjoy smarter desserts! The great news for dessert lovers is that dark chocolate contains hefty amounts of brain-friendly antioxidants. Combining dark chocolate with sunflower seeds and beverages in recipes – and

adding choline-rich eggs into the mix – results in delicious finale after dinner and feeds your head while you sleep! Try this scrumptious chocolate soufflé recipe for your next family meal or dinner party.

In addition to sunflower seeds and beverages' great nutritional profile, they meet the burgeoning demand for foods and products that are free of common allergens such as dairy, soy, tree nuts, and gluten. Allergy-friendly SoL™ Sunflower Beverage works great in place of dairy or nut milk in recipes, too.

In New York, SoL™ is available at many leading retailers including Wegmans; Stop N Shop and Giant, and dozens of organic food stores including Back to Earth in New City; Dean's Natural Foods in Albany; Jandi's Nature Way in Oceanside; and Downtown Natural Market in Brooklyn.

SoL™ is available in three delicious flavors – Unsweetened, Original, and Vanilla – in shelf stable, aseptic 32 ounce Tetra Pak containers. The manufacturer's suggested retail price is \$2.69 for 32 ounces.

To learn more about SoL™, visit www.sunrich.com.

About Sunrich Naturals® Sunrich Naturals®, maker of SoL™ Refreshing Sunflower Beverage, has been working with American family farms to produce wholesome organic and natural foods for over 25 years. Sunrich Naturals® believes that healthy, good food starts with a healthy, good Earth. This simple belief guides everything we do – how we work with farmers, handle and process our grains, and produce our natural and organic foods. Our products can be found in many fine supermarkets, natural food retailers, and health food stores nationwide.

Sunrich Naturals® is a brand of SunOpta Inc., a leader in natural and organic ingredients, raw materials and consumer products and the largest sunflower processor in the United States.

Schumer And Goldfeder: Vitally-Needed Medical Education Training Slots Coming To St. John's Episcopal Hospital

U.S. Senator Charles E. Schumer and Assemblymember Phil Goldfeder announced today they helped secure an additional 24 Medicare-funded, resident physician slots for St. John's Episcopal Hospital in Far Rockaway. Federal law limits the number of Medicare-funded resident slots at hospitals across the country, but Far Rockaway became eligible for additional slots following recent hospital closures in New York. The slots will allow Medicare to fund additional physicians to train at St. John's Episcopal Hospital, ensuring that Queens and Nassau Counties have access to highly-qualified physicians in the face of physician shortages throughout the state. In the next round of closed slot awards, the hospital plans to seek additional slots and believes they meet the criteria and have the high demand for additional positions.

"I want to thank Senator Schumer

for his leadership and advocacy in securing new funding to establish additional resident physician positions at St. John's Episcopal Hospital," said Assemblyman Phil Goldfeder. "It is essential that St. John's is able to attract and retain well trained doctors who can provide quality healthcare to the people of the Rockaways. St. John's continues to make significant improvements and the addition of new resident physicians will reassure parents and families in Rockaway and southern Queens that quality healthcare is not too far away."

"Ensuring that we have talented and capable physicians at hospitals across the state is essential to providing quality health care," said Schumer. "This is going to be a big boost to St. John's Episcopal Hospital medical education program and its bottom line – and will help combat the growing doctor shortage problem. I look forward

to working closely with the hospital to help Queens and Nassau provide even more training opportunities for today's residents and tomorrow's health experts." St. John's Episcopal Hospital's Chief Executive Officer Nelson E. Toebe said, "We are very pleased that St. John's Episcopal Hospital will be the recipient of an additional 24 residency training slots. It will provide an opportunity to augment our current residency allocation of 136 positions. This will enable the Hospital to grow programs in psychiatry and emergency medicine and improve the quality of its current residency program offerings in dermatology, family practice, internal medicine, obstetrics/gynecology, ophthalmology, physical medicine and rehabilitation, surgery, and podiatry. We appreciate Senator Schumer's efforts to address the shortage of

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Queens Sports

by Robert Elkin

Jeremy Lin's Presence Excites Fans

By now all basketball follower have seen Jeremy Lin in action, either in person at Madison Square Garden or on television. They certainly know his capabilities as a starter on the New York Knickbockers. He can certainly play the shooting or point guard positions equally well.

Undrafted after graduating from Harvard, an Ivy League college, Lin played as a free agent in his first year with the Golden State Warriors, and in the National Basketball Association Development League. Last year he played in overall 49 contests combined.

Lin, sometimes having different nicknames, such as 'Linsanity,' impressed everyone right from the beginning, especially as a starter with the Knicks. Playing the guard position, he was an instant sensation as soon as he got accustomed to appearing in a pro uniform.

In the process or during his days with the Knicks he was named Eastern Conference Player of the Week and will be seen on national television with 'Team Shaq' in the Rising Stars Challenge as part of the all-star festivities this weekend.

He is a definite eventual Hall of Fame player the way he has been conducting himself on the court both on offense and on defense.

After signing with the Knicks in late December, he went to Erie Bay of the Development League, and when they had to fill a spot on the roster with a guard he was called up and became an instant

sensation.

How does the Knick fans feel about the future of their team with Lin as a starter along side Carmelo Anthony?

"Lin's addition to the team means we're winning," said Richard Robins, a resident of Flushing. "That's what we need-wins. He'll fit with Carmelo (Anthony) because Carmelo is a team player."

Robins attends Forest Hills High School, where he is not on its basketball team. In fact, Robins doesn't even play any organized basketball but enjoys watching the Knicks in action.

"My favorite player is Carmelo (Anthony)," Robins said before the Knicks lost to New Orleans at Madison Square Garden.

Caught during half time of this same game won by a team that is playing under .500 ball, when Lin disappointed with nine turnovers and only five assists in 39 minutes of action was an employee from Con Edison, whose headquarters is in Astoria.

Despite the guard's performance in one particular game, Greg Cochrane was still very much impressed with Lin's showing through 17 games including seven starts that he made at press time.

"I like the whole big picture," the Knick fan said. "I watched him and the Knicks (on television). Now this is my first time in a long time I'm getting to see a game (in person at the Garden). It's fun to see him in action (with all the different moves that he makes). I see Anthony Mason sitting on a side

(in the stands). He got so big!"

Cochrane, who went to high school south of Albany, kills time in Astoria by playing music, besides being employed.

Another spectator watching the Knicks get beaten was a former Queens College player back in the '70s.

Alden Foster, who played on the same team with Greg Vaughn, an outstanding player at Queens College and in the entire met area at the time, doesn't play any more because of arthritis in his leg. He watches the games a great deal. He's a fan of the sport.

"Lin has 'the game,' he said. "He's no fluke! he's for real."

In the all-star game balloting, Lamar Odom, former Christ The King High School of Middle Village all-city cager, garnered 142,830 votes for eighth place among the forwards. He is the only New Yorker to receive any votes for the annual contest matching the best from the Eastern Conference against the best from the Western Conference.

The Dallas Mavericks' front court player is averaging 21 minutes and eight points a contest mainly off the bench. At press time Odom started four of 30 games.

In addition to the competition, TNT television commentator Kenny Smith out of Archbishop Molloy High School in Briarwood is the chairman of the Rising Stars Challenge. Smith also served as the honorary commissioner of the draft of players.

Schumer And Goldfeder: Vitally-Needed Medical Education Training Slots Coming To St. John's Episcopal Hospital

(Continued from page 8)

physicians and its serious impact upon the health of the residents of Queens and Nassau Counties." The Centers for Medicare & Medicaid Services (CMS) recently awarded New York teaching hospitals increases to their Medicare direct graduate medical education (GME) and indirect medical education (IME) funding, known as "slots", thanks to the Affordable Care Act passed in 2010. These slots will help boost the physician population in Queens and Nassau County, as many doctors wind up practicing close to the physical location where they completed their residency.

The Affordable Care Act included an important provision that established a process to permanently preserve the Medicare funded residency slots from teaching hospitals that close. Previously, slots from closed hospitals could not be "returned" to the pool to be distributed to hospitals training residents over their Medicare allotted cap. To remedy this, the Affordable Care Act directed CMS to create a pool based on the number of Medicare slots associated with the

closed teaching hospitals' direct GME and IME caps. This pool of direct GME and IME slots was to be redistributed, giving priority to hospitals located in the same or contiguous core-based statistical area as the closed hospital, and that met other criteria. As a result, St. John's Hospital will receive new medical education funding and ensure that the Queens teaching slots are not lost to other states. There are 134 accredited, allopathic medical schools and approximately 400 major teaching hospitals and health systems in the U.S. that education and prepare the next generation of physicians. New York State is home to many of the nation's most prestigious academic medical centers and community teaching hospitals, making our state one of the world's premier centers for medical excellence. St. John's Episcopal Hospital supplies high quality patient care and vital community services, and provides a fertile environment to train the doctors needed in the years to come. Medical schools and teaching hospitals are also major economic engines for their communities and the national economy. A

recent study conducted by the Association of American Medical Colleges found that accredited medical schools, teaching hospitals and health systems employed over 1,861,549 individuals and generated \$512.3 billion in 2008. New York medical schools and teaching hospitals had the largest effect in dollars, with more than \$69 billion generated.

Previously, federal Medicare law placed an outdated cap on the number of residents New York hospitals and hospitals across the country are able to train without being penalized millions in Medicare funding. In 1997, the Balanced Budget Act froze the number of residents that a hospital could claim Medicare payment for, based on the number of residents that each hospital employed in 1996 and the cap has not changed since despite dramatic growth in the nation's population. The Affordable Care Act created a process to redistribute slots from closed hospitals, a first step to training more physicians and resulting in St. John's Episcopal Hospital in Far Rockaway securing the additional slots that they received today.

Avella Assists Homeowner Tormented by Property Tax Payment Error

They say you can't fight City Hall, but thanks to Senator Tony Avella, Ralph Silverman no longer will.

In late March of last year, Mr. Silverman submitted a payment for his quarterly property tax statement. DOF received the payment but never applied the payment to his record. In each subsequent statement Mr. Silverman received from DOF, he was informed of the "missed" payment which had accrued late fees. After countless phone calls and 311 complaints, the Silvermans came to Avella for help. Avella immediately reached out to DOF to cut through the bureaucratic red tape and clarify the error. Shortly after his initial contact, DOF admitted that the amount was applied to the wrong property account and will

be credited to Mr. Silverman's next quarterly statement.

"I am pleased that the Department of Finance responded swiftly to my request to correct their mistake," stated Avella. "Unfortunately, administrative errors do happen within City and State agencies and the homeowners are oftentimes held at fault. Thankfully, DOF agreed to credit the amount and expunge the accrued late fees."

Mr. Silverman said, "I went to seven different people with this problem, including elected officials, and no one did anything. The only one who was able to help was Tony Avella. I was recommended, if you have a problem, go to Senator Avella's office. I'm happy that this issue is finally resolved."

Stavisky Passes Legislation to Better Protect Minors from Drug Abuse

Senator Toby Ann Stavisky announced that the New York State Senate has passed legislation, S. 3210B, to combat the increase in drug use by young children and increase penalties for those who prey on youth. The new law will establish a more serious offense for the sale of a controlled substance to minors under the age of 14 by making it a class A-II felony.

"We must take special care to defend young children, who are among our most vulnerable citizens," said Senator Stavisky. "Drug dealers who target children deserve no leniency, and I am glad that the State Senate agrees."

According to the U.S. Department of Health and Human Services, an estimated 22.6 million Americans aged 12 or older are currently drug users, meaning they had used a drug during the month prior to the survey interview. This estimate represents 8.9

percent of the population aged 12 or older. The drugs include marijuana/hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or prescription-type psychotherapeutics used recreationally.

Under the new law, the sale of a controlled substance by an adult to a minor under the age of 14 will be a class A-II felony. It provides law enforcement with another tool in the battle to protect our children from negative influences by punishing those who profit from selling drugs to our children.

"Children as young as 12 years old are experimenting with addicting drugs. We need to recognize the problem, educate our youth, and enforce harsher punishments to protect our young people from going down the dark road to drug addiction," Senator Stavisky added. "The passage of this bill is an important step in that effort."

National Consumer Protection Week March 4-10th

You protect your family, pets, cars, homes... you name it. But it's important that you remember to protect yourself, and one place where you need security is in the consumer marketplace. That's why USA.gov supports National Consumer Protection Week, which runs from March 4th-10th. This special week is dedicated to encouraging consumers to take full advantage of their consumer rights and make better-informed purchasing decisions.

DID YOU KNOW?

- If you suspect you're a victim of online fraud or a scam you can submit a report to the FBI through the Internet Crime Complaint Center? Here you can report an incident that happened to you, or someone else.
- There is a statute of limitations on old debts and a collector's ability to sue you for them? This does not mean that you no longer owe the money, or that the collector can't still get you to pay them. It means that you can't be sued to cough up the dough after a certain amount of time has passed. The Federal Trade Commission can help you when it comes to understanding old debts.
- If you have a safety issue with a

consumer product you can report it to the U.S. Consumer Product Safety Commission? Besides alerting others to potentially dangerous products, you can search recalls and reports on other items you might already own or receive alerts about newly discovered hazardous items. You can also download the Consumer Product Safety Commission's "Recalls.gov" application on your mobile phone—giving you the most up-to-date recall information wherever you are.

- Teens today are at risk in ways that no generation before them has had to consider? Teach your teenagers the dangers of inappropriate texting and explain to them how what they choose to post online can affect them now, and for the rest of their lives.
- The Consumer Action Handbook is your free guide to help you navigate an increasingly complex marketplace? Updated annually, it includes a sample complaint letter and the contact information for many large companies to help you get in touch with them and rectify your issue.

Have specific questions about

(Continued on page 11)



New Ways to Look at Buying Light Bulbs

Tips from NYSEDA for Consumers

New lighting choices and light bulb packaging are showing up on store shelves due to energy efficiency standards launched nationwide at the beginning of January. This means shopping for light bulbs is different than it's been in the past.

The new standards require that light bulbs be 25 percent more efficient than traditional incandescents. The first changes, which began in January, are to 100-watt bulbs, followed by 75-, 60- and 40-watt bulbs over the next two years. In addition, new packaging for light bulbs will make it easier to compare bulbs that use different technologies, such as incandescents, Compact Fluorescent Lights (CFLs), halogens and Light Emitting Diodes (LED).

The New York State Energy Research and Development Authority (NYSEDA) offers these tips when shopping for light bulbs as standards and

packaging change:

Understand your choices: The new light bulb standards will result in more lighting options than ever before. Consumers can choose among energy-efficient incandescents, CFLs, halogens and LED technology – all of which will be at least 25 percent more energy efficient than the 125-year-old Edison light bulb, one of the most inefficient products in most homes.

Get to know your lumens: The new light bulb packaging includes a new standardization measure – lumens. Lumens measure how much light a bulb produces rather than how much energy it uses, which is measured in watts. Lumens make it easier to buy the amount of light you need. A bulb with more lumens produces bright light, regardless of the type of bulb. Less lumens means dimmer light. With this new standardization, comparison shopping by lumens will help consumers compare “apples to apples” across

incandescent, CFLs, halogens and LEDs.

Read the Lighting Facts Label to compare bulbs: In addition to lumen and watt information, the new Lighting Facts Label includes estimated yearly energy cost, life expectancy of the bulb and light appearance on a scale of warm (more yellow) to cool (more blue). With more lighting technologies to choose from, this information will make it easier to determine the right bulb for the job.

Try something new and save money: The new lighting standards will help consumers use less energy and spend less money on energy bills for the same amount of light. A typical household could potentially save \$100 to \$150 per year on electric bills by using a combination of the more energy-efficient bulbs.

For more information, visit: <http://www.nyserda.ny.gov/en/Page-Sections/Residential/Energy-Efficient-and-ENERGY-STAR-Products/Lighting/Lighting-Standards.aspx>

Rep. Maloney Encourages New Yorkers To Use IRS Free File For Free Online Tax Help & E-Filing

Taxpayers Earning \$57,000 or Less in 2011 Can Prepare and E-File Federal Tax Returns through IRS Partnership with Tax Software Industry –

Congresswoman Carolyn B. Maloney (D-Manhattan, Queens) encouraged constituents to take advantage of free tax preparation services available through the IRS Free File program. Since its inception in 2003, IRS Free File has offered free access to leading commercial tax preparation software to the more than 70% of American taxpayers who qualify. Any taxpayer with a 2011 Adjusted Gross Income of \$57,000 or less in 2011 can go to www.irs.gov/freefile to prepare, complete and

e-file his or her federal tax return free of cost. The free access to tax preparation software results from a public-private partnership between the IRS and the Free File Alliance, an umbrella association of major tax software companies.

“Taxpayers can easily prepare and e-file their federal returns at no cost by using the IRS Free File program,” said Rep. Maloney. “This service is available to every taxpayer whose Adjusted Gross Income was \$57,000 or less in 2011. To take advantage of the Free File program, simply go to IRS.gov and click on the “Free File” icon. E-filing is also the fastest way to get a refund: those who qualify for tax refunds may receive

them in as few as ten days after filing their returns.”

To learn about the Free File program and how to use it, taxpayers should go to the IRS website at www.irs.gov/freefile. There, they'll see a directory of tax preparation companies belonging to the Free File Alliance, and they can either select one or try the “help me find a company” function. After choosing a tax software firm, taxpayers will be directed to that firm's website to fill out and electronically file their federal income tax returns. The service is also available in Spanish. More than 70% of American taxpayers qualify for the Free File program. To learn more, visit www.freefilealliance.org.

CWNY's Fort Totten project Approved by Community Board 7

The Center for the Women of New York is pleased to announce that the project to restore its new home at 207 Totten Avenue at Fort Totten, Bayside, Queens, received unanimous approval by the Community Board 7 at its February 13th, 2012 meeting.

With this approval, the project has to receive

Historical and Landmarks approval and then go on to the formal steps of release of funds from state and city agencies for bidding to begin. It is projected that this can be accomplished within the next few months and the project will be on its way to becoming finalized.

When completed, the building will be the only

full service women's center devoted to women's rights and equal opportunity between the metropolitan area and Seneca Falls, New York! The new home at Ft Totten will be used as a Women's History, Conference and Career Education Center and is expected to be a rich resource for the entire community.

The Minstrel Players Audition a child for Larry Shue's "The Nerd" (New audition date)

Auditions for a child for Larry Shue's "The Nerd" – Monday, February 27th at 7:00 PM. Thor – A boy or a girl (who would play a boy) between the ages of 6-12. Rehearsals will either be on Sunday afternoons, Monday or Tuesday nights. Performed by The Minstrel Players of Northport. Performances will be on Saturdays, April 21, 28, and May 5 at 8 PM, and Sundays, April 22 and May 6th 3 PM at Houghton Hall theatre at Trinity Episcopal Church located at 130 Main Street in Northport Village. Please bring a resume and a headshot. For more information, please call 631-732-2926 or visit us online at www.minstrelplayers.org.



EMPTY BOWLS is an international project to fight HUNGER
www.emptybowls.net

All ages and abilities are welcome!

PAINT A BOWL, DONATE A BOWL

JOIN A KEW GARDENS EFFORT TO FIGHT HUNGER!
Come to The Potter's Wheel to paint a ceramic bowl that will be donated to a community fundraiser, the first Kew Gardens Empty Bowls Event on Sunday, March 18th. Your bowl will be on view at the event, chosen by an attendee (MAYBE YOU!), filled with delicious soup, enjoyed and then taken home as a reminder that there are always empty bowls in the world.

Bowl Painting Dates:
Friday, February 17, 3-7pm
Saturday, February 18, 2-6pm
Sunday, February 19, 2-6pm

RESERVE BY: ASAP
\$10 for each bowl, supplies included

THE POTTER'S WHEEL
120-33 83 Avenue
Kew Gardens
(718) 441-6614

CREATE A BOWL, DONATE A BOWL is a not for profit activity in preparation for the Empty Bowls Event.

Vallone and Vacca Examine Traffic Deaths Across City in Joint Hearing

Oversight: Proceeding with Caution—An Examination of NYPD's Accident Response and Enforcement of Traffic Rules Relating to Cars, Bikes, and Trucks

From 2000 to 2009, more New Yorkers died at the hands of reckless or speeding drivers than gunfire, according to data from the Department of Health and Mental Hygiene. In light of this evidence, Public Safety Committee Chairman Peter F. Vallone Jr. and Transportation Committee Chairman James Vacca held a joint hearing today on the New York Police Department's traffic accident response, investigations, and enforcement of traffic rules.

The committees also examined the NYPD's enforcement of truck regulations—specifically ticketing drivers who do not obey designated truck routes and dimension violations. Testimony was heard from NYPD Deputy Chief John Cassidy of the Transportation Bureau, representatives of transit and pedestrian advocacy groups and the families of victims who were killed or injured by drivers.

“We hope that today's hearing will yield information that will keep our streets safer for all—whether you been stuck behind a tractor trailer that had no business being on a

highway, or worse—have been injured at the hands of a reckless driver who got away with it due to our current laws,” said Council Member Vallone.

Deputy Chief Cassidy stated that there was an all-time record low of traffic fatalities in 2011—241 deaths, a 39% decrease from 393 deaths in 2001.

Despite the decrease, Council Member Vallone reiterated his ongoing message that the NYPD continues to operate with a drastically decreased uniformed headcount and reductions throughout the department—including the Transportation Bureau. For example there were only 211 highway officers in 2011, down from 376 in 2001.

Traffic Enforcement and Accident Investigation:

To better understand how the NYPD handles traffic incidents that involve injuries or death, Chief Cassidy provided the following breakdown in structure, which has a fundamental flaw (in bold) that pending state legislation and a resolution by Council Member Vallone is meant to fix:

“Every patrol precinct has a Traffic Safety Team, composed of the Precinct Executive Officer, Platoon Commanders, Training Sergeant and Traffic Safety Officer. This team is responsible for the development and imple-

mentation of the precinct's Traffic Safety plan, was well as for amending the plan as condition change. In addition to accident data, every precinct conducts a weekly Street Conditions Survey, in order to observe and report on highway and street conditions requiring correction.

For accidents which have resulted in a person being seriously injured and likely to die, an enhanced response to the accident is immediately deployed by the Highway District and the Accident Investigation Squad, or AIS.”

It is the NYPD's policy to only deploy AIS, a unit which also suffered substantial cuts, only when a victim has been declared dead or “likely to die” by a medical professional. Furthermore, only members of AIS can issue violations and make arrests when no police officer witnessed the accident.

Vallone along with fellow Council Members questioned what happens to traffic victims who are not classified as “likely to die,” yet sustain serious injuries. “Far too many people have been injured, or narrowly avoided injury, and have seen the reckless driver responsible get away with it because the police have

(Continued on page 11)

LEGAL NOTICES

Notice is hereby given that a license, serial number 1260835 for beer, wine and liquor has been applied for by the undersigned to sell beer, wine and liquor at retail in HEAVEN ENTERTAINMENT INC. under the Alcoholic Beverage Control Law at 28-26 Steinway St., New York, NY 11103, County of Queens, for on premises consumption HEAVEN ENTERTAINMENT INC. 2/9 & 16/2012

Notice is hereby given that an Order entered by the Civil Court, Queens County on 10/31/11, bearing Index Number NC-000927-11/QU, a copy of which may be examined at the office of the Clerk, located at 89-17 Sutphin Boulevard, Jamaica, NY 11435, grants me (us) the right to: Assume the name of (First) MARGARET (Middle) NGOZI (Last) NWAFOR-OGBONNA. My present name is (First) MARGARET (Middle) NGOZI (Last) NWAFOR AKA MARGARET N. NWAFOR-OGBONNA AKA M. NWAFOROGBONNA. My present address is 231-24 Lansing Avenue, apt. #1, Springfield Gardens, NY 11413. My place of birth is Nigeria. My date of birth is July 23, 1963. 2/23/12

Notice is hereby given that an Order entered by the Civil Court, Queens County on 1/23/12, bearing Index Number NC-001286-11/QU, a copy of which may be examined at the office of the Clerk, located at 89-17 Sutphin Boulevard, Jamaica, NY 11435, grants me (us) the right to: Assume the name of (First) PETE (Last) TSEKOURAS. My present name is (First) PETE (Last) TSEKOURAS AKA PANAGIOTIS P. TSEKOURAS. My present address is 159-11 84th Road, Jamaica, NY 11432. My place of birth is Greece. My date of birth is April 07, 1939. 2/23/12

Notice is hereby given that an Order entered by the Civil Court, Queens County on 2/7/12, bearing Index Number NC-000026-12/QU, a copy of which may be examined at the office of the Clerk, located at 89-17 Sutphin Boulevard, Jamaica, NY 11435, grants me (us) the right to: Assume the name of (First) SHEELA (Last) RAZA. My present name is (First) SHEELPA (Middle) M. (Last) PATEL AKA SHEELPA PATEL, AKA SHEELPA MAHENDRA PATEL, AKA SHEELPA PATEL. My present address is 261-09 Langston Avenue, FL. 1, Glen Oaks, NY 11004. My place of birth is Uganda. My date of birth is July 24, 1967. 2/23/12

**LEGAL NOTICES**

Notice is hereby given that an Order entered by the Civil Court, Queens County on 1/4/12, bearing Index Number NC-001222-11/QU, a copy of which may be examined at the office of the Clerk, located at 89-17 Sutphin Boulevard, Jamaica, NY 11435, grants me (us) the right to: Assume the name of (First) JORGE (Middle) MARIO (Last) BOTERO ESPANA. My present name is (First) JORGE (Middle) MARIO (Last) BOTERO AKA JORGE MARIO BOTERO ESPANA AKA JORGE M BOTERO. My present address is 75-05 113 STREET, APT 4P, Forest Hills, NY 11375. My place of birth is TORRANCE, CALIFORNIA. My date of birth is March 18, 1986. 2/23/12

Notice is hereby given that an Order entered by the Civil Court, Queens County on 11/2/11, bearing Index Number NC-001060-11/QU, a copy of which may be examined at the office of the Clerk, located at 89-17 Sutphin Boulevard, Jamaica, NY 11435, grants me (us) the right to: Assume the name of (First) SHUMAYA (Last) BANU. My present name is (First) SHUMAYA (Last) HASSAN. My present address is 114-10 109TH AVENUE, South Ozone Park, NY 11420. My place of birth is BANGLADESH. My date of birth is October 29, 1979. 2/23/12

KKATMICK REALTY LLC Articles of Org. filed NY Sec. of State (SSNY) 2/7/12. Office in Queens Co. SSNY design. agent of LLC upon whom process may be served. SSNY shall mail copy of process to 672 Old Mill Rd., Ste. 102, Millersville, MD 21108-1363. Purpose: Any lawful purpose. Principal business location: 52-27 35TH St., Long Island City, NY 11101. 2/23,3/1,8,15,22&29/12

NY State Approved Defensive Driving Course Available Online

The New York State Department of Motor Vehicles has APPROVED the New York Safety Program IPIRP course for all users. For further information please call 718-224-7385 or visit: queensnysp.com

GUARANTEED TO PASS OR YOUR MONEY BACK TRY OUR COURSE WITH NO OBLIGATION 100% SATISFACTION GUARANTEED

HANG UP And Drive

Congressman Crowley Holds 13th Annual Black History Month Event with Guest of Honor NBA Great Len Elmore

(Continued from page 2)

caster with ESPN and CBS, an attorney, and a distinguished professor. He is also engaged in a number of public service, educational and charitable activities.

"Black History Month is a time to reflect on the struggles and achievements of African Americans and honor those who continue to fan the flame for freedom and equality everywhere," said Mr. Elmore. "I am honored to be this year's keynote speaker and so pleased to join Congressman Crowley in both commemorating this important month and the contributions of two individuals who have worked so hard on behalf of their communities."

Following the keynote address, Crowley honored the evening's honorees, Ms. Brome and Mr. Crouch.

Ms. Brome, who owns her own independent realty agency, was recognized for her extensive involvement in the community, with

decades of membership and leadership in the Kiwanis Club, the NAACP, and the Neighborhood Housing Services of Queens.

A veteran of World War II and the Korean War, Mr. Crouch is a successful scientist, educator and author. He has served the Bronx community for over 50 years through his involvement with the NAACP, the 715th Veterans Association, and the American Federation of Teachers.

Attendees of the event were treated to performances by The Tee Tones, a New York City a cappella singing group. The invocation was led by Rev. Dr. Robert A. Smith Jr., Church of the Savior, and the benediction was delivered by Rev. Sheldon E. Williams, Co-op City Baptist Church.

Crowley has hosted an annual Black History Month event every year since 2000. Recent guests of honor include former President Bill Clinton and U.S. Attorney General Eric Holder.

Honoring a Titan of Local Activism

(Continued from page 7)

Kew Gardens Hills branch, was killed last November crossing the street. Gennaro has submitted legislation to rename the street in front of the library in Dolan's memory.

No outside donations were sought for the plaque, but the library does have a Pat Dolan Memorial Fund set up through the Queens Library Foundation. The plaque will stay in a secure location until the renovated

library opens—projected to be the end of 2014 or early 2015. Councilman Gennaro directed \$500,000 in funding to help meet the \$7 million price tag for the renovations.

Those who wish to buy books in Pat's memory may do so. If there is sufficient interest, the Foundation may dedicate a shelf of books or stack of books in her memory, as well. Those looking for more information can visit www.queenslibraryfoundation.org.

Tech News

U.S. Running Out of Wireless Spectrum

United States is running out of one its most valuable technological resources: wireless spectrum. The wireless capacity for cellphones, data plans and the like is expected to hit a usage deficit by next year. Wireless carriers are blaming the deficit on the exponential increase in smartphone and tablet usage. Read the full article at CNN.com

Move Over LCD, Samsung Focuses on Making OLED Displays

Samsung said it would begin shifting its focus from making LCD TVs to the new generation of OLED displays. OLED technology allows for thinner, more energy-efficient displays that can be used for pretty much anything, including paper. You can expect OLED to be the future of digital displays. Read the full article at Reuters.com

CM Van Bramer Announces Agreement to Build A New School in Woodside

(Continued from page 6)

ment is a step forward in addressing the needs of Woodside students. But our efforts must continue, and I will keep fighting in Congress to ensure that schools in Queens receive their fair share of federal funds and that the education of our children comes first."

Currently, CEC 30 is one of the most overcrowded school districts in the city. PS 11, an elementary school, only a few streets away is a prime example of the overcrowding issues in CEC 30 and at the moment is at 117 percent capacity.

"I want to thank the SCA and DOE for coming together to make this happen but more needs to be done to alleviate overcrowding in this district," said Council Member Van Bramer. "I will continue to work with the SCA and the DOE every single day to bring to mind new sites."

Senator Michael Gianaris said, "School overcrowding is a chronic problem that is reaching crisis levels. The construction of additional classroom space is welcome news that will help the children of Woodside obtain a more productive learning environment."

"We are constructing a state-of-the-art elementary school with approximately 400 seats to help relieve overcrowding and it is scheduled to open in 2015," SCA President Lorraine Grillo said. "I want to thank Councilman Van Bramer for his strong support of this project and many others."

Construction is expected to begin on the school in the spring/summer of 2013 on a school building. The new school is expected to open in September 2015.

National Consumer Protection Week March 4-10th

(Continued from page 9)

consumer topics like credit, ID theft or scams? Get answers from USA.gov's experts during the live Consumer Protection Q&A event for the public on Tuesday, March 6, 2012 from 2-3pm EST. You can post questions ahead of time or ask them during the live social media hour, which will take place on both USA.gov's Twitter feed (@USA.gov) and Facebook page (Facebook.com/USAgov).

Vallone and Vacca Examine Traffic Deaths Across City in Joint Hearing

(Continued from page 10)

refused to investigate," said Council Member Vallone. Vallone's resolution calls on the state to pass legislation sponsored by State Senator Daniel Squadron and Assemblymember Brian Kavanagh that gives police officers authority to issue summonses, even if the officer was not present at the time of the accident, as long as the officer has reasonable cause to believe the violation was committed by the driver.

In a harrowing case described by Nicole Bergman, the girlfriend of a cyclist struck and killed by a car, the victim was not declared "likely to die" at the scene. He died three days later in the hospital – by that time the driver had not been charged, and AIS had not been called to investigate the incident. According to Nicole, an investigation was launched three weeks after the incident, which produced very few findings. Truck Enforcement

Chief Cassidy also stated that the NYPD has taken an aggressive approach in truck enforcement—last year 130 trucks were seized for violations, and 25, 375 summonses were issued (up from 18,793 in 2010).

In an effort to provide an additional traffic safety tool, Council Member Vallone is also exploring legislation to allow for the confiscation of trucks that have violated size restrictions on highways, or have multiple violations for being off truck routes.

Purim Celebration – "The Glee Spiel"

At The Reform Temple Of Forest Hills

"The Glee Spiel" a sing-along Purim inspired by the music from the "Glee" television show, will take place at The Reform Temple of Forest Hills, 71-11 112th Street, on Sunday, March 11th at 10:00am. A Purim carnival will follow offering games, food, raffles – and fun! As part of the tradition of Purim, all are invited to attend the celebration in costume. Groggers will be provided. Hamantaschen, the traditional pastry for Purim, will be served.



Assemblyman Goldfeder, Senator Addabbo Teach “Respect for All” to Students at P.S. 146 in Howard Beach



At P.S. 146, Assemblyman Phillip Goldfeder and Senator Joseph Addabbo spoke to a room of nearly 200 students during “Respect for All” week in Howard Beach. The elected officials addressed the students on how to conduct themselves inside and outside the classroom with respect for their peers and teachers.

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Kids ages 2-12. Limit four (4) kids’ tickets with purchase of one full-priced adult ticket. Valid on select performances only. See Ticketmaster.com for details. Excludes VIP, VIP Gold and Circus Celebrity™ seats. No double discounts. Additional fees may apply.

MAR. 1 - 4	MAR. 7 - 18	MAR. 21 - 26

For full show schedules and to buy tickets go to Ringling.com, ticketmaster.com Retail Locations, Arena Box Offices or call 1-800-745-3000

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