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WHY DID THIS HAPPEN?

Probe continues into violent and deadly Flushing bus crash

BY ROBERT POZARYCKI AND SUZANNE MONTEVERDI

Police are continuing to investigate a crash in Flushing on Monday morning that left three people dead and 16 people hospitalized.

A total of 16 people were reported injured from the crash — "several of whom are critical and are fighting for their lives," Mayor Bill de Blasio said at a press conference that same morning. All are being treated at local hospitals. The National Transportation Safety Board (NTSB) is now part of the crash investigation.

According to the FDNY, the crash occurred at about 6:15 a.m. on Sept. 18 at the intersection of Northern Boulevard and Main Street, where a tour bus operated by the Dahlia Travels and Tours smacked into an MTA bus.

Police said that the tour bus was heading eastbound on Northern Boulevard when it collided with a Q20 bus traveling northbound on Main Street that was attempting to turn onto the boulevard's eastbound lanes. Fifteen people were on



Photos by Robert Stridiron/RHS NEWS

Emergency workers investigate an accident between a tour bus and an MTA bus in downtown Flushing.

board the Q20 bus at the time, it was reported.

The tour bus then smashed into a near-

by building, sparking a small fire that was quickly extinguished, the Daily News reported.

MTA Chairman Joe Lhota, who also spoke at the press conference, noted the buses were moving at such high speeds that the impact spun both buses around. The chairman said authorities investigating are "very concerned about the speed."

The investigation is in the preliminary stages and authorities "do not yet have a reliable videotape to work from," de Blasio said. Sections of Northern Boulevard and Main Street remain closed to traffic as the probe continues.

On Monday afternoon, police identified the victims as Raymond Mong, 49, of College Point Boulevard in College Point, who operated the tour bus; Gregory Liljefors, 55, of 140th Street in Flushing, a passenger on board the Q20 bus; and Henry Wdowiak, 68, of 35th Avenue in Flushing, a pedestrian who was walking at the intersection when the crash occurred.

Scores of firefighters, police officers and EMS units responded to the incident. De Blasio, Lhota and NYPD Assistant Chief Juanita Holmes also responded to the scene.

Lhota said that the Q20 bus driver suffered injuries that were not life-threatening and is speaking with investigators.

Tour bus operator had poor safety record; pols demand action

BY ROBERT POZARYCKI rpozarycki@qns.com / @robbpoz

The Flushing-based charter company that operated a bus involved in Monday's deadly crash scored poorly on federal safety ratings, two city lawmakers said on Tuesday.

Dahlia Travel and Tour Bus, located at 127-27 34th Ave. in Willets Point, owned the charter bus which smashed into a Q20 bus at the corner of Northern Boulevard and Main Street on the morning of Sept. 18. The tour bus driver, Raymond Mong, was among the three fatalities.

As the investigation into the crash continues, two City Council members — Ydanis Rodriguez, who chairs the Council's Transportation Committee, and Peter Koo, who represents Flushing — called on the city to further regulate the private bus industry.

They pointed out that Dahlia Travel and Tour Bus has a prior history of deadly accidents and scored poorly on Federal Motor Carrier Safety Administration ratings, ranking it worse than 81 percent of other charter bus operators nationwide.

The New York Times also reported on Sept. 19 that Mong previously worked as an MTA bus driver but was fired in 2015 after being personally involved in a three-car collision in Connecticut. He was sub-

sequently convicted on charges of driving under the influence and evading arrest, and wound up serving 18 months' probation.

Koo pointed out that many private buses compete with city buses on the streets of Flushing, and often the charter buses block traffic and commit other infractions. He also indicated that many of the drivers work long hours which may affect how they perform behind the wheel.

"As with any city-sanctioned transportation vehicle, private bus companies must be held to high standards of safety and accountability when they put the lives of others in their hands," Koo said. "While there is a place for these businesses, yesterday's devastation demands a closer look at how this industry can be better regulated."

Rodriguez and Koo called on the City Council to work with the city Department of Transportation and the NYPD on an effort "to crack down on bad private bus companies and take them out of operation."

The Courier reached out to Dahlia's office by phone and received a repeated busy signal.





Photo courtesy of Congresswoman Meng's office

Construction at the Flushing-Main Street

Elevator work underway at Main Street LIRR station

BY SUZANNE MONTEVERDI

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Work to make the Flushing-Main Street Long Island Railroad (LIRR) station accessible for all has begun.

Construction was initiated on the station's new westbound elevator in August, according to Congresswoman Grace Meng, and on the new eastbound elevator the week of Sept. 11. The elevators, which would make the station Americans with Disabilities Act (ADA) compliant, is a component of phase two of the LIRR's \$24.6 million planned overhaul for the downtown Flushing station.

The massive renovation project was first announced in 2012 and faced some hiccups, including an eminent domain battle with the nearby Ou-Juang Supermarket. New signage and platform railings, part of phase one construction, were unveiled in March 2016.

Other improvements still to come include a new ticket office in the station's westbound plaza, platform shelters and extensions, stairs and electrical/communication lines.

Completion of the station overhaul is set for early 2018.

"Plans to rehabilitate the Flushing-Main Street LIRR station have been in the works for many years and it's something for which I've long advocated," Meng said. "I am thrilled that construction is finally underway and that swift progress is being made. I thank the LIRR for its continued commitment to the renovation of the Flushing-Main Street station and I look forward the project's completion."

Tempers flare over Bayside and Douglaston bike lanes

BY SUZANNE MONTEVERDI

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One local lawmaker's protest over the construction of new bike lanes along Northern Boulevard in Bayside and Douglaston on Monday took a turn when a group of counter-protesters showed up to offer their very vocal support of the plan.

State Senator Tony Avella organized the rally outside of the Alley Pond Golf Center on Sept. 18 to give him and others the opportunity to blast the NYC Department of Transportation's (DOT) upcoming implementation of a bike lane along Northern Boulevard. DOT has already begun to work on the project.

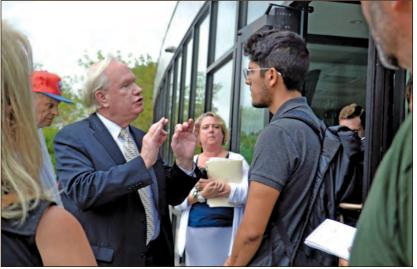
But the rally also drew the attention of about two dozen individuals from Transportation Alternatives. The organization has been vocally in favor of the DOT plan since it was first presented to the community at the Community Board 11 meeting in June, where it received board approval with a narrow vote.

After further consideration, the community board revisited the city's proposal at an emergency meeting called by the board's Transportation Committee in July. Committee co-chairperson Bernard Haber, a retired engineer, presented the board with his own set of revised plans. Instead of having the lanes in the street, Haber proposed, cyclists and pedestrians could share a widened sidewalk, eliminating the need for one westbound lane of traffic to be taken away. The group sent the plans to DOT for inspection.

On Sept. 11, Haber presented his proposal to the full community board and DOT officials, who said his alternate plan could run up to \$10 million and take years to complete. Haber said his plan would provide more safety for bikers and would only cost about \$600,000.

At the Sept. 18 rally, Avella was critical of DOT's decision to move forward with the project and urged the city agency to consider implementing Haber's plan.

"There's been a lot of controversy about this plan," Avella said. "The community board believes, and so do I, that it's actually safer to have [cyclists] on the extended sidewalk in this stretch rather than cutting off a lane of traffic."



Photos by Suzanne Monteverdi/THE COURIER

State Senator Tony Avella and Juan Restrepo, the Queens organizer for Transportation Alternatives, exchange words prior to the Sept. 18 press conference.

He also pointed out that motorists would have to cross through the proposed bike lane to enter and exit local businesses and the highway, putting cyclists at risk.

"Nobody's against the bike lane; we just want to do it in the right way, the safest way," Avella said. "Isn't it more important to be safer than rush something through? ... That's not democracy."

The press conference was going to take place inside of the golf center until advocates with Transportation Alternatives complained that the venue did not allow for their participation. After a heated back and forth, the state senator — who was joined by representatives from the Douglas Manor Association and Douglaston Homeowners Association — agreed to move the rally outside under the condition that they not call out during his remarks.

"These are their bullying tactics," Avella said of the group. "They don't want to have an open discussion."

The state senator said most of the advocates in attendance to counter his argument were not local residents and would not be directly impacted by the issue.

Ben Turner, Transportation Committee co-chairperson, told reporters that the board gave DOT clearance to implement the plan with their original vote and said that the bike lane is only part of the larger plan to make Northern Boulevard safer for all — including motorists.

"[The roadway] is too wide open; it encourages speeding," Turner said. "Part of the purpose of the DOT's plan is to reduce speeding by removing excess road capacity ... That's the point that's been lost in all of this debate."

Eric Harold, a member of Transportation Alternatives and a Whitestone resident, said there is an immediate need for the bike lanes and revisions can be made in future years, if deemed necessary.

"Right now, the DOT's plan can immediately impact the safety of cyclists and pedestrians," he said. "It can be done in a week."

A DOT spokesperson said the city agency is "open to continuing the discussion" about the community board's concept.

"However, DOT's plan, which incorporated much of the board's previous feedback and received a vote of support this summer, allows the agency to immediately deliver critical safety benefits for the community and all street users," the spokesperson continued. "Implementing the two-way protected bike lane on the north side of Northern Boulevard adds vital traffic calming along this Vision Zero priority corridor while creating a safer route for pedestrians and cyclists traveling between Bayside and Douglaston."

DOT has received letters of support from several community groups in favor of the project, including the Douglaston Local Development Corp., the Douglaston Village Chamber of Commerce, and the Westmoreland Association, the spokesperson also said.

The call for safety improvements at the location was spurred by the death of 78-year-old Michael Schenkman, who was struck and killed by a car while riding his bicycle on Northern Boulevard to access the nearby Joe Michaels Mile bike path.



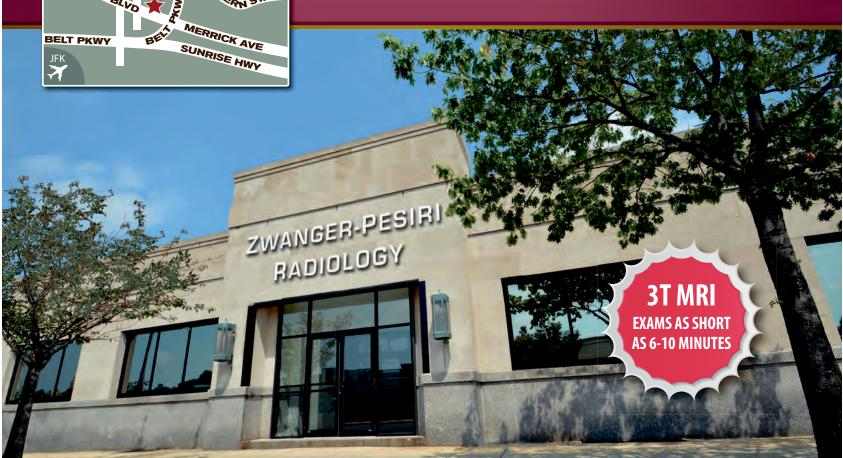




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Roosevelt Parc in Jackson Heights to rise 14 stories and offer 139 units

amatua@qns.com

Though much of the large-scale development in Queens has been concentrated in neighborhoods like Long Island City and Astoria, a new apartment building in Jackson Heights will add a 14-story complex to an area that includes mostly smaller structures.

Roosevelt Arc, located at 71-17 Roosevelt Ave., is a project by Socius Development and Weber Real Estate that will bring 139 units to Jackson Heights. According to Weber Real Estate's website, the project will cater to residents who already live in the neighborhood by constructing "a diverse mix of modestly sized and competitively priced units."

In addition to 95,000 square feet of residential space, the building will include 8,400 square feet for retail on the ground floor and 19,000 square feet of community facility space on the second floor, YIMBY first reported.

The building will be located right along the elevated 7 tracks, and residents will have access to the E,F, M and R as well.

Amenities will include multiple lounges, a screening room, a children's play room, an internet cafe, yoga deck, pool table, bicycle storage and 163 parking spots.

Developers will also provide 30,000 square feet of common outdoor space including multiple outdoor roofdecks and an outdoor courtyard. Marvel Architects are responsible for the design.



A 14-story apartment building dubbed Roosevelt Parc is planned for Jackson Heights

Two N/W train stops in Astoria to close in October for 8-month overhaul



The 30th and 36th Avenue stations will be closed starting Oct. 23 for renovations.

BY ANGELA MATUA amatua@qns.com

Starting on Oct. 23, Astoria residents who normally use the 30th Avenue and 36th Avenue stations to get to work will have to walk a little further.

The stations will close until June for renovations that were announced by Governor Andrew Cuomo last January. According to an MTA spokesperson, the upgrades will include structural repairs, new and rehabilitated station entrances, improved mezzanines and platforms and other amenities like USB ports, digital screens and countdown clocks.

Signs will be posted to advise straphangers of the closure and the spokesperson said shuttle buses will not be provided for riders during the eightmonth period. Residents will have to walk to Astoria Boulevard, Broadway or 39 Avenue stations for service.

After the changes are completed, the Broadway and 39 Avenue stations will close for renovations.

In total, 30 stations across the city will be overhauled. The stations will be completely shut down to expedite the pro-

"This is absolutely vital to the daily functioning of New York City, but for too long, it has failed to meet the region's growing size and strength," Cuomo said in a January statement. "This is about doing more than just repair and maintain. This is thinking bigger and better and building the 21st-century transit system New Yorkers deserve."

DNAinfo first reported the story.

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Dr. Cohen provides the medical and surgical treatment of erectile problems, enlarged prostate, testosterone deficiency and kidney stones. He is also an expert in the medical and surgical treatment of male sexual dysfunction. Dr. Cohen also offers innovative, minimally-invasive solutions to erectile dysfunction, enlarged prostate and kidney stones.



BORIS KOBRINSKY, MD ONCOLOGIST/ HEMATOLOGIST

Clinical Assistant Professor in the Department of Medicine. Doctor Kobrinsky received his medical degree from Albert Einstein College of Medicine and completed his residency

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Doctor Kobrinsky is serving as Medical Director of Hematology/Oncology Center at NYU Langone Ambulatory Care - Rego Park.

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LIC strip club with troubled history loses liquor license & closes

RV ANGELA MATUA

amatua@ans.com / @AngelaMatua

A strip club in Long Island City that was described by nearby residents as "dangerous" and "ominous" had its liquor license revoked earlier last week and has officially shut down, the Daily News first reported.

Aces, located at 31-10 37th Ave., was the scene of a shooting in May 2016. That some month, about a dozen residents who live near the club attended a Community Board 1 meeting to ask that the board take steps to shut it down.

James Woods, who lives on 32nd Street between 37th and 38th avenues, said at the May 2016 meeting that four to six NYPD cars are parked at every intersection surrounding the club from 2 a.m. to 4 a.m. every night. He said patrons stop in front of his building to urinate or vomit on the sidewalk before going into their cars to "do drugs or have sex."

Deputy Inspector Peter Fortune, the commanding officer of the 114th Precinct, assured residents that the NYPD would "do what we can to keep the place safe."

The club, which was formerly called System, opened under the new name in January 2016. According to state Senator Michael Gianaris, 252 "911" calls were placed in 2016 alone to report issues and criminal activity occurring at the club.

Aces also failed to display its license and employed unlicensed security guards among other violations. The nightclub was shut down several times but commu-



Photo courtesy of Aces New York

Aces, a strip club in Long Island City, lost its liquor license and closed last week.

nity leaders and police were never able to convince the State Liquor Authority (SLA) to revoke their liquor license until March 2017.

The SLA revoked the club's license on March 9 after Gianaris wrote a letter outlining how Aces contributed to quality-of-life issues in the area. But a state judge granted a stay on the same day,

allowing the club to keep its license.

Gianaris held a press conference in front of Aces one week later with community leaders and the 114th Precinct to "encourage" the court to follow the SLA's recommendations.

According to SLA records, Aces was fined \$11,500 in November 2013 by the SLA for failing to keep up with fire and

building codes and for selling alcohol past 4 a.m. An inspection in 2016 found that the club had altered its interior without notifying the SLA including adding a DJ booth and an additional bar.

The SLA officially revoked the club's liquor license on Aug. 31 and the cancellation took effect on Sept. 12, a spokesperson for the SLA said.

"It is a success for our neighborhood to get this source of community unrest shut down, but we must remain vigilant," Gianaris said in a statement. "I will continue making sure our streets are safe, and our neighbors live in a community with a robust quality of life."

The club posted a thank you note to staff and patrons on its Instagram page on Sept. 15.

But in subsequent posts, the club seemed to hint at a comeback.

"A few emotional words for my aces #family @acesnewyork to all those who supported us we love you," a caption to an Instagram video read. "#acesnewyork we will be back soon!!"

On Sept. 16, a famous scene from the movie "Wolf of Wall Street" where Leonardo DiCaprio's character tells his staff, "I'm not f—g leaving" was posted with the caption "meeting went well today "preshift @acesnewyork management be like #imnotf—gleaving#werenotf—gleaving it's gonna take a "wreckingball to get us out!!"

Phone calls to the club went unanswered.



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103rd Precinct

Queens Village man admits to firebombings

A Queens Village man will be getting a long prison sentence for firebombing five occupied buildings in Jamaica – including two houses of worship – on New Year's Day of 2012.

Suraj Poonai Ray Lazier Lengend, 45, pleaded guilty to first-degree attempted arson as a hate crime. He is due to return to court for sentencing on Sept. 28, where Acting Queens Supreme Court Justice Barry Kron, who was presiding over the ruling, indicated that he would be sentencing Lengend to 20 years in prison with five years of post-release supervision.

According to statements made by police, Lengend admitted that he planned the attacks to inflict as much damage as possible and that his goal was to take out as many Muslims and Arabs as possible. He later went on to state that he disliked Muslims, Arabs and Hindus.

Cops arrested Lengend two nights later; he would later be indicted on federal and state hate crime charges.

109th Precinct College Point, Flushing, Whitestone

Motorcyclist killed on parkway exit ramp

Police are investigating a motorcycle crash just off of the Grand Central Parkway in Flushing on Monday afternoon that left a man dead and a teenage girl injured.

At 5:20 p.m. on Sept. 18, police responded to a 911 call of a motor vehicle collision involving a motorcycle and a pedestrian along the exit ramp from the parkway's westbound side to the northbound Whitestone Expressway, near Citi Field.

According to information that police obtained, 42-year-old Matthew Rosenzweig of Fleetwood in Westchester County was riding a motorcycle on the Grand Central Parkway exit ramp, but couldn't properly navigate the curved exit ramp. He rode straight on the left shoulder, then began to slide on the grass and wound up hitting the girl, who was standing on the shoulder.

Police said that Rosenzweig was then ejected off the motorcycle into a concrete wall, and the motorcycle continued to slide before coming to rest on top of him.

EMS responded to the scene and transported Rosenzweig to NewYork Presbyterian Queens hospital, where he was pronounced dead; the girl was removed to Elmhurst Hospital in stable condition.

Man sought for Flushing rape attempt

The NYPD has released footage of a man who attempted to sexually assault a 27-year-old woman on a Flushing street last month.

Law enforcement sources said the attempted rape occurred at 4:30 a.m. on Aug. 26 in the vicinity of Barclay Avenue and Union Street.

According to police, the perpetrator — described as a man standing between

5 foot 3 and 5 foot 6 inches tall, weighing between 130 and 160 pounds — approached the victim, wrapped his arms around her and pulled her to the ground. He then proceeded to unbutton his pants.

Before he could do anything, authorities noted, the woman managed to flee the scene



The perpetrator was last seen wearing a red plaid button-down shirt, a light colored baseball cap, dark colored jeans, a dark colored backpack and black sneakers.

110th Precinct Corona, Elmhurst, Jackson

Corona, Elmhurst, Jackson Heights

Woman sought for Corona bank heist

Police need the public's help in tracking down a woman who robbed a bank in Corona on Saturday afternoon.

Law enforcement sources said the heist took place at 3 p.m. on Sept. 16 at the Queens County Savings Bank located at 51-13 108th St., near Corona Avenue.

According to authorities, the bandit — described as a black woman standing 5 foot 5 inches tall, weighing 170 pounds with a dark complexion and wearing a black coat, black hat and black sunglasses — approached the counter and passed a demand note to a 21-year-old female teller.

The employee complied with the request and handed to the suspect an

undetermined amount of money, police said. Cash in hand, the thief fled the scene in an unknown direction.

Anyone with information regarding the robbery is asked to call Crime Stoppers at 800-577-TIPS, visit www.nypdcrimestoppers.com or send a text message to 274637 (CRIMES), then enter TIP577. All calls and messages are kept confidential.

114th Precinct Astoria and Long Island City

Astoria hate vandal facing 90 days in jail

An Astoria man has admitted in court to going on a six-month-long graffiti rampage in the neighborhood in which he left homophobic slurs and anti-Obama messages on homes and businesses.

Yaacov Shemesh, 53, pleaded guilty on Sept. 19 to third-degree criminal mischief, an E felony. Acting Supreme Court Justice Gia Morris, who presided over the ruling, indicated that she will sentence Shemesh



at a Nov. 1 hearing to 90 days in jail, five years probation and sensitivity training.

According to Queens District Attorney Richard A. Brown, between December 2016 and May 2017, Shemesh vandalized both residential and commercial buildings and garages within walking distance of his home with homophobic slurs combined with the name of former President Barack Obama. Occasionally used the slurs would be combined with New York City Mayor Bill de Blasio's name and former Presidential candidate Hillary Clinton







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TAX TIPS

Extensions for Harvey Victims



BY JOHN SAVIGNANO, CPA

As Texas faces a long recovery from Harvey, IRS, like a good neighbor, is there to help.

Victims have until January 31st to file 2016 returns, assuming they previously got proper filing extensions. This deadline also applies to estimated tax payments originally due on September 15th and January 16, 2018, as well as to payroll tax filings and excise tax returns.

Leave-donation programs get IRS's blessing. Some employers will let workers forfeit paid vacation or sick days for cash payments the employer makes to charitable organizations that assist victims of Harvey. According to the Service, workers won't be subject to payroll or income taxes on the value of the donated leave, but they also are not able to take charitable deductions on their income tax returns. Employers are able to write off the payments to the charities as a business expense.

Employers can give tax-free assistance to employee victims of Harvey. Firms can help employees pay for necessary personal, family, living or funeral costs, as well as home repair expenses, provided the amounts aren't covered by insurance. These qualified disaster payments aren't taxable to a worker, and the employer can generally deduct them. Alternatively, an employer-sponsored private foundation can give the money to company employees without jeopardizing its tax-exempt status.

Victims of Harvey are able to tap qualified employer plans more freely. IRS is temporarily easing the hardship payout rules so victims can take funds for their living costs or other needs arising from the disaster, and plans will be allowed to speed up payment. Ditto for withdrawals by plan participants to help relatives who live or work in the affected counties. Payouts will still be taxed, and the 10% fine for early distribution may apply. Plan loans can also be made on an expedited basis.

For taxpayers whose home, car or business property was damaged, you can deduct your losses to the extent you aren't reimbursed by insurance. Your loss is equal to the lesser of the property's adjusted basis or decline in value, less any insurance proceeds you got or expect to get.

Only itemizers can claim a deduction for damage to nonbusiness property. The balance is deductible only to the extent it exceeds 10% of the adjusted gross income. The rules for deducting casualty losses on business assets are more liberal. The \$100 and 10%-of-AGI offsets don't apply, and nonitemizers can write off losses.

Consider amending your 2016 return to deduct your casualty losses. Losses incurred in Harvey can be taken on either your 2016 or 2017 tax return. If you've already filed for 206, claim the loss on an amended return to get a refund.

You can expect IRS to grant similar relief to victims of Hurricane

John Savignano is a partner with Savignano Accountants & Advisors located at 47-46 Vernon Blvd., Second Floor, in Long Island City. If you have any questions or require additional information, please call John at 718-707-0955.





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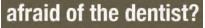
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Photo: Shutterstock

Hospitals settle false claims suit

BY EMILY DAVENPORT edavenport@qns.com/@QNS

The operator of two Queens hospitals has reached a settlement for allegedly defrauding a government program.

MediSys Health Network Inc., which owns and operates Flushing Hospital Medical Center and Jamaica Hospital Medical Center, agreed to pay \$4 million to settle after it allegedly violated the False Claims Act by engaging in improper financial relationships with referring physicians.

"Health care providers who enter into improper financial relations with referring physicians compromise the referral process and encourage over-utilization of services, to the potential detriment of both patients and taxpayers. We will hold health care providers accountable for their violations of federal law." stated Acting U.S. Attorney Bridget M. Rohde.

An investigation found that MediSys Health Network Inc. had submitted false claims to Medicare from patients who were referred by physicians that the company had improper financial relationships. These relationships took the form of compensation and office lease arrangements that did not comply with the requirements of the Stark Law, which restricts the financial relationships that hospitals may have with doctors who refer patients to them.

The allegations were brought to light by the government when a complaint was filed in regards to the qui tam provisions of the False Claims Act. Under this act, private citizens can sue on behalf of the United States and share in any recovery.

"This recovery should help to deter other health care providers from entering into improper financial relationships with physicians that can taint the physicians' medical judgment, to the detriment of patients and taxpayers," said Acting Assistant Attorney General Chad A. Readler of the Justice Department's Civil Division.

Shooting suspect crashes car after South Ozone Park pursuit

BY ROBERT POZARYCKI

rpozarycki@qns.com / @robbpoz

He got away ... for now.

The prime suspect in a recent shooting and robbery in South Ozone Park was spotted by cops in the neighborhood on Sept. 13, and he crashed his ride into a bus while fleeing from them, according to police.

Law enforcement sources said detectives from the 106th Precinct Detective Squad spotted the unidentified suspect driving in the vicinity of Lefferts Boulevard and 111th Avenue at 8:37 p.m. on Sept. 13.

Earlier this month, on the morning of Sept. 4, the suspect shot a 44-year-old man in the ankle while attempting to rob him in the vicinity of 128th Street and Sutter Avenue. Police said the gunman grabbed chains off the victim's neck and fled inside a silver coupe that headed southbound on 129th Street.

Sources familiar with the investigation stated that detectives, upon seeing the suspect on the night of Sept. 13, attempted to pull the car over at the location. Instead, the perpetrator tried to accelerate away and wound up striking a bus and a fire hydrant. He then exited the vehicle and fled on foot in an unknown direction.



Photo by Mari Estrella/RHS News

Additional 106th Precinct officers rushed to the scene; no serious injuries were reported. Police launched a landand-air search for the suspect, but despite their efforts, no arrests were made.

Police sources said they were able to obtain the suspect's identification, and that "it's only a matter of time" before he is caught.

The NYPD described the suspect as a male with a dark complexion in his 20s

standing 5 foot 9 inches tall and weighing 160 pounds. He was last seen on Wednesday night wearing a gray T-shirt and green pants.

Anyone with information regarding the suspect's whereabouts is urged to call Crime Stoppers at 800-577-TIPS, visit their website, www.nypdcrimestoppers. com, or send a text message to 274637 (CRIMES), then enter TIP577. All calls and messages are kept confidential.



Photo courtesy of DCAS

Photo caption: DCAS and Edison High School officials celebrate their new solar carport.

Edison High School gets new solar-powered carport

BY ANTHONY GIUDICE

agiudice@ridgewoodtimes.com @A_GiudiceReport

Students at one Jamaica high school helped cut the ribbon on an innovative and environmentally friendly new feature added to their school: a solar carport for the driver's education program.

The Department of Citywide Administrative Services (DCAS) has continued its partnership with Thomas Edison Career and Technical Education High School to open the free-standing solar carport to 165-65 84th Ave., which will use solar power to charge two electric cars to be used in the school's driver's

education program.

"Our partnership with DCAS has created new innovation pathways in STEM and a tremendous amount of workforce capital at Thomas Edison CTE HS," said Principal Moses A. Ojeda. "Considering that advances in energy efficiency and technology spurs innovation with global impact, we are now fortunate enough to be at the forefront with cost-efficient electric cars, solar-powered charging stations and advanced computer electrical tools in the hands of our students, all while promoting a clean and healthy environment."

The new solar carport and electric vehicles are meant to not only teach students how to safely operate a motor vehicle, but also inform them about solar energy, sustainability and other clean energy sources.

"NYC Fleet is a world leader in fleet sustainability and is leading a transition to zero emission and sustainable fleet operations," said DCAS Commissioner Lisette Camilo. "There is no better example of the future we want to build than today, at Thomas Edison High School in Queens, with our drivers of tomorrow starting out in all electric vehicles, powered by the sun."

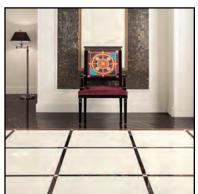
To date, DCAS has provided seven high schools with electric cars for driver's education classes. It has also donated an additional 19 vehicles for use in high school automotive shops.





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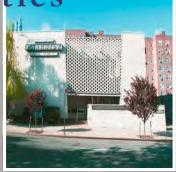
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CB 7 wants action on Willets Point after decade of non-starts

BY SUZANNE MONTEVERDI

smonteverdi@qns.com / @smont76

While the future of a long-awaited Willets Point development project in Flushing remains in the balance, community members at a special meeting on Sept. 18 made it clear they want to see action as soon as possible.

After a court decision put the future of the Willets Point development in limbo, Community Board 7 met with a representative for the project's developer — Queens Development Group LLC (QDG) — at a contract-mandated quarterly meeting in June.

Members of the board's Building and Zoning Committee were openly critical of the New York City Economic Development Corporation's (NYCEDC) failure to send a representative to the meeting and followed up with a letter to EDC outlining their complaints. Two weeks later, the city agency's President James Patchett responded with his own letter, claiming EDC was notified about the meeting on short notice and remains committed to seeing the project move forward.

At the Sept. 18 session, all three parties were present to discuss any updates.



Though the EDC representative admitted there was "not much to report," he did present images of extensive demolition work conducted at the site while the city agency waited on the outcome of the court case. A total of 48 structures on 33 lots have been demolished and taken down to grade, according to EDC.

"While we were waiting for the court process to unfold, we were not just resting on our laurels," the representative said.

He also noted that the contract has a

provision that allows both the city and the developer the option to terminate the agreement with notice. However, right now, QDG still remains the developer on record.

The legal representative for QDG, Ethan Goodman from Fox Rothschild, said the joint venture between Sterling Equities and Related Companies and the city still have the option to pursue alienation, which would allow the Willets West component to move forward. It remains unclear whether either party will pursue this route.

After the EDC presentation, Committee Chairperson Chuck Apelian reiterated the board's demand to be more included in the process.

"We want to be involved with EDC, with the mayor's office," Apelian said. "We've given a lot of input and a lot of support in the past — but what seems to happen over the past is that EDC will come and go ... We don't want to be patronized anymore. We want to be part of this process."

"We don't want this to take another 10 years," member Joe Sweeney added. "And if you're having conversation, as Chuck said, we want to be informed."

The EDC representative said the agency continues to work to ready the site for development and is remains dedicated to remediating the site and building affordable housing.

"We want a time frame and a time limit for everyone to decide whether or not they're gonna proceed and pursue alienation, or the current plan that this board and everybody has on the table," Apelian said. "The doors have to be wide open."

The groups will meet again in January.

Agents seize record-breaking stash of deadly fentanyl from Kew Gardens apt.

BY ANGELA MATUA

amatua@qns.com / @AngelaMatua

Approximately 140 pounds of the deadly synthetic drug responsible for the massive increase in overdoses around the country was recovered from a Kew Gardens home last month, prosecutors announced on Monday.

According to Bridget G. Brennan, the city's special narcotics prosecutor, two people were arrested on Aug. 1 after New Jersey DEA agents and the Queens Narcotics Major Case Squad found several suitcases and a purse stuffed with the deadly drug.

Agents and detectives from both agencies followed Blanca Flores-Solis, 52, and Rogelio Alvarado-Robles, 55, as they drove a silver Mercedes Benz with Florida license plates to a Walmart in Manahawkin, N.J. In the parking lot, Alvarado-Robles took a shopping bag from an unidentified male and followed Flores-Solis inside the store.

Agents saw Alvarado-Robles place the shopping bag into a book bag that Flores-Solis was wearing. Soon after, the duo drove away and made several stops before traveling to their apartment at 85-15 120th St. in Kew Gardens.

Detectives secured and then executed a search warrant to enter the apartment at 9 p.m. on Aug. 1. During the search, they found four suitcases and a purse containing 97 kilogram-sized packages filled with drugs. A total of 213 pounds of drugs



Photos courtesy of NYC Special Narcotics Prosecutor

A total of 213 pounds of drugs were recovered from a Kew Gardens home last month.

were recovered and an NYPD laboratory analysis found that of 97 packages found, 86 contained fentanyl.

In addition to 64 kilograms of pure fentanyl, 22 kilograms contained fentanyl mixed with heroin, the synthetic opioid tramadol and the tranquilizer ketamine.

According to Brennan, this is the largest seizure of fentanyl to date in the city. Fentanyl is extremely deadly; a two- or three-milligram dose can be lethal, and the 64 kilograms seized could have lead to approximately 32 million deadly doses.

Alvarado-Robles and Flores-Solis were each charged with two counts of first-degree criminal possession of a controlled substance and two counts of third-degree criminal possession of a controlled substance.

"The sheer volume of fentanyl pouring into the city is shocking," Brennan said. "It's not only killing a record number of people in New York City, but the city is used as a hub of regional distribution for a lethal substance that is taking thousands of lives throughout the Northeast."

According to the New York City Department of Health and Mental Hygiene, fentanyl is responsible for the large spike in fatal overdoses in the city. In 2016, 1,374 people died from opioid overdoses – 46 percent more than in 2015.

Another investigation on Sept. 5 led detectives to seize 55 pounds of narcotics from a car in the Bronx. An analysis found that 54 pounds contained a fentanyl and heroin mixture and the remaining pound was pure fentanyl.

The fentanyl, heroin and cocaine seized from both locations have a street value of more than \$30 million.

Bronx residents Edwin Guzman, 35, and Manuel Rivera-Santana, 32, were charged with one count of second-degree conspiracy, one count of first-degree criminal possession of a controlled substance and one count of third-degree criminal possession of a controlled substance.

"We are facing a new and increasingly deadly crisis in our communities," said Queens District Attorney Richard A. Brown. "Heroin mixed with the synthetic drug fentanyl is a deadly cocktail. As a result, we've seen staggering numbers of fatal overdoses – far outpacing homicides in Queens. These two investigations that led to the seizure of these drugs will undoubtedly save lives and we will continue to work diligently with our law enforcement partners to combat this growing epidemic."



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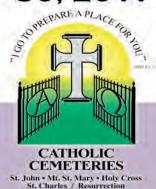


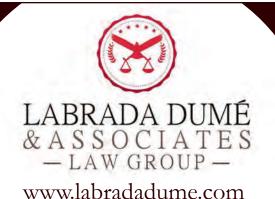
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Volunteers build a brand-new playground in Little Neck

BY SUZANNE MONTEVERDI

smonteverdi@qns.com / @smont76

Volunteers from near and far assembled in Little Neck for a hard day's work for a good cause.

Thanks to the dedication of over 200 giving-minded individuals, the Samuel Field Y at 58th Avenue and Little Neck Parkway now features a colorful play space for the neighborhood's children. The design was based on drawings created by kids at the community center over the summer.

Participants in the Sept. 14 community event included Samuel Field Y employees, Disney VoluntEARS, ESPN Corporate Citizenship, KaBOOM! organizers and residents.

"I know the kids are gonna really love [the playground]," said Julie Williams, a Samuel Field Y employee and Whitestone resident. "It's gonna be really cool for them to come out and see it when it's all completed."

After the six-hour build process, volunteers, sponsors, elected officials and Samuel Field Y kids assembled in front of the playground to celebrate with a ribbon cutting.

"You've all been working hard all day long," said Samuel Field Y President Lawrence Gottlieb. "Congratulations to all of you, and I can't wait to see the kids on this apparatus."

A brand new playground was constructed at the Bay Terrace Samuel Field



Photo: Suzanne Monteverdi/THE COURIE

Volunteers install a slide at a new Little Neck playground.

Y in Bayside last September by the same group of sponsors.

The Samuel Field Y is a not-for-profit

group that provides an array of community programs and services to over 35,000 residents of Queens and Nassau County.

The Little Neck location is its flagship site. Learn more about the organization by visiting www.sfy.org.

Stringer and Vallone visit shops on Bell Boulevard



Photo by Anthony Giudice/ONS

New York City Comptroller Scott Stringer and Councilman Paul Vallone went on a walking tour of Bell Boulevard — visiting many of the strip's restaurants and businesses — during their visit to the Bayside Business Improvement District on Tuesday, Sept. 19.

Former Newsday reporter Dennis Hevesi dies at 73

Dennis Hevesi, a retired journalist who worked for Newsday and the New York Times, passed away on Tuesday, Sept. 5 of cardiovascular problems at his Flushing home at the age of 73 years-old.

Hevesi was born at Lenox Hospital in Manhattan. After graduating from Forest Hills High School, he attended Hofstra University and edited for the college's newspaper. During the summer of 1965, Hevesi took a job at Newsday as a news desk assistant (also known as a copy boy), which eventually led to a full-time position as a reporter.

At his core, Hevesi was a storyteller. He always aimed to tell stories while informing readers of the truth. During his time at Newsday, Hevesi released a series of profiles on homeless individuals.

"He would ask them questions about who they were and how they got there," said his wife, Carol Mooney-Hevesi. "He was giving a face and identity to people who didn't necessarily have one."

Hevesi later became a key player in a team of reporters who covered "Baby Jane Doe," a Long Island court battle of a couple's right to withhold corrective surgery for their child with congenital defects. Their coverage earned them the Pulitzer Prize in 1984.

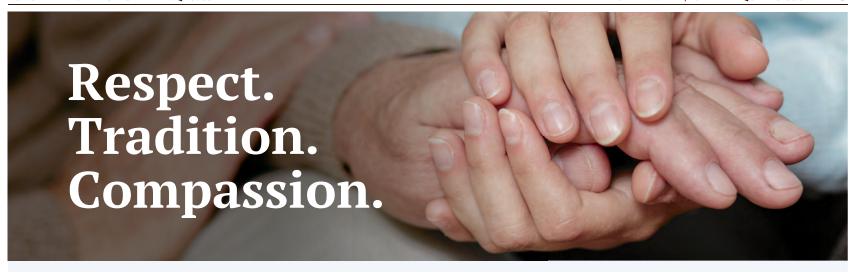
In 1986, Hevesi joined the New York



Times, starting as a rewrite journalist and later covering Brooklyn, real estate and writing obituaries. He officially retired in 2013.

Described as a great friend with a dry sense of humor and a loving father and husband, Hevesi loved to ride his bike, listen to classical music and cared a lot about other people, both as a journalist and as a man.

Hevesi is survived by his wife Carol, his two children and his brother, Alan G. Hevesi, a former state assemblyman and city and state comptroller. A funeral service was held on Friday, Sept. 8 at Schwartz Brothers-Jeffer Memorial Chapel.



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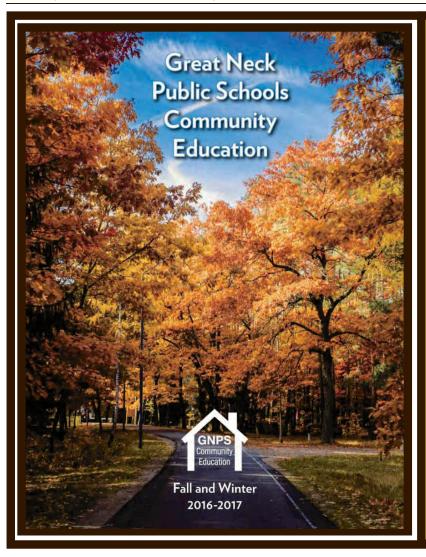
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All Are Welcome

On Saturday, October 14th, St. Francis Prep will host its annual Open House for prospective students and their families. This year promises to be just as informative and exciting as years past.

One of the most important parts of the Prep community is its extraordinary sense of family and belonging. Over the last few years, we have adopted the saying, "high school is four years, Prep is forever." In addition to an incredibly rigorous, fluid, and vibrant academic program, there are countless clubs and activities that students can join. These include ethnic clubs that celebrate students' heritages, to special interest clubs like the Snow Club, or Ultimate Frisbee Club, to Faith Based Clubs, like the Franciscan Youth Movement. All these clubs and activities will be represented at Open House by student participants and faculty moderators.

Prep has a storied Athletics legacy, including traditional sports like football and basketball, as well as unique sports and competitive activities such as Rugby and Dance. One of the "golden links" of a Franciscan education is the Physical, and our inclusive and supportive programs allow students to develop physically, as well as grow in their sense of self-esteem, teamwork, discipline, and respect. Thanks to the support of the Franciscan Brothers of Brooklyn and our Alumni, we are able to offer the Prep community our unmatched, state-of-the-art Fitness Training Center.

Winston Churchill, when asked about cutting arts funding in favour of the war effort, simply replied "then what are we fighting for?" The Arts at Prep are second to none. Our Art Department students have been recognized by having their award winning work displayed at significant venues such as The Metropolitan Museum of Art through the auspices of The Scholastic Art and Writing Awards, and at the White House, through the Congressional Art Competition.

Most recently, our entire Art program earned the Middle States Association of Colleges and Schools Program of Distinction in Art. The process included a lengthy and collaborative self-study, culminating in an on-site visit by nationally recognized Art educators. There are only a handful of schools in the world who have earned this distinction.

Our Music Department was the first program ever to be recognized by Middle States by earning their Music Credential (now called Program of Distinction), which is aimed at recognizing only those schools with the most sophisticated programs and the highest goals in music education. Our elite ensembles followed up their 2014 tour of London by touring Italy during the summer of 2016, including visits to Rome, and the home of Francis, our patron saint, Assisi. We will be returning to England, including Oxford and Cambridge, during the summer of 2018.

Prep anticipates construction of the second of three stages of our new Music facilities to begin this year. This



will include an orchestra rehearsal room, orchestra storage room, chorus room, and faculty office. Last year, the first of three phases opened, including a small rehearsal space, and a dedicated percussion room, with new equipment including two 5-octave marimbas. There is also a suite of seven Wenger SoundLok Sound Isolation Rooms of various sizes. Four of these rooms are equipped with VAE technology which, according to Wenger, will put Prep's Music program at the forefront with the latest state-of-theart music practice technology. There is also a dedicated classroom for our more advanced electives. The final stage will ultimately include a new band room and storage, and Electronic Music studio.

Academically, Prep has an extraordinary array of electives, Honors, and Advanced Placement classes in every subject area. This is supported by a firm grounding in a core curriculum that prepares students for both college and their adult lives as stewards of their society. Last year alone, Prep students earned well over \$150 million in merit scholarships to colleges and universities all over our nation and in many foreign countries. Colleges that welcomed Prep alumni this fall include the Sophie Davis School of Biomedical Enginnering, Cornell University, CUNY Macaulay Honors College, Barnard College at Columbia University, William and Mary, and the Juilliard School. Prep even hosted thirteen on-site visits by colleges this year, where students earned \$18 million in scholarship for their freshman year alone.

Middle States has also recognized our Guidance department, as they earned the Association's Program of Distinction in School Counseling Services. That makes Prep one of only a very few schools who currently hold three of these recognitions.

Prep President, Brother Leonard Conway, O.S.F., has been committed to ensuring Prep is able to offer state-of-the art facilities and resources for all of our students. This has included a complete upgrade of our infrastructure, including our HVAC and PA systems, an Art Education Center, an Athletic Center, and collegiate quality, unrivaled Science Labs with full Smart technology integration, including Digital Microscopes, and Vernier Lab Quest interface systems.

Faith is at the center of all that we do. Although our student body is 75% Catholic, we witness the charism of St. Francis in that all students and their families are welcome. Students from a myriad of faiths and cultures attend Prep, and all our students learn the importance of giving back to society, helping those in need, and as Pope Francis has esposued, caring for creation. Prep is the only high school in the Brooklyn-Queens Diocese to have a full-time chaplain, and we have a well organized and energetic Campus Ministry team that offer service opportunities here in New York and abroad.

St. Francis said, "Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible." Prep has been doing what's necessary for countless generations of young people for going on 159 years, and as such, has allowed our students and alumni to achieve the impossible.

Please join us on Saturday, October 14th, 2017, beginning at 12 Noon for our Open House.

For more information, please contact:
The Admissions Office at the Prep at
(718) 423-8810, x229,
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Shop vintage this weekend at LIC Flea & Food market

Happy Autumn! Kick off the fall by browsing and picking up vintage pieces at

You'll be wowed you see Paul Anthony Nicosia refurbished furniture. He uses salvaged NYC vintage treasures in all his pieces and re-imagines them to create a one-ofa-kind piece for your home.

At Mothball Memoirs, you will find vintage clothes right next to sacred pieces like palo santo bundles, essential oils and more, making vintage shopping a spiritual practice.

Retropolitan turns vintage finds into

new baubles to adorn your neck and wrist. The designers are there to meet you and share information about the background of any piece that catches your eye.

This weekend, LIC Flea welcomes NYC Junk Girl, where you'll find vintage treasures like broaches, jeweled accessories, glassware, collectibles and more!

Dutch Kills Klotheing has an amazing assortment of vintage handbags, clothes and jewels. So much to choose from, you should get ready to fall in love! All that shopping will make you hungry! Luckily LIC Flea & Food has incredible food from around the globe.

JoJo Bites offers Filipino Grilled items (aka Inihaw Pagkain Pinoy) along with amazing sides like grilled eggplant, garlic rice and mango salad.

In the mood for Jamaican? Then head over to the Four the Hard Way for the best in Jerk cooking.

Kini (which means comforting meal in Korean) is Korean cooking at its best! Try their Kimchi Fried Rice and Arancini Balls.

Don't forget the handcut fries from Bulldog Burgery. This simple treat is definitely out of this world!

Of course, there's also the Beer & Wine Garden serving a variety of craft brews and offering a perfect place to relax on a nice autumn afternoon.

LIC Flea is open Saturdays & Sundays from 11 a.m. to 6 p.m. through Oct. 29. It's located at 5-25 46th Ave. in Long Island

Be sure to mark your calendars for the Second Annual Queens Beer Fest, taking place at the LIC Flea the weekend of Oct. 14-15. Tickets starting at \$29 for unlimited beer. For more information or to purchase tickets, visit LICFlea.com/special-events.





Keep sending us entries to our "Salute to People in Queens Parks" photo contest!

If you have a love for photography and the borough of Queens, we have a contest that'll make you smile in a flash.

The Queens Courier and the New York City Department of Parks and Recreation are teaming up to present the "Salute to People in Queens Parks" photo contest. We're looking for photographers of all levels to submit their best photos people enjoying themselves of Queens parks.

The contest is divided into two categories: groups and individuals. It will showcase men, women and children enjoying everything that Queens parks has to offer.

Each category has 12 finalists, and all finalists will have their pictures on display at the Queens Museum as part of a special exhibit. One finalist from each category will be selected as overall finalists for the grand prize: a \$100 gift card to a fine dining establishment in Queens. The second overall finalist will receive a \$75 dining gift card, and the third overall finalist will receive a \$50 dining gift card.

The "Salute to People in Queens Parks" photo contest is open now; all entries must be sent via email to editorial@ qns.com (subject: Salute to People in Queens Parks) or on our Instagram page, www.instagram.com/QNSgram with the hashtag, #salutetoqueensparks. All entries must be submitted by Friday, Oct. 13,

No purchase necessary. Void where prohibited. Employees of Schneps Communications or its subsidiaries and the New York City Department of Parks and Recreation are not eligible to partic-





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- editorial

Vote yes for constitutional convention

The mayoral contest and local City Council races may dominate the attention and the ballot this November, but there is one thing about this election that no voter should overlook.

Every 20 years, New York State voters are given a ballot question on whether to call for a state constitutional convention. The last vote came in 1997, so alas, it's time once again for Empire State voters to answer such an important question.

In the weeks leading up to Election Day, you'll hear more about this referendum from its supporters and detractors alike. But make no mistake — if voters want to really change the way Albany operates on a colossal scale, this is the perfect opportunity to do it.

People have become numb to dysfunction in Albany. It comes in many forms: internal power struggles, public corruption charges, stalled government reform efforts, gerrymandering, the "three men in the room" that seemingly make all the important decisions when it comes to state government. The list goes on and on.

Much of the problem in Albany stems from a state constitution filled with antiquated statutes that either make it difficult to modernize state government and remedy problems, or give the status quo the protection needed to preserve the dysfunction and mollify special interests that benefit from it.

New Yorkers can use the constitutional convention as a way to reform state government from the inside out, and make the Empire State the national, progressive trendsetter it proclaims itself to be. But some, however, fear that the convention will turn our state into something that doesn't reflect progressivism or New York values as a whole.

Those fears are unfounded. Voting yes on this November's amendment merely sets into motion the constitutional convention process; it does not nullify the laws already on the books. The people who vote yes or no on the convention will be asked again to vote for constitutional delegates: 3 in each of the state's 63 senate districts, plus 15 at-large delegates. Those delegates will then propose a brand-new constitution or a series of amendments that can only be ratified by the voters of New York in yet another ballot referendum.

In other words, New York voters who have the power to start a constitutional convention also have the power to stop a convention's proposals dead in its tracks.

If we want our state government to work for us again — to guarantee equal rights for women, to legalize marijuana, to institute term limits on state lawmakers, to stop gerrymandering — then a constitutional convention is our best hope at making it happen.

We urge you vote "Yes" for a Constitutional convention on Nov. 7.



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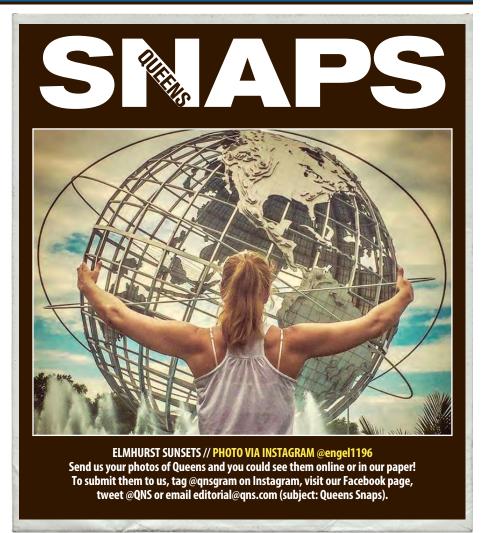
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Why Congress must make 'DREAM' work

BY CONGRESSMAN JOE CROWLEY

As soon as President Trump announced his intention to end the Deferred Action for Childhood Arrivals program earlier this month, DREAMers started hearing words of encouragement from the unlikeliest of places: Republican leaders in Congress.

The same Republicans who have stymied all attempts to pass comprehensive immigration reform were suddenly telling these young men and women that they supported DREAMers and their quest to stay in the

But the Republicans' words were empty and lacked action. Those promises quickly fell flat.

And that's left DREAMers in a dangerous position. Unequivocally, it is action that the more than 800,000 young men and women living in the United States through the DACA program desperately need. Words are not enough.

DREAMers, and all who support them, need congressional Republicans to commit to passing the DREAM Act immediately. This legislation would give those individuals who came to the United States as babies and young children the ability to earn citizenship over time. It's the fair and moral thing to do, considering that so many of the DREAMers are Americans in their hearts and minds - they merely lack the paperwork giving them full citizenship.

The DREAM Act would pass both the House and the Senate - if only Republicans would allow a vote on it. But they have refused to do so out of fear of political retaliation from the anti-immigrant forces within their own party. While some party leaders make vague promises for the future, day after day ticks by without them allowing a vote on this bipartisan bill.

But we can't let their resistance stop Democrats' allout effort to help DREAMers live out their version of the American Dream.

House Democrats have been aggressively pushing for a solution to the problem President Trump created once he called for an end to DACA. This has been and will continue to be our top priority in the weeks ahead.

Many champions for the immigrant community have said we shouldn't vote for any government spending bill or future increase of the debt limit - two critical tasks that will be before Congress shortly - unless there is a solution for the DREAMers. I stand with them.

Congress cannot continue as if this is business as usual. Action is needed. Democrats will do everything within their power to ensure DREAMers get the certainty they need to continue studying, working and contributing to their communities. We cannot turn our backs on DREAMers.

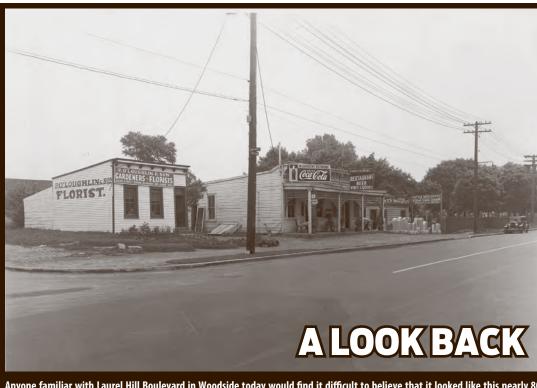
That's because in so many ways, DREAMers are the true embodiment of the American Dream. They believe in America and want to see it grow and prosper.

I've often said that immigrants are some of the bravest people I know. They leave behind their lives and their families to seek out a better life in an unknown country surrounded by strangers. As the son and grandson of immigrants, I personally understand the courage it takes to leave home and start again.

Driven and motivated, DREAMers will be among the next generation of business and community leaders if we just give them a fair chance to achieve their dreams.

When Congress returns to Washington next week, I'll be fighting for the DREAMers. The time to act is

Congressman Joe Crowley represents New York's 14th congressional district, which includes Queens and the Bronx. He also serves as Chairman of the House Democratic Caucus.



Anyone familiar with Laurel Hill Boulevard in Woodside today would find it difficult to believe that it looked like this nearly 80 years ago. This 1938 photo shows a rather pastoral flower shop and restaurant at the northeast corner of Laurel Hill Boulevard and 49th Street, adjacent to Calvary Cemetery. They were both popular stop-overs for visitors to and from Calvary, but they met the wreckers ball many decades ago as Woodside became further developed, and more importantly, the city constructed the Brooklyn-Queens Expressway above this particular stretch of the boulevard. Send us your historic photos of Queens by email to editorial@qns.com, or mail printed pictures to A Look Back, The Queens Courier, 38-15 Bell Blvd., Bayside, NY 11361. All mailed pictures will be carefully returned to you.

QNS letters & comments

YOU CALL THIS A PRIMARY WIN?

Mayor Bill de Blasio shouldn't be proud of his 2017 Democratic Party Primary win. Out of 3,100,000 eligible Democratic primary voters, only 316,361 of them (10.2 percent) voted for de Blasio. The other 90 percent either voted for Sal Albanese (66,636, or 2.1 percent of registered Democrats), Michael Tolkin (20,445), Robert Gangi (13,537) or Richard Bashner (10,538), or they voted for None of the Above by staying home -2,793,639. In reality, when you add up the combined votes of de Blasio's four opponents with those who stayed home by voting for "None of the Above", less than 10 percent of registered Democrats supported de Blasio. He had the benefits and perks of four years of being mayor, including daily free media coverage. In addition, virtually every NYC Democratic Party elected official, county and district leader, local club house along with most labor unions endorsed him. This included mailings, phone banks and get-out-thevote drives. He raised and spent several million dollars. De Blasio has a two million media buy. In contrast, his chief primary opponent former NYC Council member Sal Albanese only raised several hundred thousand dollars. Albanese was vastly

outspent and could afford no media buys to get his message out. Larry Penner, Great Neck

WHY DIDN'T **SCHOOLS OBSERVE** 9/11 SILENCE?

Last Monday marked the 16th anniversary of the 9/11 tragedy that remains an open sore for many New Yorkers. Too often we take for granted that there is now a new generation who do not remember the horrors of this day.

I tried explaining to my secondand fourth-grade nieces what the day meant and why they would be having a moment of silence in honor of those who perished. I was however, shocked and troubled to learn that there was no moment of silence or even a mention of the importance of this solemn day at their NYC public school. Other parents I've spoken with have reported the same at other NYC schools.

The principal of my nieces' school stated that some parents complained about such moments of silence in the past because their children were not alive during 9/11. As a product of the NYC public school system, I remember such reflections, i.e. the anniversary of the attack on Pearl Harbor. It taught me respect for those who sacrificed everything so that I could be privileged enough to live in this great country.

I think now, more than ever, the excuses against 9/11's recognition in the classroom hold little weight.

After a day filled with the echoes of "Never Forget," how can schools within miles of Ground Zero fail to honor the memories of those who left their homes never to return? The men and women who simply went to work that day, the firefighters, police and EMTs who rushed into the burning towers to save strangers, and the people throughout this great city who helped each other without regard to gender, race or creed all deserve to be honored. This is New York City's worst and finest hour and the memory of which must be imparted on the next gen-

If we as New Yorkers cannot instill the significance of what happened that day on our future generations, why should anyone else? Timothy Furey, Bayside

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-wellness



5 tips to make family mealtimes more mindful

The hectic workday is over. As you pull into your driveway, you feel relief because you've finally escaped the cranky co-workers, the deadlines and traffic jams. Now you can spend the next few hours relaxing at home with your family. What better way to enjoy this time than with a delicious meal together?

Sometimes, the lingering stress can be hard to shake, especially if you're in a rush to get dinner on the table. You can shed your stress and make this time together more meaningful. Consciously ease into the transition from work mode to family mode, and use these tips to make your evening meal more relaxing and mindful.

1. Take a breath.

As soon as you get home, just take a few minutes and chill out. What you'll want to do is shake off any lingering "fight or flight" stress response that's making you feel tense and on edge. With deep breathing techniques - the kind that get your belly moving - you'll lower your heart rate and feel much calmer. Sit in your favorite chair, soften your gaze and start those long, drawn-out inhales and exhales, counting your breath if need-

ed. Just by transitioning into this calmer state, you'll set the right mood and standard for the rest of the evening.

2. Give the devices a timeout.

Being mindful is all about staying in the present and following each action with intention and awareness. But when your mobile device is pinging from the latest Facebook update, text message or news alert, that can distract us from this calm and aware state of mind. For now, while you're preparing and eating the meal, put the devices out of reach - or in another room, if that's practical.

3. Include the kids.

With devices out of the way, it's also much easier and more pleasant to focus on the people in the room. If your kids are hanging around the kitchen, take it as a sign they want to be with you, so use this time to connect. A great way to do this is to include kids with the meal preparation. The youngest ones can rinse fruits and vegetables, cut soft foods with a butter knife and tear lettuce. Older kids can help measure ingredients, stir and whisk, and eventually peel foods with a paring knife.

4. Simplify your menu.

Eliminate the stress of getting weeknight meals on the table, and build a list of delicious go-to meals that you can prepare with ease. For example, this recipe for Easy Shrimp Kabobs will allow you to get the entrée ready in minutes, plus the skewers and easy dips will make this a fun favorite with the kids. For more ideas and inspiration to make the weeknight meals more mindful and relaxing, visit seapak. com/recipes.

5. Slow down and savor the food.

Give yourself a few moments for mindful eating. Before earnest conversation begins, put your focus on the food you've taken the time to prepare. Put down your fork, and pay attention to the flavors, the textures and how you respond to them. No matter how hungry you are, don't rush. Mindful eating is all about pacing yourself and staying in the moment to experience the delicious meal you are eating.

After a long day, you can make the evening meal more relaxing and enjoyable by bringing a mindful approach to dinnertime. When it's time to eat, you'll be in the

right state of mind to enjoy your food, as will the people around you.

Easy Shrimp Kabobs

Serves 4

Ingredients

- 1 12-ounce package SeaPack Popcorn Shrimp
- Wooden skewers
- Dipping sauces, such as tartar sauce, cocktail sauce, barbecue sauce and ranch dressing

Instructions

Preheat oven to 450 Fahrenheit.

Place shrimp on baking sheet in a single layer so shrimp are not touching.

Bake 5 minutes on the middle oven rack, then turn shrimp over.

Bake another 5-6 minutes until shrimp are hot and crispy.

Using a fork to hold the hot shrimp in place, slide shrimp onto wooden skewers.

Serve with small sides of sauces for each person. For example, use tartar sauce, cocktail sauce, barbecue sauce and ranch dressing.

Source: The blog A Helicopter Mom via SeaPak.com.

Courtesy BPT

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But recently John was so fatigued and short of breath, he could only walk a few steps. His aortic valve was failing. A condition that could lead to heart failure, and death. His daughter, a nurse, told John about a minimally invasive valve replacement procedure called TAVR, or Transcatheter Aortic Valve Replacement. She took him to one of the country's leaders in TAVR: NYU Winthrop Hospital. They replaced John's valve through an artery in his leg. In no time at all, he was back to sailing off Breezy Point.

If you suffer from aortic stenosis, you may now be a candidate for TAVR. To learn more, call 1-866-WINTHROP or visit nyuwinthrop.org.

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wellness



Actor Finola Hughes and Dr. Ellen Ritchie discuss the symptoms of polycythemia vera

Advocate for your care: Recognizing and tracking symptoms of a rare blood cancer

Living with a rare disease can present a unique set of challenges, as people may experience symptoms for years before receiving an accurate diagnosis. Once diagnosed, it may be challenging to locate a physician familiar with this rare disease, or to even connect with other patients facing the same diagnosis. For patients with polycythemia vera, or PV, a rare, chronic and progressive blood cancer that affects approximately 100,000 people in the United States, recognizing the symptoms of the disease can be even more challenging because they can vary over time and from patient to patient.

"Patients living with rare diseases don't always know what to ask their doctor as they work to manage their disease, where to turn for resources, or what signs and symptoms to look for," says Ellen Ritchie, MD, Associate Professor of Clinical Medicine at Weill Cornell Medical College. "PV can develop slowly and get worse over time. Its symptoms can be hard to spot, so it's critical that those diagnosed with PV understand the symptoms and discuss any changes with their physician, as these symptoms may be a sign that their disease is not under

Recognizing Symptoms

The symptoms of PV can sometimes be difficult for patients and healthcare providers alike to recognize. Some people living with PV may be asymptomatic, having no symptoms at all. Others could have symptoms for years before receiving an accurate diagnosis. While not a comprehensive list, PV symptoms may include:

- Itching (especially after a warm shower)
- Dizziness
- Abdominal pain or discomfort
- Sweating (at night or during the day)
- Feeling of fullness, even when you haven't eaten

Approaches to Tracking Symptoms

There are many approaches to tracking PV symptoms. Keeping a regular diary to record symptoms or changes in symptoms is one approach. There are also online trackers such as the PV Tracker Tool that can help patients monitor their PV symptoms. This tool can record previous entries and compile those results for sharing with your healthcare professional. Beyond tracking symptoms, it's important to talk with your physician about your symptoms and to be knowledgeable about

What to Ask Your Physician

To ensure you have an informed conversation with your healthcare professional, come to all appointments prepared with a list of questions, as well as a rolling log of symptoms and any changes in their severity experienced since the last checkup. Possible questions you may wish to ask your physician include:

- 1. What are my target blood counts, and what are my actual blood counts?
- Hematocrit (volume of red blood cells)
- White blood cell count
- · Platelet count
- 2. What is my treatment plan to keep my PV under control?

"All people diagnosed with rare diseases should advocate for their care and take an active role in managing their disease with their healthcare provider," says Dr. Ritchie. "It is important to create a routine that not only includes monitoring blood levels, but also recognizing, tracking, and talking about symptoms with a healthcare profession-

For tools to help track PV symptoms and additional tips on managing PV and other MPNs, visit VoicesofMPN.com.

Courtesy BPT

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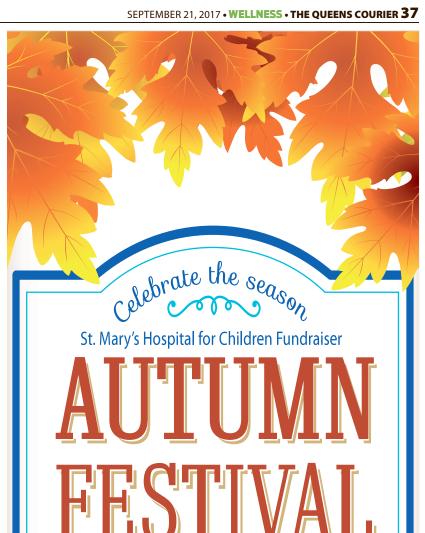




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wellness

6 simple steps to avoid distracted driving

Mobile phones have become an essential part of life for most people, helping them stay connected and increase productivity. However, this technology can also be a distraction when driving, which puts everyone on the road at risk.

More than one-quarter of all car crashes involve phone use, both with handsets and hands-free, the National Safety Council reports. Considering many states and countries don't yet compile and report data on cellphone use following a crash, this number is likely much higher.

Distracted driving isn't just an issue for young adults. High technology use means this is a problem across generations. For professionals in particular, the expectation to stay productive and reachable means a constant temptation to use cellphones when driving.

Recognizing the ethical and liability issues that arise when employees drive while distracted, employers across the country have begun implementing distracted-driving policies. Typically, these policies prohibit employees from using mobile phones while driving on company time.

In January 2017, the NSC reported that Cargill was the largest privately held company to prohibit the use of mobile devices, including hands-free technology, while an employee is driving on behalf of the company. Cargill's Chairman and



CEO David MacLennan just marked the one-year anniversary of following the policy.

"I had to try the policy myself first," says MacLennan. "Once I knew what it would take to go completely cellphone free in my car, I could then make it work for our entire company."

Based on his experience, MacLennan offers these six simple steps for anyone looking to eliminate distracted driving yet stay productive and responsive to your job.

1. Auto response

Use a free automated response app to let callers know that you're driving and can't take the call. You can personalize the response so incoming calls or texts receive a text message saying you're on the road.

2. DND

If you're driving a vehicle outfitted with communication technology, use its "do not disturb" feature to unplug from calls and texts while behind the wheel.

3. Block drive times

Just as you schedule meetings, use shared calendars to block times you'll be driving. This alerts anyone else connected to your calendar when you'll be out of touch.

4. Out of sight, out of mind

A study by AT&T found that 62 percent of drivers keep their phones within reach in the car. Put yours where you can't see or reach it, such as in the back seat.

5. Pull over

If you must take a call while on the road, let it go to voicemail and pull over in a safe location to return the call. Plan pull-over "cellphone stops" along your route if needed.

6. Avoid all distractions

Cellphones aren't the only cause of distracted driving. Eating, grooming and reading are activities people try to tackle while driving. Be smart and simply stay focused on the road.

Driving safely should be everyone's top concern when behind the wheel. These simple steps can make it easier to resist the temptation to pick up the phone or do another activity that can wait until you've arrived, safely, at your destination.

Courtesy BPT

The key to personalized vitamins: Understanding medication and nutrient interactions

Technology, science and research are turning our world into a personalized powerhouse at our fingertips, including products made specifically for us delivered to our doorsteps. We wear personal fitness trackers to track our steps, sleep and heart rates. Personal trainers are commonplace to design fitness routines that are made just for us. Today, we understand that our family history, lifestyle choices and even genetics are predictive of our health needs and this information is integrated into our health care plans. With all of this personalization, our nutritional supplement options still deliver the same cookie-cutter solutions found

According to New Nutrition Business and its report "10 Key Trends in Food, Nutrition and Health 2017," personalized nutrition is the next big nutrition movement, as people want individually tailored diets. Personalized or precision nutrition is nutrition health care that considers the uniqueness of an individual to provide recommendations that are tailored to their needs and specific goals. When creating a personalized nutrition plan, it's important to take into account holistic well-being; however, deciding what is truly right for you can be confusing.

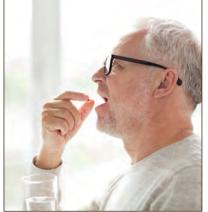
"Personalized nutrition shouldn't be

taken lightly. It's not a catchy-named pack of vitamins or nutrition plans curated from a few questions about how you want to feel, it needs to include everything that makes you unique, down to the medications prescribed by your doctor," said Michael Roizen, MD, chief wellness officer at the Cleveland Clinic, co-author of the new book "Age-Proof: Living Longer without Running Out of Money or Breaking a Hip" and Vitamin Packs science advisory board member. "Technology is creating amazing advances in personalized nutrition, but it's only as good as the data it can collect and the information you are willing to share."

Medication and Nutrition Interactions

Nearly 50 percent of the U.S. population is taking prescription medications, according to the Centers for Disease Control and Prevention, and 68 percent of Americans are taking dietary supplements, based on the Council for Responsible Nutrition (CRN) estimations.

With several new personalized vitamin subscription services launching, it's important to select one that takes into account your diet, physical fitness, sleep patterns, lifestyle habits and family health



history as well as your medication use. Some drugs can deplete nutrients while other medications add nutrients to the body. One subscription service, Vitamin Packs, delivers customized vitamins and nutritional supplements in daily packs based on what it learns during a free Nutritional Assessment. Its technology cross-examines more than 650 possible medication interactions and recommends only what an individual's body needs.

Mixing Meds and Nutritional Supplements

• Taking a statin? You will want to add Coenzyme Q10 (CoQ10) because the average blood concentration of CoQ10 in blood plasma decreases within 30 days by an average of 50 percent.

- Taking a medication for allergies or inflammation? Consider adding vitamin D and calcium. These types of medications may reduce the absorption of calcium, which can lead to unnecessary bone loss. Supplementing with vitamin D and calcium may support bone health and adding vitamin D with calcium can have a greater impact on calcium absorption.
- Taking a blood pressure medication? You should know that taking an iron supplement two hours before or after taking this type of medication can decrease its absorption rate.
- Taking a synthetic thyroid hormone? Look at your supplement facts to be sure you're avoiding soy, iron and calcium. Soy, iron and calcium, if taken within four hours of taking a synthetic thyroid hormone, may reduce the absorption rate.

Personalized nutrition, while exciting and impactful, should be focused on the whole person. Be sure to consult your health care practitioner before starting any dietary supplement regimen.

Courtesy BPT



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5 tips to make sure your teenager with diabetes is ready for college

Parents across the country are preparing their teens for their first year of college. It's an exciting time, but a stressful one as well. If you're a parent with a child with diabetes, it may also be terrifying as this may be the first time your teen will be completely responsible for their own care (i.e., remembering to check their blood glucose levels throughout the day and night, modifying their insulin as needed and planning their meals in advance to take their mealtime insulin). Yep, that's stressful. However, this challenge - like the many others you've faced since your child's diagnosis - can be conquered with a little preparation. As you and your child prepare for this next chapter, keep these tips in mind and your child's freshman year of college may be everything you both dreamed it could be.

 Tell someone. Tell everyone. Diabetes can be a private matter, but when your child moves away from home and is living on their own, it's best that those around them are aware of their condition. Encourage your child to discuss their diabetes, including warning signs that something may be wrong and what to do in the event of an emergency with friends, coaches, their dorm Resident Assistant and particularly, their roommate. The more people who can be watching out for your child, the better.

- Talk to health care staff. It is important your child gets acquainted with the health care resources available to them on campus. Have your child make an appointment to see a clinician in the school's student health service to discuss their diabetes in depth and learn more about how the school's health system can support them in that care. Your child should also use this time to learn more about weekend, night and emergency care options as well as the location of pharmacies near campus.
- Reassess their regimen. As your child will be starting a new daily routine, it may also be time to meet with their primary care physician to discuss their management plan and treatment options. They can ask if Tresiba* (insulin degludec injection 100 U/mL, 200 U/mL) is right for them. Tresiba*, a

once-daily long-acting insulin, is indicated to improve glycemic control in people as young as 1 year old with either type 1 or type 2 diabetes. Tresiba® provides blood sugar control for a full 24 hours, with proven A1C reduction. Adults can take Tresiba® once daily at any time of day; however, children under 18 should take their dose once daily at the same time each day. If adults miss or delay a dose, they should take Tresiba® as soon as they remember, then continue with their regular dosing schedule. Make sure there are at least 8 hours between doses. If children under 18 miss a dose, call their health care provider for information and instructions about checking blood sugar levels more often until the next scheduled dose of Tresiba®.

 Read up before they eat up. Food is such an integral part of your child's diabetes management, and college life means they won't always make the best eating decisions. You can help them control what they eat by encouraging them to talk to staff at the cafeteria. The food service team should be able to provide a document outlining the nutritional information in the meals offered so your child can come to the cafeteria every day empowered to make the best decisions with their diabetes in mind.

• Be sure they have the tools they need and a way to get more. Sit down with your child and make a list of everything they need - at any point in time - to manage their diabetes. Once you've got the list, set a plan to make your child's dorm room - not your home - the new ground zero where all supplies will live. Don't rely on resupplying when they come home to visit, because college life gets busy and you don't want to worry about rush shipping an item.

Yes, preparing for that first year at college can be exciting, stressful and even scary, but if you apply a little extra planning with the tips above, your child will be ready to make their first year of college their best year yet.

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There is major micro and macro economical affects of neck pain both on the person and the society as a whole. The annual cost of treating this condition is in the billions of dollars. Treatment of neck pain and its related debilitation involves many layers of care from primary care physician, physical therapist/chiropractor, medical imaging, hospitalization and, in severe cases, surgery.

Although many cases of neck pain are self-limiting and with heal within 4-6 weeks after injury, in seri ous cases, the pain can be caused by a herniated disc or bone spur in the cervical spine, necessitating intervention via injection and/or surgery. The spine is comprised of bones which support your body, and soft/spongy tissue between the bones called intervertebral discs. The discs act as shock absorbers and also bend and flex to provide motion to the

When the discs become damaged, they can displace or calcify and cause compression of the spinal cord and nerves. This can lead to numbness, tingling, and weakness in the arm, hands, and fingers.

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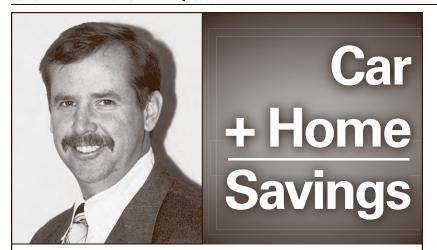
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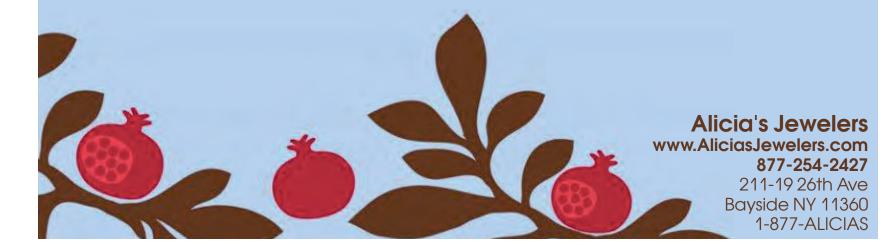
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Here are 10 places in Queens where you can hold an unforgettable wedding

BY EMILY DAVENPORT

edavenport@qns.com/@QNS

The question has been popped, and now it's time to start the wedding planning. One question that anyone who is planning a wedding will undoubtedly be asked the same question: where will the special day be held?

One of the most important decisions you can make when planning your wedding is the location. There are plenty of places in Queens to hold the day of your dreams, here are a few you can choose from.

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With its gorgeous views and spacious event halls, Terrace on the Park is a go-to space for a number of events across the borough, including weddings. Not only do they have indoor and outdoor spaces available for your reception, you can hold the ceremony in their newly renovated chapel or on their rooftop.

2. Queens Museum, New York City Building, Corona, 718-592-9700

If you want your wedding to have a contemporary flair, the Queens Museum is a great place to be. No matter how big

your reception is (the Queens Museum can house up to 600 guests), you'll have a large, contemporary space to celebrate. Plus, you can grab some classic wedding photos near the Unisphere.

3. New York Hall of Science, 47-01 111th St., Corona, 718-699-0005 ext. 371

Love science? Have your wedding at the New York Hall of Science! Events there are held in the Anthony Viscusi gallery, which becomes a blank slate for you to turn the space into the hall of your dreams.

4. Ravel Hotel Penthouse808, 8-08 Queens Plaza S, Long Island City,718-289-6107

Get a luxury wedding experience at the Ravel Hotel's Penthouse808. The space offers many wedding staples, including a delicious menu, cocktails, and information on their prefered vendors. The best part? After a night of celebrating, you and your guests can spend the night in Ravel hotel room.

5. Astoria World Manor, 25-22 Astoria Blvd., Astoria, 718-568-0525

You don't have to sacrifice a beautiful venue if you're on a budget. Astoria

World Manor is a cost effective choice that has many sizable banquet halls that can hold up to 1,000 guests comfortably. Plus, every package includes an open bar, wedding cake and your choice of cuisine!

6. The Foundry, 42-38 9th St., Long Island City, 718-786-7776

If your heart is set on a small, rustic, outdoor wedding, take a look at The Foundry. Their courtyard, terrace and greenhouse make for ideal spots for your dreams to become a reality. The Foundry also has indoor spaces to choose from for more intimate events, like a cocktail hour or seated dinner.

7. One Banquet Hall, 181-08 Union Tkpe., Fresh Meadows, 718-594-4988

Formal, functional and beautiful, One Banquet Hall in Fresh Meadows is a great choice for your reception. Some of their features include catering, a grand dance floor, and dressing rooms. Fresh Meadows also offers the accessibility of Brooklyn and Manhattan without being in the thick of the city chaos.

8. Antun's of Queens Village, 96-43 Springfield Blvd., Queens Village, 718-468-6400

A first choice for hundreds of celeb-

rities, politicians and entertainers, Antun's of Queens Village will give you a truly unforgettable experience. They can coordinate your wedding from start to finish, plus their packages include free private parking, a deluxe cocktail hour and meal, with vegan and Kosher options. Added bonus: there are a number of romantic spots on-site where you can take your wedding photos.

9. Villa Russo, 118-16 101st Ave., Richmond Hill, 646-741-9803

Villa Russo has been celebrating weddings for over 50 years, so you know you're in good hands. Their experienced professionals can help you plan the entire ceremony and reception, and provide delicious food that your guests will never forget.

10. Queens County Farm Museum, 73-50 Little Neck Pkwy., Floral Park, 718-347-3276 ext. 301

Another great outdoor space for your wedding is the Queens County Farm Museum. Their outdoor spaces include a pavillion, and an orchard. However, if you want the outdoor feel without being outside, they're barn provides a great alternative.

Lois Christie's 10 Top Tips for a Successful Bridal Hairstyle

Your wedding hairstyle could be the most photographed style you ever wear, the only time in your life that a professional photographer documents your every move. When we see a celebrity walk down the red carpet, or we reflect on iconic brides, like the amazing images of Kate Middleton as she walked down the isle with Prince William, it is easy to overlook all the work and preparation that went into creating that perfect look. Here are my top 10 points to help you capture the perfect moment.

1. Gather ideas for inspiration - Research and create your own look book to show your hairstylist, makeup artist and bridal boutique. What type of bride do you want to be? Classic, romantic, trendy, minimalist (clean and simple) fairytale, glamorous, ethnic/bohemian, couture?

Start gathering images. The goal is to capture your inner and outer beauty and to be true to yourself.

- **2. Set** a **timeline** In the days and weeks leading up to the wedding, Christie suggests the following timeline:
- All waxing should be done one week prior to the wedding
- Facial should be done a week prior
- Manicure and pedicure should be done a day before the wedding
- A massage will help relieve stress in the days leading up to the wedding
- Hair color should be done two weeks prior. Hair should be trimmed two weeks prior. Make your appointments two to three months in advance
- Come in for your free consultation on how you can remove unwanted hair permanently – legs, bikini
- Bring any photos of looks you like or have seen
- 3. Document each step After you have





found your perfect gown, be sure to take photos of yourself in your dress from different angles: head to toe, front, side and back. Then take a second group of images from the waist up to see the detail. If you are going to be wearing a veil, take additional photos wearing the veil. If you are wearing a headdress or hair jewels, take these items with all your photographs and your 'look book' to the salon to show your hairdresser and makeup artist during the consultation. Other important considerations: Is your hairstyle going to be the 'headdress' embellished with hair jewels, or are you going to cover 50 percent or more of your hair with a veil? If so, will the veil come off after the ceremony, and what will your hair look like then?

4. Christie & Co. specializes in bridal hair

- Research salons that specialize in bridal hair. Salons that belong to Intercoiffure America/Canada are an excellent choice, as these salons have met stringent criteria to become members of this elite association (visit Intercoiffure.com to find an Intercoiffure salon in your area). Look for those that also do editorial work. Hairstyling for magazines ensures that the staff has skills in the art of dressing and styling hair. Just because your hairdresser is great with cut, color and blow-drying doesn't mean she's skilled in the art of dressing hair. Do your homework, ask to see a portfolio of the stylist's work and review the salon's "look book" on bridal and red carpet hair.

5. Do a trial run with your hairdresser – A trial run ensures that you are all on the same page. Bring a trusted friend or family member with you to the trial run,

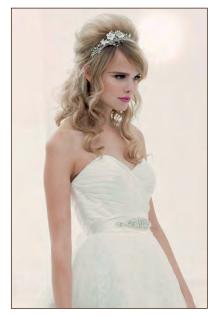
someone who has a great sense of style and fashion. Ask them to take photos of your hair (front, side and back). Stay open-minded, as this is the time to experiment with the theme of your wedding style. You and your hairstylist should both keep a photo journal. On your wedding day, this journal will be a very important reference for your hairstylist and makeup artist. It's easy for you and your stylist to forget what you decided! Don't be a "Bridezilla!" Hairstylists have plenty of horror stories about working with brides and overprotective mothers of the bride. Be constructive, not overly critical, with your hairstylist. It's all about empowerment and working together as a team to get the best result.

6. It's all about the silhouette – Make sure the style suits your face shape, with the goal to make your face look oval. The scale and balance must work for the "total look." Don't cut yourself off at the neck.

7. Do a trial run with your makeup artist

— Often soft and more natural makeup looks are the best for a bride, but make sure that if you are doing a natural look you do not look washed out for the photos. Again during your trial run, try a few different options, such as eyelash extensions. The general rule with makeup is if you do a strong eye, keep the lip soft; if you do a strong lip, keep the eye clean and soft. Two facial features that are so important yet easy to shape are the perfect arched eyebrow and a well-proportioned lip shape.

Derma Radiance is a great 25-minute treatment for glowing skin. It should be done a week before the wedding. If you're having skin issues see the salon esthetician for advice. Proper products can alleviate problems in most cases.



Photos Courtesy Intercoiffure From Intercoiffure's "Imperial Bride" Collection.



8. When the clock strikes 12, will you still look great? Will your hair and makeup have longevity and look great from the ceremony to the party? Discuss whether you should use hair extensions to add fullness. And your manicure and pedicure need attention too. The new gel manicures can carry you through your honeymoon. Do it a day or two before the wedding.

9. Budget wisely - And of course don't overlook the biggest challenge: Do your plans fit your budget? Most top salons offer a price package which should include the consultation, rehearsal, treatments and styling on the wedding day. Don't forget to discuss hair for your honeymoon, such as a simple hairpiece to slip over a ponytail - great for the pool! Think about what you're paying for your shoes and your bouquet. Isn't your hair much more important than these items? A great hairstyle can make or break your confidence on the big day. Invest well in your hair and makeup services - and enjoy being pampered, this is your journey, this is your day.

10. The day of the wedding – Schedule your time wisely. Be on time for your stylist. Stay calm and allow your stylist to recreate your approved and rehearsed style. Remember the stylist is under pressure to recreate the look. Please don't let your stress impact the confidence of your stylist, who is trying her best to please you.

Christie & Co. Salon Spa is located at 23-64 Bell Boulevard (in The Bay Terrace shopping center) in Bayside. A personal bridal consultant will be happy to assist you with all your needs. Visit them online at www.christiesalon.com or call 718-225-7766 for more info.













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OFF THE GRID

Getting guests off social media during your wedding

BY JULIA PRICE

With so much of the world now incorporating social media into social engagements, you may want a break from the real-time posting on your wedding day. In fact, many wedding photographers have complained that they now have difficulty in getting the perfect shots of couples getting hitched because smartphone cameras tend to pop up all over the place, either blocking their view or adding less-than-romantic technology in the foreground of the capture. We all know you want that perfect picture for the 'Gram, but come on! People are trying to remember this moment for the rest of their lives!

There are several ways to get your guests to go off the grid while you tie the knot. The first one is to prepare them ahead of time. Make sure you note on the wedding invitations that this will be a Wi-Fi-free event and that all social media posting is either prohibited entirely or prohibited until after the event. You can make it feel

a little less rule-ish and a lot more fun by using language that is playful yet direct. For example, you can say: "The theme of this wedding is throwback! No, don't worry; that doesn't mean the bridesmaids will be wearing huge neon green dresses with puffed sleeves. But it does mean that we will request you to leave your cellphones in your car or in a cute little box at the entrance of the ceremony."

If you don't want to actually request that guests leave their phones in a box or bin at the front, then you can give them personal cellphone holders with their names on them -- something satin or silky or whatever goes with your theme. Once someone drops his phone into the pouch (which will have his name on it), you can have a greeter collect it and place it at his reception table. If you'd like to remove yourself from any responsibility of holding the phones at all, have multiple greeters who will welcome the guests and then ask them to put their phones on airplane mode. Should a guest have an emergency reason to keep her phone on her person, ask her to keep her phone on vibrate and respect the wishes of the bride and groom by refraining from taking photos and posting anything to social networking sites.

Another way to limit guests' access to their phones is to go off the grid. You can search for locations where there is not any service or barely any at all. Though this may not free you from those annoying shots of phones taking photos while your photographer is taking photos, you'll have a lot less to worry about when it comes to having your guests wait to post their photos. You may want to warn guests that there will be spotty service. That way, they can handle any personal or professional stuff that needs to be put in order before your day of love. And of course, this opens the door to have a lot of fun with creating the theme and vibe that really celebrates the beauty in detaching from the outside world.

Overall, you have to ask yourself what is more important. Would you rather have guests be totally present with you and your loved ones as you exchange vows to your sweetie, or do you want to have a special hashtag where you can search and find a bunch of photos that your guests took -- photos that the photographer possibly didn't capture. Because though you'll gain quality over quantity by leaving the pictures up to the professionals, sometimes the people who know you best are looking for special moments that can only be seen by someone who truly knows you. If going off the grid is what you're looking for, perhaps you can gift guests with disposable cameras so they can still add their very special memories to your very special day.

For a list of locations that are remote and far from the grid, you can find a number of options simply by searching "off-the-grid locations" in your search bar. You can then call and double-check that you'll be as far away from Wi-Fi as possible, just to ensure that you'll have all the phone-free fun that you're looking for on your day.

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AN ECO-FRIENDLY AFFAIR

Proclaiming your love while protecting the planet

BY TERESA IQBAL
Creators.com

Weddings planning can be a conflict of interest for those couples who have a wedding style in mind but are environmentally conscious. Traditions of elegant flowers, fancy invitations and flavorful food are not necessarily green-thinking. Luckily, there are a number of alternatives these days. With a little creativity and planning, couples can reduce their wedding carbon footprint and still express their personal style.

Wedding invitations are one of the most important aspects of the planning process. They introduce your wedding theme and inform your guests of your pending nuptials, including logistical information about the big day. There are a number of paper components: save-thedates, the formal invitation and RSVP cards. To avoid waste, create invitations online. You can consolidate everything onto one central Evite, or even create a wedding website. The Knot is the nation's largest source for wedding news and inspiration. It offers many templates for couples' personal sites. Besides event

details and an RSVP function, you will be able to upload directions, information on accommodations, bios of those in your wedding party, a link to your wedding registry and photos. You could upload a whole collection of photos of you and your honey, from your first date to your engagement!

One design aesthetic that can be altered for eco-friendliness is flowers. They are used everywhere, from the bride's and bridesmaids' bouquets, to the groom's and groomsmen's' corsages, to the petals thrown down the aisle, to the centerpieces. Fresh flowers are often grown specifically to be cut and used for weddings and other events. Many couples encourage guests to take the centerpieces home to enjoy, thinking it is less wasteful. But there are many other decorative options that leave flowers out altogether.

Succulents are a great alternative to a living centerpiece. They survive only by being watered very little, in fact. Succulents come in many looks and sizes, so altogether they are a somewhat eclectic aesthetic. Try placing one oversized succulent across a table, or scattering three or four. Terrariums are large glass con-

tainers that can house succulents, making a beautiful modern centerpiece that can double as wedding favors.

The big day is another page in each couple's love story. Why not include other stories as a decoration? Antique books make for a great centerpiece. Find them at thrift stores, yard sales and the library discard pile.

One article on Martha Stewart Weddings called "19 Non-Floral Centerpiece Ideas for a Wedding" lists clever centerpieces for couples to "think outside the bloom." Ideas include spray-painting game pieces white, or spray-painting faux bay-laurel twigs gold; collecting seashells to display in vases (Why not take a walk on the beach with your betrothed to collect them?); filling Champagne flutes with ornaments; and arranging rows of tea candles. Not all are considerably eco-friendly, but what's great about them is they can all be brought into the home for later use, whether for special holidays or table decorations.

Couples can also outfit the wedding party with alternative wardrobe accessories. Bouquets made out of paper flowers or feathers are becoming increasingly popular for brides and bridesmaids. In place of corsages for the groomsmen, many are choosing novelty pins, such as navy boats for a nautical themed wedding. Visit the Etsy website to customize your own for a reasonable price. Oftentimes, flower girls throw flower petals as they walk down the aisle. But couples can get creative with this, too. Fallen leaves or pinecones, for example, are a simple, natural touch appropriate for weddings in fall or winter. And seashells can do just the trick for a beach ceremony.

As far as cuisine goes, it's a well-known fact that environmental impact rises the farther food has to be transported. As a way to lessen environmental influence, choose a caterer who specializes in using local, seasonal produce. This is also a terrific way to share delicious cuisine that's special to your area (or the area of the ceremony) and may not be accessible to the guests who've come from other places.

Though the saying "one steps forward and two steps back" is often seen in a negative light, when it comes to reducing the carbon footprint of wedding decor, the more steps back, the better.

Courtesy Creators.com



Denise made our cake for our wedding in September 2016.
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NICE DAY FOR A BRIGHT WEDDING

Bridal gowns span the color spectrum

BY SHARON NAYLOR

Not every bride wants to wear a white gown on her wedding day. It has been, over the past several years, a rising trend for brides to choose nonwhite wedding gowns.

According to McMurray, lead researcher at the bridal industry statistics company The Wedding Report, here's how the most popular colors of wedding gowns stack up in popularity:

- Rose/pink/mauve: 14.3 percent.
- Silver/gold/copper: 6.2 percent.
- Blush blue: 5.9 percent.
- Red: 2 percent.
- Blush yellow: 1.3 percent.
- Blush purple: 0.9 percent.
- Other shade: 4.2 percent, which may include the trend of watercolor-painted gowns -- an artistic option for the bride who is so inclined.

Notice that those numbers don't add up to 100 percent, as 65 percent of brides still prefer white gowns. But a number of brides are choosing tan or Champagne-colored dresses, providing a more flattering dress for a bride's skin tone than stark white while still appearing more traditional.

Although not recorded in the survey, blush gray is making news as a popular and neutral bridal gown color, as it allows the bride's shade of dress to complement bridesmaids' gowns, which are now often in shades of gray and slate.

Bright, patterned gowns may not have achieved widespread popularity, but there are always artistic brides out there who love the idea. Florals and other delicate motifs -such as cherries -- adorn the dresses of brides who really want to depart from the traditional white dress.

So, why have we witnessed this trend toward colorful and/or patterned dresses in recent years? The bride's reasons may include the follow-

- Wanting something different that's more in tune with
- her alternative preferences. • Finding a gown that looks

- more flattering against her skin tone than white.
- Preferring a gown for her second (or third or fourth) wedding that's completely different than the white gown she dutifully wore for her first wedding.
- · Wanting to choose from the wide array of gorgeous gowns that today's designers are presenting in blush, bold and metallic choices.

Jennette Kruszka, director of marketing and public relations for acclaimed gown shop Kleinfeld Bridal, says that each year, she sees gowns in color in the Bridal Fashion Week runway shows, with blush, metallic and blush-blue dresses leading the trend and high in demand.

What else might be driving the trend for wedding dresses in color? For some brides, the bridesmaid-dress rack delivers less-expensive options in fabulous styles. With lovely, wispy fabrics and creatively twisted, one-shoulder sleeves, these gowns can fit a bride's personal sense of style better than the collections of white gowns she has tried on at so many shops. This expansion of where brides can shop for budget-friendly dresses has played into the rise of gowns

We're also seeing more brides wanting to wear their mothers' or grandmothers' wedding gowns as a family homage, but the original gowns may be faded or stained -- something a great alterations company can solve by dyeing the dress a different color. The heirloom dress becomes wearable once more.

And for the bride who wants a traditional white dress but would like to incorporate pops of color, other alterations are a great option: Colorful hand-sewn beading, sequins, crystals and appliques add a unique touch. Accessories, jewelry and shoes can complement these shades for a colorful wedding-day look.

Sharon Naylor is the author of "The Bride's Guide to Freebies" and three dozen additional wedding books. (END ITAL)



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Georgianna Reese and Vinny Riso with Beth Dalasio of Beth's Cafe in Quogue, which catered the party



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Msgr. Jamie Gigantiello greeting Claire Shulman



Georgianna Reese and Vinny Riso with Maria Bartiromo



The Bartiromo sisters with Lynn Merone, a former classmate of theirs from Fontbonne Hall Academy in Bay Ridge.



Top: Regina and Bob Fee

Gartenstein

Bottom: Gail and Victor



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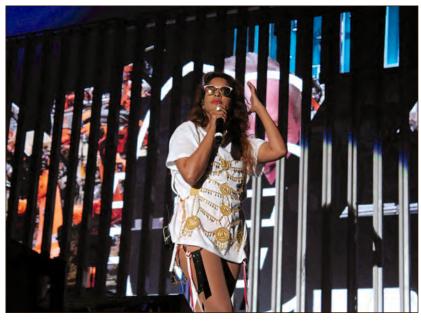
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- buzz





Big acts played at The Meadows festival at Citi Field

BY ANGELA MATUA

amatua@qns.com / @AngelaMatua

For the second year in a row, the biggest names in music descended on Queens for The Meadows Music and Arts Festival.

The festival took place from Sept. 15 through Sept. 17 and 100,000 fans were treated to performances by Jay-Z, Red Hot Chili Peppers, Gorillaz, M.I.A., Erykah Badu and more. Queens was also well-represented as Nas, LL Cool J, who brought out Hollis native D.M.C., and Action Bronson played sets. Nikki Minaj, who grew up in Jamaica, also made a surprise appearance.

Festival organizers Live Nation also honored the borough's eclectic food offerings by allowing Queens foodie Joe DiStefano to curate the FEASTival of Queens – seven Queens vendors that represent the food diversity of the borough.

Offerings included Tortas Neza from Corona, Arepa Lady and La Esquina del Cameron Mexicano from Jackson Heights, Kurry Qulture from Astoria, Dumpling Galaxy from Flushing, and JoJu, Pata Paplean and Sugar Club from Elmhurst.

The festival hosted an eclectic array of musicians but New York rap legends dominated the three-day event. Brooklynbased Jay-Z, Flatbush Zombies and Mos Def performed, and Staten Island-based Ghostface Killah also graced the stage on Sunday. Long Island trio De La Soul performed and also made a guest appearance during Gorillaz set along with Bronxborn Pusha T.



Photos by Angela Matua/QNS

The Meadows Music and Arts Festival took place at Citi Field from Sept. 15 through Sept. 17.











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Victoria SCHNEPSvschneps@gmail.com

The week began with the launch party for the rebooted Long Island Press print edition and ended with the final performance of the beautifully choreographed Broadway musical, "Bandstand." Both experiences were unique in different yet powerful ways.

We acquired the Long Island Press from Morey Publishing in May. The publication has great, long roots reaching back more than 196 years. The original Press closed in 1977 after the printers union went on strike, and the Press name went into the public domain.

After several decades, entrepreneur newsman Jed Morey A week of beginnings and endings



My son Josh and my daughter Samantha, along with my grandchildren Blake and Morgan, had fun at the Long Island Press launch party.

stunning, newly expanded Lord Press as a weekly newspaper. & Taylor store in Manhasset. Georgia Dandolos, a past honbecame a monthly publication,

oree in our Power Women of Long Island event and the store's manager, welcomed an overflowing crowd into the store's new atrium. There was plenty of food and drink to enjoy from vendors including Vito's Pizzeria, a Bethpage Best of Long Island winner, and The Crispy Pig, Banfi Vintners, Boston



Georgia Dandolos of Lord & Taylor speaks at the Long Island Press launch party, with John Kominicki and Joanna Austin of the Press looking on

Beer Company and Sarabeth Bakery.

So many of our guests had such wonderful memories of the Long Island Press. I love how Geraldo Rivera, with a big grin, recounted his days delivering the press while growing up in Babylon. He recalled that he got a bonus of tickets

enough subscriptions. "I made it happen!" he exclaimed.

to a Yankees game for selling

Maria Grasso, chief operating officer at Flushing Bank, smiled when she mentioned "delivering that paper and collecting the subscription money and tips," adding that that served as her

best lesson in getting into the banking world."

Union leader John Durso remembered loading up his bicycle with papers at the crack of dawn each day, and I laughed as Peter Meyer, now president of TD Bank in New York City, recalled that he made so much money in tips as a paperboy that he wound up having more money in the bank than his parents!

Dominick Ciampa added that he not only did his paper route, but took on others to make more money, going through several tires on his bicycle while working for the Press.

Neither rain nor snow nor sleet could keep these young paper deliverers from their appointed rounds, and it's no surprise that they were as ambitious and successful then as they are today!

It truly was a night to remember and a great beginning for our team, led by John Kominicki, the Press' publisher and executive editor, and Joanna Austin, associate publisher in charge of sales.

Read all about our neighbors and celebrate with us, Long Island!

'Bandstand' makes a grand bow

The cast of "Bandstand" at the

2017 TONY Awards earlier this year

(photo via Facebook/Bandstand

salute to veterans with the sto-

ryline of returning vets tack-

ling their post-combat demons

and pursuing their dreams of

being in a band. Their oppor-

Broadway)

relaunched the Long Island

Over the next decade, the Press

and before long, went strictly to

Last week, we joyously wel-

comed our new Long Island Press

staff and friends, family and col-

leagues for a party celebrating the

return of the Press to print as a

monthly lifestyle newsmagazine.

The grand party was held at the

digital media.

To my great surprise, the tickets I purchased months ago to see the Broadway musical "Bandstand" on Sept. 17 were for what would be the show's final perfor-

Bandstand is a musical set in the years just after after World War II. I feel sad at the show's closing, especially for the creative talents of the writers, director and choreographer and the remarkably powerful performances of the actors, singers, dancers and

To me, there is something magical about a live performance, and the best of the best can be seen on Broadway. I wish I could go every week!

The 3 p.m. Sunday performance was a sold-out affair. It must have been filled with family and friends because I never saw so many standing ovations! "Bandstand" was a poignant tunity for fame arrived with a song competition looking for the best new song to welcome home the troops

from the war. The winners are guaranteed a great future. The musi-

cal was born in

regional theatre of Paper Mill Playhouse and opened on Broadway this past April; sadly, it had a very short run. But its talented performers are certainly names to look for: Laura Osnes, Corey Cott, Beth Leavel and choreographer Andy Blankenbuehler, who won a Tony Award for "Hamilton" in 2016. I'd go to any play he is involved in, because his work is a guarantee of a superb experience.

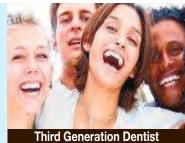
It was truly a bittersweet but an enchanting time in the theater watching the final act of



Speaking out against hatred

The Long Island Press was the media sponsor of a special panel discussion, "The State of Anti-Semitism: Local and Global" at the Tilles Center at Long Island University's Post Campus in Westbury on Sept. 13. Former Congressman Steve Israel, who chairs the Global Institute at LIU, led the discussion along with Ambassador Dani Dayan, consul general of Israel in New York; Dr. Deborah Lipstadt of Emory University; Taryn A. Merkl of the U.S. Attorney's Eastern District of New York office; Nassau County District Attorney Madeline Singas; and Suffolk County Police Commissioner Timothy Sini.

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'Sunday Stroll' on Bell Blvd. in **Bayside promises lots of fun**

BY SUZANNE MONTEVERDI smonteverdi@qns.com/@smont76

An annual afternoon of family-friendly fun is coming to Bayside this Sunday.

On Sept. 24, Bell Boulevard between 39th and 41st Avenues will be closed to traffic to allow for a stress-free stroll down the bustling business corridor.

At the free annual "Sunday Stroll" organized by the Bayside Village Business Improvement District (Bayside BID), participants can experience a full afternoon of food, activities and live performances and interact with local businesses in a fun setting.

Attendees should come hungry, as the corridor's diverse selection of restaurants will offer a combination of free tastings, discount offers and special menus. Outdoor seating will also be available.

Live performances from Gracie Terzian and local bands Chicken Head Rocks, Landing Approach, Stu Pender and Poetic Thrust will take place throughout the day. Students from Bayside's Robert Mann Dance Centre will also put on a show for attendees.

Families with children can enjoy a number of activities, including a Superhero Story Time presented by Bell

Boulevard's Turn the Page Again at noon and a giant bubbles show put on by spirited Bubbledad.

Uni + HYPOTHEkids will set up a portable reading room and science lab onsite, allowing curious young minds to discover new books and use microscopes and magnifying glasses to explore their environment.

An art station by Bayside Paint Place, carnival games, bouncy house and other interactive activities will also be available.

For additional information, email the Bayside Village BID at info[at]baysidevillagebid.com or call 718-423-2434.



smonteverdi@qns.com / @smont76

An annual weekend of family fun on the farm is coming to

Walk through the "Amazing Maize Maze" during the Queens County

The Queens County Farm Museum will hold its 35th Annual Queens County Fair on Sept. 23-24. The fun, all-day event will feature pie eating and corn husking contests, carnival rides, games, pig races and entertainment by jugglers, magicians and acrobats.

The event will also feature Blue Ribbon competitions in a number of categories, including produce, livestock, arts and crafts and baked goods.

Families can also adopt a worm for their home compost bin and get gardening and recycling tips at the Con Edison Ecology booth, which will also feature free crafts for kids.

Food and craft vendors will be at the farm all day, and adults can enjoy live music and a brew at the beer garden.

The County Fair will run from 11 a.m. until 6 p.m. on both days. One-day admission is \$10 for adults and \$7 for kids ages 3-12 and advanced tickets can be purchased here.

The farm's 2017 Amazing Maize Maze will also open to the public this weekend. Every Saturday and Sunday up until Oct. 29, visitors can work their way through the 3-acre living puzzle. This year's maze is inspired by Alice in Wonderland.

The maze will be open from 11 a.m. until 4:30 p.m. and admission is \$10 for adults and \$5 for kids.

The Queens County Farm Museum is a 47-acre working farm located at 73-50 Little Neck Pkwy. with a history dating back to 1697. The site includes includes historic structures, including a landmark farmhouse, glass greenhouse and restored barns.

Questions about the event can be directed to 718-347-3276 or info[at]queensfarm.org. For a full schedule of events, visit queensfarm.org/events.html.

Saturday is Family Fun Day in Whitestone

BY SUZANNE MONTEVERDI

smonteverdi@qns.com/@smont76

Ready for a free afternoon of family fun, Whitestone?

The community's 4th Annual Family Fun Day will take place this Saturday, Sept. 23, at Francis Lewis Park. The day of food, music, games and giveaways draws thousands to the Whitestone space.

The event will feature fun activities, including pumpkin picking and pony rides. New York Mets mascot, Mr. Met, is also scheduled to make an appearance.

Attendees can also engage with their local police officers and learn about how to get more involved in their communities.

The event will run from noon until 4 p.m. at Francis Lewis Park, located at Third Avenue and 147th Street.



Photos by Danny Tirmizi

Kids pumpkin painting at the 2016 Family Fun Day.

Family Fun Day is organized by the 109th Precinct, 109th Precinct Community Council, We Love Whitestone Civic Association and the Greater Whitestone Taxpayers

Civic Association and made possible with donations from a number of local businesses, organizations, families and elected offi-

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Queens food vendors took home the top prizes at the 2017 Vendy Awards.

Queens food vendors win top honors at Vendy Awards 2017

BY ANGELA MATUA

amatua@qns.com / @AngelaMatua

Queens food vendors dish out some of the best meals in the borough, and this year's Vendy Awards confirmed that by awarding two popular food trucks.

The annual street food competition began in 2005 and attendees are treated to bites from 25 food trucks. The proceeds benefit the Street Vendor Project, a nonprofit that advocates for the rights of vendors, many of whom are immi-

On Sept. 16, street food vendors gathered at Governors Island to cook everything from tamales to Chinese-style barbecue skewers and Russian dumplings. The winners for the five categories - Vendy Cup, Bad Hombre, Best Rookie Vendor, Best Market Vendor and Best Dessert Vendor - were chosen by attendees and a panel of celebrity judges. Attendees also awarded the People's Choice vendor.

Husband-and-wife duo Jesse Vasquez

and Marilyn Hernandez, who were both born and raised in Long Island City, won the Best Market Vendor for their shop What's the Dillaz. Though they have day jobs - Vasquez is a chef at Mom's Kitchen & Bar in Astoria and Hernandez is a paralegal — their take on quesadillas got them the top prize.

If you're in the mood for a burger or Reuben or Cuban sandwich in quesadilla form, visit What's the Dillaz at LIC Flea at 5-25 46th Ave. every Saturday and Sunday.

The Best Rookie Vendor award also went to a Queens-based food truck. Momo Bros, which serves Himalayanstyle dumplings at 73rd Street and Broadway in Jackson Heights was founded in 2016. Pasang Thinlay, a Tibetan refugee who emigrated to America from Nepal when he was 15, opened the food truck after gaining cooking experience at a number of restaurants.

Momo Bros' specialty is the jhol momo, a Nepalese soup dumpling that is not commonly found in New York City.





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'Love Is Dead' at Secret Theatre

Morality, civility and dignity are hurled to the winds at the Secret Theatre. The very, very dark comedy "Love is Dead" is currently offering a new meaning to the word "love." Delivered by "Locked in the Attic Productions," it is a very successful mirror of today's destructive emotions. There is no remorse and no lawful consequences. No matter how fierce the brutality.

Written and directed by Seanie Sugrue, the three acts or "chapters" are without intermission. They are intertwined into a mesmerizing and riveting whole. The first segment includes Secret Theatre's founder, Richard Mazda, as vicious Walter. His less-than-charming wife, Betsy, played by Julie Reifers, is equally unsympathet-



ic toward their son Trevor (John Warren). His partner Ginger (Rachel Zapata) is the play's first victim of extreme violence.

Ambiguities are everywhere. There are dozens of cardboard boxes, placed randomly, to represent apartment walls (set design, Marie Therese Walter). This irregularity is well played in the second "chapter." In it, infidelity and even more excruciating violence bring bizarre humor. There's "Two minute Kenneth" (Gerard McNamee Jr.), Eugene (Patrick Brian Scherrer) and Cindy (Ana Roshelle Diaz). They contribute fiercely with absurd, cruel, comical actions and reactions. Paradoxically, childlike Ashton Foster as Nancy remains a sympathetic character despite her betrayal of one friend and comfort in the arms of another.



The darkest comedy is Chapter 3. Franky the fish is a real goldfish. He is prominently displayed downstage as he blissfully swims in his glass fishbowl. Maggie the prostitute (Hannah Jane McMurray) constantly talks to the fish. She considers him her moral compass and best friend. Well, her violent behavior requires more than fish scales to balance her unhinged logic. Ultimately, ferocious retribution comes full circle as Trevor, Eugene and Daddy (Myles O'Connor) meet their fate.

"Love is Dead" is soon to be a feature movie. For information on this and future productions, call the box office at 718-392-0722 or surf to www.secrettheatre.com. As always, save me a seat on the aisle.

'The Elephant Man' roars at RTC

What if your features were hideous? What if your heart and soul were beautiful? The very true story of the Elephant Man is told with taste and talent by the Rockaway Theatre Company. Although unfolding in the 1880s, this stylized cos-

tume drama has poignant relevance today.

Director Frank Caiati has a well-earned list of credentials both onstage and behind the scenes. In this production he delivers another compassionate, powerful performance as Doctor Frederick Treves. His direction is also mesmerizing. He humbly creates an eerie silence that overcomes the audience. The message? Clearly, the "normal" onstage humans in their greed and prejudice prove far more grotesque than the deformed Elephant Man.

As John Merrick, afflicted with a rare disfiguring condition, Byron Hagan (debuting at RTC) does not use theatrical make up to display the deformities. Instead, he amazingly contorts his face, torso, hands and legs. The result must be truly painful and leaves the audience breathless. Verbally, his speech becomes deliberately slurred. They are in stark contrast to his sensitive observations on life's cruelties. Bravo!

Producer Susan Jasper's cast plays multiple roles. Sometimes benevolent, other times cruel. Always pointed and meaningful. Kudos to Thomas J. Kane, Fred Grieco, Robert Mintzes, Brian Sadowski, Frank Freeman, Adele Wendt, Dana Mongelli and Susan Warren Corning.

A particularly well studied and sensitive performance is offered by O'mer Komen. Portraying worldly Mrs. Kendal, she reveals physical and emotional vulnerabilities with dire consequences.

The sets (designed by Caiati) are somber and striking. Though harshly reflective of 1880s Victorian England, there is a certain beauty in the brushed strokes and colors. Costumes (Tristan Kerry O'Connor) are impeccable. Sound (Richard Louis-Pierre, Daniel Fay, Alex Stabiner), lighting (Andrew Woodbridge, Jessica Mintzes) and tech (Tony Homsey) are also above expectations. The overall presentation is once again far above regional level with additional bows for Suzanne Riggs (stage manager), Peggy Page (house manager) and the numerous backstage participants.

For information on this and future productions call 718-374-6400, "like" them on Facebook or surf to www.rockaway-theatrecompany.org. As always, save me a seat on the aisle.



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LIST OF THINGS TO DO

THURSDAY, SEPTEMBER 21

People can find common ground even in the most bizarre circumstances. That's the theme of the film "The Journey" that the New York Irish Center in Long Island City will screen this evening. Starring Timothy Spall and Colm Meaney, "The Journey" is about a deeply conservative British loyalist and a former Irish Republican Army Leader who start out as intractable political opponents, but reach a breakthrough in the middle of a detour-filled car ride through Scotland that brings peace to the troubled region. Free admission, but donations are welcome. Doors open at 6:45 p.m.; film starts at 7:15 p.m. New York Irish Center, 10-40 Jackson Ave., Long Island City.

FRIDAY, SEPTEMBER 22

Flushing Town Hall will feature an evening of original tropical Latin roots dance music with **Cuban rhythms** exploring the crosscurrents of son, salsa, timba, funk, rock, afrobeat, Haitian compas, and more. Jose Conde Eclectric and his Cuban salsa band Ola Fresca take you on a dance-inspiring musical journey from Miami to New York to Havana and back! The program starts with a dance lesson at 7 p.m., followed by the concert at 8 p.m. Flushing Town Hall, 137-35 Northern Blvd., Flushing. For ticket information, visit http://www.flushingtown-



Celebrate Oktoberfest "Flushing style" at the Voelker Orth Museum's garden on Saturday, Sept. 23. The museum will bringing together some of old and new Flushing for an evening of cultural and culinary treats. They'll be serving up German-American and Korean-American dishes including sauerkraut and kimchi, the German and Korean variations of pickled cabbage. There will also be plenty of beer to wash it all down. Tickets are \$35 per person, \$30 for museum members. Voelker Orth Museum, 149-19 38th Ave., Flushing. To purchase tickets, visit https://www.eventbrite.com/e/oktoberfest-flushing-style-sauerkraut-and-kimchi-tickets-36751885880.

hall.org/event/6f464e57a3e-7a7221e165fc0c62f0cc3.

The Knockdown **Center in Maspeth** will play host to "Band Together: A Concert Against Hate" benefitting the American Civil Liberties Union (ACLU). The program will feature performances by Geoff Rickly of Thursday, Dave Elkins of Mae, French Horn Rebellion and Janelle Kroll. Proceeds will go to the ACLU in its efforts to protect civil rights. \$25 per person, must be 21

or older to attend. 8 p.m. show time, The Knockdown Center, 52-19 Flushing Ave., Maspeth. For more information, visit www.knockdown. center.

In celebration of the late Jim Henson's birthday, the Museum of the Moving Image will be holding a special program with Frank Oz, who was Henson's main creative partner. Oz joined the Muppets in 1963 and would become the voice of iconic characters includ-

ing Grover, Cookie Monster, Animal and Sam the Eagle. Oz will talk about his remarkable and prolific collaboration with Henson, in a conversation with clips moderated by Victoria Labalme, co-producer of Muppet Guys Talking. \$50 per person, \$37.50 for museum members. Ticket purchase includes a reservation to see the museum's Jim Henson Experience exhibit between 4 and 7 p.m. Program starts at 7 p.m., Redstone Theater, 36-01 35th Ave., Astoria. For more information, visit www.

movingimage.us.

SATURDAY, SEPTEMBER 23

Celebrate the culture that makes Ridgewood great during fourth-annual **Ridgewood Stroll featur**ing Seneca and Catalpa Avenues. The day of activities includes food, drinks, music, games, dancing and more. The John Weber Band along with Bavarian Dancers will be performing as well. Noon to 5 p.m., rain or shine, Seneca Avenue between Cornelia Street and Myrtle Avenue and Catalpa Avenue between Myrtle and Seneca avenues. Sponsored by the Myrtle Avenue **Business** Improvement District in conjunction with the NYC Department of Transportation.

ATTENTION: Want your event on this page? Post it on QNS.com!

It's never been easier to submit a Happening. Become a registered member at www.qns.com, visit the Events page, click the "Add Event" bar at left, complete the form and click "Post Event." You can even post a photo or a flier for your event. It takes only a couple of minutes to complete, and it's absolutely FREE! We'll select entries on our QNS.com Events site for our Happenings page in The Queens Courier and Ridgewood Times. Let all of Queens know what's going on tomorrow by posting it on QNS.com today!

Mount Sinai Queens Hospital will be holding a day of fun and free health and wellness activities at LIC Landing. The programs include giveaways, music, activities for children and adults, nutrition and body mass index counseling, healthy food tasting and free blood pressure screenings. You can also participate in group yoga or dance. Noon to 3 p.m., LIC Landing by COFFEED (at Hunters Point Park South, 52-10 Center Blvd., Long Island City).

Maple Grove Cemetery in Kew Gardens is one of Queens' most historic sites, as it is the final resting place for many notable figures in local and national history. You can learn more about some of them during "Spirits Alive!" hosted by the Friends of Maple Grove Cemetery. It's a self-guided walking tour with over 20 actors in period costumes portraying the roles of the cemetery's most illustrious & historical figures, recounting tales of their lives through memories and speeches including many new discoveries. Free admission; donations suggested. Visitors encouraged to wear period costumes. 2 to 4:30 p.m. Enter at Kew Gardens Road and Lefferts Boulevard.

Sashay your way to the Knockdown Center Maspeth this weekend "Bushwig," Brooklyn's annual festival of Drag, queer performance & music. The two-day festival features more than 150 performers, pop-up vendors, food and drink, music and other entertainment. Thousands are expected to attend, and organizers will have free shuttle buses operating between the Knockdown Center and the Jefferson Street L train. Must be 21 or older to attend. 2 to 10 p.m. each day, Sept. 23 and 24, Knockdown Center, 52-19 Flushing Ave., Maspeth. For more information, visit bushwig.

SUNDAY, SEPTEMBER 24

Enjoy a fun afternoon of free activities at the "Bell **Boulevard Sunday Stroll" present**ed by the Bayside Village Business **Improvement District.** There will be live music and dancing, food, games, activities and more along three blocks. Noon to 5 p.m., Bell Boulevard between 39th and 41st avenues. For more information, visit baysidevillage-

Fertile Ground, which has supported artists in Long Island City for years, will hold a non-curated program at Green Space featuring five up-and-coming choreographers and a post-performance discussion. Tickets are \$13. Green Space, 37-24 24th St., #301, Long Island City. Tickets are available at the door or can be purchased online at www. greenspacestudio.org/FertileGround.

Bring your little nature lovers to the Queens Botanical Garden for a relaxing afternoon featuring nature-inspired stories, followed by a botanically themed craft activity. Recommended for ages 10 and under. Sponsored by the World Flower Children's Foundation. 2 to 3:30 p.m., Queens Botanical Garden, 43-50 Main St., Flushing. For more information, visit https:// queensbotanical.org/event/storytime-craft-10/all.

Come to St. John's University for a screening of an inspiring film on the life and work of author and activist Daniela Gioseffi. Produced and directed by prize-winning filmmaker Anton Evangelista, the documentary explores the life and work of this acclaimed leader in the fight for civil rights, democratic equality and climate justice. \$20 per person; limited seating available. 4 p.m., St. John's University, 8000 Utopia Pkwy., D'Angelo Center, Room 416. For more information, call 718-990-5892 or visit www.bit.do/gioseffiSJU.

Explore some far out music as The Astoria **Music Project presents "Fantasy** Night" at Q.E.D. Astoria. 7 to 8:30 p.m., 27-16 23rd Ave. For more information, call 347-451-3873 or visit gedastoria.com.

TUESDAY, SEPTEMBER 26

Feeling inspired by the start of "Dancing with the Stars"? Then take part in a special series of ballroom dancing classes at the Forest Hills library. Jing Chen studied ballroom dance at the school founded by internationally acclaimed dancers Mr. and Mrs. Lu Ming Da. Chen is a skilled instructor who will give lessons in ballroom basics for beginners and offer training for more advanced students. Lessons every Tuesday from 2 to 3 p.m. Free admission. Forest Hills library, 108-19 71st Ave., Forest Hills. For more information, call 718-268-7934.

Check out the QNS.com calendar for more great events, and add your own!

If you love events, sign up for our weekly events newsletter as well!



Flushing Town Hall will present "The Moth StorySLAM: Lifelines!" in which all attendees can share a true, five-minute, prepared story about a saving grace in their lives. When the doors open, storyteller hopefuls put their names in The Moth Hat. A half-hour later, names are picked, and storytellers take the stage. Your story may be heard on NPR. Sign up or just enjoy the show! \$10 per person. Doors open at 7 p.m., program starts at 7:30 p.m. Monday, Sept. 25. Flushing Town Hall, 137-35 Northern Blvd. To purchase tickets, visit www.themoth.org.



Channel your creative side during Paint Night at The Painting Place in Astoria. This evening's theme is "Starry Night Over the Rhone." 7 to 9 p.m. on Wednesday, Sept. 27, The Painting Place, 31-21 31st St., Astoria. For more information, call 212-799-0112 or visit thepaintplaceny.com.



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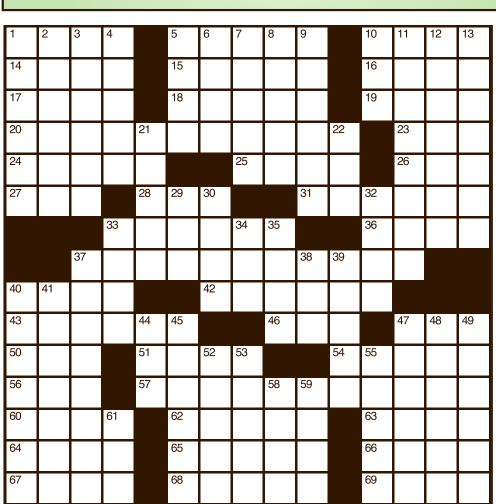
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1. Fit 5. La

10. And others, for short

14. Fishing, perhaps 15. Chocolate sub-

stitute 16. Actress Miles 17. " does it!"

18. "He's

nowhere man" (Beatles lyric)

19. Parentheses, e.g. 20. Radio station that broadcasts a

directional signal for navigational purposes

23. More, in Madrid 24. Correct, as text

25. Loafer, e.g.

26. Altar avowal

27. Cave

28. "At Seventeen" singer Janis

31. Bully

33. News office

36. Campus area

37. Characterized by

violent behaviour

40. Advil target 42. TV's "___ and

Greg" 43. Inclined

46. Get a move on 47. Clairvoyance,

50. Former French coin

51. Gift tag word

54. "___ go!" 56. Pompous fool

57. One who sets

written material into type

60. 10 jiao

62. Back in

63. Sort

64. Coastal raptor

65. Nabisco cookies

66. Knowing, as a secret

67. Change

68. "Yum!"

69. Penny

Down

1. Odium

2. Feel shame

3. Hard to lift

4. Dine at home

5. Fink

6. Quip, part 3 7. Bailiwicks

8. Slender freshwater fish resembling a

catfish

9. Flowering

10. "Die Meistersinger" heroine

11. Ultimate goal

12. Los Angeles suburb

21. Disgrace

22. Inheritable

29. Dadaism founder

30. Call for

32. Band with the hit

"Barbie Girl"

33. Page

___ Wednesday

35. Its motto is "Industry"

37. Grand

38. Altdorf is its

capital

39. Alpha's opposite

40. Analyst who performs chemical tests on metals

41. Title for this

puzzle? 44. Lizard, old-style

45. Plant disease

47. Ccolourless

flammable gas used

in welding

48. Walk over

49. Bring up

52. "La Boh⊠me," e.g.

53. Particles

55. Kind of nerve

58 Small cave with attractive features

59. Like Santa's

cheeks

61. "The Matrix"

13. Caught with a **ANSWERS ON PAGE 79**

employment

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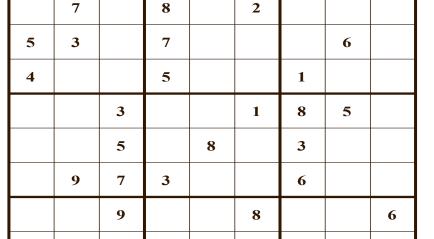
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6

7

3

8

2

1

Fill in the blank squares in the grid, making sure that every row, column

and 3-by-3 box includes all digits 1 through 9. ANSWERS ON PAGE 80

employment

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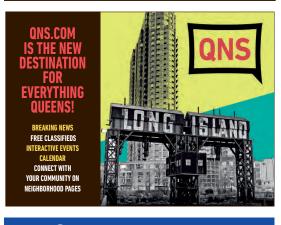


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PUZZLE ON PAGE 77

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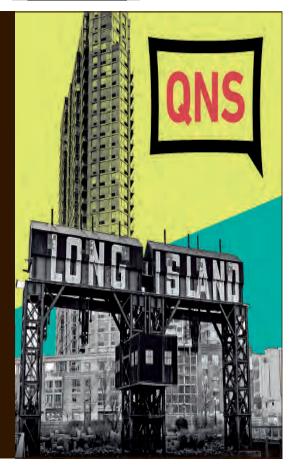
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Semi Detached Brick 2 Family w/ View of NYC Skyline 52 x 100 s/f lot 6 rms/5, full basement, 2 car gar. private driveway and a private yard.

Asking \$1.9M





MIDDLE VILLAGE NEWLY CUSTOM BUILT **DIAMOND CONDITION STATELY 2 FAMILY**

1st Fl-3 bedrm duplex w/sunken Lr, Kit, Dr, 2 full bths. 2nd Fl 2 bedrm duplex, open layout w/kit, Lr, Dr mint full fin bsmt, custom windows, balcony, pvt yrd, 1 car garage.

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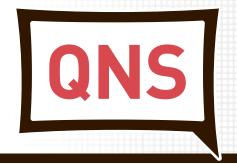


KEW GARDENS

LOTS OF LAND!

Det 3 Fam on a 69 x 100 s/f lot . Full bsmt, 1 car gar, pvt drvwy. 1st Fl- 3 bedrms, 2nd Fl-2 bedrms, 3rd Fl-2 bedrms. **Asking \$1.499M**





QNS REAL ESTATE

ADVERTORIAL

The amazing story of WAL TRAM

I traveled to Nassau County to meet with May G., a Long Island homeowner. "I am so glad someone's doing it, this agency deserves all the credit they can get." She got right to the point, and before I asked any questions she continued, "You see, we were in the market to sell our home and in the process, we interviewed a few local agents who appraised our property with a lower price than other sold homes in the area. They explained that because of our small backyard, not too many purchasers will be interested." She said, "Naturally, we were disappointed, but hoped to find an agent who would be up to the task of selling our home at a comparable price."
"So how did you find about WAL TRAM Real

Estate?" I asked.

"We requested real estate references on social media and right away we were referred to WAL TRAM through a mutual friend. The agent was so encouraging and positive, she sold many homes with similar backyard issues and swept us with her enthusiasm. She said it's easy to sell an underpriced home, but would love the chal-

lenge," May smiled, "Well, that's what we wanted to hear. We wanted an agent who believes in our home, an agent who's not afraid to tackle head-on a difficult situation, we knew that this is the quality we were looking for and immediately listed with her."

"And how long did it take her to sell it?" I

"Ha!" said May, "Within 90 days we were under contract and got the price we wanted, a short time later we closed and moved to our

Mr. Mark A., who sold his college point house in Queens with Effie Wener, the broker of WAL-TRAM real estate, agreed. "It was a pleasure dealing with her. We had a problematic probate situation," he explained. "But Effie was on top of everything, she helped to deal with the attorneys and monitored all of the transaction's aspects. She helped a lot and thanks to her we finally sold it.'

Mrs. V. sold her Hollis Hills home and her Bayside apartment also through WAL-TRAM real estate "They are very honest," she said, "Their reputation means everything to them, that's why I listed my 2 properties with this company and will recommend them to anyone. I must say, WAL-TRAM is really great. A really great real estate agency. I wouldn't say so if I

Effie Wener, Wal tram's broker explained, "So many agents are under pricing a property just to make a quick sale or overpricing just to intrigue the sellers to list with them. Either way is not in the best interest of their client, even if you find a buyer who's willing to pay more than the market value, it definitely would not pass the bank appraisal. So, the key is to price a property right and at the market value."

"So how is a homeowner supposed to know what their home is actually worth?" I asked.

"Only an experienced agent who is familiar with the neighborhood will be able to accurately appraise a property," says Wener, "We at WAL-TRAM real estate don't give inaccurate information just to get a listing. We believe success must come with sincerity, loyalty, and truthfulness. Our integrity is very important to us, otherwise we wouldn't have such a high referral volume and with such great customer satisfaction."

WAL-TRAM real estate serves both New York City and Nassau County. They work with many young motivated and qualified professionals who want to move their families out of the city's apartments and into a new home.

WAL-TRAM also has many unique and different approaches to selling real estate. They have amazing plans, including the "FOR SALE BY OWNER" plan, the 2% COMMISSION rate, the FREE HOME IMPROVING and STAGING program, as well as the "FIX IT OR LIST IT" deal. Just rest assured that you and your interests are in good hands and no other real estate company will be able to compete with these offers!

So, if you are planning to sell your property anytime soon, visit WAL-TRAM's website at www.waltram.com or call to schedule an appointment. Queens: 718-766-9376, Nassau: 516-350-6200.

Listings and photos courtesy MLSLI

Sales in Queens HOMES - CO-OPS - CONDOS

NORTHEAST



Under \$500,000

142-05 Roosevelt Ave., Flushing \$438,000 Co-op 1 bedroom, 1 bathroom Heng Long Tan Winzone Realty

\$500,000-900,000

43-12 214th Place, Bayside \$899,000 Condo 2 bedrooms, 2 bathrooms Alex Tembelis TMT Realty Group

Over \$900,000

12-45 118th St., College Point \$1,240,000 2-family contemporary 4 bedrooms, 3 ½ bathrooms Merry Chen RE/MAX Universal Real Estate

NORTHWEST



Under \$500,000

21-47 33rd St., Astoria \$379,000 Co-op 2 bedrooms, 1 bathroom Evangelia Kontis Realty Executives Today

\$500,000-900,000

51-11 63rd St., Woodside \$799,000 1-family Colonial 3 bedrooms, 1 ½ bathrooms John O'Kane O'Kane Realty

Over \$900,000

33-71 10th St., Long Island City 1-family home home 2 bedrooms, 2 bathrooms Yael Shanee Prime Realty

SOUTHEAST



Under \$500,000

185-30 Fonda Ave., St. Albans \$180,000 1-family Cape 3 bedrooms, 1 bathroom Sandra Morrison Century 21 Milestone Realty

\$500,000-900,000

105-11 223rd St., Queens Village \$625,000 1-family Tudor 3 bedrooms, 1 ½ bathrooms Liddie Davis Davis & Davis Realty

Over \$900,000

88-19 170th St., Jamaica \$1,499,000 3-family contemporary 13 bedrooms, 7 bathrooms Minhazur Rahman Neighborhood Elite Homes



Under \$500,000

151-35 78th St., Howard Beach \$429,999 Condo 3 bedrooms, 3 bathrooms Cindy Getzoff Douglas Elliman Real Estate

\$500,000-900,000

88-34 89th St., Woodhaven \$799,000 1-family Colonial 4 bedrooms, 3 ½ bathrooms Juan Loubriel Realty Executives LAR Group

Over \$900,000

72-20 Loubet St., Forest Hills \$1,049,000 1-family Colonial 3 bedrooms, 2 ½ bathrooms Esther Harris Keller Williams Realty Landmark



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Advertorial



Legally Speaking

By: Scott Baron, Attorney at Law

VISIBLY INTOXICATED

Q: Late one Friday night, I began a visit to a tavern. A patron had left his liquor on the bar. He had taken his shirt off and was swaggering around. I felt that the guy must be intoxicated, and probably on drugs, too.

My friends have told me that the bartender knew very well that this customer had been in jail and was always in trouble. He had a reputation for fighting in the street and at home. She knew that he had a temper that he puts into action. She knew that the guy lacked a tolerance for liquor.

All the same, the bartender poured him another shot of whiskey. Then the guy looked at me. He said, "whatcha you lookin' at" and began to beat me.

A: Such behavior by a patron before an extra shot, and such knowledge on the part of a bartender, can establish that your assailant was served alcohol while he was 'visibly intoxicated'. What is more, from what you say, it appears that a reasonable connection exists between the extra serving and the beating you suffered.

By 'visibly intoxicated', a lawyer means that the bartender should have known that your assailant would lack the tolerance for the second shot – that it would push him over the brink.

The law responds to changed conditions; exceptions and variations abound. Here, the information is general; always seek out competent counsel. This article shall not be construed as legal advice.

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KEW GARDEN HILLS \$328,000

Beautiful 3rd Floor 2bedroom Co-op located in Kew Garden Hills.
Fully renovated unit from kitchen to bathroom. Spacious bedrooms with great layout
(can fit king size beds) hardwood floors throughout & lots of closet space!
CALL: Christopher Bacchus, LBA 516.315.8618



-sports



Whitepoint Youth Football kicks off fall season

BY ANTHONY GIUDICE

agiudice@qns.com @A_GiudiceReport

Whitepoint Youth Football and Cheer held its Opening Day ceremonies on Saturday, Sept. 16 at Flushing Memorial Field, where the organization honored first responders before their lineup of games. The team had local NYPD, FDNY and military personnel on the field to carry the American Flag for the pregame ceremonies, throw out the first pass, and even play some football with the kids. Whitepoint also hosted a free BBQ for all the players and spectators, where they collected donations for Hurricane Irma victims, with 100 percent of the proceeds

going to the American Red Cross.

On the gridiron, in the Bantam Division, the Panthers faced off against the Fighting Irish in a closely contested game.

The Panthers managed to pull off a late fourth quarter come-from-behind win, 8-6. Panthers quarterback Benjamin Friedman was able to target tight end Matt Gonzalez for the game-tying touchdown with less than three minutes to play in regulation. The two connected again on the two point conversion to ice the game.

The Panthers tough defense was led by a strong performance by their defensive line anchored by Elijah Cumbal and Robbie Roman.







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\$99

Includes: EYE EXAM, No-Line Bifocal Lenses & Frame

2 Boxes of Lenses

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EYEGLASSES Includes: EYE EXAM, Frames & Lenses

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