

# THE BAYSIDE HILLS BEACON

ISSUE 164, VOLUME 11, SEPTEMBER 2018 | OFFICIAL BULLETIN OF THE BAYSIDE HILLS CIVIC ASSOCIATION, INC.

## THE "FIRE ALARM GUY" IN BAYSIDE HILLS!

*\*excerpted from Queens Courier article January 8, 2015 by Angy Altamirano.*

Woodside resident John S. Colgan has turned outdoor walls, fire boxes, lampposts and hydrants into his canvas — not in an illegal effort at self-expression but to battle the defacing of his beloved neighborhood by graffiti. Colgan got tired of waiting around for someone to clean up his community from the work of graffiti vandals, so instead he picked up a paintbrush and took matters into his own hands. For the past three and a half years, Colgan, who goes by "Fire Alarm Guy" on Twitter, has been going around the western Queens neighborhood he calls home and fighting the problem of graffiti, along with bringing fire alarm boxes back to life. "I wanted to do something nice for the neighborhood," he said. "When I was a kid in the '80s everything was pristine. People took care of things themselves back then. If you want to get rid of graffiti in the neighborhood, you have to do it yourself." **\*We are grateful to have Mr. Colgan working on re-painting fire alarms in Bayside Hills!** Follow him on Twitter @thefirealarmguy75



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*Located on Bell Blvd., where Luke Place and 216<sup>th</sup> Street converge*

Colonial Church of Bayside

TUESDAY, OCT 30 • 8PM

**GENERAL MEETING**

Bayside Hills Civic Association's next

Bayside Hills Civic Association  
P.O. Box 640246  
Oakland Gardens Station  
Bayside Hills, New York 11364



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# 17 YEARS LATER

This year will mark the seventeenth anniversary of that horrible morning; therefore we will be reaching out through every possible media outlet, including the Bayside Business Association and Bayside BID, to encourage a large turnout. Last year we had great representation from our military, NYPD, FDNY, EMS, Port Authority, the Boy Scouts of America, houses of worship, and local clergy. All of them will be invited back again.

Speaking of schools, the BHCA will continue to increase our efforts to alert our schoolchildren about this event, and as a former United Federation of Teachers' Chapter Leader, I will be asking the UFT and school parent coordinators to assist us in this endeavor.

During a very poignant portion of our ceremony, we will be asking the assembled to place American flags and glass enclosed memorial candles on our Memorial Garden. The request for glass enclosed candles is for safety so that nothing in the area catches fire.

I would be remiss in not thanking the Lupo family of the L'Italiano Trattoria, located at 216-01 Horace Harding Boulevard (at Bell Boulevard). Since the restaurant is directly adjacent to the Bayside Hills Memorial, they have been considerate enough to spend a great deal of time watering around the monument and we thank them for that. They also take the time to remove weeds and debris that have accumulated around the area.

In addition, of course, our heartfelt thanks goes out to the BHCA Beautification Committee, chaired by Ronald Keil of Garden World & Keil Bros., for maintaining and enhancing the appearance of the Memorial Garden site throughout the year.

Of all our activities, and for obvious reasons, a great deal of effort has been taken to make this event very special, so a great turnout is always appreciated. Please take the time to remember and reflect on the tragic events that happened seventeen years ago on that day. As always, it will be a stirring, memorable evening.



Speaking of our unbelievable beautification committee. When walking around the neighborhood during recent months, you may have noticed, among other things; the repaired guide towers on 216th Street and 48th Ave; our neighborhood cupolas on Bell Boulevard; restoration of planters such as the one on Luke Place (more restorations of other planters forthcoming); and the work of anti-graffiti artist, Woodside resident John S. Colgan, who has turned fire boxes into his canvas to battle the defacing of our neighborhoods by graffiti. (See the restored alarm box on 217th Street and 51st Ave.) Thanks go out to committee member Sebastian D'Agostino, who with the assistance of our contractor, J. Standard, Inc., worked on our guide towers and cupolas. We also must thank Jack Niedermeyer, who was responsible for the BHCA obtaining Mr. Colgan to restore our fire boxes. In conclusion, we hope to see everybody **September 11th for our 9/11 Observance**, then **Tuesday, October 30th will be our BHCA Candidates' Night**. For now, enjoy the remainder of your summer everyone.



# THE BEACON SPOTLIGHT



## DOMINGO MIRANDA

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**Q: How long have you had your business?**

**A.** Well this place is 49 years old now.

**Q: How did you get into the fish business?**

**A.** From an Italian guy. I worked for him here for 18 years. His name is Tom Infantolino. I worked for him for all those years and then we took it over. We bought it from him, me and my brother so that's how we started business.

**Q: What's your favorite thing about Bayside Hills?**

**A.** People. The thing is, we meet people. People [say] the organization is good for everybody and people come to us, and we do a lot of things for those people and that part is good.

**Q: Is there anything you'd like to change about**

**Bayside Hills?**

**A.** Not really. We'd like to keep everything the way it is, nothing changing. The only thing I can say is we've been here for so long and we can see little changes. The neighborhood changed without us. Many years ago, we had many Italians, Greeks whatever, and it's changed now. You know what I mean? But we'll still stay on.

—Interviewed by Benjamin de Leon, III



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WILLIAM LIAO ON  
RECEIVING THE  
BHCA RICK SKUTCH  
SCHOLARSHIP  
AWARD! YOU  
COULD BE OUR 2019  
WINNER!



## SEPTEMBER CALENDAR!



**SATURDAY, SEPTEMBER 1**  
**MY CHILDHOOD IN BAYSIDE**  
**(VS. WHAT'S THERE NOW)**

**10:45 A.M. – 1:00PM**

**212-35 42ND AVENUE, STE 2**

**\$20.00 (collected at start of tour)**

A walking tour through old Bayside from 1943-1958. Most of the early landmarks have vanished but there are threads of continuity and many anecdotes. Several sites have been designated as NYC landmarks: All Saints Episcopal Church, the Lawrence family graveyard and the Cobblestone house. When silent films were made in Queens, Bayside was home to many stars. Many brunch possibilities are in the area. Meet in front of the Post Office on the south side of the LIRR station on 42 Ave, just west of Bell Blvd. Maximum of 30 participants. Please register/query at [jaconet@aol.com](mailto:jaconet@aol.com)

**TUESDAY, SEPTEMBER 11**  
**DISCOVERING BUGS! CALLING ALL**  
**JUNIOR ENTOMOLOGISTS**  
**AGES 7 – 12**

**10:00am-12:00pm**

**Fee: \$18 members/\$24 non-member**

Join us for an interactive workshop led by professional entomologist. Put on your lab coat and step into our "lab" to meet some special creatures up close and learn their importance in nature. Visit insect experiment stations and make some cool observations. Following a presentation, children will participate in a Who's Bugging You game show. Limited to 40 participants. "Insect" snack included. Each junior entomologist will receive a hard covered copy of Discovering Bugs by Kelly Gauthier.

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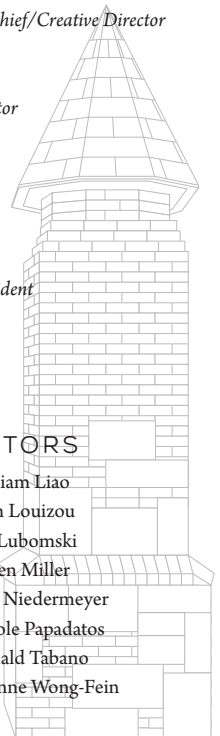
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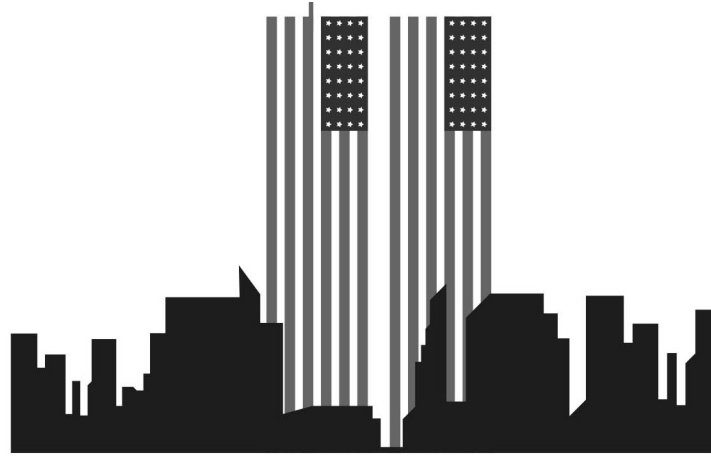
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Please email us at [baysidehillscivic@gmail.com](mailto:baysidehillscivic@gmail.com) with any questions or concerns you may have. Send us your email to join our mailing list! Feel free to let us know of any upcoming neighborhood events that you would like us to add to our calendar!



Bayside Hills Civic Association  
**9/11 CEREMONY**  
Never Forget.

Please join us at the  
Memorial Garden on the northside of  
Horace Harding Expressway and Bell Boulevard

**SEPTEMBER 11, 2018**

**7PM**

**LET'S STAND STRONG TOGETHER**



**BAYSIDEHILLS.INFO**  
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During a very poignant portion of our ceremony, we will be asking those in attendance to place American flags and glass enclosed memorial candles on our Memorial Garden. The request for glass enclosed candles is for safety so that nothing in the area catches fire.



# 10 BACK-TO-SCHOOL STUDY TIPS!

Now is the time to break out of your same-old homework habits. Try these study tips and get the brain boost you need for back to school.

## 1. You don't need ONE study space.

A well-stocked desk in a quiet place at home is key, but sometimes you need variety. Coffee shops, libraries, parks, or even just moving to the kitchen table will give you a change of scenery which can prompt your brain to retain information better.

## 2. Start small.

If you've got a big assignment looming, like a research paper, stay motivated by completing a piece of the project every few days. Write one paragraph each night. Or, do 5 algebra problems from your problem set at a time, and then take a break.

## 3. School supplies (alone) don't make you organized.

Come up with a system and keep to it. Do you keep one big binder for all your classes with color-coded tabs? Or do you prefer to keep separate notebooks and a folder for handouts? Keep the system simple—if it's too fancy or complicated,

you are less likely to keep it up everyday.

## 4. Get into a routine.

When will you make the time to do your homework every day? Find the time of day that works best for you (this can change day-to-day, depending on your schedule!), and make a plan to hit the books.

## 5. Get real.

When you're looking at the homework you have to get done tonight, be realistic about how long things actually take. Gauging that reading a history chapter will take an hour and writing a response will take another 30 minutes will help you plan how you spend your time.

## 6. Use class time wisely.

Is your teacher finished lecturing, but you still have 10 minutes of class left? Get a jump on your chemistry homework while it's still fresh in your mind. Or use the time to ask your teacher about concepts that were fuzzy the first time.

## 7. Look over your notes each night to make sure you've got it.

Fill in details, edit the parts that don't make sense, and star or highlight the bits of information that you know are most important. Interacting with

your notes will help you remember them.

## 8. Study a little every day.

Cramming Spanish vocabulary for a quiz might work in the short-term, but when comes time to study for midterms, you'll be back at square 1. You might remember the vocab list long enough to ace the quiz, but reviewing the terms later will help you store them for the long haul.

## 9. Don't let a bad grade keep you down.

A rough start to the semester doesn't have to sink your GPA. Take proactive steps by checking your grades regularly online and getting a tutor if you need one.

## 10. Make a friend in every class.

Find a few people you can contact from each of your classes if you have a homework question or had to miss class (and do the same for them!). Then when it comes time to study for exams, you'll already have a study group.

## 8 Fall Steps for Healthy Living

**Get Your Digestion in Check.** Certain fall foods can actually dehydrate and aid in digestion. Get your body feeling regular with turmeric, celery, and even miso soup. You can also try to add in probiotics and eat fermented foods to give your gut health a boost.

**Eat in Season.** Take advantage of the health benefits of fall produce and flavors with healthy fall recipes that will give you an energy boost while keeping your diet nice and clean.

**Sip All the Tea.** Heat up tea when the weather gets chilly. It'll benefit your health in so many ways, in addition to offering a cozy comfort. From losing weight to clearing your skin to

helping you dehydrate, there's not much tea can't do. Not a big tea person? Try fun flavors like pumpkin chai or strawberry rhubarb parfait (two of our favorites!).

**Use That Slow Cooker.** Save time with your clean-eating endeavors and celebrate the season by making healthy slow-cooker recipes. Because eating clean doesn't always mean eating salad.

**Drink More Water.** Give yourself reminders to drink more water. It'll not only keep you feeling fresh and energized, but it can also mitigate unnecessary eating (sometimes we confuse dehydration for hunger and eat when we really should just sip some more H<sub>2</sub>O).

**Avoid Hidden Sugars.** We're guessing that if you're going to eat sugar, you'd rather have sugar in a delicious pastry or dessert than hidden

sugar in dressing or spaghetti sauce, right? Read your labels and choose wisely so you can feel better about your sugary holiday indulgences.

**Greens, greens, greens.** Now is the time to add in more vegetables and get the nutrients you need so you can head into Thanksgiving and beyond with your nutrition on point. Add vegetables to your breakfast, experiment with new kinds you haven't tried, and decorate your plate with an assortment of colors to reap all the health benefits. You'll thank yourself later in the season when you're on your third helping of your aunt's prize-winning mac and cheese.

**Get Moving.** OK, so this one is less of an eating tip, but a postmeal brisk walk can be one of the best ways to burn calories and will help your body digest, too!

by DOMINIQUE MICHELLE ASTORINO



Please email us at [baysidehillscivic@gmail.com](mailto:baysidehillscivic@gmail.com) with any questions or concerns you may have. Send us your email to join our mailing list! Feel free to let us know of any upcoming neighborhood events that you would like us to add to our calendar!



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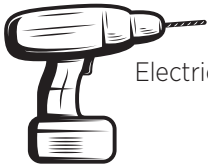
**If you are a business owner who would like to participate and help the Bayside Hills Community, please contact us at [baysidehillscivic@gmail.com](mailto:baysidehillscivic@gmail.com), we'd love to include you!**

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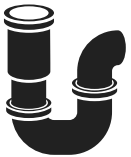
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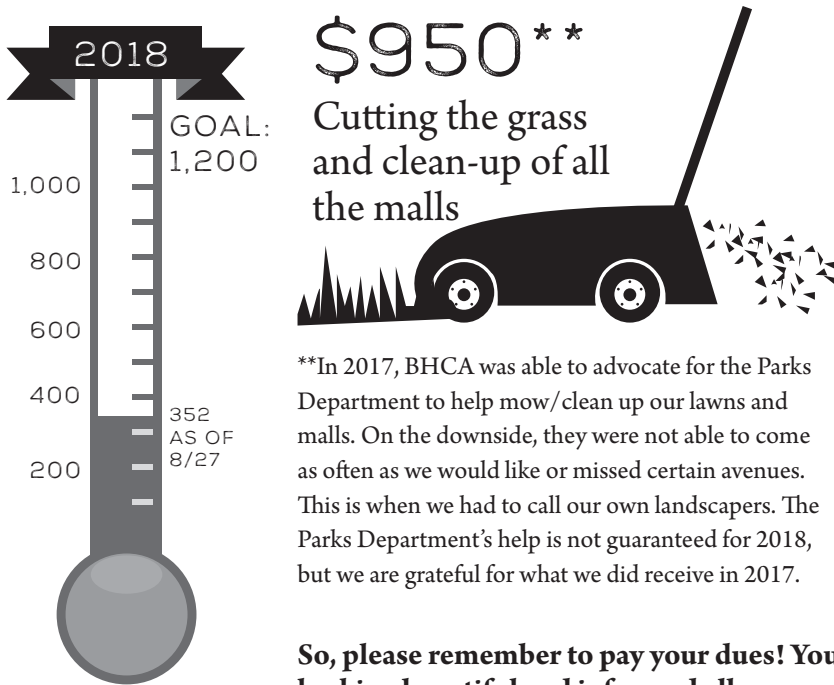


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# IT'S TIME TO RENEW YOUR MEMBERSHIP DUES!

It's time to renew your dues for 2018! We appreciate your generosity. The Bayside Hills Civic Association is an open homeowner membership organization representing over 1,200 households within the boundaries of Bayside Hills. Our mission is to promote a safer, more livable community. The BHCA Board is volunteer-powered and service-driven. Its advocacy, beautification, and communication work rely solely on the support of members, sponsors, *Beacon* advertisers, and participating discount merchants to maintain and improve our neighborhood. **Here is a simple infographic to show how some of our dues were spent in 2017.**



**\$6,819**

Printing and mailing our newsletter to everyone in our community



**\$1,027**

Colonial Church rental fees for meeting space

**\$1,186**

Misc. expenses: Queens Civic Congress dues, General meeting refreshments, Mall banners, Scholarship awards, Certificates, Flags, Domain fee, P.O. Box rental

**So, please remember to pay your dues! Your donations help to keep your neighborhood looking beautiful and informed all year-round.**

## 2018 MEMBERSHIP DUES

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