FUND EXCLUDED WORKERS
FILL OUT THE CENSUS WITH CONFIDENCE.

By law, all responses are private.

My2020census.gov
844-330-2020
By Gregg McQueen

It’s loud uptown.

Vexed community members have formed a task force to help solve noise problems they say have surged in recent months.

The “Task Force on Noise Pollution” was designed to engage local stakeholders, elected officials and city agencies to craft solutions to noise issues.

Since January, Washington Heights and Inwood zip codes have logged more noise complaints than any other area of Manhattan, according to city data. This includes nearly 18,000 street noise complaints and over 3,700 illegal fireworks complaints.

At a press conference on August 10, task force members said they were motivated to act after months of daily aural assaults from fireworks, drag racing, street parties and loud music.

They also suggested that city officials and law enforcement have not done enough to address what they called “noise violence.”

“The time has come to realize that this is a point of crisis in this community,” said Inwood resident David Friend. “We need elected officials and the powers that be in this neighborhood and in this city to work with us.”

The task force is an offshoot of a Facebook group dubbed WaHI and Inwood for Respectful Decibel Levels, which was launched in May and now has nearly 700 members.

Group participants spurred Community Board 12 to hold a virtual public hearing on noise pollution on August 4, where CB12 member Tanya Bonner first suggested the idea of a task force.

“This effort really needs to be led by the community,” said Bonner, who is also a co-founder of the Facebook group. “We’re hoping that all our elected officials and all of our city enforcement agencies will support us.”

Community members described the physical toll of the noise pollution, sharing stories of a local man with epilepsy who had a seizure due to lack of sleep from all-night illegal fireworks, and a woman who suffered a heart attack.

“This is not a community just whining – this is a public health issue,” said Bonner.

Maggie Clarke said the local police precincts only have about six patrol cars at night to follow up on noise complaints.

“What is required to teach a remote piano lesson from home? Quiet. The same thing applies to actors, the same thing applies to public school teachers, the same thing applies to business people who are having meetings on Zoom in their living rooms. This crisis is affecting our livelihoods,” he said.

Noise issues in Northern Manhattan are much worse in 2020, Bonner said, but are not new to local residents.

See DECIBEL p19

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Deber de decibelios

Organizando contra la contaminación acústica

Por Gregg McQueen

El Alto es ruidoso.

Los enfadados miembros de la comunidad han formado un grupo de trabajo para ayudar a resolver los problemas de ruido que, según dicen, han aumentado en los últimos meses.

El “Grupo de trabajo sobre contaminación acústica” fue diseñado para involucrar a las partes interesadas locales, funcionarios y agencias de la ciudad para diseñar soluciones a los problemas del ruido.

Desde enero, los códigos postales de Washington Heights e Inwood han registrado más quejas por ruido que cualquier otra área de Manhattan, según datos de la ciudad. Esto incluye casi 18,000 quejas por ruido en la calle y más de 3,700 quejas por fuegos artificiales ilegales.

En una conferencia de prensa el 10 de agosto, los miembros del grupo de trabajo dijeron estar Vea DECIBELIOS p19
Pediatricians voice concerns on school reopening plan

These doctors are disquieted.

Pediatricians are sounding the alarm about the city’s plan to reopen public school buildings. At a virtual town hall on August 11, local doctors criticized the Department of Education (DOE) reopening plan for lacking daily temperature checks for students or on-site COVID-19 testing. The pediatricians also voiced concern that doctors are being excluded from discussions on how to reopen the city’s schools.

The town hall was hosted by SOMOS, a network of 2,500 community physicians serving primarily low-income, immigrant communities. It was broadcast from St. Elizabeth’s Church in Washington Heights.

“No conversation on school reopening should happen without the voices of pediatricians who serve New York City’s most vulnerable communities,” said Dr. Ramon Tallaj, founder and Chairman of SOMOS. “We are the ones who talk to these parents, see and treat their children, and wholly understand each family’s individual needs.”

Doctors affiliated with SOMOS said they are working in the communities hardest-hit by COVID-19 and provide healthcare for the majority of schoolchildren in the District 6 public school system in Northern Manhattan and the Bronx. During the town hall, they cautioned that all recommendations must be scientifically informed to ensure the health and safety of students, parents, and teachers in the upcoming school year.

Dr. Carmen Lazala, a former schoolteacher, implored the DOE to consult with community physicians.

“Our families are a little bit disoriented, they are confused, because of the evolving of the pandemic, there have been different plans every two weeks or every week. We need to inform them in their language, be it Chinese or English or Spanish, to let them know that we are here for them.”

The pediatricians from SOMOS made several recommendations for a return to school: Morning screenings at the city’s hot spots, twice-weekly testing sites at schools in hot spots, with a flexible plan to expand as new hot spots pop up, staffed by multilingual doctors. Health information and materials readily available in at least three languages in each school.

A direct method of contact and information sharing between school nurses and diverse doctors.

A role for community doctors in any contact-tracing and reporting done through the public-school system.

A role for community doctors to advise the city and the state formally and consistently so that New York is making decisions based on doctor recommendations.

Dr. María Molina, of First Step Pediatrics in Washington Heights, said kids with special needs and disabilities must not be overlooked in the DOE’s plan.

“They are the ones most affected when the routine is disrupted, when there is no structure,” she remarked. “Most parents cannot offer that structure at home. They have not been trained; they don’t have the tools at home. So, if we’re going to reopen the schools, the tools, the space, the special instructions for those children have to be in place.”

See PEDIATRICIANS p12
Census in the Streets

Census takers are taking to the streets, to follow up in person directly with all U.S. households that have not yet responded to the 2020 Census – including in New York City, where the current self-response rate is 55.3%.

The U.S. Constitution mandates a census of the population every 10 years. The goal is to count everyone who lives in the United States on April 1, 2020 (Census Day). Census statistics are used to determine the number of seats each state holds in the U.S. House of Representatives and informs how billions of dollars in federal funds will be allocated by state, local and federal lawmakers annually for the next 10 years.

The “Non-Response Follow Up” is one way the Census Bureau is working to meet its goal of counting everyone once, only once and in the right place. Other efforts include:

- E-mailing households in low-responding areas to encourage them to respond to the 2020 Census
- In partnership with local organizations, hosting questionnaire assistance events in public places to share information and to allow residents to complete the Census on the spot

The Census Bureau will visit the remaining addresses to collect responses in person. Census takers may return to uncounted households multiple times, if necessary. All Census results will be collected by September 30 so that they can be processed and released as statistics by December 31, as required by law.

Households can still respond now by completing and mailing back the paper questionnaire they received, by responding online at 2020census.gov, or by phone at 844.330.2020. Households can also respond online or by phone in one of 13 languages and find assistance in many more. Those that respond will not need to be visited to obtain their census response, although a small percentage will be contacted to confirm response information already gathered.

What Households Can Expect

Participation in 2020 Census interviews should present a low risk of transmission of COVID-19, according to the Centers for Disease Control (CDC).

The Census Bureau will provide face masks to census takers and requires that census takers wear a mask while conducting their work. They will follow CDC and local public health guidelines when they visit. Census takers must complete a virtual COVID-19 training on social distancing protocols and other health and safety guidance before beginning their work in neighborhoods.

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**UPTOWN COLLECTIVE**

**August 3 – August 8**

**Uptown Love in the Time of Coronavirus: Here Comes Kamala**

We have a VP, thank God almighty, we have a VP. Kamala Harris is once again making history. When she was chosen as Biden’s VP pick, she became the first Black woman on a major ticket ever. Activist Shaun King referred to her as the most progressive VP nominee in American history. If Trump and company don’t succeed in stealing the election and she is elected this November, Harris would be the first woman and first Black Vice President in history. Not to mention that it could set her up for a historic Presidential run in 2024 or 2028.

Kamala Harris is only the second Black woman to be elected to the Senate. Prior to that she was the first Black person and the first woman to serve as California Attorney General. Oh, did I forget? She was also the San Francisco District Attorney, the first woman elected to that role.

In many ways, Kamala Harris makes perfect sense as VP. She is eloquent, erudite and effective. Kamala, Miss Harris if you’re nasty, gets it done. Period! My forever President, Barack Obama, said Joe Biden “nailed this decision.” This is a big deal. While she was the obvious choice and not shocking in any way, I didn’t realize what a relief it would be to finally have her as the nominee.

We can now focus on dethroning the tyrant. Like Kamala Harris said during one of the Democratic Presidential debates “we have a criminal living in the White House.” It is time to clean house. Like I have said before, only a Blue Tsunami will do this year. Kamala Harris helps in that regard.

Biden was not my first, second or third choice for President. I was 100% in the tank for Bernie. I feel, and I still feel, that Bernie has been right on so many issues for so long. Universal healthcare, free college tuition, the incompatibility between income inequality and democracy. The pandemic has only confirmed the correctness of his analysis. But alas, he is not the candidate.

While I am still skeptical of Biden’s chances of defeating the tyrant, I must admit that Biden/Harris has a nice ring to it. I am also super looking forward to watching Harris absolutely demolish Pence in the Vice-Presidential debates. Pence don’t want none of that smoke. Neither does the GOP or Tyrant Trump for that matter. Watch out world, here comes Kamala!

Pa’Lante Siempre Pa’Lante!


Led Black
Editor-in-Chief
The Uptown Collective

The UC’s mission is to become “the” definitive, transformative and community-based force impacting the arts, culture, business and New York City’s overall perception of Upper Manhattan. Its objective is to reset, reboot and positively redefine Uptown’s artistic, political, cultural and business spheres via the online space as well the collective’s initiatives and functions.

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Making Meetings Safer

How best to manage meetings?

By Dr. Richard Arriviello

Large corporate meetings and industry events, so much a part of the American business ecosystem, remain on hold, have been postponed, or have been cancelled altogether. When they will happen again is anybody’s guess.

COVID-19’s spikes in many states have prompted pauses and rollbacks to business re-openings and put large gatherings farther into the future. But at the same time, the uncertainty gives event planners and business leaders more time to learn how they can protect and monitor the health of large numbers of people when it is deemed safer to hold such events.

By nature, travel and mass gatherings at conference centers or hotels are high-risk for getting sick. The ultra-contagious coronavirus, resulting in a world-wide pandemic that now finds the U.S. as the epicenter, continually reminds us that there is no definitive playbook to combat it. And there is a palpable anxiety and outright fear people have now, and will continue to have, until an effective vaccine is approved.

So, whenever meetings finally resume, planners will need to have a plan in place for protecting their attendees, reducing the risk of infection spread, and providing every stakeholder with the resources they need without fearing for their health. Essentially, we need to re-establish health security in the meetings industry, and doing so means applying three main principles from which a sound plan can be formed.

Prevention. There are certain things you must do to prevent illness at a meeting. They include seating configurations that allow for social distancing, sending out communications about all the protocols, encouraging frequent breaks for hand washing, and disinfecting surfaces more frequently in heavy-traffic rooms. Hotel staff should guarantee the cleaning of each meeting room between each meeting, including the cleaning of all chair/table surfaces and spraying the room before the next group arrives. Also, you need the ability to provide PPE or work with a vendor to procure masks and gloves for those who will still be on edge about attending.

Detection. If you’re a forward-thinking company that’s going to hold meetings this fall or in the winter of 2021, you will have to deal with sick attendees. They may have the seasonal flu, a cold, or they may have COVID-19, and you need to plan accordingly. It starts with giving temperature checks at the beginning of each day, temperature checks at general sessions, and temperature checks when people are registering at the conference.

Hacer las reuniones más seguras

Por Dr. Richard Arriviello

Las grandes reuniones corporativas y los eventos de las industrias, que son una parte tan importante del ecosistema empresarial estadounidense, permanecen en espera, han sido pospuesto o han sido cancelado por completo. Nadie sabe cuándo volverán a ocurrir.

Los picos de COVID-19 en muchos estados han provocado pausas y retrocesos en las reaperturas de negocios y han pospuesto las grandes reuniones para el futuro. Pero, al mismo tiempo, la incertidumbre les da a los planificadores de eventos y líderes empresariales más tiempo para aprender cómo pueden proteger y monitorear la salud de un gran número de personas cuando se considere más seguro realizar tales eventos.

Por naturaleza, los viajes y las reuniones masivas en centros de conferencias u hoteles representan un alto riesgo de contagio. El ultra contagioso coronavirus, que resultó en una pandemia mundial que ahora encuentra a los Estados Unidos como epicentro, nos recuerda continuamente que no existe un libro definitivo de estrategias para combatirlo. Y, por ahora, la gente tiene una ansiedad palpable y un miedo absoluto, y continuará teniéndolo, hasta que se apriene una vacuna eficaz.

Por lo tanto, cuando las reuniones finalmente sean reanudadas, los planificadores deberán contar con un plan para proteger a sus asistentes, reducir el riesgo de propagación de la infección y proporcionar a todas las partes interesadas los recursos que necesitan sin temer por su salud. Esencialmente, necesitamos restablecer la seguridad sanitaria en la industria de las reuniones, y hacerlo significa aplicar tres principios fundamentales a partir de los cuales se puede formar un plan sólido.

Prevención. Hay ciertas cosas que se deben hacer para prevenir enfermedades en una reunión. Incluyen configuraciones de asientos que permitan el distanciamiento social, enviar comunicaciones sobre todos los protocolos, fomentar descansos frecuentes para lavarse las manos y desinfectar superficies con mayor frecuencia en salas de mucho tráfico. El personal de los hoteles debe garantizar la limpieza de cada sala de reuniones entre cada reunión, incluida la limpieza de todas las superficies de las sillas/mesas y rociar la sala antes de que llegue el siguiente grupo. Además, necesita la capacidad de proporcionar PPE o trabajar con un proveedor para obtener mascarillas y guantes para quienes aún estén nerviosos por asistir.

Detección. Si la suya es una empresa con visión de futuro que va a celebrar reuniones este otoño o en el invierno de 2021, tendrá que lidiar con asistentes enfermos. Pueden tener gripe estacional, un resfriado o pueden tener COVID-19, y debe planificar en consecuencia. Comience con controles de temperatura al comienzo de cada día, controles de temperatura en sesiones generales y controles de temperatura cuando las personas se registren a la conferencia.

Si hay personas en la reunión con síntomas similares a los de la gripe, es imprescindible averiguar si tienen COVID-19 y proporcionar acceso a pruebas rápidas de COVID-19. No es necesario que se realicen en el sitio; puede buscar un recurso local para realizar la prueba.

Respuesta. Si algunos asistentes están enfermos, los organizadores de la reunión deben saber cómo manejar los casos. Es aconsejable elaborar una política sólida sobre asistentes enfermos que se pueda hacer cumplir y supervisar. Eso significa que, si uno está enfermo, no asiste a la reunión, o si está en la reunión, debe volver a su habitación. Si la prueba es positiva para COVID, deben ser puestos en cuarentena. ¿Con quién entró en contacto cercano durante la reunión? Esas personas también deberán someterse a la prueba.

Recuerde, la comunicación es extraordinariamente importante en una reunión grande, ahora más que nunca. Es posible que desee tener a alguien dedicado a ese rol, integrando contenido informativo y honesto.
By Gregg McQueen

Yeral Martínez last worked in October 2019.

He returned to his job 10 months later to rousing cheers.

This past Mon., Aug. 10th Martínez, who works at a Chipotle restaurant in Washington Heights, arrived early for his first day at work since last fall, when he was fired by his employer for taking a sick day.

An investigation by the city’s Department of Consumer and Worker Protection (DCPW) found that Martínez’s dismissal violated the New York City Paid Safe and Sick Leave Law. The agency reached a settlement with Chipotle for the illegal firing. Martínez received his job back as well as $7,200 in back pay.

A contingent of workers from union 32BJ SEIU gathered at the Chipotle store on Broadway to welcome Martínez back to the job.

“I’m so happy to go back to work to support myself and my family,” said Martínez.

Outside the restaurant, DCPW Commissioner Lorelei Salas announced the settlement and return to work deal, stressing that employers need to follow the paid sick leave law, which provides employees the right to use accrued sick time to care for themselves or a family member.

“Paid sick leave is more important than ever right now during this public health crisis. Workers must be able to use their sick leave without illegal restrictions or retaliation,” said Salas.

Martínez, a 32-year-old Bronx resident, said he was fired after taking a sick day for a back injury. At the suggestion of 32BJ, he reported the incident to DCWP in February.

Prior to having his job restored, Martínez was unable to find other employment due to the pandemic.

“This will help me pay rent and put food on the table,” he said. “As so many people are struggling to find work and pay bills, it means a lot.”

Other restaurant workers receiving unfair treatment might become emboldened by his case, Martínez suggested.

“I knew my rights and I was able to fight back. It’s important for all workers to know their rights,” he said.

Israel Meléndez, a district leader at 32BJ, said the COVID-19 pandemic makes it more essential that workers can use the sick time they are entitled to.

“They are risking their health to come to work, and many restaurant workers have become sick themselves. Workers should not be afraid to fight for their rights,” he remarked. “They shouldn’t feel forced to come to work sick and have to worry about losing their jobs.”

To help New Yorkers file complaints and navigate employee protection mandates, DCPW has formed a Workplace Protection Hotline.

It currently receives about 100 calls per day, Salas said.

Enacted in 2014, the city’s paid sick leave law was amended in 2018 to include time off for acts related to domestic violence, unwanted sexual contact, stalking or human trafficking.

See BACK p13
During this pandemic, frontline health care providers have put their lives at risk to save others.

We have also come to recognize the essential roles of so many individuals, including bus drivers, grocery store clerks, electric company line workers, building security and maintenance workers and more. Around the world, billboards and the 7 p.m. clapping salutes acknowledge the heroic efforts of all these essential workers. It is a well-deserved global standing ovation.

I was reminded that when it comes to mental health, there are also many who are essential workers. We have psychiatrists, psychologists and other mental health professionals who provide expert care. We also have an army of other essential workers in the community. They are the family members, friends, coworkers, and neighbors of the person with the mental health condition who provide care and support day in and day out. They are everyday heroes who share a playbook of common themes. With the elevated levels of stress and mental health concerns caused by this pandemic, we can all play a part in supporting each other's mental health by taking a few pages from the playbook of these everyday heroes.

1. Connect. Much has been written about the mental health burden caused by social isolation, in general, and exacerbated by this pandemic. Restrictions on travel and connecting in person have put some individuals at particularly high risk for mental health problems. When mental health conditions strike, people can find themselves alone on a journey that is just as scary as the novel coronavirus. And it gets worse when we layer on the shame that can come with having a mental illness rather than some other health condition that carries no stigma. Connecting - and stay connected - with someone you care about can go a long way in promoting mental health and can be lifesaving for those with mental illness.

2. Be kind. Self-loathing and self-blame are common for individuals who suffer with mental health conditions like anxiety, depression, bipolar disorder, and eating disorders. Why can't I be normal? I lack willpower. I should feel better. Many of us have a lot of mental noise in our heads these days as well. I should be more productive. I have no excuse for not exercising. I should be eating better. Acting with kindness toward others and ourselves quiets the mental noise and creates the space needed for whatever has to take place to heal and feel better.

3. Be generous. When an individual is sick with fever, we expect and accept their withdrawal. When an individual is preoccupied due to mental health concerns, they are subject to being called self-absorbed and antisocial when they may actually be spending too much time listening to that critical inner voice and incessant self-criticism. When someone is suffering from mental health issues, we can act generously by prioritizing their needs and making sure they have the space they need to heal.

See HEROES p14

Haga tiempo para la alegría.
JUSTICE FOR
BREONNA TAYLOR
BORN: JUNE 5TH, 1993
MURDERED: MARCH 13TH, 2020
#SAYHERNAME
#BLACKLIVESMATTER
Art Alice X Zhang
Summer means salads, and this recipe revisits a classic staple.

Rather than using white potatoes, this dish from the nonprofit Brighter Bites instead relies on sweet potatoes, which are rich in vitamin A and provide fiber, and potassium. Additional ingredients such as the pomegranate seeds bring a juicy burst and the pumpkin seeds offer a nutty crunch.

Get ahead of the fall season with red apples or choose your own favorite.

**INGREDIENTS**

- 4 cups sweet potato, diced (about 2-3)
- 1 cup red apple, diced
- ¼ cup pomegranate seeds
- 4 Tbsp. unsalted pumpkin seeds (pepitas)
- 1 Tbsp. apple cider vinegar
- 1 tsp. + ½ Tbsp. extra virgin olive oil
- ¼ tsp. salt
- ⅛ tsp. black pepper

**NUTRITION FACTS FOR ONE SERVING**

(approx. 1 cup; makes 4 servings)

- 183 calories
- 35 grams carbohydrate
- 4 grams fat
- 3 grams protein
- 5 grams dietary fiber

**DIRECTIONS**

Preheat oven to 400°F. Drizzle diced sweet potatoes with 1 tsp. of olive oil and roast in the oven on a baking sheet for 10 minutes. Once sweet potatoes are cooked, remove from the oven and allow them to cool. In a large mixing bowl, combine the sweet potato, apples, pomegranate seeds, and pepitas. Whisk the remaining 1/2 Tbsp of olive oil, apple cider vinegar, salt, and pepper in a separate bowl. Once mixed, add to sweet potato mixture and toss until the salad is lightly coated.

For more information, please visit brighterbites.org.

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Ensalada fresca

El verano significa ensaladas, y esta receta retoma un alimento clásico.

En lugar de usar papas blancas, este plato de la organización Brighter Bites se basa en camotes, que son ricos en vitamina A y proporcionan fibra y potasio. Los ingredientes adicionales como las semillas de granada aportan una explosión de sabor fresca y las semillas de calabaza ofrecen un crujido de nuez. Adelante la temporada de otoño con manzanas rojas o elija su manzana favorita.

**INGREDIENTES**

- 4 tazas de camote, cortado en cubitos (alrededor de 2-3)
- 1 taza de manzana roja, cortada en cubitos
- ¼ taza de semillas de granada
- 4 cucharadas de semillas de calabaza sin sal (pepitas)
- 1 cucharadita de vinagre de sidra de manzana

**INFORMACIÓN NUTRICIONAL PARA UNA PORCIÓN**

(approximadamente 1 taza; hace 4 porciones)

- 183 calorías
- 35 gramos de carbohidratos
- 4 gramos de grasa
- 3 gramos de proteína
- 5 gramos de fibra dietética

**INDICACIONES**

Precaliente el horno a 400° F. Rocíe el camote en cubitos con 1 cucharadita de aceite de oliva y ase en el horno sobre una bandeja para hornear durante 10 minutos. Una vez que el camote esté cocido, retirelo del horno y déjelo enfriar. En un tazón grande, combine el camote, las manzanas, las semillas de granada y las pepitas. Bata las 1/2 cucharadas restantes de aceite de oliva, el vinagre de sidra de manzana, la sal y pimienta en un recipiente aparte. Una vez mezclado, agregue a la mezcla de camote y revuelva hasta que la ensalada esté ligeramente cubierta.

Para obtener más información, por favor visite brighterbites.org.
Virtual #UptownPhotoWalk

IG LIVE
@UPTOWNPHOTOWALK

AUGUST 29
7:15PM

JOIN US LIVE
RSVP - UPTOWNPHOTOWALK@GMAIL.COM

1ST - RSVP BY EMAILING UPTOWNPHOTOWALK@GMAIL.COM SO WE KNOW TO EXPECT YOU.

HOW TO JOIN US

2ND - WATCH OUR LIVE VIDEO STARTING AT 7:15PM ON AUGUST 29TH AT @UPTOWNPHOTOWALK ON INSTAGRAM

3RD - WHEN WE SHOUT YOU OUT, REQUEST TO JOIN OUR LIVE FROM WHEREVER YOU ARE AND LET'S CATCH UP!

We can't wait to see what great photos we all shoot from different locations at the same time!

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NMIC Intake Line

929-415-8745

All NMIC service intake is by phone. Please call us (see times below)

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<thead>
<tr>
<th>Service</th>
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Services and hours of operation may change; please check back regularly.

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LET US VEND
LIFT THE CAP ON PERMITS NOW!

THURSDAY, AUGUST 13TH, 11 AM
TIMES SQUARE: 46TH ST + 7TH AVE

RALLY + CHURROS & MANGOS FOR ALL

#VENDORSPOWERNyc
#INTRO1116

NYC STREET VENDORS DEMAND INCLUSION IN A JUST RECOVERY
The pediatricians made several recommendations for reopening.

**PEDIATRICIANS from p4**

At the town hall, it was announced that SOMOS is donating 1,000 computers to New York City schools and offering 500 computers for parents to have at home.

Molina said that mental health needs of children must also be considered.

“The child that left the classroom in March is not the child that’s returning to the school [in September]. This is a child that faced food insecurity, that faced housing insecurity, that is grieving the loss of grandparents, so mental health has to be in place in school,” she said.

Dr. Juan Tapia Mendoza, SOMOS provider and Chief Executive Officer of the Pediatrics 2000 clinic, said families in immigrant communities are still very fearful of contracting COVID-19 and avoid going to hospitals or medical clinics.

“They tell us, ‘Coronavirus has become the monster,’ and they refuse to come to the clinic for immunizations,” Mendoza said.

“The impacts of COVID-19 were felt the hardest in our communities in terms of deaths and infections, not to mention financial loss and a magnification of learning disparities among our children due to the lack of adequate resources,” said Tallaj. “It is imperative that New York City’s Department of Health and Department of Education include us in reopening conversations to ensure we implement solutions and propose plans that serve all our communities equitably. That is why at a minimum multilingual screening, testing, and health education must be on-site in schools located in virus hot spots.”

**PEDIATRAS from p4**

“Ninguna conversación sobre la reapertura de escuelas debería ocurrir sin las voces de los pediatras que atienden a las comunidades más vulnerables de la ciudad de Nueva York”, dijo el Dr. Ramón Tallaj, fundador y presidente de SOMOS. “Somos nosotros quienes hablamos con estos padres, vemos y tratamos a sus hijos, y entendemos completamente las necesidades individuales de cada familia.”

Los médicos afiliados a SOMOS dijeron que están trabajando en las comunidades más afectadas por la COVID-19 y brindando atención médica a la mayoría de los niños en edad escolar en el sistema de escuelas públicas del Distrito 6 en el Alto Manhattan y el Bronx. Durante la reunión del ayuntamiento, advirtieron que todas las recomendaciones deben estar científicamente informadas para garantizar la salud y seguridad de los estudiantes, padres y maestros, en el próximo año escolar.

La Dra. Carmen Lazala, ex maestra de escuela, impulso al DOE que consulte con los médicos de la comunidad.

“Vengan con nosotros, compartiremos todo el conocimiento que tenemos para mantener la seguridad y la salud de nuestros niños en la comunidad”, dijo.

“Nuestros familias están un poco desorientadas, están confundidas. Por la evolución de la pandemia, ha habido planes diferentes cada semana... Necesitamos informarles en su idioma, ya sea chino, inglés o español, para hacerles saber que estamos aquí para ellos”.

Los pediatras de SOMOS hicieron varias recomendaciones para el regreso a escuela:

- Cheques matutinos en los puntos calientes de la ciudad.
- Sitios de pruebas dos veces por semana en escuelas en puntos calientes, con un plan flexible para expandirse a medida que surjan nuevos puntos calientes, atendidos por médicos multilingües.
- Información y materiales de salud disponibles en al menos tres idiomas en cada escuela.
- Un papel para el cuerpo médico de la comunidad en cualquier seguimiento de contactos e informes realizados a través del sistema de escuelas públicas.
- Un papel para los médicos comunitarios para asesorar a la ciudad y al estado de manera formal y constante para que Nueva York tome decisiones basadas en las recomendaciones de los médicos.
- La Dra. María Molina, de First Step Pediatrics en Washington Heights, dijo que los niños con necesidades especiales y discapacidades no deben ser ignorados en el plan del DOE.

“Son los más afectados cuando se interrumpe la rutina, cuando no hay estructura”, comentó. “La mayoría de los padres no pueden ofrecer esa estructura en casa. No han sido entrenados; no tienen las herramientas en casa. Entonces, si vamos a reabrir las escuelas, las herramientas, el espacio, las instrucciones especiales para esos niños deben estar listas”.

En la reunión del ayuntamiento, se anunció que SOMOS está donando 1,000 computadoras a las escuelas de la ciudad de Nueva York y ofreciendo 500 computadoras para que los padres las tengan en casa.

Molina dijo que también se deben considerar las necesidades de salud mental de los niños.

“El niño que dejó el salón de clases en marzo no es el niño que regresará a la escuela [en septiembre]. Este es un niño que enfrentó inseguridad alimentaria, que enfrentó inseguridad de vivienda, que está de duelo por la pérdida de los abuelos, por lo que la salud mental debe estar lista en la escuela”, dijo.

El Dr. Juan Tapia Mendoza, proveedor de SOMOS y director ejecutivo de la clínica Pediatrics 2000, dijo que las familias en las comunidades de inmigrantes todavía tienen mucho miedo de contrar COVID-19 y evitar ir a hospitales o clínicas médicas.

“Nos dicen: el coronavirus se ha convertido en el monstruo, y se niegan a venir a la clínica para vacunarse”, dijo Mendoza.

“Los impactos de la COVID-19 se sintieron con más fuerza en nuestras comunidades en términos de muertes e infecciones, sin mencionar la pérdida financiera y la ampliación de las disparidades de aprendizaje entre nuestros niños debido a la falta de recursos adecuados”, dijo Tallaj. “Es imperativo que los Departamentos de Salud y de Educación de la ciudad de Nueva York nos incluyan en las conversaciones de reapertura para asegurar que implementemos soluciones y propongamos planes que sirvan a todas nuestras comunidades de manera equitativa. Es por eso que, como mínimo, las evaluaciones multilingües, las pruebas y la educación sobre la salud deben realizarse en las escuelas ubicadas en puntos calientes de virus.”
De vuelta en Broadway
Trabajador despedido de Chipotle recupera su empleo
Por Gregg McQueen

Yeral Martínez trabajó por última vez en octubre de 2019.

Regresó a su trabajo diez meses después y recibió grandes ovaciones. El pasado lunes 10 de agosto, Martínez, quien trabaja en un restaurante Chipotle en Washington Heights, llegó temprano a su primer día de trabajo desde el otoño pasado, cuando fue despedido por su empleador por tomarse un día por enfermedad.

Una investigación del Departamento de Protección al Trabajador y Consumidor de la ciudad (DCWP, por sus siglas en inglés) encontró que el despido de Martínez violó la Ley de Licencia Pagada por Enfermedad y Seguridad de la ciudad de Nueva York. La agencia llegó a un acuerdo con Chipotle por el despido ilegal. Martínez recibió su trabajo de regreso, así como $7,200 dólares en pago retroactivo.

Un contingente de trabajadores del sindicato 32BJ SEIU se reunió en la tienda Chipotle en Broadway para darle la bienvenida a Martínez de vuelta al trabajo. “Estoy muy feliz de volver a trabajar para mantenerme a mí y a mi familia”, dijo. Afortunadamente, la comisión del DCWP, Lorelei Salas, anunció el trato y el acuerdo de regreso al trabajo, enfatizando que los empleadores deben seguir la ley de licencia por enfermedad pagada, que brinda a los empleados el derecho a usar el tiempo acumulado por enfermedad para cuidar de sí mismos o de un familiar.

“La licencia pagada por enfermedad es más importante que nunca en este momento durante esta crisis de salud pública. Los trabajadores deben poder utilizar su licencia por enfermedad sin restricciones ilegales ni represalias”, dijo Salas.

Martínez, un residente del Bronx de 32 años, dijo que fue despedido después de tomarse un día de enfermedad por una lesión en la espalda. Por sugerencia de 32BJ, informó del incidente al DCWP en febrero. Antes de recuperar su trabajo, Martínez no pudo encontrar otro empleo debido a la pandemia. “Esto me ayudará a pagar el alquiler y poner comida en la mesa”, dijo. “Dado que tanta gente está luchando por encontrar trabajo y pagar sus facturas, significa mucho”.

Otros trabajadores de restaurantes que reciben un trato injusto podrían animarse con su caso, sugirió Martínez. “Conozco mis derechos y pude contraatacar. Es importante que todos los trabajadores conozcan sus derechos”, dijo.

Israel Meléndez, líder de distrito en 32BJ, dijo que la pandemia de COVID-19 hace que sea más esencial que los trabajadores puedan usar el tiempo de enfermedad al que tienen derecho. “Están arriesgando su salud por ir a trabajar y muchos empleados de restaurantes se han enfermado. Los trabajadores no deben tener miedo de luchar por sus derechos”, comentó. “No deberían sentirse obligados a venir a trabajar enfermos y tener que preocuparse por perder sus empleos”.

Para ayudar a los neoyorquinos a presentar quejas y navegar por los mandatos de protección de los empleados, DCWP ha creado una línea directa de protección del trabajo. Actualmente recibe alrededor de 100 llamadas por día, dijo Salas. “Promulgada en 2014, la ley de licencia pagada por enfermedad de la ciudad fue enmendada en 2018 para incluir días libres por actos relacionados con violencia doméstica, contacto sexual no deseado, acoso o trata de personas”.

La ley cubre a los trabajadores independientemente de su estatus migratorio. “Hemos trabajado mucho con otras agencias para educar a los empleadores sobre lo que deberían hacer”, dijo Salas. “La ley no es nueva, en la ciudad de Nueva York ya existe desde hace seis años. El hecho de que el gobierno estatal y federal hayan aprobado sus propias leyes es una señal de que todos se están tomando esto muy en serio”.

Salas dijo que su agencia está investigando varios otros casos relacionados con Chipotle. Además, la cadena de burritos fue demandada por DCWP en 2019 por violaciones de la Ley de Semana Laboral Justa. En una declaración enviada al Manhattan Times, Chipotle dijo que la empresa está comprometida con la adhesión a las leyes de licencia pagada por enfermedad. “En Chipotle, la salud y seguridad de nuestros empleados e invitados es nuestra prioridad principal. La política de Chipotle es cumplir plenamente con la Ley de Licencia por Enfermedad y Seguridad, y le comunicamos a todos los empleados cómo pueden solicitar una licencia por enfermedad correctamente”, dijo Laurie Schalow, directora de Asuntos Corporativos y Seguridad Alimentaria de Chipotle. “Los empleados que no se sientan bien deben quedarse en casa y les daremos la bienvenida cuando no tengan síntomas”.

“En la ciudad de Nueva York, los empleados de Chipotle obtienen hasta 40 horas de licencia pagada por enfermedad. Durante este tiempo de incertidumbre, estamos siendo flexibles con nuestras políticas actuales de licencia por enfermedad”, dijo Schalow. “Los empleados en cuarentena recibirán pago por horas programadas durante el período de 14 días o su promedio de horas trabajadas con base en los últimos 60 días”.

En 2019, DCWP abrió 280 investigaciones sobre la Ley de Licencia Pagada por Enfermedad y Seguridad, asegurando más de $2.4 millones de dólares en restitución para 7,208 trabajadores, dijo la agencia. “Desde que la ley entró en vigencia, el DCWP ha registrado casi $12 millones en total penales y restituciones”. “Esperamos que este acuerdo envíe un mensaje de que los empleadores deben seguir la ley”, dijo Salas. “No es una opción”.

Para comunicarse con la línea directa para trabajadores de DCWP, llame al 212.436.0381 o al 311 y diga “worker hotline”.

[Los trabajadores] están arriesgando su salud por venir a trabajar”, dijo Israel Meléndez, líder de distrito de 32BJ.
Each of us has the opportunity to step up.

Taking affirmative steps to tend to our own mental health needs is instructive across our communities that are especially stressed these days and is particularly constructive in our relationships with those who are struggling with mental disorders.

**Kathleen M. Pike, PhD is Professor of Psychology and Director of the Global Mental Health Program at the Columbia University Medical Center (CUMC). For more information, please visit cugmhp.org.**

**HEROES from p8**

4. **Laugh and play.** Intentional efforts to create experiences of joy and pleasure are essential to our mental health always, and especially at times of stress. Whether we are experiencing widespread stress due to something like this pandemic or facing more individualized stress associated with mental disorder, laughing and playing have enormous mental health benefits. The mental health and healing effects of these positive strategies can be mapped in our brains and are essential to developing a repertoire of enhanced coping and resilience.

5. **Model self-care.** One of the ways that we can all step up as essential workers in supporting each other’s mental health is to take care of ourselves. This is a serious issue in the context of the pandemic. Frontline health providers are burning out when the pandemic surges in their region. Memes of exhausted parents with young children abound. Employees are not taking vacation. It has been said that kids don’t always listen, but they observe. The same is true across many relationships.

Taking affirmative steps to tend to our own mental health needs is instructive across our communities that are especially stressed these days and is particularly constructive in our relationships with those who are struggling with mental disorders.

We are all navigating times of increased stress and strife. The other truth that is self-evident from the playbook of these everyday heroes is that connecting, being kind and generous, playing and laughing and practicing self-care is about showing up not only for others but also for ourselves. Everyday heroes.

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**HEROES from p8**

1. **Connect.** Much has been written about the toll of mental health problems caused by physical and mental stress, in general, and exacerbated by this pandemic. The restrictions in the form of travel and the disconnection people have put to some individuals in a serious risk. This pandemic. The conditions of the mental health can be catastrophic. When the mental health conditions are clear, the people can experience loneliness in the face of threats that are far more threatening than the pandemic. Connecting and remaining connected with those who are suffering with mental health is instructive across our communities.

2. **Be kind.** A simple act of kindness can be a powerful tool for mental health. Whether we are facing more individualized stress associated with mental disorder, laughing and playing have enormous mental health benefits. The mental health and healing effects of these positive strategies can be mapped in our brains and are essential to developing a repertoire of enhanced coping and resilience.

3. **Be generous.** When an individual has a fever, we expect them to stay home. When an individual is threatened with a problem of mental health, they are subject to being labeled as antisocial and isolation when in reality they must be staying away from others. The end result is such a critical mental health care. The mental health care system is overwhelmed and a person with a mental illness is a patient. The end result is a system that is overwhelmed and a person with a mental illness is a patient. The end result is a system that is overwhelmed and a person with a mental illness is a patient. The end result is a system that is overwhelmed and a person with a mental illness is a patient.

4. **Rein and share.** The efforts to create experiences of joy and pleasure are essential to our mental health always, and especially at times of stress. Whether we are experiencing widespread stress due to something like this pandemic or facing more individualized stress associated with mental disorder, laughing and playing have enormous mental health benefits. The mental health and healing effects of these positive strategies can be mapped in our brains and are essential to developing a repertoire of enhanced coping and resilience.

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MEETINGS from p6

If there are people at the meeting showing flu-like symptoms, it’s a must to find out whether they have COVID-19, and providing access to rapid COVID-19 testing. The testing doesn’t necessarily have to be on site; if not, find a local resource to do the testing.

Response. If some attendees are sick, meeting organizers need to know how they will handle that. It’s advisable to come up with a strong sick-attendee policy that’s enforceable and that can be monitored. That means if one is sick, they don’t attend the meeting, or if at the meeting they must go back to their room. If testing is positive for COVID, they have to be quarantined. Who did they come into close contact with while at the meeting? Those people, too, will need to be tested.

Remember, communication is extraordinarily important at a large meeting – now more than ever. You may want to have somebody dedicated to that role, putting informative and honest content together. Give people the opportunity to ask questions and address them. Conference planners are not medical experts, so it’s helpful to guide attendees to appropriate websites that can update them on the virus and safety precautions.

Pandemics now happen more frequently – we’ve had two in the first two decades of the 21st century. It’s an industry always vulnerable to illness. Therefore, the industry should adhere to the principles above and develop consistent strategies to reduce that vulnerability, and in future pandemics we won’t have such a decimation as we’ve seen with the industry in the past few months. It will take an industry-wide effort of getting leaders to work together and create standards.

Dr. Richard Arriviello has been the Chief Medical Officer for InHouse Physicians for over 15 years. Arriviello graduated from the Philadelphia College of Osteopathic Medicine and completed his residency at Midwestern University in Chicago. He is board-certified in Emergency Medicine and is licensed to practice medicine in over 20 states. For more, please visit inhousephysicians.com.

REUNIONES de p6

Brinde a las personas la oportunidad de hacer preguntas y abordarlas. Los organizadores de conferencias no son expertos médicos, por lo que es útil guiar a los asistentes a los sitios web apropiados que puedan brindarles información actualizada sobre los virus y las precauciones de seguridad.

Las pandemias ahora ocurren con más frecuencia; hemos tenido dos en las dos primeras décadas del siglo XXI. Es una industria siempre vulnerable a las enfermedades. Por lo tanto, la industria debe adherirse a los principios anteriores y desarrollar estrategias consistentes para reducir esa vulnerabilidad, y en futuras pandemias no tendríamos una aniquilación como la que hemos visto con la industria en los últimos meses. Se necesitará un esfuerzo en toda la industria para lograr que los líderes trabajen juntos y creen estándares.


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¡Excelentes noticias! El estado de Nueva York presenta la tarjeta “P-EBT” (P de pandemic [pandemia]), un beneficio nuevo que otorga a todas las familias de las escuelas públicas de la ciudad de Nueva York $420 por niño.

No se requieren registros. Todas las familias de los niños de las escuelas públicas de la ciudad de Nueva York (NYC), independientemente de su condición migratoria, ingreso o empleo, recibirán este dinero.

Si ya tiene una tarjeta de Transferencia Electrónica de Beneficios (Electronic Benefits Transfer, EBT) o una tarjeta Medicaid, el dinero se depositará automáticamente en su tarjeta.

Si no tiene una tarjeta de EBT, recibirá una por correspondencia. Si cree que es posible que el estado de Nueva York no tenga su dirección correcta, llame al 833-452-0096 o escriba a otda.sm.eisp.PEBT@otda.ny.gov.

Las familias de los estudiantes de las escuelas privadas deberán comunicarse con la Oficina Estatal de Asistencia Temporal y Asistencia para Discapacitados (State Office of Temporary and Disability Assistance) para saber si son elegibles.

Infórmese en on.nyc.gov/p-ebt, llame al 833-452-0096 o escriba a otda.sm.eisp.PEBT@otda.ny.gov.
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CENSUS from p5

Census takers are hired from local communities. All census takers speak English, and many are bilingual. If a census taker does not speak the householder’s language, the household may request a return visit from a census taker who does. Census takers will also have materials on hand to help identify the household’s language.

If no one is home when the census taker visits, the census taker will leave a notice of their visit with information about how to respond online, by phone or by mail. People are encouraged to cooperate with census takers and ensure that everyone who was living in their household as of April 1, 2020, is counted.

How to Identify Census Takers

Census takers can be easily identified by a valid government ID badge with their photograph, a U.S. Department of Commerce watermark, and an expiration date on the badge. To confirm a census taker’s identity, you can contact the New York Regional Census Center at 212.882.7100 to speak with a Census Bureau representative.

For more information, please visit 2020census.gov.

El Censo en las calles

Encuentrellos en el campo.

Los censistas están tomando las calles para dar seguimiento en persona directamente a todos los hogares estadounidenses que aún no han respondido al Censo de 2020, incluso en la ciudad de Nueva York, donde la tasa actual de auto respuesta es del 55.3%.

La Constitución de los Estados Unidos exige un censo de la población cada 10 años. El objetivo es contar a todas las personas que viven en los Estados Unidos el 1 de abril de 2020 (día del censo). Las estadísticas del censo se utilizan para determinar la cantidad de escáneres que cada estado tiene en la Cámara de Representantes de los Estados Unidos y da forma a cómo los legisladores estatales, locales y federales asignarán miles de millones de dólares en fondos federales anualmente durante los próximos 10 años.

El “Seguimiento de no respuesta” es una de las formas en que la Oficina del Censo está trabajando para lograr su objetivo de contar a todos una vez, solo una vez y en el lugar correcto. Otros esfuerzos incluyen:

- Enviar correos electrónicos a hogares en áreas de baja respuesta para alentarlos a responder el Censo 2020.
- En asociación con organizaciones locales, coordinar eventos de asistencia con cuestionarios en lugares públicos para compartir información y permitir que los residentes completen el censo en el lugar.

La Oficina del Censo visitará las direcciones restantes para recopilar respuestas en persona. Los censistas pueden regresar a hogares no contados varias veces, si es necesario.

Todos los resultados del censo se recopilarán antes del 30 de septiembre para que puedan procesarse y publicarse como estadísticas antes del 31 de diciembre, según lo exige la ley. Los censistas pueden regresar a hogares en línea o por teléfono si aún no responden.

Many resources are available to all New Yorkers. Your immigration status and your income do not matter.

Learn more about health, housing, food, and other resources for immigrant New Yorkers at: nyc.gov/immigrants/coronavirus

Para más información, por favor visite 2020census.gov.
“For years, I’ve begged and pleaded with those with the power to change this to do so,” she said.

At the recent public hearing, environmental psychologist Dr. Arline Bronzaft discussed a pair of research studies she led at P.S. 98 that indicated that excessive noise from the nearby elevated subway tracks had an adverse effect on young people learning in their classroom.

“Noise is a health issue. I do not want to just call it a quality of life issue,” Bronzaft said at the hearing, where she also cited studies linking noise to high blood pressure and cardiovascular issues.

Migdalia Quiñones, who has lived in Inwood for 33 years, said some have sought to excuse the noise activity as part of the neighborhood’s Latino culture.

Quiñones disagreed.

“We have a beautiful culture,” asserted Quiñones, “but this is not about culture. Bad behavior is bad behavior.”

“As a Hispanic woman who has lived here more than 30 years, I don’t agree that it’s just something to accept,” she added. “We’re not picking on anybody. We all just want to live in peace.”

Following CB12’s public hearing on August 4, City Councilmember Ydanis Rodriguez commended the idea of a task force.

“[This] will be a community-based effort to solve an issue that affects us all, in a manner that is inclusive and solution-oriented. I am proud to be a part of a community that enjoys the outdoors and the company of friends and family. However, we must all be conscious and respectful of the spaces we share with our neighbors and their own needs within those spaces,” he said in a statement. “I look forward to continuing working alongside Community Board 12, our local elected offices and the community to ensure we continue improving the quality of life for all our residents in Northern Manhattan.”

Bonner, but not new for the residents.

“Durante años, he rogado y suplicado a quienes tienen el poder de cambiar esto, que lo hagan”, dijo.

En la reciente audiencia pública, la psicóloga ambiental Dra. Arline Bronzaft discutió un par de estudios de investigación que dirigió en la P.S. 98 que indicaron que el ruido excesivo de las vías elevadas cercanas del metro tenía un efecto adverso en los jóvenes que estaban aprendiendo en sus aulas.

“El ruido es un problema de salud. No quiero llamarlo simplemente un problema de calidad de vida”, dijo Bronzaft en la audiencia, en la que también citó estudios que relacionan el ruido con la presión arterial alta y problemas cardiovasculares.

Migdalia Quiñones, quien ha vivido en Inwood durante 33 años, dijo que algunos han buscado excusar la actividad del ruido como parte de la cultura latina del vecindario.

Quiñones no es un acuerdo.

“Tenemos una cultura hermosa”, afirmó, “pero esto no se trata de cultura. El mal comportamiento es el mal comportamiento”.

“Como mujer hispana que ha vivido aquí más de 30 años, no estoy de acuerdo en que sea algo que debamos aceptar”, agregó. “No nos estamos metiendo con nadie. Tan solo queremos vivir en paz”.

Luego de la audiencia pública de la CB12 el 4 de agosto, el concejal de la ciudad Ydanis Rodríguez elogió la idea de un grupo de trabajo.

“El grupo de trabajo será un esfuerzo comunitario para resolver un problema que nos afecta a todos, de una manera inclusiva y orientada a la solución. Estoy orgulloso de ser parte de una comunidad que disfruta del aire libre y de la compañía de amigos y familiares. Sin embargo, todos debemos ser conscientes y respetuosos de los espacios que compartimos con nuestros vecinos y sus propias necesidades dentro de esos espacios”, dijo en un comunicado. “Espero seguir trabajando junto con la Junta Comunitaria 12, nuestros funcionarios locales y la comunidad para asegurar que continuemos mejorando la calidad de vida de todos nuestros residentes del norte de Manhattan”.

Bonner, pero no son nuevos para los residentes locales.
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