

WOODSIDE HERALD

SERVING SUNNYSIDE-WOODSIDE AND LONG ISLAND CITY

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WOODSIDE, L.I.C., N.Y. FRIDAY, JANUARY 27, 2023

FREE



Governor Kathy Hochul and MTA Chair and CEO Janno Lieber today rode the inaugural Long Island Rail Road train to Grand Central Madison on Tuesday, which arrived at the terminal platform at 11:07 a.m. The train was the first of Grand Central Direct trains now operating between Jamaica and Grand Central Madison between 6:15 a.m. and 8:00 p.m. on weekdays and between 7:00 a.m. and 11:00 p.m. on weekends. Trains are running every 30 minutes in both directions during weekday midday periods as well as on weekends, and once per hour during peak periods - arriving in Grand Central between 6:30 a.m. and 10:00 a.m. and departing between 4:30 p.m. and 7:30 p.m. "Grand Central Madison is a game changer for New Yorkers, and I look forward to welcoming Long Island commuters to our tremendous new terminal," Governor Hochul said. "Infrastructure is all about connections, and this project is an extraordinary step forward to better connect millions of New Yorkers with their homes, their families and their jobs."

During this initial period, the LIRR has customer ambassadors on the Grand Central Madison concourse to greet customers and offer information about the new space. LIRR customers to Grand Central Madison can use their Penn Station tickets, as Penn Station and Grand Central Madison are in the same fare zone. The special Grand Central Direct service will conclude with the initiation of full train service mirroring what was put forward in draft schedules published last June. To enable travel planning, the MTA will provide at least three weeks notice before new, full schedules go into effect.

Grand Central Madison doubles LIRR capacity into Manhattan. In conjunction with the completion of a third track on the LIRR Main Line, the new terminal enables reverse commuting options that were not previously possible. For LIRR customers who work on the east side of Manhattan, this new terminal is expected to save 40 minutes a day of commute time round trip.

The terminal also provides seamless connectivity through the MTA region, with both commuter

railroads and the New York City Subway all in one building for the first time. The expansion of CityTicket will provide an additional travel option to Queens communities served by the LIRR, providing easier access to job opportunities. The impending introduction of the Combo Ticket will give New Yorkers, and those visiting New York, more travel options than ever to get to Long Island, the Hudson Valley, or Connecticut from the five boroughs. Customers in Metro-North Railroad territory for example will now have a one-ticket ride to JFK Airport.

The beginning of service now enables the possibility of transferring directly between the LIRR and Metro-North Railroad. To encourage riders from each railroad to try the other, when full LIRR service begins to Grand Central Madison, the MTA will introduce the "Combo Ticket" - a single ticket that enables customers to travel between Long Island, Manhattan's northern suburbs and Connecticut all with one fare.

The Combo Ticket will enable riders to buy a LIRR ticket in Huntington for a trip to White Plains or a Metro-North ticket in Poughkeepsie for a trip to Montauk. Riders choose their origin station with Grand Central as their destination and pay the regular fare plus a flat rate of eight dollars for a continuing trip to any destination on the other railroad. The Combo Ticket will go into effect once the Grand Central Madison timetables are implemented.

The Grand Central Madison systemwide timetables are expected to include 274 more trains each weekday than currently operate, a historic 41 percent service increase made possible in part by the completion on October 3 of a new 9.8-mile Main Line third between Floral Park and Hicksville. The timetables represent the first comprehensive rewrite of LIRR schedules in decades and the MTA encourages all riders, no matter when or where they travel, to review their options on the TrainTime app or review the LIRR's service overview to see new options for their travel.

BREAKING BREAD BUILDING BONDS

New York City Mayor Eric Adams announced the launch of 'Breaking Bread, Building Bonds' (B4), a citywide initiative to combat the rise in hate crimes in many communities across the city, and foster mutual understanding between New York's diverse neighborhoods. The program, which builds on an initiative that was launched when Mayor Adams served as Brooklyn borough president, aims to organize 1,000 meals citywide with a group of 10-12 diverse New Yorkers at each meal.

"Hate is a virus, fueled by the failure to see our common bonds, but we are going to do something revolutionary to eradicate this hate: Break bread and talk to each other," said Mayor Adams. "This year, we are going to organize 1,000 meals and conversations across the city, bringing everyday New Yorkers from different backgrounds together to listen and learn from each other. No matter where we are from, who we love, what religion we worship, or what language we speak, we are all bound together by one thing: We are all New Yorkers, and together, we are going to defeat the pipeline of hate."

Organized in partnership with The People's Supper (TPS), UJA-Federation of New York, and several community-based organizations, 'Breaking Bread, Building Bonds' will empower everyday New Yorkers to host dinners and break down silos between communities. Working with the Mayor's Office to Prevent Hate Crimes (OPHC), alongside the Mayor's Community Affairs Unit (CAU), and Office of Faith-Based and Community Partnership (OFCP), TPS will coordinate large-scale trainings, provide support and coaching to dinner hosts, and develop a toolkit and resource guide, and assist with matching participants to hosts. UJA-Federation of New York will provide reimbursements of up to \$150 for those who host dinners of 10-12 people.

In January 2020, Former BP Eric Adams and U.S. Representative Hakeem Jeffries announced the creation of the 'Breaking Bread, Building Bonds' initiative, following a significant rise in anti-Semitic hate crimes. The inaugural dinner of the initiative was held later that month in Jackson Heights, and took place during Peace Week, which features a series of events throughout the city dedicated to promoting peace and unity across cultures. The initiative was put on hold due to the disruption of in-person gatherings during the COVID-19 pandemic.



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SIX TIPS ON HOW TO MAINTAIN YOUR SOBRIETY

by Stan Popovich

Do you or someone you know struggle with staying sober on a daily basis? If so, it can be really challenging to remain sober while dealing with other issues in your life. As a result, here are six ways on how to maintain your sobriety and remain alcohol free.

1. **Learn how to stay sober:** Your best bet is to learn the techniques that will help you to remain sober. It is important to be aware of what you should and should not do when trying to maintain your sobriety. Talk to other addicts to see what they do to avoid alcohol.

2. **Take part in a support group:** Join a local support group to meet other people who are in your situation. Get to know the other members of the group and try to learn new ways in dealing with your mental health issues. Many people will be willing to help you if you ask for some assistance.

3. **Work with a professional:** Find a person that you can work with who will help you to stay sober. You can find someone at your local treatment facility or you can talk to your doctor for more information. You can also talk to an addiction counselor to see if they know of anyone who can help you.

4. **Learn to take it one day at a time:** Instead of worrying about how you will get through the rest of the week or coming month, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems. Focus on the present and do not think about what may happen next week. In addition, learn how to manage your fearful thoughts. When experiencing a negative thought, read some positive statements and affirmations that will help lift your spirits and make you feel better. Remember that your fearful thoughts may be exaggerated so balance these thoughts with realistic thinking and common sense.

5. **Don't give in to peer pressure:** Do not let your friends and relatives pressure you into drinking alcohol. Politely say that you do want to drink and stay firm in making your decision. Don't let others pressure you into drinking when you are trying to remain sober.

Instead of relying on your friends and other people in your life, try to rely on God to help get you through. Be persistent and be open in the avenues that God may provide to you in solving your problems. It is not always easy, however God is in control and he will help you as long as you make an effort.

6. **Avoiding your problems does not work:** Avoiding your fears and your problems through the use of drugs and alcohol are not the answers. Eventually, you will have to confront your fears and mental health issues. Save yourself the time and heartache and confront your problems now rather than later. You will be better off in the long run.

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THE ORB INITIATIVE MAKES THE ROUNDS

by Dr. Sharon M. Cadiz

If you are out walking in the area of Vernon Blvd. in Long Island City and pass a sidewalk garden or a plant-filled, manicured entrance to a building that is adorned with an iridescent globe, know that this is the work of Eric Mathews; also known as “The Peaceful Gardener.” The globe, in fact, is part of his visionary plan called “The Orb Initiative” designed to bring attention to the United Nations 2030 Sustainable Development Goals. He believes that it is through awareness that we will collectively be motivated to move in the direction of taking steps to address the environmental threats of global warming and climate change. The “Orb” is intended as a gentle reminder to “think globally and act locally” to implement principles that support a meaningful commitment to climate action in accordance with the environmental goals that include attention to clean water and sanitation; affordable and clean energy; sustainable cities and communities; responsible consumption and production; life below water; life on land; no poverty; zero hunger; good health and well-being; and peace, justice and strong institutions among other advancements.

There has been limited mainstream media coverage of proactive strategies to address the climate crisis and the aims of the United Nations 2030 Goals. Instead, there has been more disaster coverage in the wake of extreme weather conditions and subsequent events. Mathews has stepped up to have the “Orb” symbolize a budding acknowledgment of the work that we can undertake to not only beautify our outdoor spaces, but make them sustainable and environmentally friendly as a means of initiating measurable steps that signify positive change.

“The Orb Initiative” launched in 2022 with an enthusiastic endorsement from Sarah Cameron Sunde, an internationally recognized artist and climate activist. In 2013, Sunde, a New Yorker, framed a response to Hurricane Sandy by initiating a “durational performance with the sea” that took her across the globe. The culminating performance took place on September 14, 2022 at the Cove on the East River where Long Island City and Astoria meet. In a gesture of solidarity she invited Eric Mathews and others to join her as she stood in the water for a full tidal cycle as she had done all over the world over the previous nine years. She showed her support for “The Orb Initiative” as a continuing effort to raise awareness and create synergy for the global concerns related to the environment.

Since “The Orb Initiative” was launched, it has garnered support from community leaders and even Queens Borough President Donovan Richards. An exciting component of this effort engages area youth as principal agents of change through action oriented involvement, education and outreach. For more information, contact Jaylen Stewart at 347-542-2494.





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2023 QUEENS COMMUNITY BOARD APPLICATION

On the heels of two wildly successful efforts to both attract new members and correct long-standing demographic inequities across Queens’ 14 community boards, Borough President Donovan Richards Jr. is again accepting applications from qualified and civic-minded individuals interested in serving on their local community board.

As with the Borough President’s prior two iterations, the 2023 community board application can be filled out online, ensuring prospective applicants can complete the process quickly and easily, allowing for a more diverse applicant pool. The application requires neither notarization nor in-person delivery to the Queens Borough President’s Office.

The application is available online at www.queensbp.org/communityboards, and the deadline to submit the form is Thursday, February 16. This deadline applies to both new applicants and existing community board members seeking an additional term. For the upcoming round of appointments, the two-year term of service will begin on Saturday, April 1, 2023.

All Queens community board members are appointed by the Queens Borough President, pursuant to the City Charter, with half of the appointments nominated by the City Councilmembers representing their respective Community Districts. Each board has up to 50 unsalaried members, with each member serving a two-year term. All community board members who wish to continue serving on a board are required to reapply at the conclusion of their two-year term and are subject to review and reconsideration.

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NEW YEAR'S BIKE RESOLUTIONS

by Cyclo Pete

It is a New Year, and whether you are biking through this weather or planning on biking more in 2023 when it gets warmer out, January is always a good month to set some goals. While this is a highly individual process, for those of us who bike we should always start with safety and, why not, with some manners and common courtesy. Please join me in setting some basic Bike Resolutions for 2023! Where you go from these is up to you, but let's start together.

Dress appropriately

Back in the fall we talked about dressing like a biker. This means getting a helmet and some hi-viz gear, whether it is a vest, a bag cover, something for your legs or feet. These things are not fashionable when off your bike, but they are functional when you are on it. If you haven't taken the plunge into the wide world of cycling PPE, maybe it is time you do so as we start 2023! And don't leave your bike out of the equation, outfit your ride with front and rear lights that blink to be ready to roll this year.

Stop properly

Let's say you've got everything set up, you get on your first bike ride of 2023 with your helmet, hi-viz, and winter wear. Stop right there, and let's talk about how to stop properly! As you come to your first red light start slowing down gradually before coming to a full stop at the light. That was easy, wasn't it? But that's not all, and this is a cardinal mistake made by new and experienced riders alike, but please do not block the crosswalk while stopped at a red light. It is simply not your space and is technically a ticket-able offense. I can't tell you how many times I see these improperly stopped bikes on my daily commute, so please resolve with me to not block crosswalks in 2023!

We had to start 2023 with another safety PSA. It has been getting dark early, and folks riding without lights and hi-viz are almost entirely invisible on certain poorly lit streets. Taking to the streets with the proper gear while following the rules and etiquette will keep you safe and win you compliments on the road. Don't believe me? Try these resolutions and ride safe in 2023, Woodside!



Dr. Richard Belli
Podiatrist

"My specialty is Podiatry. That is Podiatric Medicine, Surgery and Orthopedics."



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Talking to someone helps

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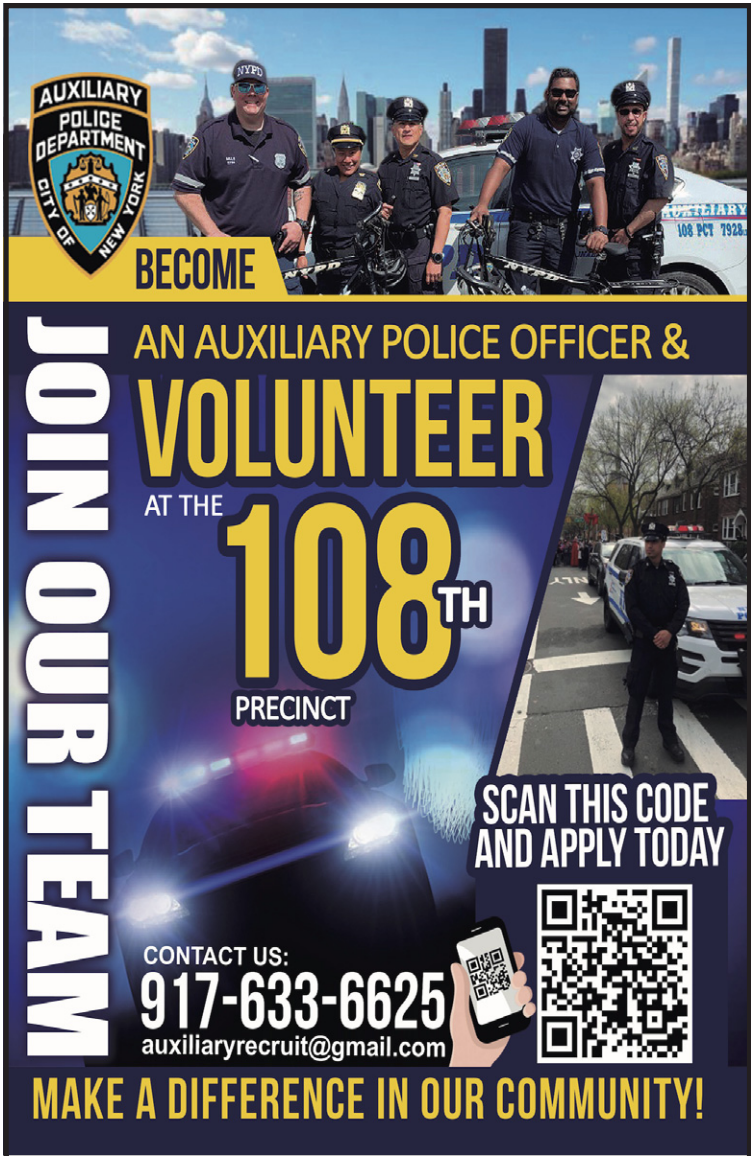
Flapjack Fundraiser includes set breakfast menu only, no additions or substitutions allowed. Valid only on date listed above. No rain checks, refunds or cash value. Tickets must be purchased in advance. ©2022 Apple-Metro, Inc.

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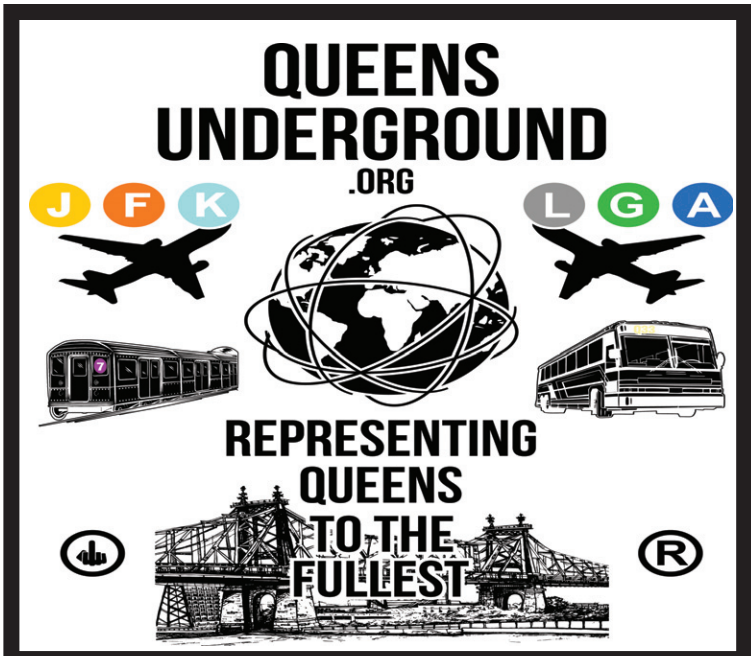
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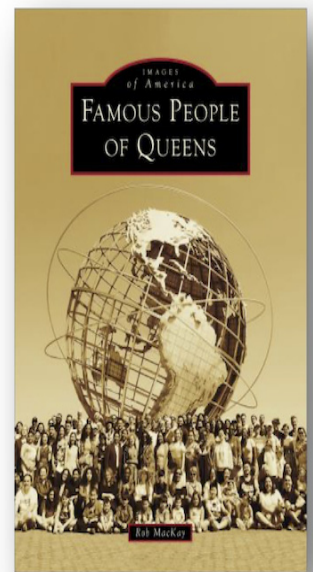
By Rob MacKay

About the Book

Part of New York City since 1898, the outer borough of Queens has a long history as a landing spot for immigrants and a place where first-time home buyers achieve the American Dream. The first European settlers came from Holland and England in the 17th and 18th centuries. In the middle and late 19th century, German and Irish refugees escaped political and economic turmoil by moving to the borough before Southern African Americans, Eastern European Jews, Italians, Asians, and Latinos arrived in the 20th century. Borough natives include athletes with world records such as triple jump champion Bob Beamon, entrepreneurial captains of industry like the Home Depot's Arthur Blank, Nobel Prize-winning scientists Richard Feynman and Gerald Edelman, and Hollywood entertainers such as Bernadette Peters and Rodney Dangerfield. Famous People of Queens looks at some of the borough's most notable residents. With about 200 photographs and long, informative captions, this book consists of dozens of mini biographies that explain how the borough helped these overachievers make it.

About the Author

Rob MacKay is a longtime, award-winning community journalist who currently works for the Queens Economic Development Corporation. He authored Images of America: Historic Houses of Queens and also operates various social media channels that promote local restaurants, shops, and tourism attractions.



FAMOUS PEOPLE OF QUEENS

By Rob MacKay

- On sale: 2/6/2023
- Price: \$23.99
- Pages: 128
- ISBN: 978-1-4671-0949-9

CONTACT: Maddison Potter
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 New number for National Suicide Prevention Lifeline

911 Dispatching emergency medical services, fire and police

211 Suicide & mental health crisis care with emphasis on local community resources and care coordination

211 Big Bend is a 988 Suicide & Crisis Lifeline Center.

2.1.1

Big Bend

DOMESTIC VIOLENCE RESOURCES

If you need support or have questions, call the numbers listed below. Telephone lines are open 24 hours a day, seven days a week. **You are not alone. We're here to help.**

QDA Domestic Violence Helpline
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NYC Domestic Violence Hotline
(800) 621-HOPE

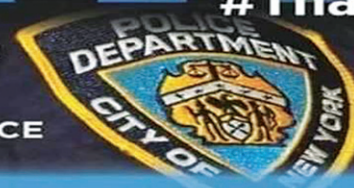
The QDA Elder Abuse Project provides services for victims of domestic violence who are **60 years or older**. Contact **(718) 286-6562** or ElderAbuse@queensda.org for assistance.

If you have access to the internet but cannot make a telephone call: <https://safehorizon.org/safechat/> is available **Monday - Friday from 9:00AM to 6:00PM**



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