MODSE HERALD

VOL. 92 NO. 50

WOODSIDE, L.I.C., N.Y. FRIDAY, DECEMBER 19, 2025

FREE

HOCHUL'S SUPPORT FOR MEDICAL SUICIDE DRAWS SHARP REBUKE FROM CATHOLIC BISHOPS

Governor Kathy Hochul has announced her intention to sign legislation allowing terminally ill New Yorkers with less than six months to live the option to obtain medication to end their lives peacefully, framing it as an extension of personal freedom and compassion.

In explaining her stance, Hochul emphasized America's tradition of limiting government intrusion into private decisions, especially those concerning one's body. She highlighted New York's history of leading on rights expansions, from civil protections to marriage equality and reproductive freedoms, and argued that individuals should be trusted with such profound end-of-life choices.

The governor shared how stories from suffering patients and their families moved her deeply, including accounts of loved ones pleading for relief unavailable in the state. These resonated personally, as she recalled her mother's death from ALS, which progressively stripped away her abilities and dignity, leaving a lasting sense of helplessness.

While respecting faith-based objections that intentionally ending life violates life's sanctity, Hochul said conversations with those in pain shifted her view: the measure shortens prolonged dying, not life itself, and she questioned whether forcing extreme suffering always upholds dignity. Reflecting on teachings of divine mercy from a recent Catholic funeral, she saw providing this option as an act of compassion for those in unimaginable hardship.

After careful thought, she decided to support the law with strong protections against misuse, including physician and mental health professional confirmations of prognosis and voluntariness, a five-day waiting period, recorded oral requests, bans on financially benefiting witnesses, opt-outs for religious-affiliated outpatient facilities, and a delayed effective date for proper implementation. These, she said, protect vulnerable groups like the elderly and disabled.

Hochul envisioned the law allowing final days filled with sunlight, family warmth, and meaningful goodbyes rather than hospital isolation. She thanked advocates, families, and lawmakers, acknowledging the decision's difficulty and potential to disappoint some, but rooted it in respecting individual autonomy—a core national value. She expressed hope for empathy from opponents toward those facing different choices.

However, the announcement has drawn strong condemnation from New York's Catholic leaders. In a joint statement, Cardinal Timothy Dolan and the state's bishops declared they are "extraordinarily troubled" by the governor's plan to sign what they call an "egregious" bill sanctioning physician-assisted suicide.

They argued the law signals government abandonment of vulnerable citizens, implying that for the sick or disabled, suicide is acceptable or even encouraged. It undermines the governor's own investments in suicide prevention and mental health, they said, eroding society's credibility in telling youth or those with depression that suicide is never the answer while framing it as compassionate for the terminally ill.

Reiterating Catholic teaching on life's sacredness from conception to natural death, the bishops described the practice as a grave moral evil comparable to other attacks on human life. They called on Catholics and all New Yorkers to reject it personally and urged greater investment in hospice and palliative care instead of promoting what they term a "culture of death."

The divide highlights the ongoing tension between individual choice in end-of-life matters and religious convictions on the inviolability of life, as New York prepares to join a growing number of states offering this option.

Attorneys – at – Law

MARC CRAWFORD LEAVITT PAUL E. KERSON TALI B. SEHATI APRIL DEDELY MIRANDA, PARALEGAL

NEW OFFICES:

68-61 Yellowstone Blvd., Suite 116 Forest Hills, NY 11375 718-729-0986

> We remain available to meet with clients in Sunnyside/Woodside by appointment MIDTOWN OFFICE:

620 5th Ave., 2nd Floor. NYC, NY 10020 Overlooking the Rockefeller Center Skating Rink

Serving the Community Since 1947

We are proud that our late senior partner, Benjamin Shaw, was founding lawyer for Sunnyside Community Services celebrating it's 50th Anniversary.

Call us **718-786-4141**

NEW MEMBERS WANTED

—— JOIN THE —

SUNNYSIDE DRUM CORPS

OPEN TO BOYS AND GIRLS 9-18



- Pride
- · Self-Esteem
- Achievement
- · Music
- · Team-Work Excellence
- Fun
- Rewards Friendship
- Saturday morning

10am - 12pm

Marlene Sabba





Get more info at sunnysidedrumcorps.com

All Saints Church 43-12 46th Street Sunnyside



Sunnyside, NY 11104

Telephone (718) 729-3772 Publisher

Sherilyn Jo Sabba Editor **CONTRIBUTING WRITERS** Dr. Sharon Cadiz, Cycle Pete, Rob MacKay, Stan Popovich, Rix Quinn, Peter Ross, CONTRIBUTING ARTISTS AND PHOTOGRAPHERS

Dr. Sharon Cadiz, Joe Gurrado, Peter Ross To Advertise E-mail SSabba@WoodsideHerald.com or call 718-729-3772

HELPING SOMEONE STRUGGLING WITH ADDICTION

by Stan Popovich

Do you find it difficult to convince a person who is struggling with addiction to get help? It is important to know how to encourage a person to get treatment for substance abuse.

What Is Addiction? Addiction is a chronic condition that involves compulsive seeking and taking of a substance or performing an activity despite negative or harmful consequences. Addiction can significantly impact your health, relationships, and overall quality of life.

People may use substances or engage in harmful addictive behavior even if they want to stop. Over time, they may need more of the substance to feel the same effects as they did before. People with addictions become preoccupied with the substance and often ignore the addiction recovery process.

How To Encourage An Addict To Get Help

- 1. Do a family intervention: An intervention is when family members and an interventionist get together with the person to tell them how much they love them and that they need to get some assistance. The person who's having a hard time listens and hopefully they become convinced to get the treatment they need.
- 2. Get an addiction expert to talk to the person: Find someone who is an expert on drugs and alcohol and have them do a one-on-one talk with the person who is struggling. This person should explain what will happen if they do nothing. This may convince the individual who's having a difficult time to get some guidance from a mental health counselor.
- 3. Use the services of a former addict: Get somebody who used to battle addiction to talk to your friend who needs assistance. A person who used drugs and alcohol in the past can use their experiences to try to reason with the person. They might be able to use their insights to convince the individual to seek help.
- 4. Reduce family stress: Family stress is one of the leading triggers that can increase mental health and addiction issues. Become aware of the friction and drama in your home and relationships so you can do your part to develop healthy communication and create a safe space for open dialogue.
- 5. Determine why the person won't get help: Ask the individual who is struggling to list the main reasons why they will not get assistance. It might take a few tries, however, try to discover what is stopping your friend from getting treatment. Fear and frustration are huge factors for not getting assistance.
- 6. Address the person's fears: Once you get the reasons why he or she won't get treatment, the next step is to find ways to address the fears the individual may have. Addressing one's fears and concerns may convince the person to take some action that will get their life back on track.
- 7. Talk to the person: Nobody wants to be lectured or yelled at. The person who is suffering needs help in overcoming their fears and needs some guidance. Treat others the way you would want to be treated if the roles were reversed. Listen to what they have to say. Reassure them that it's ok to seek help.
- 8. Offer support for loved ones: When your loved one does get treatment, tell them that you will continue to support them with their recovery efforts. Support may come in various forms, including displaying care, going to meetings, and introducing them to support groups. Assure them that you are there for them.
- 9. Be persistent: In some cases, your loved one may not accept your help. Emotionally prepare yourself for these situations and remain hopeful for positive change. Occasionally remind the person the importance of getting treatment.



Holiday Tree Lighting and Toy Giveaway

Monday, December 22, 6-8pm

In front of Queens Borough Hall 120-55 Queens Boulevard, Kew Gardens, NY



DONOVAN RICHARDS JR.

POSTPONED: Because of the bitter cold weather, we've rescheduled the annual Holiday Tree Lighting and Toy Giveaway to Monday, December 22 at 6pm. Join us for family-friendly games, live performances, sweet treats and a toy giveaway for children. RSVP at queensbp.nyc.gov/rsvp

LATE GREETING CARDS

by Rix Quinn

- A friend asked me if it was OK to delay sending holiday cards until late December. I asked two questions: (1) Will you send me a card? (2) Does it contain a gift certificate? Actually, I believe a late card is a great card. Here are three good reasons — and two average ones – to delay mailing:
- 1. Excited recipients Before the 25th, your loved ones got greetings from friends, plus people who could sell them something. The week after, they'll welcome any card that doesn't require monthly payments.
- 2. Longer shelf life It's likely those early cards got tossed out with wrapping paper. Not your later arrival, which might sit around until late January. (Money-saving hint: Add heart stickers to the envelope, call it a "Yuletide Valentine.")
- 3. Enclose a letter Between Christmas and New Year, recipients have nothing better to do, and will love to read letters about folks they met once at either a childbirth class or a school play.
- 4. Enclose money Last year my old football coach got a card containing 25 cents, along with the message "I heard vou needed a quarter back."
- 5. Personal delivery For an interesting night out and perhaps a free meal hand-deliver those cards to each door. When I tried this, some of my friends pretended they weren't home.

But that's OK...I hung around until breakfast.

RUDE AWAKENING, RECKONING AND REVIVAL

by Dr. Sharon M. Cadiz

Have you ever been awakened from a nightmare that had you paralyzed by fear; shaken and afraid? Sometimes it is just those very nightmares; and those very feelings that linger as the day goes on because they embody a message that might contain a warning to protect you from unspeakable dangers in the waking world. Sorting it all out, you may discover the meaning and purpose of these shocking experiences. Comfortable thoughts and feelings are usually the ones that allow us to ignore and "sleep on" the slights, horrors and habits in life that need attention or resolution. Over time, the horror and discomfort of nightmares may wake you up to the fact that life may be calling you to grow, change and show up in a better way. You may discover that your expensive, stylish shoes really hurt your feet; or that your relationships need more care; or that the lukewarm nature of family ties only heats up around differences and conflicts, usually at weddings and funerals. Troubling nightmares might actually be a gift that scares you into action regarding the worst of these; urging you to begin living your values authentically with purpose, without apologies, regrets, fear or worry. Getting to this point might be the function of the nightmare; shocking you into awareness that you are living your nightmares and not your dreams.

Well, America is having a recurrent nightmare tracing the horrors of its unchecked indulgences that trade in oppression and half-truths while brokering away the promises of a budding republic too young and foolish to recognize its prize. America is standing hiphigh in the mired past of lynchings; bans and bias; protests and unfulfilled promises that appear to have caused some cosmic-karmic flooding along the borders of reality and fantasy. Waking up from this nightly horror forces an admission that the proverbial table of plenty leaves most starving while a few sample the sweet life. Just as you thank the front desk clerk for a well-timed wake-up call, it may be time to say "thank you" for your nightly terror if it prompts you to have clarity, purpose and a suitable action plan.

If you are not inclined to offer "thanks," perhaps you continue to have these terror attacks without any motivation to imagine a positive alternative. In this case, on subsequent nights, different hideous dramas may continue to unfold. If you don't have your own nightmares or reason to be plunged into despair, the mass media, which is prone to sustaining a fear-based culture, can assist. The news feed offers "tidbits" served on gilded plates for Americans to feast upon on a daily basis. And after hours of gluttonous consumption, the server approaches with the bill. All the diners look with eager anticipation expecting the bill to be paid in full by their generous host. Then, in a surprise ending, America passes the hat, while the diners reach deeper into their empty pockets, past their bloated bellies. This nightmare halts every trace of delusion and the dreamer awakens only to find that the nightmare is their new reality. Arising with the haunting memory of this nightly terror, it gets harder and harder to fall asleep and to awaken. Like those who experience this, the rest of us may also be struggling to find a pathway out... If you find yourself there, simply open your eyes; look into the eyes of a stranger or someone you love; give a hug and let your beating heart create your connection to another beating heart. And if we trust enough; love enough; are kind enough; and wise enough, the relief we are all looking for might actually be attainable.







DISCRETIONARY FUNDING WEBINARS

General Discretionary Funding Applications:

Wednesday, January 14, 2026 at 6:30 p.m.

Register:



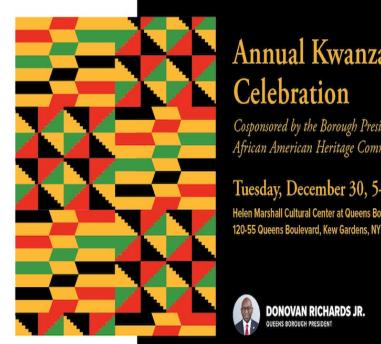
bit.ly/d26fundingwebinar

Discretionary Funding Applications for Arts Organizations:

Wednesday, January 28, 2026 at 6:30 p.m.

Register:





Annual Kwanzaa Celebration

Cosponsored by the Borough President's African American Heritage Committee

Tuesday, December 30, 5-7:30pm Helen Marshall Cultural Center at Queens Borough Hall



TOY GIVEAWAY

This Friday, December 19th **Queens Public Library at Sunnyside** (43-06 Greenpoint Ave, Sunnyside, NY 11104). Open to all District 26 residents.

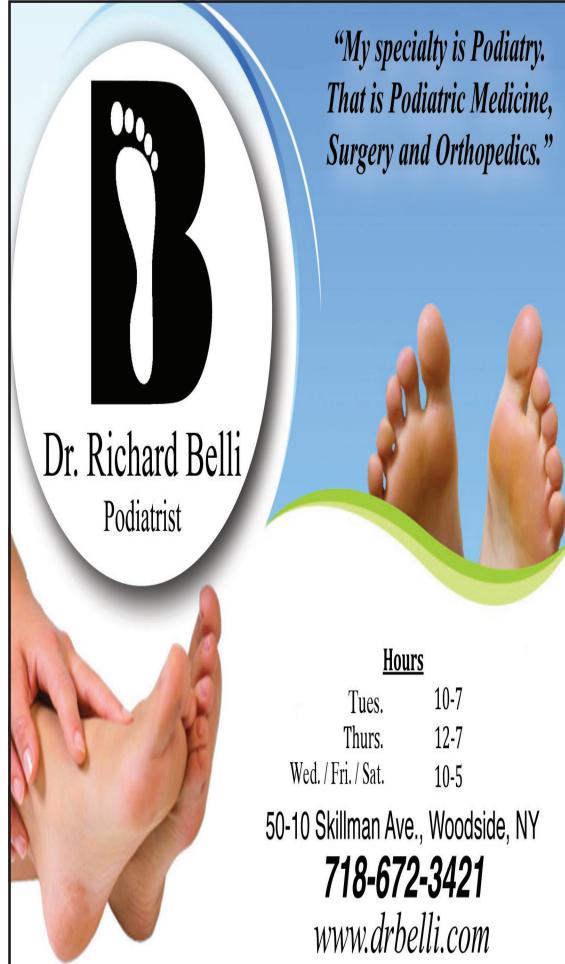


As the holiday approaches, New York City Council Member Julie Won, community partners, and volunteers partnered for several toy giveaways to distribute over 1,000 toys to children at Queensbridge Houses, Ravenswood Houses, and Woodside Houses, and the wider District 26 community.

- December 10th, Woodside Houses.
- December 12th, Queensbridge Houses and Ravenswood Houses
- Monday, December 15th Council Member Julie Won's Office
- Wednesday, December 17th Queens Public Library at Woodside

Council Member Won provided \$25,000 to New York Irish Center and \$25,000 to Woodside on the Move to purchase toys for holiday giveaways, and an additional \$39,500 to Little Essentials, part of which includes funding to purchase toys for holiday giveaways. Senator Kristen Gonzalez provided additional funding for this year's toy giveaways at Queensbridge and Ravenswood Houses.

"Happy holidays! We're excited to bring back our annual toy giveaways to provide over 1,000 toys to children in public housing and throughout the community. The holidays can be a source of financial stress for many families, and we wanted to ensure that we could help make the season special for our neighbors," said Council Member Julie Won. "Thank you to our partners at Queensbridge Houses, Ravenswood Houses, Woodside Houses, Senator Kristen Gonzalez, Jacob A. Riis Neighborhood Settlement, New York Irish Center, Woodside on the Move, Little Essentials, and Queens Public Library for helping to spread the holiday cheer."







Donate to our Food Drive

Looking for: canned soups, canned beans, canned fruits, canned vegetables, shelfstable proteins, pasta, rice, oatmeal, cooking oils, kid-friendly snacks

> Sunnyside Gardens Park 48-21 39th Ave Sunnyside, NY 11104

















HISTORIC DISTRICTS COUNCIL

Sunnyside and Woodside

We want to hear from you!

We are pleased to invite you to participate in a survey to recommend places in your neighborhood you would like to see preserved and celebrated.





Landmarks Survey

Encuesta de Monumentos Históricos







Social Security Administration

With a personal *my* Social Security account, you can:

- Request a replacement Social Security card
- Check the status of your application
- Access your COLA notice
- View your claim status











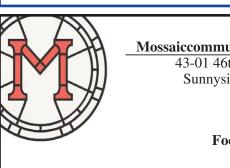


NYC Pistol or Rifle License required to become a member









Mossaiccommunitycenter.org
43-01 46th Street,
Sunnyside, NY

Mon-Sat 9AM-5PM Food Distribution 10AM

MOSAIC COMMUNITY CENTER

Food Distribution, Infant/Toddler Supplies, Hot Food, Pet Supply Drop & Pick Up



CHAIR YOGA on ZOOM



You don't have to be a pretzel to SIT AND BE FIT!

Every Wednesday: 2:15 to 3:15 PM (formally taught at St Sebastian's Rec Center)

EVERYONE WELCOME!

Call Karen (570)766-1268 \$10 per class or pay what you can!

DISTRICT 26 FOOD PANTRIES AND HOT MEAL DISTRIBUTIONS



Aids Center of Queens County

Tuesdays, line starts at 6:30 a.m., opens at 8 a.m. Tuesdays, Wednesdays, & Thursdays, 62-07 Woodside Ave, 3rd Floor Woodside, NY 11377

Blessed Virgin Mary St. Mary's Winfield

Thursdays, 9:30-11:45 a.m. 70-31 48th Ave, Woodside, NY 11377

Hour Children - Hour Pantry

Mondays & Thursdays, 2-4 p.m. Tuesday, 10:30 a.m.-12:30 p.m. 36-49 11th St, Long Island City, NY 11106 (inside St. Rita's parking lot)

Iglesia Alianza Cristiana Misionera Ebenezer

Saturdays, 8 a.m.-1 p.m. 43-02 38th St, Long Island City, NY 11101

Jacob A. Riis Neighborhood Settlement After School Program

Monday through Friday, 3-3:30 p.m. 10-25 41st Ave, Long Island City, NY 11101

Jacob A. Riis Neighborhood Settlement **Hot Meal Distribution**

11:30 a.m.-12:30 p.m. 10-25 41st Ave, Long Island City, NY 11101

La Jornada

Wednesdays, 8 a.m.-1 p.m. Saturdays, 8 a.m.-1 p.m. 39-04 61st St, Woodside, NY 11377

St. Raphael RC Church Food Pantry

Thursdays, 10:30 a.m.-12 p.m. Saturdays, 1:30-3 p.m. 35-20 Greenpoint Ave, Long Island City, NY 11101

St. Teresa Church Saint Vincent DePaul Society

Tuesdays, 4-5:30 p.m. 50-20 45th St, Woodside, NY 11377

The Urban Upbound Bread of Life Pantry

Tuesdays & Thursdays, 12-3 p.m. Wednesdays, 11 a.m.-2 p.m. Thursdays, 12-3 p.m. 38-49 12th St, Long Island City, NY 11101

FOOD PANTRIES LOCATED IN QUEENS

THE LEGACY CENTER 71-02 CYPRESS HILLS STREET THURSDAYS @8:00AM (718)456-4852

FENIX COMMUNITY FRIDGE 586 SENECA AVENUE FRIDAYS @5:00PM

(718) 821-2121

CENTRAL QUEENS Y-FOOD **PANTRY**

108-13 67TH RD, FOREST HILLS (718) 268-5011

 COMMUNITY CENTER SERVICES **ORGANIZATION**

93-15 CORONA AVENUE ELMHURST (332) 228-8525

ST. THERESA CHURCH, ST. VINCENT **DEPAUL**

> 50-20 45TH STREET WOODSIDE (718) 784-2123

EVANGEL FOOD PANTRY 39-21 CRESCENT ST, ASTORIA (718) 361-5454

loodles

RIDGEWOOD COMMONS 585 WOODWARD AVENUE

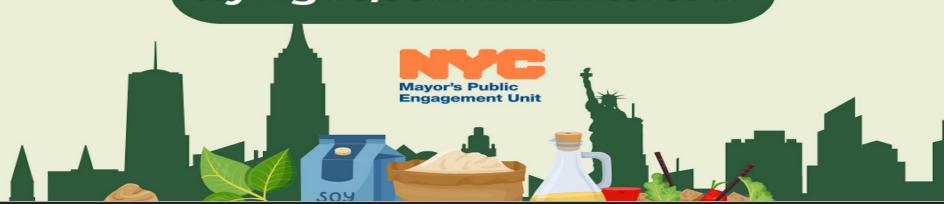


Find your nearest food provider at

FoodHelp.nyc.gov

Get help enrolling in benefits with PEU at

nyc.gov/AccessBenefits



SHINING STARS

Helping Special Needs Families Navigate The System

*DISCOVER SHINING STARS: **Guiding Families with Special Needs***

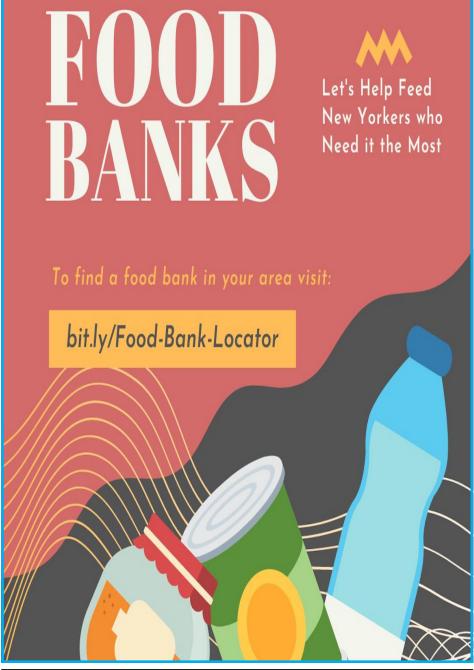
Are you navigating the complex world of special needs/Autism support? At Shining Stars, we are here to help. With 40 years of personal experience, our dedicated team offers comprehensive guidance for families with special needs members from kindergarten age to adulthood.

OUR SERVICES INCLUDE:

- Personalized support plans - Advocacy and resource navigation - Educational guidance and assistance - Emotional and social support for families Let us light the way for your family's journey. Join the Shining Stars community today and experience the difference expert care and genuine compassion can make.

CONTACT HOWARD: 917-972-5587, Daily 9a-5p EMAIL: hlbrick@aol.com DONATIONS GREATLY APPRECIATED







St Theresa of Lisieux 50-20 45th Street Woodside, NY 11377 718-784-2123 - Office

Food Pantry is Open Tuesday 3:00PM to 4:30PM

31-31 60th Street Woodside, NY 11377 718-278-8114 - Office

Food Pantry is Open Wednesday 11:00AM to 1:00PM

www.SaintTeresaChurch.org

http://CCWoodsideNY.org

St. Raphael

35-20 Green Point Ave Long Island City, NY 11101 718-729-8957 - Office

> Food Pantry is Open Thursday 10:30AM to 12:00PM Saturday 1:30PM to 3:00PM

