

WOODSIDE HERALD

SERVING SUNNYSIDE-WOODSIDE AND LONG ISLAND CITY

VOL. 90 NO. 12

WOODSIDE, L.I.C., N.Y. FRIDAY, MARCH 24, 2023

FREE

COMMUNITY CLEANUP



Thank you to all of the amazing volunteers, as well as Council Member Julie Won, who came out for Woodside On The Move's second monthly cleanup! The dedication and hard work of the volunteers is invaluable. Monthly cleanups are every third Saturday of the month--if you are interested in volunteering, please contact Asif Ali at aali@woodsideonthemove.org!



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writers
wanted

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6 TIPS ON DISCUSSING YOUR MENTAL HEALTH ISSUES WITH YOUR FRIENDS

by Stan Popovich

Do you struggle with your anxieties and have a difficult time in getting your friends and family to be more understanding? In some cases, your loved ones can give you a hard time regarding your mental health struggles. As a result, here are six suggestions on how to discuss your anxiety issues and improve mental health awareness with your friends and relatives.

- 1. Talk to a counselor:** The most important thing that you need to do is to talk to a counselor about dealing with your mental health problems and the people you know. Seeking professional help will go a long way in overcoming your current issues. In addition, a counselor will be able to give you additional advice on how to deal with your friends and family members.
- 2. Don't argue with others:** It is important that you do not get into arguments with those who are giving you a hard time. Your number one priority is getting your life back on track. Your health is more important than what other people may think.
- 3. Watch who you hang out with:** It is important to surround yourself with positive people. Try to keep your distance from those people who are giving you a difficult time. Remember that your goal is to remain positive and hopeful. Do not let the negative people in your life bring you down.
- 4. You are not alone:** It can be very frustrating to deal with your mental health issues when your friends and relatives are on your case. Remember, you are not alone. There are millions of people around the world who struggle in maintaining good mental health. The key is to find those people who can relate to you. It is important to stand your ground when dealing with family members and friends who are giving you a hard time. Explain your situation and your feelings to the people in your life, however don't let them hassle you. Your number one priority is to get better and not to please everyone that you know.

5. Join a support group: There are many mental health support groups in your area that can help you. Many hospitals, churches, and counselors in your area will be able to provide you with a list of groups. These mental health organizations will be supportive of your situation and they can give you additional advice regarding your problems.

6. Take things in stride: 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 the people you know regarding your mental health.

Never give up regardless of your situation. The answers to your problems are out there, however you must find those answers. You need to know that things will eventually get better if you work at it. Your friends and family will come around if you make the effort to reason with them.

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WHEN THE BELL TOLLS

by Dr. Sharon M. Cadiz

Perhaps it is the recollection of visits from my grandchildren this past weekend that prompts me to write today. There is an eerie kind of synchronicity that has been popping up everywhere in my life, so why wouldn’t it show up in my important relationships. The eerie part is that before I sat down to write, the words “When the bell tolls” came into my head as a title. At that point, that was all I wrote. I went on to handle some other matters. Sometime later when I was scrolling to find a citation for another quote something flashed onto my cell phone screen that said: “When the Bell Tolls/Lyrics” (Anthony Ramos). Now either Alexa (which I don’t have) has infiltrated my consciousness, or there’s something going on with my intuition. It may be hard to imagine that I am not familiar with the song. Lately, my command of names and titles is waning; however, there was something that seemed to suggest that the lyrics and I should be connected, so I read them like a poem; not having any remembered context or melody to accompany the reading. The first line said: “I wrote a letter to my granddaughter.” The next line was: “I said I’m sorry I don’t get to meet ya.” It went on to conclude the verse saying: “I wrote a letter to my grandmother. Said I really can’t wait to see ya in heaven...” Just those lines seem to explain to me why the title was fished out of the collective consciousness and placed on my page. At that moment, I knew that I was on the right track because I had planned to write about something entirely different. Apparently, “Metallica” is the name of the group that performs this song. Every day, I receive new information and insights without the slightest notion of why they are showing up, until I take a moment to pay attention. There may be doubters out there, or those who suspect that what I am sharing is contrived for effect; however, I have nothing to prove and no defense for my innocent stumbling into an intersecting thought that I would like to share here. With that being said, I will proceed to clarify the inspiration for this writing. Children are these marvelous time travelers and, in contrast, elders have the distinct honor of ushering them onto their spacecraft; then to stand watching how far or wide they will go. Each will have a log of their challenges, accomplishments and moments of imagined defeat, but through it all, a grandparent can be a steady influence for their journey and reassure them of their strengths when they falter or fall. I guess that I might originally have been reaching for the line I recall as the title of the Ernest Hemmingway classic “For Whom the Bell Tolls.” The young and the old are often at the crossroads of war and peace; youth and aging. It is both poignant and puzzling how we travel this course respectfully and honorably. I have often spoken about the need for peace education; yet, the thought occurs to me that the first step is to recognize the sacredness of our children and elders as the place holders for hope in our world. When the bell tolls, it inevitably tolls for us all.

Buying power appears to be the measure of who gets attention and for whom we take the time to ring the bell. It determines what gets priority status. Training children and elders to become consumers can greatly increase their market value. If an animatronic child and elder can be created for a game of virtual Monopoly, we will know that this relationship and the essential exchange of vital transport information will be forever lost and given over to the online consumer marketplace. If this appears to be an overreaction, let me share my personal observation that there appears to be a decline in hugging that ranges from awkwardness to downright dangerousness at the extreme where instances of touching can rightly be grounds for a contentious lawsuit. So, in addition to deferring to objects instead of people; cultivating virtual experiences of contact instead of real face to face contact; or leaving the outer reaches of reason about appropriateness to some vague category causing a child or elder to wander and wonder what is appropriate or abuse is grossly unfair. We have an urgent need to be present right now with some sensible protocols that include the choice to hug or show each other affection.

Once again, I am taking a deep dive into my dusty old archives to recover some handy books that helped me and other early childhood educators and parents with things like safe touch which tends to be a real tricky thing. It can also feel like we are putting the past on trial to discuss this subject through a reexamination of how we may have parented or been parented. Avoidance of the subject is a response that can quickly lead to conflict within families, communities and the harming of children. One way to foster better results may be to establish some safety ground rules; proactive preventive strategies to teach children; and to talk to them without scaring them away from those who could potentially act as important figures and role models for these young travelers. There is a series of books that I highly recommend and one of them is a favorite that I have often given away entitled: “It’s My Body,” by Lory Freeman with illustrations by Carol Deach (1982). Some may be available second hand showing that there were many parents and caregivers who used them. Two others in the series include: “Loving Touches: A Book for Children about Positive, Caring Kinds of Touching,” and “Protect Your Child From Sexual Abuse: A Parent’s Guide.” If we are not talking about these things, you can be sure that there is someone out there capable of exploiting that information gap.

Classic childhood literature, that I love, includes the popular “Pinocchio,” an Italian tale that warns children of the dangers of lying and misleading a loving parent for the sake of adventure. Even “The Three Bears” about Goldilock’s famous home invasion; “The Three Little Pigs” or “Little Red Riding Hood” have value in promoting understanding of healthy relationships and boundaries among children and others. There are also resources to address safety concerns for the prevention of accidental injury for grandparents caring for young children that include safe sleep procedures captured in the one of the Administration for Children’s Services many films entitled: “Safe Sleep For Your Baby Right From the Start” providing guidance to prevent “rollover deaths” and falls from windows; shaken baby syndrome and scalding, among other things. I used ACS films like “Baby and Me” to acquaint fathers and adult males in a household about how to interact and keep vulnerable babies safe and cared for at a time when there were far too many deaths of children left in the care of boyfriends and others. It was one of many resources that I, and the clinical consultation program’s expert consultants used in doing city-wide training with parents, providers and outside agencies.

Two personal experiences with using these types of tools include a special visit by George Stamatiades, local community leader who brought copies of “Escape School” videos, produced by Dignity Memorial to a city-wide forum with child care agencies that was convened years ago at ACS. He also has presented this material at community-based “National Night Out Against Crime. The video empowers children with child focused self-help strategies to use if abducted or at-risk for violence. I found that by partnering with child welfare in this way, families, schools and communities can make a big difference in keeping children safe and able to interact with others in healthy ways. It is important to note that, contrary to popular media coverage, I encountered some outstanding, knowledgeable, professionals and experienced frontline practitioners and advocates at ACS. I continue to be informed and enlightened through these former colleagues, many of whom are retired or training newcomers to child welfare work, or like me

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simply babysitting their own grandchildren. Another absolute best pick for direct use with children is called: “The Safe Side Stranger Safety: Hot Tips to Keep Kids Safe With People they Don’t Know” video by Julie Clark because I used it with my two oldest grandchildren. The video was given to my daughter by a good friend. It was fun and gave children real practical skills just like with “Escape School.” If we scare children we can do more damage than good, and because many families are miles apart; as well as due to the effect of the COVID shutdown, many family members feel like virtual strangers when they are encountered at family gatherings. Children need to have help in discerning who and what feels safe. Grandparents can benefit from watching and paying attention to all of the developmentally appropriate material on safety planning with children. As a footnote, I am aware that there are also guides for grandparents on how to support a healthy use of on-line devices and content.

For the professionals, educators and community leaders who are so inclined, I recommend the work of Peter Levine and Maggie Kline entitled: “Trauma-Proofing Your Kids” (2008). I prefer to see us preventing more cases of abuse, neglect or endangerment and the book can be used to educate folks in the community, including places of worship. I was once on a panel discussing interpersonal trauma among women at John Jay College when I met Richard B. Gartner who was a co-presenter who made me more aware of male sexual victimization that can often be overlooked or under-reported. He gave me a copy of his book entitled: “Betrayed as Boys: Psychodynamic Treatment of Sexually Abused Men.” It pains me to recall the number of men that I worked with over my career who were survivors of abuse. I met many of them in drug treatment programs; criminal justice facilities and peer run mental health service organizations. I even recall being a peer tutor for the Board of Education back in the seventies when a young man I was tutoring confided in me about abuse from peers in a group setting.

Returning to where I began, as I was researching some information this morning, I came across a popular quote that I thought about using, but I thought that it would raise the same kinds of concerns that arise when relationships between youngsters and adults get tainted by inappropriate contact. In any case, I am going out on a limb to advocate for a return to showing appropriate affection without the threat of a child being lured into a dangerous, exclusive, secretive or unhealthy situation. Becoming safe with each other requires interpersonal safety skills and a value system that, in turn, supports a healthy society. I will call upon you to include all children in your understanding of these words. Here is the quote credited to Forest Witcraft, described as a professional Scouter and managing editor of “Scouting” magazine: “A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove. But the world may be different because I was important in the life of a boy [child]. Let’s all be child advocates: educators, doctors, parents, law enforcement, grandparents and others who see every child as sacred and divine in their magical capacity to create and invent a wonderful future for us all. The next time my five year old grandson comes over, I am going to ask him his solution for how to get plastic out of the ocean; and what to do with the inside of toilet tissue rolls besides sending them to landfills. It should be an interesting conversation; and I am looking forward to all of the heart to heart talks I have with all four of my grandchildren. Spring belongs to children and many elders like me are right there living that second childhood... what’s that I hear? The bell tolls for a Happy, healthy, peaceful Spring 2023!

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New York City Council
Julie Won
Council Member District 26



WHERE TO VOTE

SATURDAY
3/25

Sunnyside Greenmarket
Skillman Ave b/t 42nd & 43rd Ave
9:00 - 11:00 AM

SUNDAY
3/26

Moore Jackson Community Garden
31-20, 31-98 54th St
1:00 - 4:00 PM

In partnership with CM Caban

MONDAY
3/27

Children's Lab School
54-22 Skillman Ave
2:00 - 4:30 PM

TUESDAY
3/28

PS 166Q
33-09 35th Ave
2:00 - 6:00 PM

WEDNESDAY
3/29

PS 199
39-20 48th Ave
2:00 - 3:00 PM

THURSDAY
3/30

PS 361
39-07 57th St
2:30 - 3:30 PM

FRIDAY
3/31

PS 112 Dutch Kills
25-05 37th Ave
2:00 - 6:00 PM

SUNDAY
4/02

Culture Lab
5-25 46th Ave
2:00 - 4:00 PM

WHAT'S ON THE BALLOT

PROJECT	LOCATION	AMOUNT
TECHNOLOGY UPGRADES	PS 112 PS 166 PS 199 PS 291 PS/IS 78 PS 343 PS 361	\$525,000 (\$75,000 each)
LIGHTING & ENERGY EFFICIENCY UPGRADES	PS 166	\$250,000
BATHROOM RENOVATION	PS 112 Dutch Kills	\$150,000
ACCESSIBILITY RAMPS	District 26 Schools	\$700,000



We're partnering with Sunnyside Swap to reduce, reuse, and recycle! Join us on March 26 from 12-3 PM at 37-04 Queens Blvd (2nd floor) to swap free clothes, home items, and art materials with our neighbors. Early donation drop offs will be on March 25 from 3-5 PM at DanceMatters: 37-04 Queens Blvd, Suite 204.

-Donate items you don't use anymore, put them on the appropriate table, and take whatever items you need!

-Accepted items: Clean, gently used or new clothing; shoes; toys; small, working home goods; art materials.

-Any remaining items will be donated to local community partners.

Reach out to sunnysideswap@gmail.com or visit shorturl.at/cfqtn for more information.

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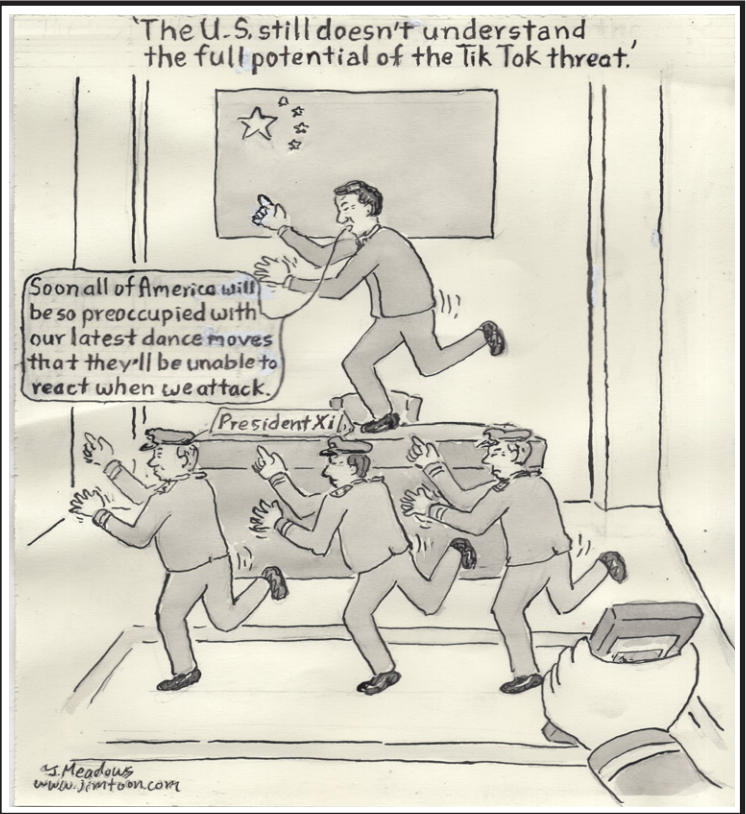
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Upon registration you will receive more details about the day.

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High school seniors and currently enrolled college students should consider applying for Two Academic and Two Athletic Scholarships, valued at \$4,000 each. The winners will receive their awards at this year's Italian American Day on Monday, May 22, in Albany and recipients must be present to accept them.


Requirements for the Academic Scholarship include the student's grade point average, higher education interest and goals, community involvement and individual need. Students who apply for the Athletic Scholarship must also demonstrate athletic involvement, achievements and interest in continuing those activities in college.


To apply for one of these generous scholarships, visit the Conference website at www.nyiacs1.org and click on the scholarship link. If you have any questions, please call my District Office at 718-738-1111. The deadline to apply is Monday, April 3, 2023.

EARTH DAY 2023



NEW YORK STATE SENATE





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