

WOODSIDE HERALD

SERVING SUNNYSIDE-WOODSIDE AND LONG ISLAND CITY

VOL. 88 NO.16

WOODSIDE, L.I.C., N.Y. FRIDAY, APRIL 16, 2021

FREE

The Farm to Families Program was extended an extra month and the food pantry at the Mosaic Church in Sunnyside which is now serving over 1500 people in our area a week was, through its partner GrowingSoul, able to procure deliveries for the month of May. The Pantry will receive a delivery each Monday in May. The 51-foot truck of fresh food, milk and produce is unloaded by neighborhood volunteers each Monday and the food is given out that day."



GRADUATION AND COMMENCEMENT CEREMONIES

Governor Andrew M. Cuomo announced new updated guidance for graduation and commencement ceremonies organized by schools, colleges and universities. Effective May 1, indoor and outdoor graduation and commencement ceremonies will be allowed with limited attendee capacity, depending on the event size and the location (e.g., stadium, arena, arts and entertainment venue). All event organizers and venues hosting ceremonies must follow the State's strict health and safety protocols, including requiring face masks, social distancing, health screenings and collection of contact tracing information. Detailed guidance for graduation events is available here.

"We're once again approaching the end of the academic year which means we need strict rules in place to ensure commencement ceremonies are done safely in the context of the ongoing pandemic," Governor Cuomo said. "With more people getting vaccinated every day, we are so close to the light at the end of the tunnel, but we all need to continue being vigilant and I am urging everyone to celebrate smart."

For events that exceed the social gathering limits of 100 people indoors or 200 people outdoors, event organizers and venues must notify the local health department and require attendees to show proof of a recent

negative test result or proof of completed immunization prior to entry. These requirements are consistent with the State's guidance for other congregate commercial and social activities, including catered receptions, performing arts, and sports competitions.

Outdoor Events:

- Large-scale ceremonies of over 500 people at outdoor venues will be limited to 20 percent of capacity, applicable to venues with a total capacity of 2,500 or more.
- Medium-scale ceremonies of 201-500 people at outdoor venues will be limited to 33 percent of capacity.
- Small-scale ceremonies of up to 200

people or 2 attendees per student at outdoor venues will be limited to 50 percent of capacity. Proof of recent negative test result or proof of completed immunization is optional.

Indoor Events:

- Large-scale ceremonies of over 150 people at indoor venues will be limited to 10 percent of capacity, applicable to venues with a total capacity of 1,500 or more.
- Medium-scale ceremonies of 101-150 people at indoor venues will be limited to 33 percent of capacity.
- Small-scale ceremonies of up to 100 people or 2 attendees per student at indoor venues will be limited to 50 percent of capacity.

(continued on page 7)

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MANAGING YOUR PERSISTENT FEARS AND ANXIETIES

by Stan Popovich

Are you looking for all of the answers on how to reduce your persistent fears and anxieties?

Fear and anxiety can ruin your life if you do not know how to overcome it.

As a result, here is a brief list of techniques that a person can use to help manage their everyday anxieties, stresses, and fears.

1. Take your fears apart: When facing a current or upcoming task that overwhelms you with a lot of anxiety, divide the task into a series of smaller steps and then complete each of the smaller tasks one step at a time. Completing these smaller activities will make the stress more manageable and increases your chances of success.

2. Take a break: Sometimes we get stressed out when everything happens all at once. When this happens, take a deep breath and try to find something to do for a few minutes to get your mind off of the problem. A person can get some fresh air, listen to some music, or

do an activity that will give them a fresh perspective on things.

3. Get all of the facts of the situation: Gathering the facts of a certain event can prevent us from relying on exaggerated and fearful assumptions. By focusing on the facts, a person can rely on what is reality and what is not. This is a great way to take control of your mental health.

4. Use Self-Visualization: Sometimes, we can get anxious over a task that we will have to perform in the near future. When this happens, visualize yourself doing the task in your mind. For instance, you have to play in the championship volleyball game in front of a large group of people in the next few days. Before the big day comes, imagine yourself playing the game in your mind. By doing this, you will be better prepared when the time comes.

5. You can't predict the future: While the consequences of a particular fear may seem real, there are usually other factors that can-

not be anticipated and can affect the results of any situation. We may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

6. Think of a red stop sign: At times, a person might encounter a fearful thought that may be difficult to manage. When this happens, visualize a red stop sign, which can serve as a reminder to stop thinking about that thought. Regardless of how scary the thought may be, do not dwell on it. This technique is great in dealing with your negative thinking and will help reduce your fears.

7. Get some help: Sometimes, it helps to be able to talk to someone about your stressful situations. Talking to a trusted friend, counselor, or clergyman can give you additional advice and insights on how to deal with your current problem. Overcoming fear and anxiety takes practice. In time, you will become better able to deal with your stressful problems.



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WOODSIDE HERALD

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ENVIRONMENTAL JUSTICE STUDY: STILL TIME TO BE HEARD

by Dr. Sharon M. Cadiz

Look around your neighborhood. Consider the conditions that influence the quality of your immediate environment. If you live in Sunnyside, do you feel that, true to its name, the area still gets ample sunlight? If you live in Woodside, do you have concerns about the availability of greenspace, parks and playgrounds? If you live in Long Island City, are you worried about the impact of overdevelopment on population density; air quality and the burdens placed on existing infrastructure? There's still time to give your input for the NYC Climate Policy & Program Environmental Justice Study. The deadline is April 30, 2021 and you can share your comments by email at EJ@climate.nyc.gov; on an online survey available by going to nyc.gov/environmentaljusticestudy, or leaving a voicemail message at 212-788-4144. Once you identify a problem, think about responding to the opportunity to add your voice. Environmental justice is a cross-cutting issue that affects us all, especially when we consider the looming threat of climate change. Just treatment and your responsible intention can frame a meaningful mandate for positive change, but not if people fail to speak up. With Earth Day and Arbor Day right around the corner, it seems like this is the perfect time to get involved.

To further help with identifying environmental issues consider the following list related to your local setting: heat; water; flooding; noise; access to parks or greenspace; pests such as roaches, rats or bed bugs; lead paint or harmful dust or mold; poor water quality; indoor/outdoor air; polluting infrastructure or activities, garbage and illegal dumping, access to healthy food and the condition of neighborhood trees that maybe at-risk for falling. We have lived with so many environmental problems for so long, it may be difficult to determine what is a problem, and what is normal. We may have gotten used to dodging mounds of dog waste left by some pet owners. We may have assumed that the noxious fumes from car exhaust are just another feature in a vast array of conditions that contribute to living in a busy city. Coastal flooding may seem like a distant threat and falling trees may appear to be an unavoidable hazard.

If you take a moment to focus on how conditions of the environment affect our

supply of water, air and earth, as well as our quality of life, it may become easier to discern which conditions and problems are in need of attention. Secondary effects may also make it easier to notice problems such as an increasing rate of asthma; sewage problems or the proliferation of litter and waste. The NYC Environmental Justice Study initiated in the Office of the Mayor is said to be a commitment that will survive terms of office and for that reason, we need to pay attention to what we may be able to accomplish with a long term commitment to improving life in our city. This initiative is being led by a distinguished group of members of the NYC Environmental Justice Advisory Board, the Mayor's Office of Climate Policy and Programs, and "an inter-agency working group of 19 city agencies that are working on the City's first comprehensive study of environmental justice." The other important aspect of this study will focus on disparities among communities of color and disproportionality that places more burden on particular neighborhoods. You may ask yourself: "What would heavy rains or a cold snap mean in my community? What is the connection between the aging infrastructure and my ability to get water in my home or apartment if there is a water main break? What does the lack of healthy food choices do to the rates of chronic debilitating illnesses? What is the long-term impact of garbage trucks idling constantly on my block? What happens to electronic waste that can present an environmental hazard? Finally, you may ask, "What is my role in addressing some of these concerns? If we fail to give attention to environmental justice and our right to clean air, water and freedom from the dangers that exist for the earth through climate change, we may regret that we allowed the opportunity to weigh in on significant issues that impact our environmental future get away from us, so I urge you to get involved. Ask questions of your local elected officials and governmental agencies; send an email (EJ@climate.nyc.gov); answer the online survey (nyc.gov/environmentaljusticestudy) or simply call and give your input (212-788-4144). In the meantime, for health and safety concerns that need immediate attention from the City, please call 3-1-1 and enjoy both Earth Day (April 22) and Arbor Day (April 30) knowing that you helped to make a positive difference.



Walk-up COVID-19 Vaccinations for New Yorkers Age 75 and Over Plus One Eligible Escort!

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NY VETERANS TO RECEIVE \$1,400 PAYMENTS

Many New Yorkers who receive veterans' benefits and have not yet received their Economic Impact Payments can expect electronic payments beginning this week

Congresswoman Carolyn B. Maloney (D-NY) announced that many New Yorkers who receive veterans' benefits can expect their Economic Impact Payments of up to \$1,400 to hit their bank accounts via election payments beginning this week. More than 11 million New Yorkers are eligible for this payment, including 838,000 veterans, as part of the American Rescue Plan that Congresswoman Maloney helped pass.

"Help is finally here for New York's veterans, and I want to ensure everyone eligible receives the money provided by the America Rescue Plan that is rightfully theirs," said Rep. Maloney. "I encourage all New York veterans to follow the necessary steps to ensure they receive this much needed assistance. If you or loved one is a veteran who qualifies for this payment and is having difficulty receiving it, please reach out to my office for help."

BACKGROUND:

The latest round of payments applies specifically to veterans and their beneficiaries who receive Compensation and Pension (C&P) benefit payments and who don't normally file a tax return.

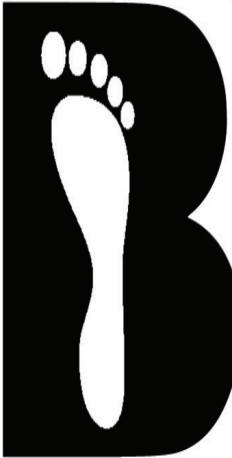
Most payments will be automatically deposited into banks accounts or loaded onto the Direct Express cards where veterans receive their benefits. Those waiting on paper checks or debit cards through the mail should expect to receive their payments over the next several days.

In most cases, these payments are automatic, and no action is necessary to receive them.

How to Check the Status of your Payment: Veterans, and all eligible New Yorkers, can go online to check the status of their payment using the "Get My Payment" tool at: <https://www.irs.gov/coronavirus/get-my-payment>.


How Many New Yorkers Will Get Payments: According to the White House, more than 11,344,500 adults and 4,403,300 children in New York are eligible to receive payments of up to \$1,400 per person through the American Rescue Plan. That means 82% percent of all New York adults and children are set to receive payments.

Who is Eligible for Payments: The American Rescue Plan included Economic Impact Payments of up to \$1,400 per person. Combined with the \$600 down payments enacted in December, these additional checks will finish the job on Democrats' promise to put \$2,000 in Americans' pockets. Individuals earning up to \$75,000 annually, heads of household earning up to \$112,500 annually, and couples earning up to \$150,000 annually will receive the full \$1,400 per person, for themselves and their dependents. After that, the checks begin to phase out, with payments stopping at individuals earning \$80,000 in annual income, heads of household earning \$120,000 in annual income and married couples earning \$160,000 in annual income.




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NYC.GOV FOOD ASSISTANCE

Visit www.NYC.gov/GetFood for COVID-19 food assistance resources. Visit www.FoodHealNYC to find a location near your home distributing meals for free, including food pantries and Grab & Go meals at NYC Schools, available for all children or adults in need.

COVID BURIAL ASSISTANCE

The Human Resources Administration will provide financial assistance to individuals in need of assistance to meet funeral expenses. www1.nyc.gov/HRA

SUNNYSIDE & WOODSIDE MUTUAL AID FOOD PANTRIES
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With support from: Brooklyn Workforce Innovations, City College, City Tech, College of Staten Island, CUNY, IBEW Local 3, Jamaica NAACP, Kingsborough Community College, LaGuardia Community College, NYCEDC, NYSERDA, Opportunities for a Better Tomorrow, SBIDC, Sheltering Arms, SUNY Farmingdale, SUNY Maritime, and New York Automotive Diesel Institute

Register here: [Eventbrite.com/e/offshore-wind-energy-the-promise-of-good-jobs-clean-energy](https://www.eventbrite.com/e/offshore-wind-energy-the-promise-of-good-jobs-clean-energy)

COMMUNITY DISTRICT EDUCATION COUNCIL 30

ZONING COMMITTEE PLANNING MEETING

Monday, April 22, 2021
5:00 p.m.

Community District Education Council 30 invites you to our special Zoning Committee meeting regarding future school zoning for Long Island City.

This meeting is for planning purposes only. Public comment will be heard at future meetings.

You must register for this webinar:

https://zoom.us/webinar/register/WN_-bzKfbtRSm6JtroM1wdl_w

After registering, you will receive a confirmation email containing information about joining the webinar.

Spanish Interpretation: Call +1 347-966-4114, Conference ID: 658 646 062#

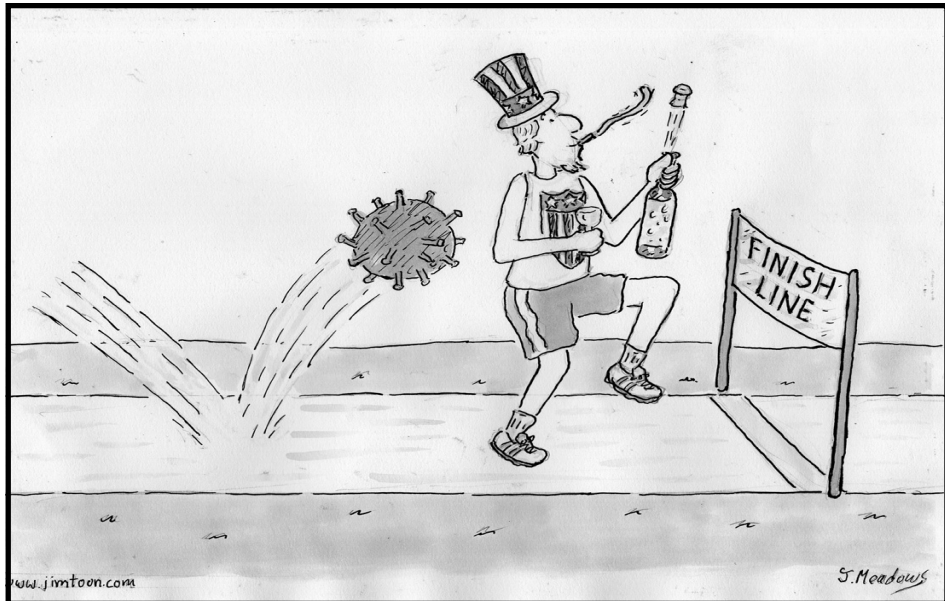
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WOODSIDE HERALD

SERVING SUNNYSIDE-WOODSIDE AND LONG ISLAND CITY



VOLUNTEER WRITERS WANTED



FDA TO INVESTIGATE POTENTIAL RISKS OF IMMUNOSUPPRESSIVE ADDITIVES IN FOODS

New Study Finds That TBHQ, Which Is Found In Pop-Tarts, Rice Krispies Treats, Cheez-Its And Numerous Products Marketed To Children, Could Harm The Immune System

U.S. Senator Kirsten Gillibrand is calling on the U.S. Food and Drug Administration (FDA) to investigate the potential harm of the preservative tert-butylhydroquinone, or TBHQ, on the immune system. TBHQ is a preservative used to extend shelf lives of popular foods, often marketed to children, including Pop-Tarts, Rice Krispies Treats and Cheez-Its, and nearly 1250 other products. A new study from the Environmental Working Group suggests that TBHQ could harm the body's immune system. In a letter to Susan Mayne, director for the FDA's Center for Food Safety and Applied Nutrition, Gillibrand urged the FDA to consider new science when determining the safety and potential health effects of food additives and, specifically, to complete a thorough review of the safety of TBHQ and other food chemicals that may harm the immune system.

"Many of these food chemicals, including TBHQ, were reviewed by the FDA decades ago and have not been adequately reassessed to reflect new science. In fact, according to the Environmental Research and Public Health study, previous studies of TBHQ cited the potential for effects on the immune system but did not receive any further investigation or review," wrote Senator Gillibrand. "Many other food chemicals linked to health complications, including those causing harm to the immune system have been deemed "safe" by food and chemical companies, but not by the FDA. I am extremely concerned about the potential long-term health effects ingesting these additives will have on an entire generation of children, and urge the FDA to reassess the use of TBHQ as an additive in foods using up-to-date science and data."

"Too often, it's the food and chemical companies, not the FDA, who are determining whether the chemicals in our food are safe to eat. Busy parents have enough to worry about. We should have the confidence that the food we're feeding our families is not laced with chemicals that might harm the immune system," said Scott Faber, Senior Vice President for Government Affairs with the Environmental Working Group.

(continued from front page)

GRADUATION & COMMENCEMENT CEREMONIES

Proof of recent negative test result or proof of completed immunization is optional. This announcement builds on the Governor's recent measures to further reopen the economy amid a steady decline in New York's COVID-19 positivity and hospitalization rates. Governor Cuomo announced that professional sports in large

outdoor stadiums that hold 10,000 people or more will be allowed to reopen at 20 percent capacity and smaller, regional sports venues that hold 1,500 people indoors or 2,500 people outdoors can also reopen, with an initial capacity limited to 10 percent indoors and 20 percent outdoors, beginning April 1. The Governor also announced, event, arts and entertainment venues can reopen at 33 percent capacity, up to 100 people indoors and up to 200 people outdoor, beginning April 2nd. Additionally, on March 15th, Governor Cuomo announced wedding receptions and catered events could expand to larger scale events subject to following the Department of Health guidance

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Letters To The Editor

The following letters are the opinions of its author and not necessarily those of the Woodside Herald.



CANDIDATE FOR GOVERNOR

Dear Editor,

Former NYC Mayor Rudy Guiliani's son Andrew announced himself as potential candidate for the Republican Party as candidate for Governor. This must be a late April Fools joke. It belongs in the comics section. Young Andrew is attempting to trade in on his famous fathers name. You need more than inheritance of a name to be successful in any enterprise. He has never built a busi-

ness from scratch, created significant number of new good paying jobs, balanced a budget or managed a small government agency or business. There are hundreds of better-qualified legitimate candidates with real experience to run for Governor. Andrew's ego is greater than the current \$212 billion state budget. He needs a reality check. State Republican Party leaders, office holders and 2,745,827 registered GOP voters will pass on this offer. They know a joke when they see one.

Sincerely,
Larry Penner

QUEENS COVID REMEMBRANCE DAY



May 1, 2021

Forest Park Bandshell

Join us in honoring the memory of Queens residents who lost their lives to Covid-19.

Submit a loved one here



www.QueensCovidRememberanceDay.com