

WOODSIDE HERALD

SERVING SUNNYSIDE-WOODSIDE AND LONG ISLAND CITY

VOL. 88 NO.18

WOODSIDE, L.I.C., N.Y. FRIDAY, APRIL 30, 2021

FREE

CURFEW LIFTED

Governor Andrew M. Cuomo announced that the midnight food and beverage service curfew will be lifted for outdoor dining areas beginning May 17 and for indoor dining areas beginning May 31.

Governor Cuomo also announced that the 1 a.m. curfew for catered events where attendees have provided proof of vaccination status or a recent negative COVID-19 test result will be lifted beginning May 17, with the curfew for all catered events set to be lifted May 31.

Additionally, the Governor announced that catered events can resume at residences beginning May 3 above the State's residential gathering limit of 10 people indoors and 25 people outdoors, as long as the events are staffed by a professional, licensed caterer, permitted by the respective locality or municipality, and strictly adhere to health and safety guidance, including social and event gathering limits, masks, and social distancing. Also on May 3, the guidance for dancing among attendees at catered events will be aligned with neighboring states, replacing fixed dance zones for each table with social distancing and masks.

Finally, the Governor announced that starting May 3, seating at bars will be allowed in New York City, consistent with the food services guidance that is in effect statewide.

"We know the COVID positivity rate is a function of our behavior, and over the last year New Yorkers have remained disciplined and continued with the practices we know work to stop the spread of the virus," Governor Cuomo said. "Everything we've been doing is working - all the arrows are pointing in the right direction and now we're able to increase economic activity even more. Lifting these restrictions for restaurants, bars and catering companies will allow these businesses that have been devastated by the pandemic to begin to recover as we return to a new normal in a post-pandemic world. To be clear: we will only be able to maintain this progress if everyone gets the COVID vaccine. It is the weapon that will win the war and we need everyone to take it, otherwise we risk going backward."

This announcement on food and beverage service and catered events builds on the Governor's recent measures to further re-open the economy amid a steady decline in New York's COVID-19 positivity and hospitalization rates. On April 26, Governor Cuomo announced that spectator capacity at large-scale outdoor event venues, including professional and collegiate sports and live performing arts and entertainment, will increase from 20 to 33 percent beginning May 19. This increase will coincide with the previously announced increase in large-scale indoor event venue capacity. Social distancing, masks, health screenings and all other State health and safety protocols remain in effect.

The Governor also announced that capacities would be increased throughout several industries that have proven to safely reopen in accordance with the State's COVID-19 health and safety guidelines, starting May 15:

Gyms and fitness centers outside of New York City will increase from 33% to 50% capacity.

BILL TO BAN ANIMAL SALES IN PET STORES

Aims to Stop the Puppy Mill Pipeline

Senate Deputy Leader Michael Gianaris and Assemblymember Linda B. Rosenthal announced a bill to prohibit sales of dogs, cats, and rabbits in retail pet stores was approved by both the Senate and Assembly Agriculture Committees, the first procedural hurdle to the bill becoming a law.

"With so many good animals in need of rescue, there is no need for puppy mills that abuse animals to supply pet stores. Our four-legged companions should be treated with respect, not like commodities," said Senate Deputy Leader Michael Gianaris. "I am pleased this important proposal continues to build momentum in the legislature."

Most of the animals available for sale in pet stores come from notorious dog, cat and bunny mills, which are known to be inhumane. Offspring of mill animals often have congenital issues resulting from poor breeding and can cost families thousands of dollars in veterinary care.

Pet breeders and stores are loosely regulated under the Animal Welfare Act by the United States Department of Agriculture (USDA). Recent investigations revealed, however, that under the Trump administration, USDA inspectors have been less aggressive in enforcing these regulations. In addition, the USDA is issuing fewer serious violations that would ordinarily trigger swift follow-up by the agency.

According to the New York State Department of Agriculture and Markets, the state agency tasked with regulating pet dealers, there are approximately 80 pet stores registered throughout the state.

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SPOTLIGHT ON REALITY HOUSE, INC.
A PHILOSOPHY AND COMMUNITY RESOURCE

by Dr. Sharon M. Cadiz

Chemical dependence is a growing problem in all of our communities. The Opioid Epidemic predates the COVID 19 pandemic and continues to add increased numbers of individuals stricken by the grip of addiction to alcohol and other drugs. Decriminalizing marijuana has many implications; however, the message for our community is that help is available when recreational use begins to translate into problems in living and other issues. Drug addiction is never the only problem. Often people use substances to address challenges with mental health or coping with overwhelming histories and experiences of interpersonal trauma. COVID 19 has certainly added to instances of trauma related to loss, displacement, isolation and disconnection.

I was the former Director of Best Practice Implementation at Reality House, Inc. in Astoria where I wore many hats as a consultant developing curricula; conducting training and delivering direct services in cognitive behavioral groups and through individual counseling. I have been retired from there since September 2020. I am proud that throughout the height of the pandemic, we managed to support the clients and help them to continue their journey of recovery.

Today, while going through some papers from my years of work in the human service field, I came across "The Reality House Philosophy" which is credited to Sonia J. from 2003. Each time I read it, I am moved by the eloquence and the deep meaning it holds for the journey of recovery, but more importantly for the message that can strengthen our collective response to the challenges we all are facing today; so I want to share the philosophy followed by a short poem created by individuals in one of my groups where we were talking about *the power of words*. Just as with Sonia J.'s beautiful statement of philosophy, the words of the poem were carefully selected to inspire, comfort and support:

"We the people of Reality House share a *common bond*.
We are a diverse community determined to reach higher goals of success, while *respecting each other's differences*.
We are learning to *treat each other with the respect that we all deserve*.
We are *an evolving people* with a desire to make positive changes in our lives.
We are the people of Reality House!!!
"Forward ever, backwards never." "

In four simple words, the poem reads as follows: "*My precious heart beats.*"

For more information on Reality House, Inc. located at 8-13 Astoria Blvd., you can call 212-281-6004, or go to their website at rhiny.org. In addition, you can find out more about what is available in New York City by calling the Office of Addiction Services and Supports (OASAS) on their 24/7 HOPEline at 1-877—HOPENY/Text: 467369, or if you have questions, go to 518-473-3460. Help is available.

OF POETRY AND CHANGE

by Dr. Sharon M. Cadiz

It was another week of tongues wagging about the latest deaths of Black persons by police and the brutal attacks on Asian people. Even my words can be misunderstood as possibly minimizing or distancing from the horror, but I assure you *that* it is not possible. When I touch soil, I feel the blood and sweat of my ancestors. When I see a picture of a Black man in overalls hanging from a tree; or a photo of a back with scars from lashes; or someone pulled from a car and beaten or shot by police, I bear a wound; the pain from which renders me mute. The memory dwells in silence of an unspoken suffering that others may not understand; a suffering from which I wish to free myself, never again to embody such deep sorrow; but again there is another incident. I cry no less for the woman or man attacked and beaten on the street because they are Asian or transgender. I feel the numbing cold of hearts damaged by hatred, self-loathing or the guilt and the insatiable need to harm others as I recall the stories of the mass murders of mothers, fathers, children and grandparents during the holocaust or the Rwandan genocide. I know that at this moment orders are being given or hateful crimes of indifference and ignorance are unfolding. However, the “*trending*” accounts of *lead* news stories and even neighborly exchanges that treat each incident as a prompt for discourse that deepens hatred and division are almost as dehumanizing as the violent deeds themselves. All of this tongue wagging may simply speak to our failures, fears, and our lack of understanding and responsibility to each other; yet, the focus remains on harsh words, deeds and perpetrators until, like a weed growing in our garden, another one pops up. It may be time to switch our focus and give attention to the fact that April is National Poetry Month and the following excerpt from poets.org explains why: “*We can rely on poems to offer wisdom, uplifting ideas and language that prompts reflection.*”

Many are feeling *powerless* over the random acts of violence, premeditated crimes and lapses of judgment or poor self-regulation that result in harm or death to others, but now may be a good time to remember that *words have the power* to move us and spark positive intentions and reawakening. Young people like poet Amanda Gorman who read her poem “The Hill We Climb” at the inauguration of President Joe Biden and Vice-President Kamala Harris, are waking people up and perhaps inspiring change. Her act of reading the poem on such an auspicious occasion was itself evidence of change and a budding effort to launch a new era in our country. Poetry represents something timeless about the human experience. I recall that I was in Miss McIntyre’s third grade class at P.S. 118 in St. Albans when she taught us the poem: “Daffodils” by William Wordsworth. This was not long after “White flight” left the neighborhood’s home buying to Blacks and a few other groups of people of color. It didn’t matter that this was happening. What mattered to us in that class was that we recited that poem until it was memorized, and I still remember it over sixty years later. “*I wandered lonely as a cloud, That floats on high o’er vales and hills, When all at once I saw a crowd—A host of golden daffodils/Beside the lake, beneath the trees/Flutt’ring and dancing in the breeze...*” There is copy of the lyrics to “A Change Is Gonna Come” written in the 1965 by singer Sam Cooke right in front of me, and I am drawn to the words that declare: “*I was born by the river in a little tent and just like the river I’ve been running ever since...Oh, it’s been a long time coming but I know a change gonna come. Oh yes it will.*” As I read the poem “If” this morning by Rudyard Kipling, without clamoring to change his references to fit a current social climate bent on revisions and political correctness; and “if” we can suspend the varied modern day beliefs about sexual identity and gender equality momentarily to appreciate the words in their meaning and historical context, I believe that I may have come up with a selection that speaks broadly to our shared *call to action*. If not, I can report that I alone have read it and feel the beautiful sentiment expressed in this poem while being joyfully uplifted and moved:

“If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired of waiting,
Or being lied about, don’t deal in lies,
Or, being hated, don’t give way to hating,
And yet don’t look too good, nor talk too wise;


If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two imposters just the same;
If you can bear to hear the truth you’ve spoken
Twisted by knaves to make a trap for fools,
Or watch things you gave your life to, broken,
And stoop and build ‘em up with worn-out tools;

If you can make one heap of your winnings’
And risk it on one turn of pitch-and-toss;
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: “Hold on!”

If you can talk with crowds and keep your virtue,
Or walk with kings—nor lose the common touch;
If neither foes nor loving friends can hurt you;
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds worth of distance run—
Yours is the Earth and everything that’s in it,
And –which is more—you’ll be a Man, my son!

I offer my own poem entitled “Invocation” to express what we are facing in this moment that reveals the courage that I see in youth and all creative people, innovators and the noble

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survivors of our human struggles. The poem is my simple expression of confidence in our ability to be strong and resolute as we move forward to seek peace and unity for our children, grandchildren and future generations here in America and all over the world:

“Pain gives birth to poetry,
Open faced or wounded—
A joyous birth or a sour ferment;
The prayer of a soul unbent.

Lift the eyes,
Dry the tears,
Open the heart,
Quiet the fears.

Bring me back to poetry.
Bring my words to light.
Stop incessant chattering
And still the pen to write.

Write of all the wisdom,
Hours of sadness spent,
Wishes and the like;
A stubborn will unbent.”

I encourage you to spend the remaining days of April recognizing all of the positive possibilities that await us; even in the midst of great discord. You may be surprised to know that just as the month celebrates, among many other things, “National Child Abuse Prevention” which focuses on raising awareness about *harm* to children; April 10-16 was designated as the 50th Anniversary of the “Week of the Young Child” by the National Association for the Education of Young Children (NAEYC) which champions the cause of supporting the development of our youngest humans. Opposing forces or what we consider positive and negative; right and wrong; good and bad will always be with us, but April is an ideal time to *spring forward* into a fresh take on making a life supporting choice for change through our committed action. In the meantime, keep a poem in your pocket to inspire you.

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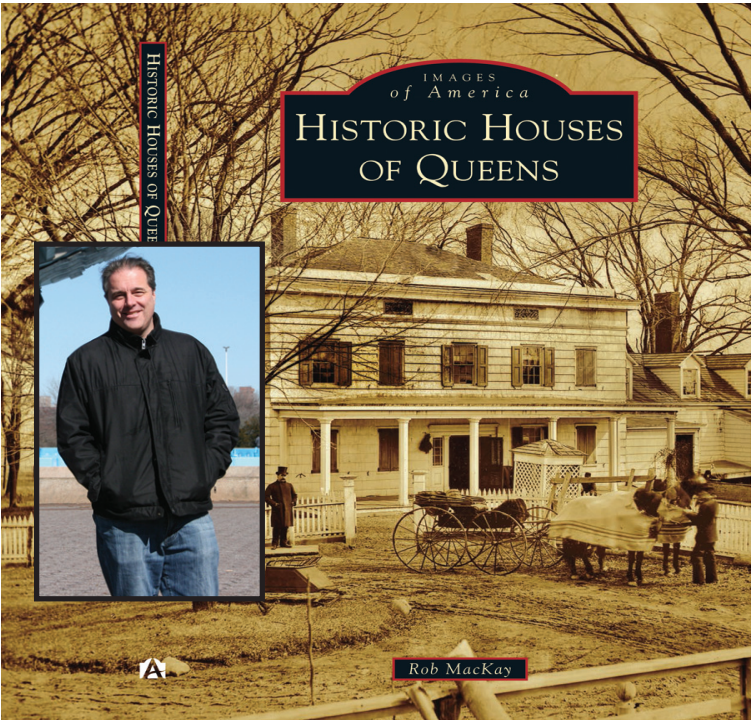
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WOTM Woodside ON THE MOVE



DEFINITIVE NEW BOOK ON THE ‘HISTORIC HOUSES OF QUEENS’



Modern Day Queens is a hustling-and-bustling metropolis with more than 2 million people living in an estimated 870,000 units, including everything from attached row houses to government-run apartment complexes to McMansions. Immigrants make up about half the population, and neighborhoods have such nicknames as “Chinatown,” “K-Town,” “La Pequeña Colombia,” “Little Guyana,” “Little India,” “Little Manila,” and “Little Pakistan.”

But this reality is actually quite new. The New York City borough’s past includes rustic farmsteads, seaside escapes, corporate towns, over-the-top mansions, and specifically planned communities. And for centuries, it wasn’t even part of the Big Apple.

Learn more about yesteryear’s dwellings and the people who inhabited them in Arcadia Publishing’s *Historic Houses of Queens* by Rob MacKay. With a \$21.99 price tag, the book is currently available on Arcadia’s website.

With 200 images and informative captions, this paperback explores several landmarked districts and more than 50 significant houses with the oldest dating back to the mid-1660s. Their owners were America’s forefathers, religious dignitaries, nouveau riche industrialists, Wall Street tycoons, world leaders, and prominent African American entertainers from the Jazz Age. Rufus King, a senator and the youngest signer of the U.S. Constitution, operated a large family farm in Jamaica, while piano manufacturer William Steinway lived in a 27-room, granite-and-bluestone Italianate villa in Astoria. Local musicians include Louis Armstrong, James Brown, and Ella Fitzgerald.

Historic Houses of Queens looks at architecture, interior de-

sign, surrounding neighborhoods, real estate trends, peculiarities, and personalities. All the while, MacKay, a former newspaper editor who also authored the *Queens In Your Pocket* guidebook, considers that real humans lived in them. They grew up in them. They relaxed in them. They proudly showed them to friends and family. And in some cases, they lost them to fire, financial issues or urban renewal projects.

“This is a true labor of love. I spent a countless weekends on research and writing,” said MacKay, who lives in Sunnyside. “But it was worth it. Queens is such a special place, and its history is absolutely fascinating. It’s an honor and a pleasure to share this information with readers.”

MacKay has been the Director of Public Relations, Marketing & Tourism with the Queens Economic Development Corporation since 2011. As part of his day job, he runs various social media channels that promote the borough’s restaurants, shops, hotels, and tourism attractions. His interest in writing this book grew organically—and intensely—after he became a trustee of the Queens Historical Society in 2018.

Established in 1993, Arcadia Publishing specializes in books and other products that offer inside views of regional history and forgotten aspects of American life. The company’s ever-increasing catalog has more than 12,000 titles, including several other paperbacks on Queens neighborhoods, landmarks, and ethnic communities.

For more information, contact Rob MacKay at 718.263.0546 and robertazo@hotmail.com. To request a copy of *Historic Houses of Queens* for purposes of a review, contact Maddison Potter at mpotter@arcadiapublishing.com.

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

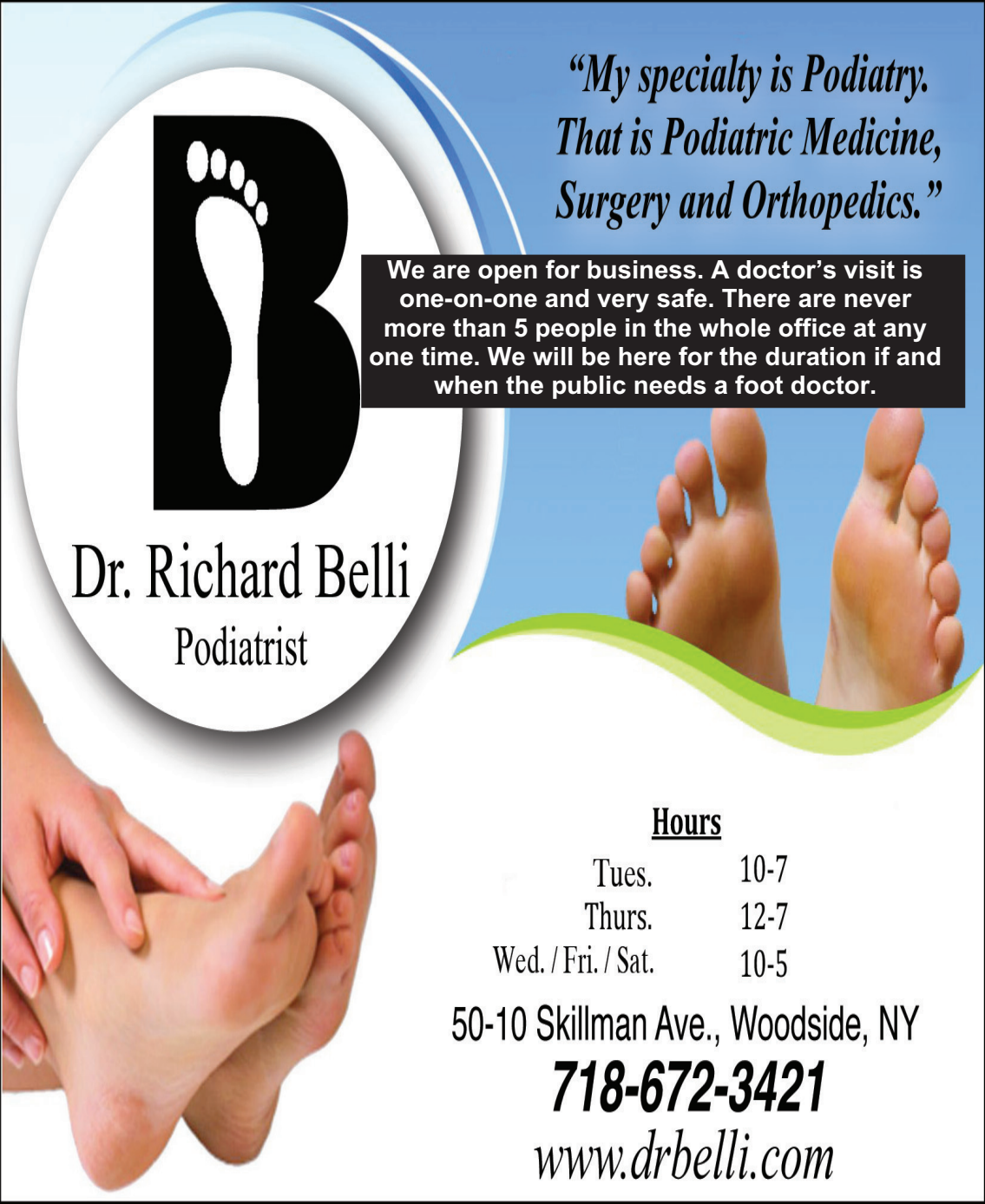
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mythological daughter of Apollo,
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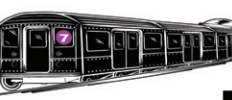
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I have had people try to stab me. Fought with men trying to shoot me. I’ve been attacked by women while I was arresting their husband who had just severely beat them.
I have held towels on bullet wounds.
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I have been in crashes. Been squeezing the trigger about to kill a man when they came to their senses and stopped. Waded through large angry crowds by myself.
Drove like a madman to help a fellow officer. Let little kids who don’t have much sit in my patrol car and pretend they are a cop for their birthday.
I have taken a lot of people to jail. Given many breaks. Prayed for people I don’t even know. Yes, and at times I have been “violent” when I had to be. I have been kind when I could.
I admit I have driven to some dark place and cried by myself when I was overwhelmed.
I have missed Christmas and other holidays more than I wanted to. Every cop I know has done all these things and more for lousy pay, exhausting hours, and a short life expectancy.
We don’t want your pity, I don’t even ask for your respect. Just let us do our jobs without killing us”
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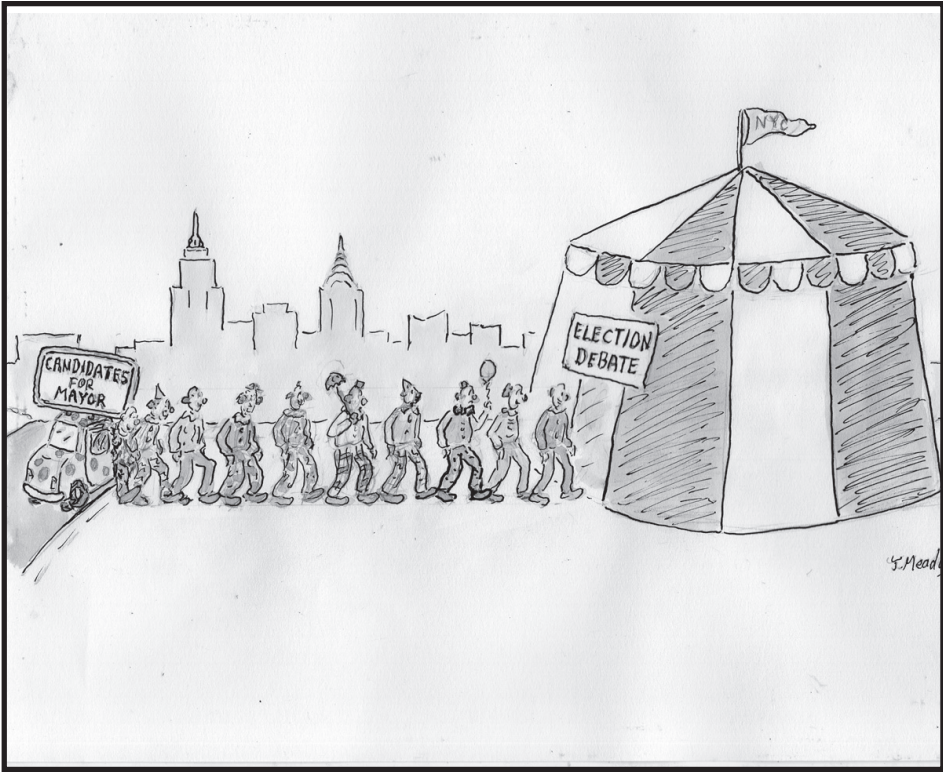
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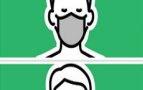













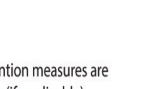
Application deadline is April 23, 2021.

Visit <https://seep.libguides.com/STEMprograms> for more information and tinyurl.com/STEMMattersNYCSummer to apply. For questions, email STEMMattersNYC@schools.nyc.gov.







Choosing Safer Activities

	Unvaccinated People	Your Activity	Fully Vaccinated People
Safest	Outdoor		
		Walk, run, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
Less Safe		Dine at an outdoor restaurant with friends from multiple households	
Least Safe		Attend a crowded, outdoor event, like a live performance, parade, or sports event	
Less Safe	Indoor		
		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Ride public transport with limited occupancy	
Least Safe		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
		Participate in an indoor, high intensity exercise class	

Get a COVID-19 vaccine

Prevention measures not needed

Take prevention measures

Fully vaccinated people: wear a mask

Unvaccinated people: wear a mask, stay 6 feet apart, and wash your hands.

Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).

CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.

APPLY TODAY!

Looking for a PAID SUMMER EXPERIENCE?

AGES 14-21







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APPLICATION.NYCSEYP.COM

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