

WOODSIDE HERALD

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Photos by Joe Gurrado



THE SUNNYSIDE KIWANIS FLAG DAY PARADE



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HOW TO CONVINCE AN ADDICT TO GET HELP

by Stan Popovich

There are many reasons why people who use drugs and alcohol do not get the help they need to overcome their addictions and other issues. Some family members who see the people they love struggle may have a difficult time in getting them assistance. As a result, here are seven suggestions on how to convince a person struggling with drugs and alcohol to get help.

1. **A family intervention could work:** The most popular way to get someone the help they need is to do a family intervention. This 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:** Another way to convince the person to get help is to get 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 help convince the individual who is having a difficult time to get some guidance.

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 could use their past experiences to try to reason with the person you know. He or she might be able to use their insights to convince the individual to seek treatment.

4. **Find out 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 find out what is stopping your friend from getting treatment. Fear and frustration are huge factors for not getting help.

5. **Address the reasons why the individual won’t get help:** Once you get the reasons why he or she won’t go to rehab, the next step is to find the ways to address the fears the individual may have. Addressing one’s fears and concerns may convince them to take some action that will get their life back on track.

6. **Talk to the person instead of talking at them:** Nobody wants to be lectured or yelled at. The person who is suffering is scared and they need help in overcoming their fears and resistance to getting some guidance. Treat others the way you would want to be treated if the roles were reversed.

7. **You can’t manage your mental health all by yourself:** Fear and anxiety can be difficult to manage and more than likely your friend will need some counseling. Many people think that they can overcome their mental health problems on their own. This is a mistake. A person should admit they have a problem and then seek treatment to start the recovery process.

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FLAG DAY PARADE: “A CELEBRATION OF COMMUNITY PRIDE”

by Dr. Sharon M. Cadiz

The 52nd Annual Flag Day Parade presented by the Kiwanis Club of Sunnyside on June 11 promptly began at a brisk pace under the threat of rain that fortunately did not materialize. The procession was led by New York State Assembly Member Catherine Nolan who served as the Grand Marshal. As I approached Greenpoint Avenue, I heard the Sunnyside Drum Corps flanked by Tony Lana guiding and drumming in step with all of the youngsters. The Fire Department and Police Department were both on hand. Row upon row of community groups were in line including the NYPD Color Guard; Veterans of Foreign Wars, Post #2813 and VFW Ladies Auxiliary; Saint Teresa’s Youth and Young Adult Ministries; Saint Raphael’s Church Food Pantry; Boy Scout Troup #390; Manhatitlan Club Folklorico Mexicano Dance Troupe; a classic car from the East Coast Car Association. The Sunnyside Community Key Club, Queensboro Football Club and Public School 199Q were also represented. Neighborhood residents lined the parade route snapping photos and cheering the marchers on as they headed toward the Veteran’s Memorial Square Sabba Park. As the parade entered the park an honor guard stood next to Marc Leavitt who was playing a patriotic tune on what appeared to be a fife. The Master of Ceremonies, Dr. Gerald Lederman of Kiwanis gave a

welcoming address along with Peter Ross, followed by the Pledge of Allegiance and a beautiful rendition of the National Anthem by Beatrice Ross of Woodside. Lederman stated that this was the first parade in three years. He said: “We thought that it was important to do this and we will have a moment of silence to acknowledge what people have been going through and to honor those who defended our country and who passed away during the pandemic.” Rev. Father Paul Kim delivered the invocation and referred to the community’s diversity saying: “This is what divinity in America looks like. We worship in different religions and this is what our flag stands for. As Americans we recognize that the flag is a symbol of hope. We, as a nation, stand under one flag. Ours is an immigrant church; tradition and faith being united, as we remember those men and women who fought for our country.”

The scene was one of civic pride and an affirming commitment to values and traditions of community life. As I walked around, I was able to ask many of those in attendance what they felt was most meaningful about Flag Day this year. Assembly Member Nolan previewed some of her upcoming remarks referring to an original draft of the “Four Freedoms Speech” by FDR saying “in the context of so much unrest in society, it is important to talk about these key things.” Brent O’Leary referred to the Flag Day celebration say-

ing, “it means everything; the rights and principles we stand for. It is important that we stand up for these principles.” Johanna Carmona reflected on the opportunities that the flag symbolizes, saying: “this is a diverse and welcoming community. I can recall that my parents came to this country and didn’t speak the language, but they made it possible for me and my sister to have a better future. Their sacrifices made it possible for me to go on to become an attorney and to run for office.” Following a recording of “Taps,” “Amazing Grace,” and a dance performance by the Manhatitlan Club Folklorico Mexicano Dance Troupe, Assembly Member Catherine Nolan of Assembly District 37 addressed the group with spirited remarks offering her thanks to well-wishers who helped her through a health challenge. She said: “It has been my great pleasure to be with you today. I feel good, and in preparation for being here today, I looked up an old poem that says that the flag is the flower of our liberty. She went on to highlight the “Four Freedoms”—Freedom of Speech; Freedom of Worship; Freedom from Want, and Freedom from Fear;” adding “In our great country, we are blessed.” Council Member and Deputy Leader, Julie Won serving Long Island City, Sunnyside and Astoria shared that she is a first generation South Korean immigrant for whom America was the dream of her ancestors. She thanked the NYPD

“for keeping our community safe,” and thanked the veterans for their service. Finally, Howard Brickman made the presentation of a “Lifetime Achievement Award” to Honorable Catherine Nolan, describing her as “a pillar of the community for her thirty-eight years of dedicated service.”

The Flag Day Parade was clearly very meaningful and expressed the themes of past, present and future. I found it most notable that there were many children in attendance and this, to my mind, served to model for them the importance of celebrating this symbol of freedom and liberty. They watched and listened and I would like to think that they were imprinted with the value of these foundational ideals. It is also my hope that they will carry on this tradition and pass it on to their children and grandchildren, just as others did for us because that is where I learned it as a child when the celebration was about floats, church groups and community people. As I stood in Sabba Park, I noticed the monument “To Our Glorious War Heroes” and the following inscription of a quote from General Dwight D. Eisenhower which serves to define the importance of the day: “All who shall hereafter live in Freedom will be reminded that to these men and their comrades we owe a debt to be paid with grateful remembrance of their sacrifice and with high resolve that the cause for which they died shall live eternally.”

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SUMMER CYCLING AND FINDING YOUR WAY: READER QUESTIONS ANSWERED

by Cyclo Pete

June is here, and with it, summer weather! While it’s great that winter is behind us, the heat brings its own challenges for cycling. As with any outdoor activity, sunscreen and hydration should be planned in advance. But what about wardrobe? And what’s the best way to go? Readers want to know, so I answered a few of their questions below!

Hello Pete,
I biked in May but feel like I can’t go all the way to work without needing a shower, particularly after biking over the bridge. How should I dress to bike in warm weather?

GH in Woodside

Moisture wicking layers against the skin are key. I wear lightweight wool socks even in summer, and workout shorts and athletic t-shirts if the mercury doesn’t stop climbing. Just because you are going to work, doesn’t mean you can’t get dressed once you get there. Fold up a pair of slacks and a shirt and pull a Clark Kent after arriving at the office. No one will notice!

Also consider breaking up your ride. There is nothing wrong with biking to the ferry to avoid the bridge. We have 3 ferry stops within 15-20 rides from our area. It’s always cooler on the water! This is also a great use for Citi Bike, which should be installed more widely in our area later this summer. I will write future columns on the bridge as well as Citi Bike!

Pete,
Thanks for writing these. You mention route planning. How far out of your way should you go to get to a protected bike lane?

GP in LIC

The city has made a great effort to build out a comprehensive bike network, so we should absolutely use protected bike lanes whenever possible. I go about 1.5 miles out of my way daily to ride 95% of my route protected bike lanes. I initially started doing this in the winter to stay safe after dark, but the stress-free ride won me over and now I do it all year round. It is not the quickest path, but it is by far the safest. Without knowing your specific path, I would say it is worth it if you are going to use the protected path for at least half a mile where you would otherwise be unsafe.

Thanks for writing in! **Keep them coming** cyclopete@pm.me Ride safe, Woodside!



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Photos by Joe Gurrado

THE SUNNYSIDE KIWANIS FLAG DAY PARADE





The **New York State Homeowner Assistance Fund (HAF)** is a new federally funded program to assist homeowners at risk of default, foreclosure or displacement as a result of a COVID-related financial hardship.

The program is now accepting applications.

Help is here! Homeowners, including those living in condos and co-ops, can now apply for essential financial relief. The NYS HAF offers a wide range of services for eligible homeowners such as financial support to address missed housing-related payments.

To apply or learn more, visit nyhomeownerfund.org or call 1-844-77-NYHAF (776-9423).

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Individuals must be vaccinated to take the qualifying test.



“THE COMPANION ANIMAL CARE STANDARDS ACT”

The Companion Animal Care Standards Act (S.6870-B) sponsored by NYS Senate Joseph P. Addabbo, Jr. is currently awaiting final approval by the Governor after passing the NYS Senate and Assembly in May. The bill will require all entities — shelters and rescues — to be licensed by the Department of Agriculture and Markets which will ensure New York State’s homeless companion animals will live in safe and humane conditions, with proper cleaning, nourishment, and veterinary care. All licensed facilities will be considered animal shelters under the law.

“Despite much progress in recent years, the standard of care for homeless animals was not adequate at many not-for-profit operations across the state,” Addabbo said. “This legislation, once signed into law, will ensure all shelter and rescue companion animals would live in safe and humane conditions, with proper cleaning, nourishment, and veterinary care and current ineffective laws would be obsolete,” added Addabbo.

- By enhancing the care standards for New York’s homeless companion animals, the bill will:
- Require all personnel to have on-going training on the care of homeless companion animals.
 - Require recordkeeping of animal records, including health and behavior.
 - Ban dangerous and reckless methods of animal transport.
 - Recognize the importance of foster care in animal sheltering, while requiring shelters and rescues to monitor and track all foster providers.
 - Require all entities to have a clear, written, management structure that defines staff authority, reporting structure and responsibilities.
 - Establish staffing requirements that are sufficient to feed each animal, clean enclosures and provide socialization and exercise.
 - Require that the number of animals housed will not exceed the number of humane housing units avail able.

The effective date of this legislation would be three years after it is signed into law, allowing those organizations affected by the legislation ample opportunity to work to meet these new standards. For some it will mean physical upgrades which the Companion Animal Capital Fund can assist with. For others, it means upgrading current and/or creating new policies and procedures that will enhance the day-to-day care of New York’s homeless companion animals.

New York State’s Companion Animal Capital Fund has invested \$20M in shelter capital projects. The Standards Act calls for improving the physical plant at licensed facilities including indoor building surfaces, drainage, electrical power and emergency back-up, water & sewer, air handling systems, ammonia levels, noise levels, animal housing, isolation, lighting, and vermin & pest control. The Fund is included in the Governor’s executive budget and the Federation is asking the legislature to continue its legacy of \$5M to bring the Fund to \$10M. This Fund provides shelters with the opportunity to apply for funding that will help them meet the physical standards called for in the bill.

“Special thanks to the veterinarians, shelter directors, and numerous animal advocates, who were instrumental in the creation of these uniform standards to support and enhance the lifesaving work of all organizations serving homeless and abused animals,” Addabbo concluded.

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Lighting

Illuminate the perimeter of your house and door areas with enough light to see.



Timers

Use timers throughout the house that have variable time changes.




Mailbox

Avoid displaying the first names of family members on the mailbox.



Shrubbery

Cut or trim shrubbery so that it does not obstruct viewing from inside or outside.



Air Conditioners

Secure air conditioners to the window opening to prevent them being pulled out or pushed in.



Window Gate

On the first floor, or on any emergency exit window (fire escape), use a window gate – commonly known as the “ferry” or “safety gate” – approved by the New York City Board of Standards and Appeals.



Garage

Secure an attached garage as you would your dwelling, as it is an access point into your house.



Alarms

There are a variety of alarm systems available in different price ranges. Get estimates for your alarm needs from at least three established alarm companies.

Locks

- Use a deadbolt lock with a one-inch throw bolt or a heavy duty drop-bolt lock.
- Install a highly pick-resistant cylinder.
- Protect the cylinder with a guard plate.
- Do not use a double-cylinder lock; that is, a lock that has a key on both sides. It can be deadly if a fire breaks out.



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