SERVING SUNNYSHDE-WOODSHDE AND LONG ISLAND ONLY

VOL. 92 NO. 33

WOODSIDE, L.I.C., N.Y. FRIDAY, AUGUST 22, 2025

FREE

AN END TO THE ANYTHING



Mayor Eric Adams has introduced a proposal aimed at tackling public drug use and expanding treatment options for New Yorkers struggling with addiction. The "Compassionate Interventions Act," which Adams plans to push in the 2026 legislative session, would allow clinical professionals to bring individuals to hospitals if they pose a danger to themselves or others due to substance use disorder. Judges would be authorized to mandate treatment if the person refuses voluntary care. The change would place New York among 37 states that already allow involuntary commitment for substance use disorder.

Alongside the legislation, Adams announced a \$27 million investment to improve treatment access and retention. The plan calls for expanding outreach teams, strengthening care coordination, and enhancing programs to keep patients engaged in treatment. It also expands the Relay program, which provides peer support to people who survive nonfatal overdoses, serving more than 2,500 annually. Relay participants will now be given cell phones to improve follow-up and treatment outcomes.



The city will also increase staffing across health and social service agencies to better coordinate care for people with complex behavioral health needs. The Department of Health and Mental Hygiene's syringe service programs will continue to provide drop-in spaces, health services, meals, and treatment referrals, with outreach teams engaging directly with people on the streets.

The announcement came during Adams' "End the Culture of Anything Goes" campaign, which highlights efforts to improve quality of life and public safety. Recent accomplishments include connecting more than 3,500 homeless New Yorkers to permanent housing, expanding NYPD "Q-Teams" to address street-level issues such as illegal mopeds and encampments, opening 13 new clubhouses for those with severe mental illness, and launching an Involuntary Transports Dashboard to track emergency psychiatric care. Adams said the combination of new legislation, expanded services, and accountability measures is designed to address public disorder compassionately while ensuring people struggling with addiction and mental illness are connected to care.



Governor Kathy Hochul is warning New Yorkers about new phishing scams designed to steal personal information by posing as the state Department of Motor Vehicles or tolling agencies. The schemes use phony websites and deceptive text messages to pressure victims into handing over sensitive information, which can then be used for fraud or identity theft.

"While I'm working hard to put money in New Yorkers' pockets, scammers are using deceptive text messages to do the opposite — taking your hard-earned money and your personal information in the process," Hochul said. "I'll always defend New Yorkers against anyone trying to take advantage of them. Enough is enough."

The messages often claim a driver's license or E-ZPass account is about to be suspended and demand quick payment. Officials stress that the official DMV website is dmv.ny.gov and that E-ZPass and Tolls By Mail will never request sensitive information by text or email. Recent scams have also invoked "NY Toll Services" or other fictitious names to collect fees tied to the city's new congestion relief program. State officials advise New Yorkers not to click on suspicious links or provide personal data through email or text. Warning signs include poor spelling, threats of suspension, or web addresses that do not match official sites. The Department of Information Technology Services urges residents to be cautious with online posts, as personal details can help scammers tailor attacks.

Anyone who has shared personal information should check their credit reports, consider a fraud alert or credit freeze, change passwords, run antivirus scans, and notify their bank. DMV has created a webpage with examples of phishing messages, and the Thruway Authority and MTA Bridges & Tunnels are also raising awareness. For help verifying toll accounts, call E-ZPass at 1-800-333-8655 or Tolls By Mail at 1-844-826-8400.

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HOW TO FIND A GOOD MENTAL HEALTH COUNSELOR

Many people have a difficult time in finding an effective mental health counselor that will help them get their life back on track. The key is to find someone that you can trust in discussing your anxieties and depression. With this in mind, here are seven suggestions on how to find a great mental health counselor that works for you.

- 1. Talk to your doctor or primary care physician: Your medical or family doctor is a great source in finding a therapist. Explain to your doctor your problems and he or she can point you in the right direction in seeking the proper treatment. Your primary care physician may even know of some low-cost services that you can use to your advantage.
- 2. Go to your local hospital: Your local hospital is another source you can use to find a good counselor and they also know of many different mental health programs in your area. Your emergency center can also handle your situation right away if you are struggling with fear and anxiety. This is just a few examples on the importance of getting mental health assistance in your life.
- 3. Ask your friends and relatives for advice: Use your network of friends and relatives to see if they know of any reputable counselors that are nearby. Many churches and nonprofit agencies offer a variety of mental health programs in your area. Asking the people who attend these groups may be aware of some programs.
- 4. **Join a local mental health support group**: Go to a support group in your area and ask if anyone knows of a therapist that can help you with your mental health issues. Many people who are active in these groups will be able to give you some names of people in the area that can help you out. In addition, the people in these groups will be able to relate to your situation.
- 5. Find a counselor that you can work with: When asking for a therapist, always ask for someone who has a good reputation. Remember that finding a counselor to help you depends on how you interact with them and how they interact with you. It may take a couple of times to find the right person, but do not give up. Finding the right person will pay off for you in the long run.
- 6. Measure your progress: The key components of having an effective therapist is affordability, the ability to effectively talk to your counselor, and how effective they are in finding the answers to your current problems. Remember that your main goal is to find the answers that will help get rid of your mental
- 7. **Do what is best for you**: Choose a mental health professional that you feel comfortable talking to and then go from there. You can always change counselors down the road so don't pressure yourself if things don't work out. If you do not see any improvement in your mental health after a couple of months, you may want to find someone else who can help reduce your fears, anxieties, and depression.



by Rix Quinn

A young neighbor just asked me if I remembered dating. I have been married for years, but I recall the excitement of first dates. I had many of them, because a few ladies went out with me a second time. I suggested choosing a good dinner location, something many ladies appreciate. Several fine restaurants require a reservation, and few offer a drive-through window.

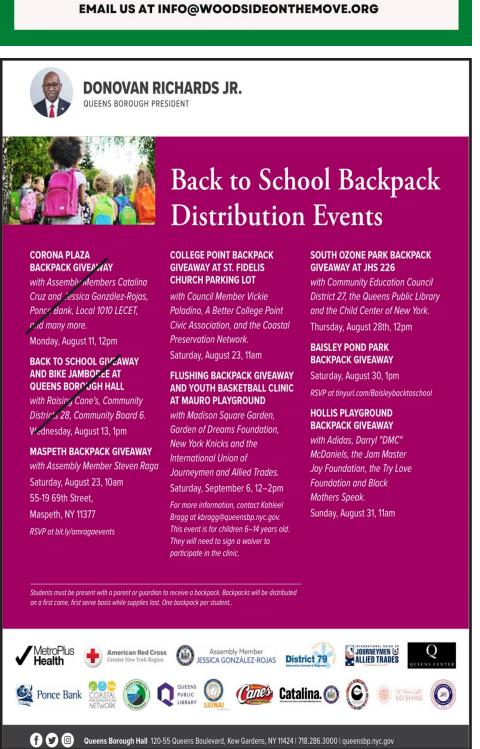
My young friend's date will probably dress nicely. I suggested that my friend wear a nice shirt and slacks, not a tee-shirt with a tie painted on it. "When you pick up your date," I told him, "remember your manners. Open the car door for her. Compliment her dress. If she accidentally burps, do not say 'Good one!'" "At dinner, the server will hand you a menu that might be printed in an elegant type. This makes every word look fancy. I once ordered two servings of gratuity. "Ask the server to recommend his favorite entrée," I continued. "When he describes it, don't ask 'Is it canned?""

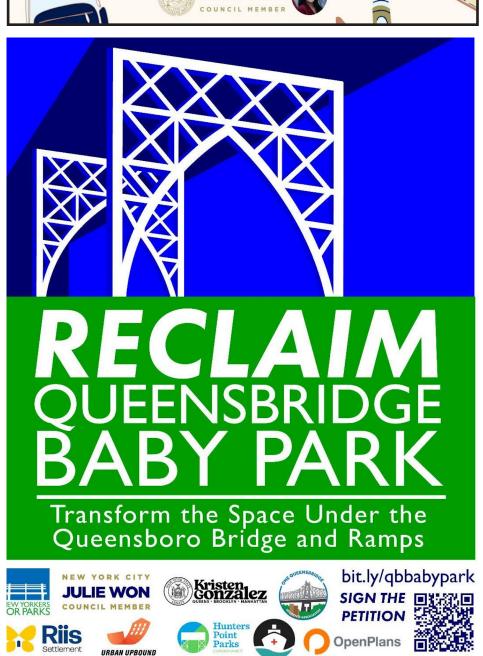
On special occasions, some people order wine. White wine goes with seafood or poultry. Red wine blends with cheese, meat, and nuts. I once got in trouble for asking for a "wine that comes in my school colors." I also reminded my friend that after a high-priced dessert (often something the waiter prepares at your table), he will be presented with the check. If it's more than his apartment rent, I guess he could ask for a monthly payment plan.

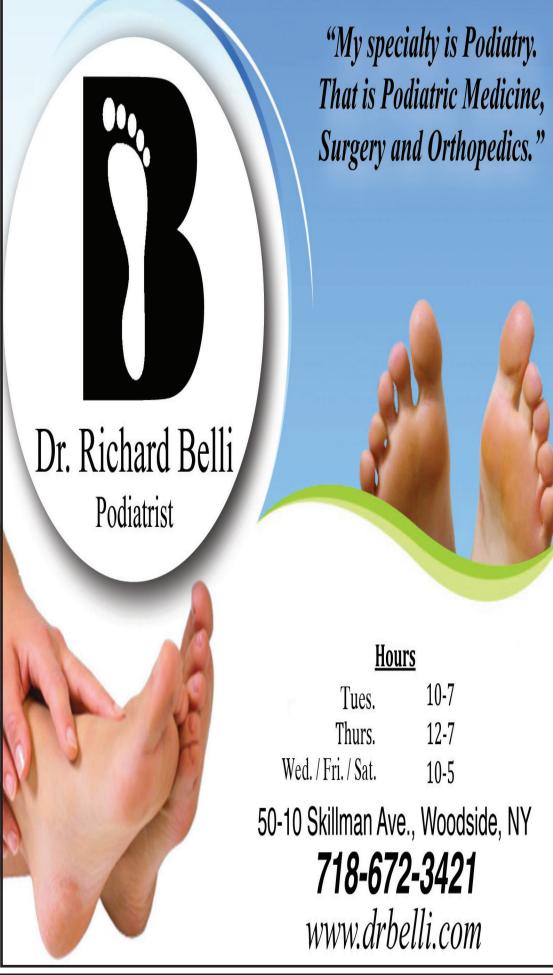
Final suggestion: don't ask the lady to leave the tip. I tried that once, and my date replied, "Here's a tip. Don't call me again."















by Cyclo Pete

Hello Woodsiders! Hope you're rolling safely this summer and getting around to some fun rides in the area. Unfortunately sometimes venturing out of your bike comfort zone can be pretty scary, so read on for some strategies on how to connect between different parts of our bike network safely and comfortably!

Bridge the Gap

Recently I had the occasion to join a group ride through Astoria organized by a professional organization of which I am a member. The ride showcased two of my favorite bike lanes in the area: Crescent Street and 31st Avenue. But we ended with the common problem of our final destination, in our case Ditmars, being close enough on a map, but a terribly uncomfortable ride. If I had organized, my recommendation would have been to not take the direct path, but to take care to use the bike network strategically to get us closer to our final destination. The official yearly printed bike map is your friend, and sometimes your phone's mapping app is not!

Ride Comfortably

Astoria is tricky because most of the east-west avenues are narrow two-way affairs. My tip here is to use the side streets, even those without bike lanes, because they tend to be calmer than the avenues. Sometimes a wiggle through the neighborhood using a similar ratio of side streets to avenues can get you a similarly comfortable ride when you don't have the luxury of a Crescent or 31st nearby. It won't be quick, but sometimes that's what you're looking for. Pro-tip: use the diagonal Newtown Road on your way back to our area. It has no bike lane but is a local road that cuts straight down from 30th Avenue to Northern Boulevard before turning into Woodside Avenue!

Sometimes we take for granted that despite having bike lanes all around, many end abruptly or don't get us all the way to our destination. If you ever don't feel safe, get to a safe curb, get off your bike, and take out your bike map. Most phones will allow you to download the official map for easy viewing, and you can figure out your next move. So next time you find yourself in unfamiliar or uncomfortable territory, or both, you know to take the longer and more local path! Hope you're having a great summer, and ride safe, Woodside!





Sunnyside Jewish Center

Sunday, September 7th 9:00am - 3:00pm Busmobile 40-20 47th Ave, Sunnyside, 11104



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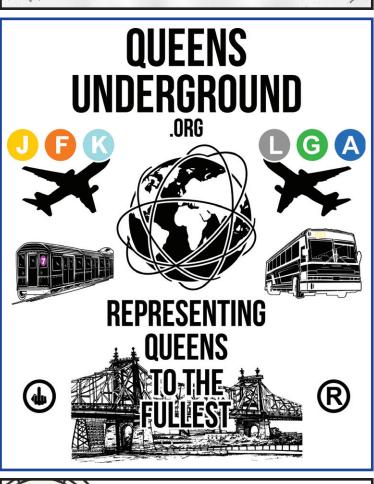






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DOMESTIC VIOLENCE RESOURCES

f you need support or have questions, call the numbers listed below. Telephone lines are open 24 hours a day, seven days a week. **You are not alone. We're here to help.**

QDA Domestic Violence Helpline (718) 286-4410

NYC Domestic Violence Hotline (800) 621-HOPE

The QDA Elder Abuse Project provides services for victims of domestic violence who are **60 years or older.** Contact (**718) 286-6562** or **ElderAbuse@queensda.org** for assistance.

if you have access to the internet but cannot make a telephone call: https:// safehorizon.org/safechat/is available Monday-Friday from 9:00AM to 6:00PM



SSabba@woodsideherald.com



TENANT RIGHTS WORKSHOP

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JOIN US TO KNOW YOUR RIGHTS AND HOW WE CAN STRENGTHEN OUR COMMUNITIES!





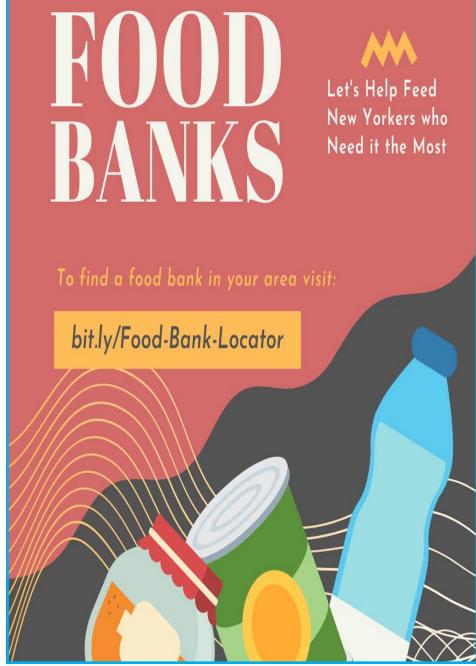














St Theresa of Lisieux 50-20 45th Street Woodside, NY 11377 718-784-2123 - Office

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

