SERVING SUNNYSHDE-WOODSHDE AND LONG ISLAND ONLY

VOL. 91 NO. 38

WOODSIDE, L.I.C., N.Y. FRIDAY, SEPTEMBER 27, 2024

FREE

ENERGY EFFICIENCY IMPROVEMENTS COMMUNITY POOL REPAIRS

On September 19th, Kenneth Adams, president of LaGuardia Community College/CUNY hosted New York City Council Member Julie Won (District 26), who presented him with a check for \$4.5 million, on behalf of the New York City Council. The funds will enable the college to upgrade the cooling system in the college's Shenker Hall and make necessary repairs to the college's pool— improving energy efficiencies and enhancing facilities for students, faculty and staff, and the community.

The \$4.5 million in funding includes \$2.5 million from Council Member Julie Won and the New York City Council for the Shenker Hall Cooling Tower & Chiller Replacement project and \$2 million for essential repairs to the LaGuardia pool.

Shenker Hall, LaGuardia's main building (the M-Building), first opened its doors in 1971 when the college was first founded. Today, it houses classrooms, labs, offices, a cafeteria, a gym, a performing arts theater, and three daycare facilities. The building's cooling tower and chiller is currently prone to chronic failures. Replacement parts are no longer produced for the aging equipment.

The \$2.5 million will enable the installation of a replacement chiller and cooling tower, along with associated electrical, mechanical piping, and automation controls. The new chiller will improve energy efficiency by 50% and enhance the environment with safer greenhouse gas refrigerants. Construction is scheduled to begin in 2025 and should conclude by early 2027. The design and installation for the upgrades will follow standards and requirements from American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE) and the U.S. Environmental Protection Agency (EPA), which ensure HVAC (heating, venti-

imize environmental impact, and protect public health.

Opened in 1992, the LaGuardia pool is part of the LaGuardia Aquatics Center, located in the college's E-Building, Room E-155. It features a 25-yard, six-lane indoor swimming pool, staffed by certified aquatic specialists and qualified instructors. The Aquatics Center serves more than 250 individuals per day, on average, who come to the pool for lap swimming, open

lation, and air conditioning) systems are safe, efficient, and environmentally responsible, min-

swimming, youth swimming clubs, and beginner to advanced swimming classes for children as young as five years old.

The Aquatics Center is part of the college's Athletics and Recreation program, which includes a sports gymnasium and fitness center. These facilities are open year-round for walk-in recreation for the LaGuardia community. Members of the College and the community are welcome—with a membership plan or one-day pass. LaGuardia students may access these facilities at no or low cost (depending upon program enrollment).

The \$2 million in funding will enable the college to complete necessary repairs to the pool, which has been deteriorating in recent years. The repairs will address roof leaks, moisture infiltration through the walls, ceiling cavities, and poor air circulation.

Work will include demolition and reconstruction of the ceiling, upgrading the ventilation system for improved air quality and temperature control, and replacing the lighting system to meet current building codes and regulations. Design and construction are scheduled to begin in April 2025 and conclude in early 2027.

HIGH SCHOOL SELECTION AND AWARENESS FAIR

MONDAY, SEPTEMBER 30, 2024 FROM 5-8PM HELEN MARSHALL CULTURAL CENTER AT QUEENS BOROUGH HALL, 120-55 QUEENS BLVD. IN KEW GARDENS

Before the 2025 New York City high school application process officially begins in October, Queens Borough President Donovan Richards Jr. will host his annual High School Selection and Awareness Fair at Queens Borough Hall next Monday, September 30, from 5pm to 8pm.

"We know just how confusing it can be for many Queens families to apply for high school. That's why our annual High School Selection and Awareness Fair is back at Borough Hall, to help our students and their families navigate the process in a clearer and more enjoyable way," said Borough President RICHARDS. "Thank you to all our Queens schools for their continued partnership."

On hand will be representatives from more than three dozen high schools across Queens, who will speak to prospective students and their families about the programs offered at their respective schools and much more. Also present will be staff from the NYC Department of Education, who will provide workshops, answer questions and help support students and their parents during the admissions process.

Members of the public who wish to attend the High School Selection and Awareness Fair can RSVP by visiting www.queensbp.nyc.gov/rsvp.

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DEVELOP GOALS IN YOUR LIFE TO HELP OVERCOME YOUR FEARS

FRIDAY, SEPTEMBER 27, 2024

by Stan Popovich

Do you have a difficult time distracting yourself from your fears and anxieties? If so, developing goals in your life may help you to focus on the positive things in your life rather than dwelling on your worries. Here are some reasons why developing goals in your life can help you to overcome your fears.

- 1. Goals help you to focus: Developing goals will help you manage your fears because goals will distract you from dwelling on your anxieties. For instance, you have to finish a report by the end of the week. If you focus on finishing your report, this will distract you from thinking about your fears and anxieties.
- 2. Goals can help motivate you: Developing and following through with your goals will help motivate you to do other things. Being active can help you to not focus on your current anxieties and stresses, however you will still need to find a way to deal with your fears and anxieties for the long term.
- 3. Goals require developing a plan: It is much easier to accomplish something if you know what you want and if you have a plan. Knowing what you want will help manage the stresses and anxieties that you may have. Having a sense of purpose can really help you in countering the stresses and anxieties in your life.
- 4. Goals require you to be active: Developing goals will help you to be active during your stressful times. Setting goals will help you to keep busy instead of worrying about your problems. Once you accomplish your goals, you will feel better about yourself.
- 5. Goals can improve your confidence: If you are able to accomplish some of your goals, you will become more confident in yourself. Achieving your goals will give you the courage to pursue other things in your life and will give you the motivation in dealing with your fears and anxieties. This is a lot better than sitting around and dwelling on your current circumstances.
- 6. Goals can help you to improve: Goals can help you to prevent making mistakes that you might have made in the past. Developing goals helps to re-evaluate your situation and helps you to make better choices in the long run. The key is to learn from your experiences and continue to move forward by creating realistic goals.
- 7. Goals help you to be more positive: The key in overcoming the cycle of worry and fear is overcoming your fearful thoughts. Whenever you get a negative and fearful thought, challenge those thoughts by developing and focusing on your goals. Goals can help you to focus on the facts of your current situation rather than your negative thoughts.
- 8. You still need to see a counselor for your fears: Developing goals in your life can increase your happiness and distract you from your current problems. Although accomplishing your goals may help you to feel good about yourself, you will still need to talk to a mental health professional who can help you to manage your fears and anxieties in the long run.



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OLD SAYINGS

by Rix Quinn

Remember that old saying "A bird in the hand is worth two in the bush?"

I thought about this yesterday while chewing fried chicken. I don't know what other birds are worth, but I had to pay for the chicken. Seriously, the quote goes back to ancient times. Bird hunters reasoned that one bird already caught guaranteed dinner, while two birds uncaught ("in the bush") meant more work plus the possibility of failure. Why did the hunters want those other fowls too? Maybe they expected guests for dinner, or maybe they just wanted to see if birds in the heather flock together. See, you never can tell what our silly prehistoric pals thought! Back then, they drew stuff on their walls and called it art.

Today we call it graffiti. But if somebody famous sketched it, we call it either a "mural" or "wallpaper." The birdie saying is much like another one claiming, "The grass is always greener on the other side of the fence." This means either (1) people always want what they can't get, or (2) the neighbor buys better fertilizer.

What's the lesson here? I'm guessing it is this: "If you see two birds in a bush surrounded by green grass on the other side of a fence, don't try to catch them, because they are probably

CITY OF YES WE HAVE NO BANANAS

by Dr. Sharon M. Cadiz

There is a long list of mayoral initiatives representing platitudes and promises that don't seem to be kept. The slogan of "getting it done" must refer to the many announcements that are more plentiful than results. I read the Mayor's op-ed article in which he describes himself as the "first openly dyslexic mayor," using this as a jumping off point for "NYC Solves" described as a major initiative to make mathematics more accessible for all students—no matter where they go to school or what language they speak at home. He goes on to say his administration is "creating the Division of Inclusive and Accessible Learning," led by a new Deputy Chancellor for Inclusive and Accessible Learning with a budget of \$750 million and 1,300 staff" supporting multilingual learners and students with disabilities. He talked about "NYC Reads" that his administration created "to fundamentally change how children learn to read." He also declared that \$600 million has been invested "to protect critical programs that were funded with temporary stimulus dollars including arts funding, teacher recruitment, a restorative justice programs, "Civics for All," social workers and psychologists, and much more. All these claims don't seem to measure up against the reality of class sizes and funding cuts. One source reports that in November 2023, the Mayor "cut roughly \$550 million from DOE budget followed by another round of cuts in January 2024, slashing an additional \$100 million. Then the Mayor reversed \$127 million in cuts to the schools.

"Getting it done" successfully killed the city-wide community composting program; and claims that New York City is "the safest city" flies in the face of incidents of stabbings, shootings, subway violence and hate crimes with the Mayor answering to reporters in daily press conferences. The "City of Yes" promises affordable housing after the city has been overrun by gentrification and luxury housing. Promises about having the best composting program with the orange sidewalk bins turned out to be tarnished by the fact that the contents are producing methane gas, not compost. The "Zero Waste" initiative promising a well-managed program for waste disposal is another example of a glaring failure. The list of unfulfilled promises goes on and the recent investigations of key members of the present city administration, along with successive resignations are evidence that there are real problems.

I am a native New Yorker who has always been proud of the city, warts and all; however, it is getting harder and harder to embrace this current version of the city that never sleeps. I know that New York famously regenerates itself and is subject to a lot of change; yet, the change I am seeing is an indication of decline in the overall quality of life for New Yorkers that cannot be explained away solely by blaming incoming migrants; although the lack of provision for them and residents of the city is a serious problem. The biggest problem seems to be a lack of measured growth and change that answers the needs of those who work, live and raise children in this city. Instead the changes have put money in the pockets of developers; destroyed working class communities and small businesses on a scale that has swept across the city leaving few affordable places to live and do business. Making announcements and declaring new initiatives without building from real need and comprehensive plans, makes New York City into a sullied version of the greatest city in the world that, from different views, looks more like a carnival where they pitch the tents, create an illusion of excitement and then leave behind a mess when it moves on. If the Mayor is the ring leader in this carnival, I can only hope that the City Council and the next person who holds his office will treat our fine city and its people with a higher regard for their needs and a recognition for the fact that right now we are a "City of Yes," we have no bananas."

Join the Big Apple Walk-A-Thon at your local Older Adult Center. It runs from April 3rd to August 30. For information call Aging Connect at 212-AGING-NYC (212-244-6469).

FINDING A CAREER

It was announced this week, that multiple resources for jobseekers are now available in person and throughout communities across New York State to bolster recruitment for thousands of vacant openings with New York State agencies, expanding access and opportunities for potential jobseekers, and easing the pathway for those interested in a rewarding career in public service while growing and strengthening the Empire State's economy. The New York State Department of Civil Service has partnered with the New York State Department of Labor in establishing the Centers for Careers in Government (www.cs.ny.gov) within specific New York State Department of Labor Career Centers, including a center recently opened in the Capital Region. This is one of the many proactive initiatives available to the public and led by the Governor to fill public service vacancies to better meet the needs of New Yorkers while building upon her Administration's continued support for state workers.

In Albany, the joint-agency Center for Careers in Government is one of 10 facilities throughout the Empire State where professional Department of Labor and Department of Civil Service staff collaborate to provide comprehensive support to assist jobseekers in their job searches by helping them to learn about the State's civil service merit and job classification systems, as well as the New York Hiring for Emergency Limited Placement Statewide (NY HELPS) program. Prospective candidates can visit the Centers for Careers in Government website to view upcoming job fairs and workshops to learn about careers in public service.

Department of Civil Service Centers for Careers in Government staff provide proactive outreach to their surrounding communities and local educational institutions, part of the State's strategic recruitment efforts to attract and cultivate diverse candidates to public service careers.

Staff at the centers assist job seekers in learning about the varied opportunities in public service and how and when to apply, while also providing enhanced resources to current state employees within their coverage area to bolster career mobility and transfer opportunities. This complements the wide-ranging career guidance available in all 100 Career Centers (www.dol.ny.gov) across New York that serve to connect individuals to training and career pathways in both the public and private sectors.

Community-based organizations and educational institutions can connect with their local Civil Service representative to schedule workshops and informational sessions for the areas they serve. Interested jobseekers, state employees and local groups can email CCG@cs.ny.gov for more information and to sign up for workshops.

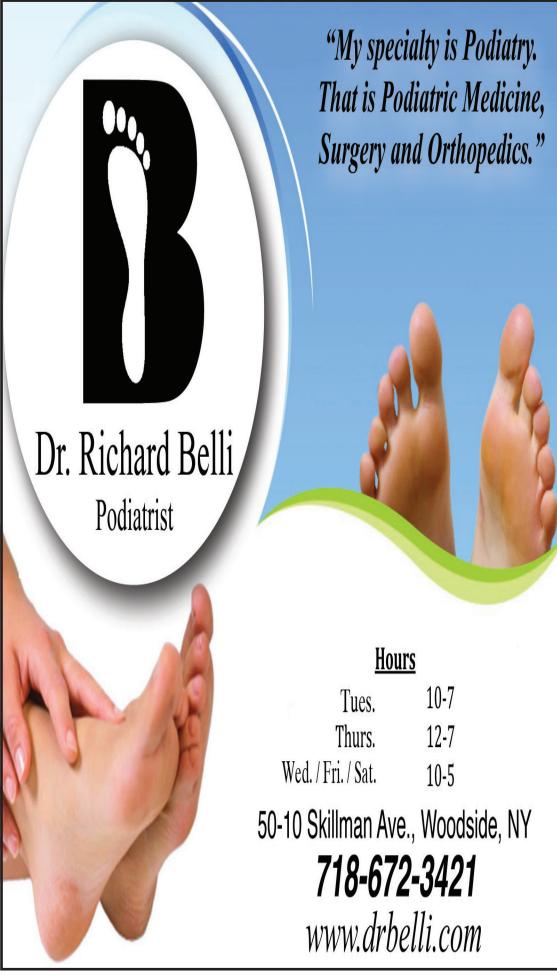
Civil Service staff also promote and enhance the hiring of individuals and veterans with disabilities, and support recruitment efforts for critical hard-to-recruit positions and vacancies, addressing shortages in public service positions throughout the State workforce.

The joint centers are just one of the many initiatives Governor Hochul has championed since taking office to strengthen and support New York's public workforce.

The NY HELPS program temporarily waives the civil service exam requirements for thousands of vacant state job openings open to the general public. For those remaining positions that require exams, all state exam application fees are waived through December 2025 following an agreement secured by Governor Hochul in the FY 2024 Budget.

New Yorkers in search of careers are also encouraged to take advantage of NYSDOL's many no-cost services, including the newly expanded <u>Virtual Career Center</u>, (<u>www.dol.ny.gov</u>) which utilizes cutting-edge technology to help connect New Yorkers to thousands of available job opportunities across New York State. Job seekers are encouraged to check out the New York State Job Bank, Part-Time Hiring Opportunities Job Bank, and NY Seasonal Jobs to browse available statewide jobs. New Yorkers can also check out our Career Center Events and Recruitments Calendar to sign up for Virtual Workshops and Virtual Career Fairs.







REGISTER TO VOTE

As people and organizations around the state and across the country prepare to help members of their communities register to vote, Governor Kathy Hochul encouraged all eligible New Yorkers to register to vote so that they can make their voices heard in our democracy. Governor Hochul also reminded New Yorkers to look to state and county election officials as the trusted sources of election information in New York State. This reminder comes as New Yorkers begin preparing to cast their ballots in the General Election this November.

Eligible New Yorkers can register to vote online, in person, or by mail. Information about voter registration eligibility requirements, as well as links to the online voter registration portal and downloadable registration forms, can be found on the State Board of Elections website, **www.elections.ny.gov**.

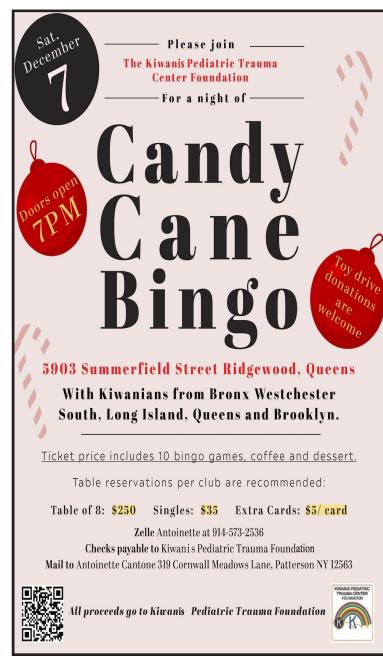
To be eligible to vote in the General Election on November 5, eligible New Yorkers must register to vote by October 26. Additional detail regarding important election and voting deadlines is available from the State Board of Elections. Voters who are unsure of whether they are already registered to vote can check their registration status at voterlookup.elections.ny.gov.

Election Day this fall will take place on November 5. Early voting will take place from October 26 through November 3. Voters can find their early voting and election day polling locations online.

If voters require an absentee ballot or an early vote by mail ballot, they can apply online, by mail, or in person at their County Board of Elections. Such ballots must be requested by October 26 and can be returned with the included postage paid return envelope or in person at any early voting or Election Day poll site. Absentee ballots and early vote by mail ballots must be returned to the board of elections no later than Election Day. If an absentee ballot or early vote by mail ballot is postmarked by Election Day, the ballot must arrive at the board of elections within 7 days of Election Day. To learn more about or apply for an absentee or early vote by mail ballot, visit the State Board of Elections website, www.elections.ny.gov.

The New York State Board of Elections also helps ensure that registering to vote and casting a ballot are accessible to eligible voters with disabilities. Voters have multiple methods of completing the voter registration process, and voters with a print disability requiring a ballot with accessible features may apply for an accessible ballot using the State Board of Elections' online Accessible Ballot Application portal.

New Yorkers can become more involved in our elections by becoming a poll worker by visiting the election site as well. Anyone who has questions or sees incorrect election information being distributed should contact the New York State Board of Elections at info@elections.ny.gov or (518) 474-1953.





Sunday, October 13th ,2024 9:00am - 3:00pm

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Please include your full name, address, phone # and email address.
Letters that do not contain full contact info will not be published. Editor reserves the right to edit and/ or decline letters to be published.

VOLUNTEER WRITERS
WANTED

ENHANCING SCHOOL ADMISSION PROCESS FOR SIBLINGS, ADDRESSING PARENTS CONCERNS

Senator Joseph P. Addabbo, Jr., a member of the State Senate Education Committee, announced the introduction of Bill S9912, which is aimed at providing preference for school admissions to students who have siblings already enrolled in the same public elementary or middle school. This bill is particularly important for families living in cities with populations of one million people or more.

The goal of this bill is to make school admissions fairer and to help families who struggle with the challenges of having children in different schools. It can be tough for parents to manage drop-offs and pick-ups at two different school locations at the same time.

"At times, the public school admissions process places parents in a practically impossible situation—get their children to and pick them up from 2 different schools at the same time," Addabbo said. "The unnecessary stress on the parent can be avoided with rational thought and common sense. By giving preference to siblings in school applications, we are supporting our families and building a stronger community in our schools."

Addabbo stated he introduced this bill and intends to work on advancing it during the 2025 legislative session, in response to constituents who contacted him complaining that their child was being placed on a NYC Department of Education waitlist for a specific school, while currently having a sibling attending that same school.

Bill S9912 aims to simplify the school application process, allowing families to focus on what matters most, supporting their children's education. By easing transportation and scheduling issues, this bill will improve the overall well-being of students and their families.





The 2024 Taste of Sunnyside will showcase the diverse flavors of Sunnyside, Queens. With a wide variety of food, beer & wine offerings, and live entertainment, The Taste of Sunnyside is back and better than ever, while celebrating the resilience of this unique neighborhood. Sunnyside Shines Business Improvement District produces the event annually to showcase the neighborhood as a dining destination, and to encourage locals and visitors to discover local restaurants. With the cumulative effects of the COVID crisis on the restaurant industry, the Taste of Sunnyside aims to help stimulate support and a strong comeback for neighborhood food and beverage businesses. The ticket provides all-inclusive access to the event's offerings. Attendees will check in for the event at Lowery Plaza (40th Street and Queens Boulevard) or Bliss Plaza (46 Street and Queens Boulevard), under the elevated 7 train, and from there can follow recommended routes on our event map to try each 'taste' on the crawl. Attendees will be given a wristlet to get samples from participating venues.

TASTEOFSUNNYSIDE.COM

But that's not all. This year's event is bigger and better, with exciting new elements that will blow your taste buds away! Attendees now have access to the Taste of Sunnyside block party, located on 46th Street, between Queens Blvd and Greenpoint Avenue, right under the iconic Sunnyside Arch. Close out the Taste of Sunnyside at the Block Party till 8 pm! Get ready to party with DJ Abraham, snap some pics at the Taste of Sunnyside photo booth, and lounge while enjoying live entertainment! Several buses will be available for those who would like transportation along the event route.

• LEGAL NOTICE • LEGAL NOTICE • LEGAL NOTICE

LEGAL NOTICE SUPREME COURT OF THE STATE OF NEW YORK, COUNTY OF QUEENS, PERSONAL INJURY ACTION (LABOR LAW), INDEX # 714410/2021 CONSOLIDATED INTO INDEX # 700500/2019, JOHN GRICCO and PHYLLIS GRICCO, Plaintiffs, v. KEL-TECH CONSTRUCTION INC., PADRAIG BEHAN, HERBIE BEHAN, HERBIE INN, LEANNE BEHAN, MICHAEL KELLEHER PHILIP KELLEHER. Defendants; ACCIDENT DATE: September 19, 2018, ACCIDENT SITUS: 37 West Avenue, Malverne, New York; TYPE OF CASE: Labor Law - Personal Injuries; To the Above named MICHAEL Defendant KELLEHER: You are hereby summoned to answer the complaint in this action and to serve a copy of your answer, or, if the complaint is not served with this summons, to serve a notice of appearance, on the Plaintiff's Attorney(s) within 20 days after the service of this summons, exclusive of the day of service (or within 30 days after the service is complete if this summons is not personally delivered to you within the State of New York); and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the Complaint. The Attorneys for Plaintiffs have an office in the County of New York. Trial to be held in the County of Queens. The basis of the venue designated is a defendant's

principal place of business and plaintiffs' residence. TO DEFENDANT MICHAEL KELLEHER, THE FOREGOING SUMMONS AND COMPLAINT IS SERVED UPON YOU BY PUBLICATION, pursuant to an Order by Hon. Laurentina S. McKetney Butler, Justice of the Supreme Court of the State of New York, dated the Ninth day of August, 2024, duly entered by the County Clerk on the Fifteenth day of August, 2024. A Notice of Entry of the aforementioned Order was filed on August 21, 2024, and mailed to you. The relief requested is money damages for conscious pain and suffering, loss of enjoyment of life, past and future medical expenses, past and future lost wages and benefits, and all items recoverable under New York State law for the defendants' violations of the New York State Labor Law Sections 240(1), 241(6) and 200/common-law negligence, industrial codes, and other laws, statutes and regulations pled by plaintiffs. That YOU owned, leased, maintained, managed, controlled and retained contractors to perform construction at the abovementioned situs on and prior to September 19, 2018; further, were negligent, careless and reckless in the ownership, operation, management, control, and performance of said construction causing the plaintiff John Gricco, an employee of St. John's Electric, to suffer serious and severe injuries when he fell due to a defective. improperly maintained and

improperly secured ladder violating Labor Law Sections 240(1), 241(6) and 200/commonlaw negligence, industrial codes, and other laws, statutes and regulations pled by plaintiffs. Plaintiff Phyllis Gricco has a loss of consortium claim. The sum demand is \$10,000,000.00. NOTICE YOU ARE IN DANGER OF HAVING A DEFAULT JUDGMENT **ENTERED** AGAINST YOU IF YOU FAIL TO RESPOND TO THE SUMMONS AND COMPLAINT WITHIN THE ABOVE-MENTIONED TIME FRAME. Please immediately contact your homeowner's insurance and/or relevant insurance carrier. If you do not respond to the summons and complaint by serving a copy of the answer on the attorney for the plaintiffs who filed this proceeding against you and filing the answer with the court, a default judgment may be entered against you. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons. YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFFS AND FILING THE ANSWER WITH THE COURT. Dated: September 16, 2024. ATTORNEYS FOR PLAINTIFFS: SACKS AND SACKS, LLP, 150 BROADWAY, 4TH FLOOR, NEW YORK, NEW YORK 10038, T. (212) 964-5570, E: rroberts@sacks-sacks.com 9/20/24, 9/27/24, 10/4/24, 10/11/

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