BANGALI: A Burundian soldier from the African-led International Support Mission to the Central African Republic (MISCA) patrols in the town of Bangui yesterday. —AP

NY FIRST DAUGHTER REVELS BATTLING SUBSTANCE ABUSE

NEW YORK: The 19-year-old daughter of New York Mayor-elect Bill de Blasio has opened up about her struggle with substance abuse, saying she spent years battling addiction before signing on as a volunteer for a campaign of her father, a college sophomore who had suffered with drug addiction while in school. "I was so roadsick," she said, "I was so lost, I had no idea what I was doing."

She also revealed that she has been sober for two years and is working toward an acting career. "I've been sober for two years and I'm really proud of that," she said. "I'm really happy with my life and I'm really proud of that." She said she was drawn to acting because it was "a way to express myself and a way to be honest with myself."

The New York Times reported that Ms de Blasio appeared at a campaign event in Brooklyn yesterday, where she introduced her father and spoke about his work on homelessness and addiction. "I think he's an incredible man," she said. "He's been working on this issue for a long time and he's really passionate about it." She also thanked those who supported her family during her recovery, including a mentor who helped her get into acting.

NEW YORK: This Sept 7, 2013 photo shows Democratic mayoral hopeful Bill de Blasio and his daughter Chiara during a campaign rally in the Brooklyn borough. —AP

The New York City Democratic mayoral candidate Bill de Blasio's daughter Chiara de Blasio has revealed that she has been sober for two years, having struggled with addiction for years.

De Blasio said she eventually realized that she had to make a change after thinking she could "escape the anxiety." She said she thought she could "run away" from her problems, but then realized she "had to address the root cause."

She also spoke about the importance of family support during recovery, saying that her family was able to "pull her back together."

De Blasio said that his family's support was critical, especially during the early stages of recovery when she was struggling with the idea of going "cold turkey."

She added that her father's work on addiction issues helped her see that he was "able to overcome his own struggles," and that she wanted to "help others do the same."

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