

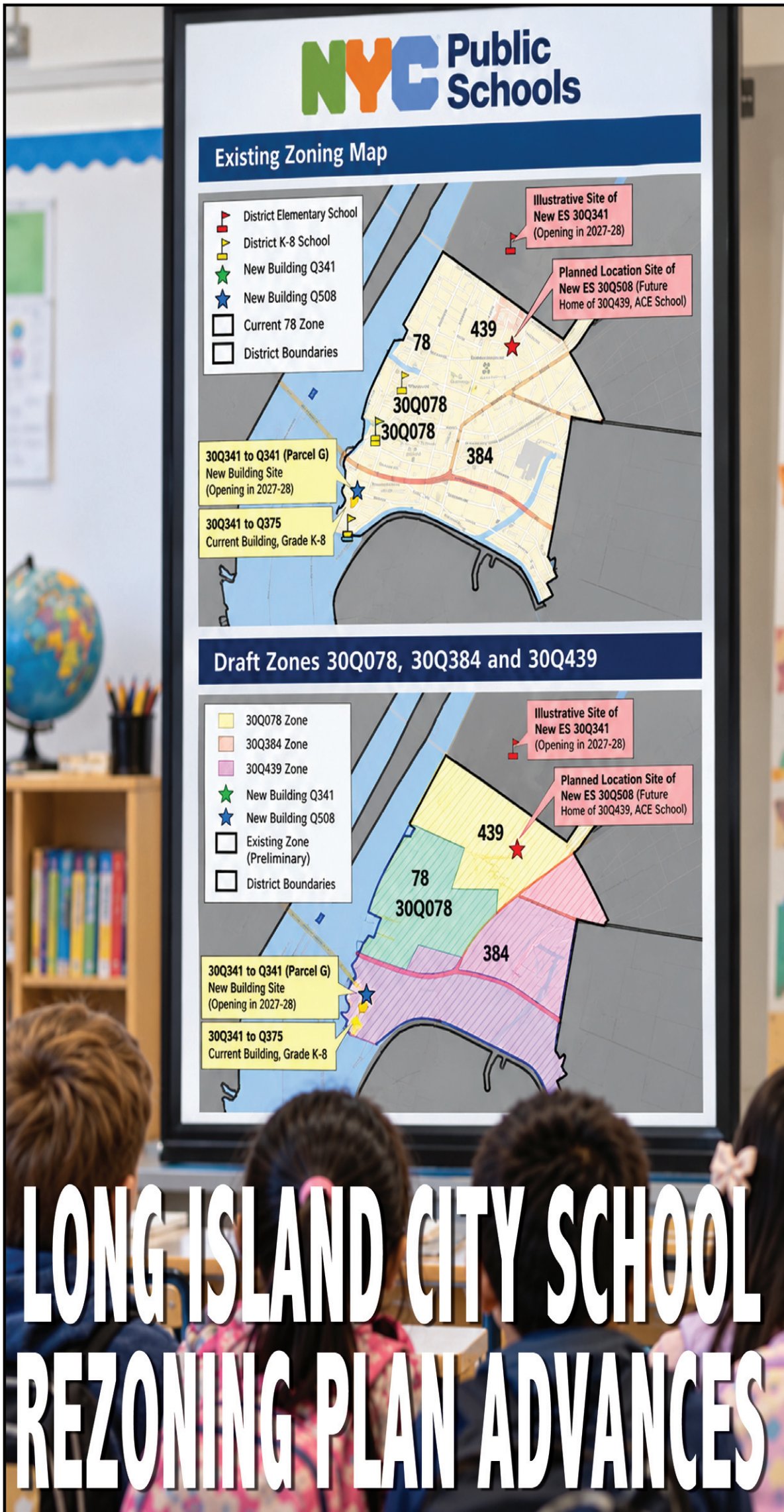
WOODSIDE HERALD

SERVING SUNNYSIDE-WOODSIDE AND LONG ISLAND CITY

VOL. 93 NO. 41

WOODSIDE, L.I.C., N.Y. FRIDAY, OCTOBER 9, 2026

FREE



LONG ISLAND CITY — New York City Public Schools is moving forward with a proposed rezoning of three Long Island City elementary schools as the neighborhood continues to experience residential growth and increasing demand for school seats.

The draft plan, presented by the NYCPS Office of District Planning to Community Education Council 30 on September 29, would establish separate attendance zones for P.S./I.S. 78, P.S. 384 Hunters Point and the new Academy for Cultural Excellence, or ACE (30Q439). The proposal remains a draft and is expected to undergo additional community discussion before a formal plan is submitted to CEC 30 for a vote later this fall.

According to NYCPS, the number of kindergarten applicants living within the current P.S./I.S. 78 zone has increased substantially in recent years. The number rose from 232 applicants in the 2022–23 school year to 394 in 2026–27, a 70 percent increase. NYCPS says the existing P.S./I.S. 78 building does not have enough space to accommodate all students living within its current zone, with P.S. 384 historically serving additional students from the 78 zone.

The three schools have also faced different levels of kindergarten demand. The information presented by Council Member Julie Won's office shows 100 kindergarten seats at P.S./I.S. 78 compared with 367 applicants, 162 seats at P.S. 384 compared with 347 applicants, and 60 seats at ACE compared with 170 applicants. The figures reflect applicants associated with the schools' current zones and illustrate the capacity challenges NYCPS is attempting to address through rezoning.

Two new school buildings are part of the planning process. NYCPS says new buildings Q341 and Q508 are planned to open in the area, adding elementary and middle-school capacity. Q341 is identified as a new P.S. 384 location, while Q508 is planned as the long-term site of the new ACE school, pending a proposal and approval by the Panel for Educational Policy.

Under the draft plan, the new school zones would be designed around projected enrollment rather than simply dividing the neighborhood geographically. NYCPS says it determines a "target zone size" for each school by considering available capacity, historical demand and enrollment trends. The department also projects future students based on existing housing and upcoming residential construction. Proposed boundaries are intended to account for diversity and integration, geographic barriers and travel distance.

The draft maps show separate proposed zones for P.S./I.S. 78, P.S. 384 and ACE. NYCPS notes that the thick black lines on the maps represent existing zones, while the colored areas show proposed changes. Zone boundaries drawn along streets are placed through the middle of those streets, and the department says every city block is accounted for when establishing school zones.

The projected impact becomes clearer when looking ahead to the 2031–32 school year, when the rezoning is expected to be at scale. NYCPS projects a kindergarten zone size of approximately 95 to 105 students for P.S./I.S. 78, 130 to 140 for P.S. 384 and 120 to 130 for ACE. Total enrollment is projected at approximately 880 to 890 students for P.S./I.S. 78, 1,110 to 1,120 for P.S. 384 and 615 to 625 for ACE.

The proposal would primarily affect children entering 3-K, pre-K and kindergarten, as well as new students entering the school system beginning in the 2027–28 school year. Students who are already enrolled at an affected school would not be moved because of the rezoning. Children entering 3-K, pre-K or kindergarten whose zone is changing would also retain zoned sibling priority if they have a sibling attending the school, subject to CEC approval.

NYCPS says the rezoning process has included meetings and discussions with CEC 30, school principals and community members. Additional conversations are expected, and the department says it will continue considering feedback before presenting a formal proposal to CEC 30. If submitted, the CEC is expected to vote within 45 days.

The school system is also pursuing additional capacity beyond the buildings already included in the current plan. Two sites within the existing P.S./I.S. 78 zone are being actively pursued: 43-57 11th Street, which is planned as a middle-school facility, and 5-35 46th Road, which is planned as an elementary-school facility. NYCPS said updates on those projects will continue to be shared with the community.

For now, the Long Island City rezoning remains a proposal rather than a final decision. NYCPS expects further community engagement before the formal rezoning plan is presented for a CEC 30 vote, with implementation targeted for the 2027–28 school year.

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WHEN DEPRESSION MAKES IT HARD TO GET OUT OF BED?

by Stan Popovich

Some mornings, even basic tasks feel impossible. Notice feelings of exhaustion, frustration, or hopelessness, and ground yourself: these are symptoms, not personal failings.

Take one small step: create a manageable routine and focus on self-care. Break the day into tiny tasks—eat a healthy meal, take a short walk, or complete one small chore. Reflect afterward: did these steps help you feel more capable or less overwhelmed? Over time, small routines build energy, stability, and confidence—even when depression feels heavy.

How Can You Support Someone With Depression?

- 1. Talk to them:** Talk about what you’ve seen and why you’re worried. Explain to them how you care about them and how they will feel better if they seek help.
- 2. Be willing to listen:** When they want to talk, listen to what they have to say. Don’t give advice or opinions and don’t judge them when they do talk to you.
- 3. Encourage professional help:** A health care provider or licensed mental health professional is a good place to start. You could see a licensed counselor or psychologist who could give you some advice on what you can do. Talking to your doctor is also very important.
- 4. Admire their courage:** Seeking help for depression is a sign of strength, not weakness, as it demonstrates self-awareness and a commitment to well-being, and it’s crucial to remember that depression is a treatable condition.
- 5. Provide positive reinforcement:** People with depression may judge themselves harshly and find fault with everything they do. Remind them of their qualities and how much they mean to you and others.
- 6. Reduce stress in their daily life:** Creating a routine may help a person with depression feel more in control. Offer to make a schedule for meals, medicine, physical activity, social support, and sleep, and help organize household and school chores or offer support for someone’s career goals.
- 7. Connect them with resources:** Many organizations offer support groups, counseling, and other services for mental health issues and treatment.
- 8. Urge the person to take self-care steps:** This includes eating healthy meals, getting the right amount of sleep, and being physically active.

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QUINN SIMPLE SCENES – SNAKE STORY

by Rix Quinn

This is an odd story, and lots of it is true (I made up a couple parts, because I forgot). I was on a long walk when I passed a home with a “For Sale” sign. It was an “open house” day, and the realtor was opening the door. “Mind if I have a look?” I asked. “My cousin’s being transferred here, and this size house is ideal.” The realtor, introducing himself as Dan, invited me in.

The house was near perfect. Bedrooms the right size, a large den, and a great updated kitchen. “The price is reasonable,” I said. “How long has it been on the market?” “Eight months,” he said, “because it’s got one small problem. There’s a snake loose inside it. I don’t think it’s dangerous. “It’s a garter snake, but it’s a big one. About two feet long. The previous owner tells me it eats earthworms and even trout.” Since I am a sales guy, I started thinking about how I could help Dan. Could I learn more about garter snake society? That’s hard to find, because garter snakes cannot write.

But these reptiles do form social groups. If separated from their “friends” and placed with unfamiliar garter snakes, they will return to their original buddies. I went to the pet store, and bought another garter snake. The next night, I gave it to the realtor. He put it in a cage in the living room, along with some bites of trout. We would catch the escapee by either food or potential for a social life.

Sure enough, the next morning Dan found two snakes in the cage. Which convinced me that most garter snakes won’t venture out if tempted by trout.

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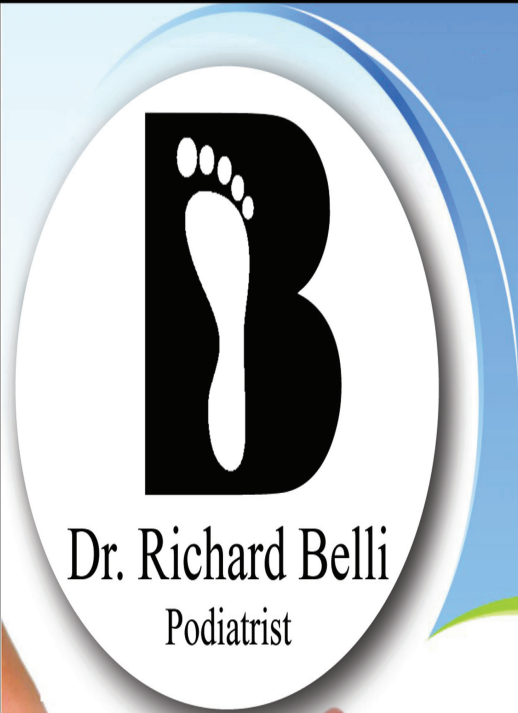


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BIKING INTO FALL

(Reprint)

by Cyclo Pete

Happy Fall! And just like that, summer’s over. Biking in the heat can be challenging, but at least it’s predictable. Now we’ve got cool mornings with warm days, and sometimes even warm mornings with cool days. Fall is unpredictable but biking in changing weather doesn’t have to be. Read on for some tips on how to be prepared to bike comfortably and safely as the season changes.

Layer up (or down)
Everyone’s tolerance to weather is different, but at some point this fall, you can count on reaching your cold threshold. And take note when you do! The key is to check the forecast and not let yourself be in a situation where you are both sweaty and cold. Fall is the season of the light packable jacket. It doesn’t need to be fancy, but should be able to zip up to block out the wind and hold onto some body heat on chilly days. Carry one in your bag in case you feel a chill on your bike when the sun hides behind the clouds. You can always take it off in the afternoon or when it’s warmer out. As we get towards the end of the season, it’ll be time to take out the mid-layers, but cold weather biking is for a future column!

Keep your bike tip top
Fall is very pretty but that also means falling leaves and more debris on the roads. The leaves can harbor pieces of broken glass or obscure potholes and other hazards from view. If you biked a lot this summer, and particularly if you didn’t, you’ll want to make sure you don’t have worn out tires, inefficient brakes, and a squeaky chain. Take your bike in for some routine maintenance if you want to bike around in the fall. A well-maintained bike is more efficient and safer to ride.

Don’t forget your night lights!
The sun also sets much earlier as fall sets in, particularly after we switch the clocks. I rarely use my lights in the summer, but now is the time I stock up on new batteries for them. You are required to use both back and front lights from dusk until sunrise, and chances are you may be caught out there after the sun has packed it in for the evening. So always bring your lights and ride safe, Woodside!

A HERO AMONG US

Dr. Richard Belli, a podiatrist in Sunnyside, Queens, is preparing to rejoin a medical mission to the Peruvian Andes in October 2026. The team of 45 doctors and staff will travel more than 14,000 feet into remote communities to care for families and children with limited access to medical care.

During the 2025 mission, the team treated more than 3,500 people in four days, and Dr. Belli personally cared for 200 patients. This fundraiser will cover medical supplies and travel expenses, with all proceeds going directly toward the mission so the team can reach even more people.

I’m grateful you took a moment to read about this work. If you’re able, please visit the GoFundMe page through the shared link to donate or pass it along to someone who may want to support Dr. Belli’s return to Peru.

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Being the persons interested as

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Dorothy Joan Kawas aka
Dorothy J. Mazziotti Kawas aka
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FOOD PANTRY

Dispensa de Comida



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

www.SaintTeresaChurch.org

Corpus Christi

31-31 60th Street
Woodside, NY 11377
718-278-8114 - Office

Food Pantry is Open
Wednesday 11:00AM to 1:00PM

<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

<http://StRaphael-Queens.org/>

For more information on Helping the Needy

Click on [Deanery Q2](#)
Or Use the QR Code



www.DeaneryQ2.org

