

WOODSIDE HERALD

SERVING SUNNYSIDE-WOODSIDE AND LONG ISLAND CITY

VOL. 92 NO. 49

WOODSIDE, L.I.C., N.Y. FRIDAY, DECEMBER 12, 2025

FREE

SUNNYSIDE KIWANIS CELEBRATES 78 YEARS!

by Peter Ross

For over 78 years the Kiwanis Club of Sunnyside has provided cheerful service while forwarding the mission of improving the world one child and one community at a time, specifically in our neighboring communities of Sunnyside, Woodside and LIC. On the afternoon of Sunday, November 16, 2025 this service was celebrated at the Club's annual Anniversary, Installation and Testimonial Dinner (dubbed "It feels great to be 78!") at the G.W. Hudson Council # 3701 Knights of Columbus Hall here in Woodside, Queens.

On this jubilant occasion, The Kiwanis Club of Sunnyside proudly honored two very special people for their consistent service to both Club and community. The Community Service Award was presented to Brian Pratt, originally a Virginian³ but for decades now a fully entrenched New Yorker, who has been very active in the lives of our youth as part of several organizations. Brian has been part of Scouting America (formerly known as the Boy Scouts of America) as an adult leader and Merit Badge Counselor for nearly 10 years, serving with 3 different units (Packs 390 and 201 in Sunnyside and Jackson Heights respectively and Troop 17 in Elmhurst) on both the Cub Scout and Scouts BSA levels in various capacities, including Assistant Cubmaster. Since 2018, Brian has also been a Staff member (and now also a Board member) of the Sunnyside Drum Corps where he has had a major influence on the current generation of Corps members. Leveraging his own Drum Corps and marching band experience from his youth as well as his professional graphics, marketing and IT backgrounds, Brian has brought the Corps into the digital age, overseeing the Corps website and social media, and has been an instrumental in expanding and enhancing the musical selections and introduction of new beats and cadences to the Corps repertoire.

The second honoree and no stranger to the community as a lifelong resident and local medical provider was Dr. Arthur Volker. Arthur, who refers to himself as a Sunnyside / Woodside product, grew up here, being part of the aforementioned Scouts and Drum Corps many moons ago, attended Saint Teresa School and after dental school began working right here in Sunnyside. He is now the owner of the dental practice he started at. Arthur was bestowed the Kiwanian of the Year Award for all of his support of the Club and its various projects through his nine years of Kiwanis service (and additional exposure and support of the Club before joining). Whether in person at a First Fridays event to benefit the local food pantries, a health fair lecture to teach us all better oral care or through the fiscal backing of various projects including care packages for veterans living in shelters and pancake breakfast fundraisers to send youth to leadership conferences, Arthur has been there. He has been a go to person for the Club and always serves with that patented smile of his, unshakeable in his commitment to community, an inherited family trait learned from watching his own parents, especially his mother, Henryka.

As part of the program, the Club thanked the outgoing officers for their efforts during this past year (2024-2025) and installed, with the assistance of Queens West Lieutenant Governor Steven Hansen, the incoming slate of officers for the new program year (2025-2026), both sets of which happened to be the same with Linda Brickman as President, Carol Masiello as Vice-President, Peter Ross as Secretary and Gerald Lederman as Treasurer (for life!). The Club was also proud to install its four newest members and former East River Kiwanians, Leslie Sugai, Maritza Tomayo (on behalf of Trinity Lutheran Church Astoria), Anthony Pappas and Jacklyn Negron-Pappas complete with the requisite pinning and presentation of aprons to signify their ongoing commitment to selfless service to others, especially our youth. Early in the event Assemblywoman Claire Valdez, running between multiple appearances that day, did stop by and addressed the attendees and presented the honorees with citations from the New York State Assembly. Councilwoman Julie Wu, who was not able to be at the function, also forwarded impressive citations to the honorees.

The Kiwanis Club of Sunnyside would like to thank all who came out on this special occasion to break bread and acknowledge their honorees, the staff and members of the G.W. Hudson Council Knights of Columbus for use of their facilities, Frank's Deli for the delicious food and our elected officials for their acknowledgements. A special thank you goes out to all of the supporters and advertisers of the Dinner Journal, which is the Club's main fundraiser for the year and provides the bulk of the budget from which the group is able to run its various community projects. Without your support, much good would not happen or would be more limited in scope. The Club asks you to please consider patronizing these establishments / businesses, too many to list presently (and could be many more; if you did not advertise this year, consider it next year; all for a good cause!). And for those looking to help make a difference in the local world around you- consider Kiwanis! For more information, contact Howard Brickman, Board and Membership Chair, at (917) 972-5587. You'll be glad you did!



Assembled Kiwanians at the event.



Honoree Arthur Volker and his extended family



Honoree Brian Pratt and his nuclear and Drum Corps family



Assembly Member Claire Valdez presents citations to the honorees, Brian and Arthur.

Queens West Lt. Governor Steven Hansen pins new Sunnyside Kiwanian Anthony Pappas.



Club Board Chair Howard Brickman presents Dr. Arthur Volker with Kiwanian of the Year Award.



Queens West LTG Steven Hansen installs Linda Brickman as President of the Kiwanis Club of Sunnyside.



Club Secretary Peter Ross presents Brian Pratt with the Community Service Award.

Attorneys – at – Law
MARC CRAWFORD LEAVITT
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**writers
 wanted**

VOLUNTEER POSITION

WOODSIDE HERALD
 Sunnyside, NY 11104
 Telephone (718) 729-3772

Marlene Sabba Publisher
 Sherilyn Jo Sabba Editor

CONTRIBUTING WRITERS
 Dr. Sharon Cadiz, Cycle Pete, Rob MacKay,
 Stan Popovich, Rix Quinn, Peter Ross,
CONTRIBUTING ARTISTS AND PHOTOGRAPHERS
 Dr. Sharon Cadiz, Joe Gurrado, Peter Ross

HOW TO MANAGE THE FEAR OF THE UNKNOWN

by Stan Popovich

Do you worry about what will happen in the future? Being afraid of the future can produce a lot of fear and anxiety in your life.

What Is The Fear Of The Unknown? Fear of the unknown is an intense fear of uncertain or unfamiliar situations. It's a psychological response to a lack of knowledge or information. It can lead to intense distress or anxiety and interfere with your life.

Worrying about the fear of the future disrupts a person's life and may cause other health problems such as the use of drugs and alcohol. People with this condition may imagine worst-case scenarios and catastrophize events that happen in their lives.

How To Overcome The Fear Of The Future

1. You can't predict everything: Remember that no one can predict the future with one hundred percent certainty. There are small circumstances and factors that may happen down the road that you can't predict which may work in your favor.

For instance, you miss the deadline for a project you have been working on. Everything you feared is coming true. Suddenly, your boss tells you that the deadline is extended and that he forgot to tell you. This unknown factor changes everything.

2. Take it one day at a time: Instead of worrying about how you will get through the rest of the week or coming months, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems.

3. Differentiate your thoughts: Ask yourself whether you're thinking is productive. For example, focus on the solutions when you're working on a problem. Acknowledge when your thoughts aren't productive and get up and do something for a few minutes to get a better perspective on things.

4. Use Self-Visualization: Sometimes, we can get anxious over a task that we will have to perform in the future. When this happens, visualize yourself doing the task in your mind. For instance, you are going to play in a hockey game in front of a large group of people in the next few days. Before the big day comes, imagine yourself playing the game in your mind. By doing this, you will be better prepared when the time comes.

5. Live in the moment: One way to stop worrying about the future is to focus on the present. Mindfulness is a practice that can help people focus on the present. It involves focusing on the present moment and building a greater self-awareness of how you feel.

6. Do some research: You can reduce your fear of the unknown by increasing what you know. With the right amount of information, you will find it easier to make decisions. By listing factors within your control and taking one small step each day, you can take control over your life.

7. Create a plan: Break down large, uncertain situations into smaller, manageable steps with concrete actions you can take. Develop realistic goals and a plan to achieve them, while also incorporating stress management techniques and mindfulness practices to manage anxiety.

8. Challenge your negative thinking: When you find yourself worrying regarding a future event look at the facts. Focus on the reality of your situation and not on your thoughts. To challenge negative thinking, identify and question those thoughts, then replace them with more balanced or positive ones.

9. Look at things realistically: You may find yourself consumed with worry about future possibilities when there is no real evidence that it may occur. For example, you worry about losing your job, but you have received no indication from anyone of any signs. Look at your situation from a different perspective.



**Holiday Tree Lighting
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Monday, December 15, 6-8pm

In front of Queens Borough Hall
 120-55 Queens Boulevard, Kew Gardens, NY



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CHRISTMAS TREES

by Rix Quinn

Christmas trees are like a distant cousin. They come to your house, surround themselves with presents, and stay a month. Then they begin to shed, and need somebody to drive them off.

People often do strange things with cut trees. One of my neighbors pulled out a chain saw and widened his front door three feet. That allowed him to bring in the tree without bending it, and it made a great spectacle the neighbors could video.

Once inside the home, some people say you should cut a couple inches off the base of a live tree trunk, and immerse it in a tree stand filled with water. Never use water on an artificial tree. And if you cut anything off its trunk, you'll have a shorter tree next year. Do not use flammable decorations on a tree. The new smaller, safer tree lights seem better. I even saw one guy try to wear these lights to a party, but his extension cord kept coming out.

Some people surround the tree with a decorative tree skirt. I have never worn a tree skirt to a party, because I do not shave my legs.

After the holidays, dispose of your tree properly. Many cities will remove it from your lawn, and recycle it into mulch. Therefore, do not dispose of your artificial tree. Plastic mulch will not grow anything.

OUR TEETH ON FRONT STREET: THE DENTAL CARE CRISIS IN AMERICA

by Dr. Sharon M. Cadiz

One can easily become a pauper in pursuit of dental care in today's America. The cost is high because of systemic problems that bar the average citizen from quality care. My experience and training as an educator and human service professional have taught me that there is only one acceptable standard of care which must reflect best practice principles. However, in America today, a two tier system has deliberately been created to sort us out along the lines of the ever popular standard of "haves" and "have nots." The pricing policies may be affordable to the "haves," but they are prohibitive to the "have nots." There is no mystery or slight of hand that conceals this simple truth. Instead, there is a tendency to cloak the problem in traditional views of shame attached to anyone who cannot overcome financial demands, income inequality, need and poverty. Suffering in silence ensures that we don't unite or open our mouths for fear that others may see inside or hear of our spoken pain. When we join the ranks of those victimized by the current system, we often determine that we are guilty of poor choices, not a poor system of care.

I hear someone saying: "Quick! Somebody get a lawyer for the American people, so we can do what we have been trained to do over the past several decades; namely, sue ourselves into the money it takes to win back our smiles (affordable housing or other stolen rights). Even that won't solve the related problems unless, when/if we get the money, we champion the cause of the others who continue to struggle. Instead of immediately "lawyering up", let's talk about the real deal of how dental coverage for the average New Yorker ensures that dentists who use the available plans will go through a protracted approval process that issues denials and delays that actually guarantee that a person's oral health will be seriously at risk; many times taking the condition to the ultimate point of no return. This means that those who accept these faulty plans or use student dentists to learn at the expense of the patient, are not promising quality care; **only the care that can be paid for**, which generally includes extractions instead of preventative strategies or restoration.

Welcome to toothless America! In case you have not been personally introduced, let me entertain you with some of the comic irony found in the systemic 'mush' we are forced to swallow. The truth of our situation is that we have been rendered victims in an undeclared war that claims mounting numbers of casualties each day. The past month of literally taking food out of the mouths of Americans; and shutting down the government entities that serve the people with both paychecks and payments, might have us primed to understand that we are in an armed conflict to survive. We may think that dental care is not a big deal by comparison, but it is indeed a major part of the bigger problems within health care and affordability in America. Before I reach too far, allow me to return to New York City where the cost of living threatens the average person's ability to stay housed and fed. The ensuing food waste may be evidence that many of us cannot chew and swallow what is on our plate because of the abysmal oral health conditions with which we are forced to cope.

We pay taxes that are supposed to support us in surviving and thriving; yet, we are discovering the painful reality that as we send our tax dollars to the government to provide for the common good and the protection for our inalienable right to life; liberty and the pursuit of happiness, there are no teeth in the promise when it comes to taking a bite out of the dental care problem of poor quality and the lack of affordability in America. This is the perfect time for dentists of good will to align with patients to challenge the conditions that victimize both groups. Perhaps now would be a good time to put our elected officials on speed dial or flood their offices with letters or postcards to let them know that, although they were paid during the "shut down" and presumably have decent dental and medical care; unfortunately, their fellow Americans do not have the same. If I have stirred your soul to inspire positive change, make some noise and take some action. You can take a first step by doing a search to get acquainted with the New York State standards of dental practice and their mission to serve. You can read the following quote from their "Standards for Clinical Dental Hygiene Practice." To get started, here is a quote: **"The purpose of the dental hygiene process is to provide a framework where the individualized needs of the patient can be met, and to identify the causative or influencing factors of a condition that can be reduced, eliminated or prevented by the dental hygienist...The dental hygiene diagnosis and care plans are incorporated into the comprehensive plan that includes restoration, cosmetic and oral health needs that the patient values...Treatment plans should be consistent with the dental hygiene diagnosis and include no evidence that the patient is placed at inappropriate risk by diagnostic or therapeutic procedure..."**

In this month of holiday celebrations, think of Tiny Tim and how Charles Dickens brilliantly captured what his fate would be if nothing was done to intercede. As you recall this classic tale of redemption, think about what we may do to redeem our national commitment to affordable, quality care. Happy Holidays to All, and instead of a "Good Night," maybe a "Good Fight" for our nation's health care.

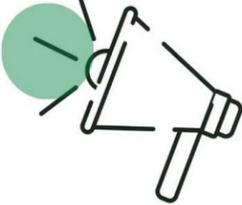


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DEC 5	Agency Info Session Time TBD
DEC 8	Budget Delegate Meeting 1 6:30-7:30 PM
DEC 16	Budget Delegate Meeting 2 6:30-7:30 PM
JAN 6	Budget Delegate Meeting 3 6:30-7:30 PM
JAN 16	Budget Delegate Meeting (Optional) 6:30-7:30 PM

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B

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11:30 a.m.-12:30 p.m.
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La Jornada
Wednesdays, 8 a.m.-1 p.m.
Saturdays, 8 a.m.-1 p.m.
39-04 61st St, Woodside, NY 11377

St. Raphael RC Church Food Pantry
Thursdays, 10:30 a.m.-12 p.m.
Saturdays, 1:30-3 p.m.
35-20 Greenpoint Ave, Long Island City, NY 11101

St. Teresa Church Saint Vincent DePaul Society
Tuesdays, 4-5:30 p.m.
50-20 45th St, Woodside, NY 11377

The Urban Upbound Bread of Life Pantry
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Wednesdays, 11 a.m.-2 p.m.
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<p>St. Raphael 35-20 Green Point Ave Long Island City, NY 11101 718-729-8957 - Office</p> <p>Food Pantry is Open Thursday 10:30AM to 12:00PM Saturday 1:30PM to 3:00PM</p> <p>http://StRaphael-Queens.org/</p>	

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