

# WOODSIDE HERALD

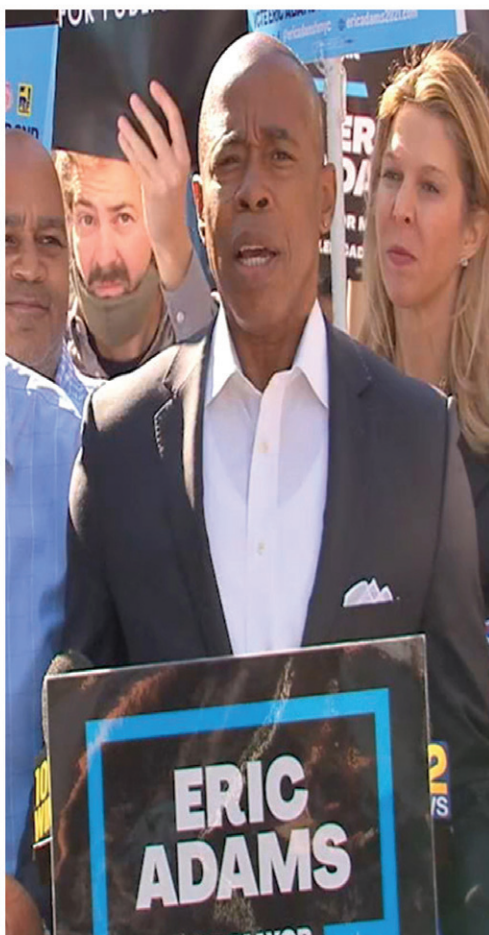
SERVING SUNNYSIDE-WOODSIDE AND LONG ISLAND CITY

VOL. 92 NO. 25

WOODSIDE, L.I.C., N.Y. FRIDAY, JUNE 27, 2025

FREE

## NYC MAYORAL RACE NARROWS TO FOUR



New York City's 2025 mayoral race is set to be a four-way contest heading into the general election on November 4, following a historic Democratic primary that concluded on June 24. Queens Assemblymember Zohran Mamdani secured the Democratic nomination after receiving 43.51% of first-choice votes in the city's ranked-choice voting system. Former Governor Andrew Cuomo came in second with 36.42%, and City Comptroller Brad Lander followed with 11.31%. Cuomo conceded on election night and, according to his campaign staff, will not continue his candidacy as an independent.

The Democratic primary saw elevated participation, with early voting turnout more than doubling from previous years. Ranked-choice voting once again played a central role in determining the outcome, though Mamdani's lead on first-choice ballots was significant enough to signal a clear win before final tabulations. His campaign focused on affordability, transportation access, and mental health support, and attracted a broad base of support from young voters and working-class communities across the five boroughs. Mamdani's victory followed a grassroots organizing effort that included more than 50,000 volunteers and door-to-door outreach in key districts.

Cuomo, entering the race with high name recognition, struggled to match the organizing strength of Mamdani's campaign. Despite early polling advantages and a reputation built on his previous tenure as governor, he failed to secure public matching funds, putting his campaign at a financial disadvantage. His decision to concede and exit the race solidifies the general election field and avoids a potentially fractured vote on the center-left.

Incumbent Mayor Eric Adams, who initially intended to run in the Democratic primary, withdrew from the race on April 3 and announced his plan to seek reelection as an independent. He will appear on multiple ballot lines, including "Safe&Affordable" and "EndAntiSemitism." In April, a federal corruption investigation into Adams' administration was dismissed by the Department of Justice. Adams is running on a platform centered around public safety, affordability, and experience in leadership, though his campaign has yet to release detailed new policy proposals.

Curtis Sliwa, a conservative talk radio host and founder of the Guardian Angels, is the Republican nominee after running unopposed. Sliwa, who also ran for mayor in 2021, has emphasized law-and-order priorities, calling for increased police presence and stricter enforcement against crime and quality-of-life violations. His campaign has also focused on criticizing the city's migrant shelter policies and rising housing costs.

Jim Walden, a former federal prosecutor and independent candidate, rounds out the confirmed list. He is running on a platform of government ethics, transparency, and anti-corruption reforms. Walden has qualified for public matching funds and is positioning himself as a pragmatic, nonpartisan alternative to career politicians. Though he has not held elected office, his legal background and focus on clean governance have earned him a modest but growing share of public attention.

With four candidates confirmed—Mamdani, Adams, Sliwa, and Walden—the 2025 mayoral race is expected to be one of the most competitive and ideologically diverse contests in recent city history. Voters will head to the polls on November 4 to select the 111th mayor of New York City.



Attorneys – at – Law  
**MARC CRAWFORD LEAVITT**  
**PAUL E. KERSON**  
**TALI B. SEHATI**  
**APRIL DEDELY MIRANDA, PARALEGAL**

NEW OFFICES:  
68-61 Yellowstone Blvd., Suite 116 Forest Hills, NY 11375  
**718-729-0986**

We remain available to meet with clients  
in Sunnyside/Woodside by appointment

MIDTOWN OFFICE:  
620 5th Ave., 2nd Floor. NYC, NY 10020  
*Overlooking the Rockefeller Center Skating Rink*

Serving the Community Since 1947  
*We are proud that our late senior partner, Benjamin Shaw, was founding lawyer for Sunnyside Community Services celebrating it's 50th Anniversary.*

Call us **718-786-4141**

**NEW MEMBERS WANTED**

JOIN THE  
SUNNYSIDE DRUM CORPS

NO experience needed  
NO lesson payments  
NO weekly dues

- Pride
- Self-Esteem
- Achievement
- Music
- Team-Work
- Excellence
- Fun
- Rewards
- Friendship

Saturday morning  
10am - 12pm

 **Sunnyside Drum Corps**

Get more info at  
[sunnysidedrumcorps.com](http://sunnysidedrumcorps.com)

All Saints Church 43-12 46th Street Sunnyside

**WOODSIDE HERALD**

**718-729-3772**  
email: [ssabba@woodsideherald.com](mailto:ssabba@woodsideherald.com)

writers  
wanted

VOLUNTEER POSITION

**WOODSIDE HERALD**

43-11 Greenpoint Ave., Sunnyside, NY 11104  
Telephone (718) 729-3772

Marlene Sabba ..... Publisher  
Sherilyn Jo Sabba ..... Editor

CONTRIBUTING WRITERS  
Dr. Sharon Cadiz, Rob MacKay, Peter Ross, Cycle Pete

CONTRIBUTING ARTISTS AND PHOTOGRAPHERS  
Joe Gurrado, Robert Flanagan, Peter Ross

**MANAGING YOUR FEARS**

by Stan Popovich

Many people use the help of God to overcome their fears and anxieties. God is stronger than your fears and anxieties and it is important to include God in your life when struggling with your mental health. As a result, here are seven suggestions on how a person can use the help of God in his or her own mental health struggles.

1. **Start talking and praying to God:** The first step a person should do is to start talking and praying to God. A person can go to church or to a quiet place during the day to tell God that they are having a problem. They should tell God how they feel and ask God for some of his help. A person could also review the Bible and read some articles on trusting in God and then apply these concepts in their life.

2. **Rely on the power of God:** The power of God is the one power that is stronger than your fears and anxieties. God loves each one of us and has the power to solve all of your problems. God will help you if you ask for it.

3. **Include God in your life:** A person needs to be aware of how God is working in their life. God works in mysterious ways and the answers He provides might not be that obvious. An individual must be aware of God’s presence when they are dealing with their fears and anxieties.

4. **Be open-minded with God:** Some people think that the answers that God provides must be religious in nature. That is not always the case. These answers could involve basic psychology and cognitive techniques that deal with how to manage fear and anxiety. Do not be quick to dismiss basic psychological techniques that could be a factor in your recovery.

5. **Continue to pray and talk to God:** Talk to God as if you were talking to a friend. Be persistent and be open in the avenues that God may provide to you in solving your problems. It is not always easy dealing with the fear of the unknown, however God is in control and He will help you if you ask for assistance.

6. **Talk to a priest or minister:** If you are having trouble, talk to a member of the clergy to help reduce your fears and anxieties. A priest or minister will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to someone, a person will be able to improve their mental health in the long run. Remember that it never hurts to ask for help when it comes to relieving your anxieties and depression.

7. **Prayer works:** There are many inspirational magazines and books on how people were helped through the power of prayer. Read some articles to get an idea on how effective prayer can be in your life. Never doubt the power of God when it comes to dealing with life’s challenges. God can help you get your life back on track.



**Free online therapy +  
mental health support**

for NYC Teens ages 13 to 17

[talkspace.com/nyc](http://talkspace.com/nyc)

**GOOD MANNERS**

by Rix Quinn

Did you know that 4,000 years ago people lived without rules? With no restrictions, imagine the chaos, imagine the confusion...imagine the fun. That changed when Babylon’s King Hammurabi pulled out his ball-point chisel, and carved his 282-law Code.

Among his commands: If you owed somebody a debt, you could give them your spouse. This became a primitive form of “no-fault divorce.” We continued to refine human interaction with “etiquette,” or rules of polite conduct. These rules vary by country. For instance, in a mixed group in this country, a man should not burp. But if he’s with guys, he can burp loudly, and a friend can record it for playback at the company picnic. There are 17,000 rules of “good taste,” many concerned with mealtime. Like, if we don’t chew with our mouths closed, food could fall out. If we don’t brush our teeth, they could fall out too. And if they’re chewing at the time, that’s really bad.

Other critical table manners:

1. If served overcooked steak, do not ask the server ”What was this animal originally?”

2. The long fork on the plate’s left should never be used as a back scratcher.

3. Pass the rolls...do not throw them.

Yes, good manners are like a high-speed train. They can take you a long way if you stay on the right track.

To Advertise E-mail [ssabba@WoodsideHerald.com](mailto:ssabba@WoodsideHerald.com) or call 718-729-3772





SUNNYSIDE SHINES PRESENTS

# SUNNYSIDE COMMUNITY CULTURAL INITIATIVE

ENJOY MUSICAL & DANCING PERFORMANCES

**Live**

**EVERY THURSDAY**

**APRIL - SEPTEMBER**

40TH ST LOWERY PLAZA | 4:30 PM

46 ST BLISS PLAZA | 5:30 PM

FOLLOW US ON INSTAGRAM, FACEBOOK & TIKTOK: @SUNNYSIDESHINES

LEARN MORE



WWW.SUNNYSIDESHINES.ORG

NYCIA VELAZQUEZ

CLAIRE VALDEZ

JULIE WON

GIANARIS

## OPEN STREETS

# PEDESTRIAN PLAZA

Free Children's Books!

Lego building activities!

Live DJ!

**WOM**

NEW YORK CITY

**NYC** Small Business Services

careers' businesses' neighborhoods

**SATURDAY, JUNE 28TH**

**12PM - 5PM**

61ST STREET BETWEEN WOODSIDE & ROOSEVELT AVE

# GET FIT SUNNYSIDE

JUNE 25TH - JULY 9TH

ENJOY GREAT DEALS ON:

- FITNESS CLASSES
- DANCE CLASSES
- PERSONAL TRAINERS
- GYMS
- PHARMACIES
- HEALTH FOOD

SCAN FOR INFO



VISIT [SUNNYSIDESHINES.ORG](http://SUNNYSIDESHINES.ORG) FOR PARTICIPATING BUSINESSES

Follow us : @sunnysideshines

NYC Small Business Services

careers' businesses' neighborhoods

JULIE WON

SENATOR MIKE GIANARIS

CLAIRE VALDEZ

NEW YORK CITY COUNCIL

JULIE WON

COUNCIL MEMBER

NYC Parks


FREE POPCORN!

## FREE MOVIES UNDER THE STARS

ALL MOVIES START 15 MINUTES BEFORE SUNSET

BRING YOUR OWN BLANKETS AND CHAIRS

# THIS WEEK'S MOVIE IS...




**Lou Lodati Playground**

Inside Out 2

PG

June 27 2025

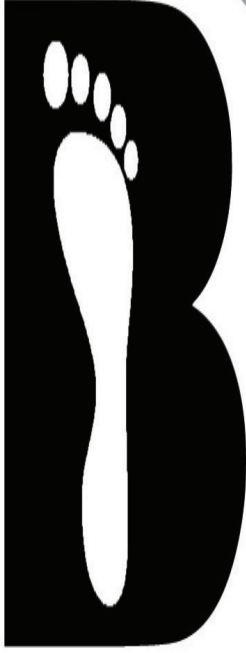


**Noonan Playground**

Mufasa: The Lion King | PG


June 28 2025





Dr. Richard Belli  
Podiatrist

*“My specialty is Podiatry.  
That is Podiatric Medicine,  
Surgery and Orthopedics.”*



**Hours**

Tues.	10-7
Thurs.	12-7
Wed. / Fri. / Sat.	10-5

50-10 Skillman Ave., Woodside, NY  
**718-672-3421**  
[www.drbelli.com](http://www.drbelli.com)



**First Responders  
Need Mental Health  
Support**

**CARES UP Can Help!**

**LEARN MORE**



Office of  
Mental Health



NY  
Suicide  
Prevention  
Center  
of New York State



NY CARES UP  
Strengthening Resiliency & Wellness  
for Uniformed Personnel



**MONTHLY WORKSHOP  
SCHEDULE**

JULY

2025

**01**  
TUESDAY

HOUSING CONNECT  
10AM - 4PM | 51-23B QUEENS BLVD.

**08**  
TUESDAY

1:1 LEGAL CONSULTATION  
10AM - 4PM | 51-23B QUEENS BLVD.

**15**  
TUESDAY

BENEFIT SERVICES WORKSHOP  
10AM - 4PM | 51-23B QUEENS BLVD.

**ALL WORKSHOPS  
REQUIRE AN APPOINTMENT**

**(718) 476-8449**  
**INFO@WOODSIDEONTHEMOVE.ORG**



**SAVE Q32  
BUS STOP**

**Save Our Bus Stop on 58th Street**

**LOCAL**

**Q32** Jackson Heights – Penn Station

CHANGES TAKE EFFECT AUGUST 31, 2025

The Q32 will mostly keep its current routing except for a minor change approaching the Queensboro Bridge in Queens.

Some stops have been removed.

EXISTING ROUTES  
Q32

CONNECTIONS

LIRR

B64 M1 M2 M3 M4 M5 M7  
M10 M15 SBS M101 M101A  
SBS M101A SBS M102 M102A  
M102 M102A M102 M102A  
Q32 Q32 Q32 Q32 Q32 Q32  
Q32 Q32 Q32 Q32 Q32 Q32  
Q32 Q32 Q32 Q32 Q32 Q32  
Q32 Q32 Q32 Q32 Q32 Q32

**163**

Verified signatures

Let's get to 175 signatures!

Petitions with 1,000+ supporters are 5x more likely to win!

**Take the next step!**

**Save Our Q32 Bus Stop!**  
Sign the Petition at:  
[www.change.org/p/save-our-bus-stop-on-58th-street](http://www.change.org/p/save-our-bus-stop-on-58th-street)



108th Community Council

# NATIONAL NIGHT OUT FOOD & BEVERAGE DONATIONS



Make a difference with your donation.

We are looking for food and beverages donations for **Night Out**. As always all council donations are used exclusively for the purpose of advancing public safety, quality of life, and police-community relations.



Checks are preferred and payable to the **108th Community Council**  
**Mail to:**  
108th Precinct  
547 50th Ave  
Queens, NY 11101  
Attention Community Affairs

This year’s National Night Out will be on Tuesday, August 5, 2025, 5:00 to 8:00 pm at Lou Lodati Park, Located On Skillman Avenue between 41<sup>st</sup> Street and 42<sup>nd</sup> Street

Contact Us:  
☎ 347-602-3616 – Diane Ballek  
☎ 917-670-4463 – Kevin Romero  
🌐 108communitycouncil@gmail.com





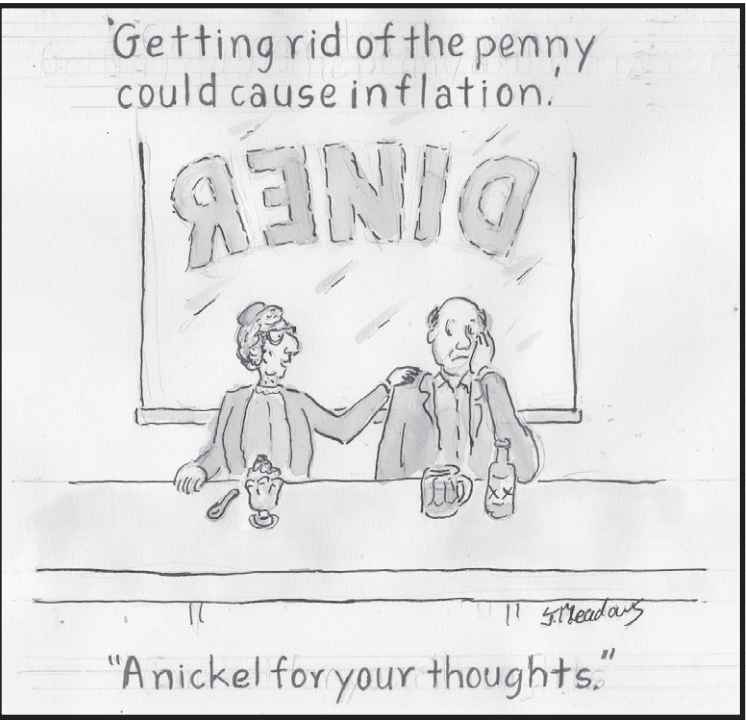
PROUDLY SERVING NEW YORK  
SHOOTING COMMUNITY SINCE  
1960  
NRA AFFILIATED RANGE  
MEMBER OF GREATER NEW YORK  
PISTOL LEAGUE

64-69 DRY HARBOR ROAD  
MIDDLE VILLAGE, NY 11379  
PHONE (718)326-7350  
[HTTP://STUYVESANTRODANDGUN.ORG](http://stuyvesantrodandgun.org)

**STUYVESANT  
ROD & GUN  
CLUB**

NYC Pistol or Rifle License required to become a member

Getting rid of the penny  
could cause inflation!



"A nickel for your thoughts."

# JAZZ NIGHT AT CHOWK WITH THE WOODSIDERS



**EVERY TUESDAY 8-11PM**

59-10 Woodside Ave, Woodside, NY 11377  
Live Jazz / Jam Session co-sponsored by KEYED UP!

No Cover / BYOF  
2 drinks minimum

Follow us on Instagram for updates  
@woodsiderscollective



# QUEENS UNDERGROUND

.ORG



## REPRESENTING QUEENS TO THE FULLEST






[Mosaiccommunitycenter.org](http://Mosaiccommunitycenter.org)  
43-01 46th Street,  
Sunnyside, NY

**Mon-Sat 9AM-5PM  
Food Distribution 10AM**

**MOSAIC COMMUNITY CENTER**

Food Distribution, Infant/Toddler Supplies, Hot  
Food, Pet Supply Drop & Pick Up




## HEAT SAFETY TIPS FOR SENIORS




### STAY COOL DURING NYC'S HOT MONTHS


**WHY IT MATTERS**

- Older adults are more vulnerable to extreme heat.
- NYC summers are getting hotter and longer.
- Heat-related illnesses are preventable.



### NYC RESOURCES

-  **CALL 311 OR VISIT  
[NYC.GOV/BEATTHEHEAT](http://NYC.GOV/BEATTHEHEAT)**
-  **VISIT LOCAL COOLING  
CENTERS AND ASK ABOUT  
COOL KITS**
-  **SIGN UP FOR NOTIFY NYC  
FOR HEAT ALERTS VIA 311.**



Recognize signs of heat illness

Stay cool, hydrated, and use city resources

Look out for each other

#### HOW HEAT AFFECTS SENIORS

- Reduced ability to regulate body temperature
- Chronic health conditions & medications increase risk
- Less likely to feel thirsty

#### SIGNS OF HEAT EXHAUSTION

- Heavy sweating, cold, clammy skin
- Nausea, dizziness
- Call 911 if have these symptoms

#### SIGNS OF HEAT STROKE

- Hot, dry skin
- Confusion, fainting
- Rapid pulse
- Call 911 if you have these symptoms

#### STAY SAFE

- Use A/C and fans
- Take cool showers; use cooling towels
- Visit NYC cooling centers
- Avoid strenuous activity

#### STAY SAFE

- Wear light colors & light & loose fabrics
- Take cool showers; use cooling towels
- Avoid going outside between 10a & 2p
- Hydrate! Hydrate! Hydrate! with water

#### CHECK ON EACH OTHER

- Call or visit friends and neighbors, especially those who live alone.
- Encourage hydration, rest, and share resources.



## NEW SCHOOL CROSSING GUARDS

- P.S. 150 and P.S. 343 The Children's Lab School have new crossing guards.

**JOB OPPORTUNITY**

- P.S./I.S. 78 and P.S. 384 Hunters Point Elementary School are looking for crossing guards.
- Visit [nyc.gov/site/nypd/careers/civilians/school-crossing-guard.page](https://nyc.gov/site/nypd/careers/civilians/school-crossing-guard.page) to learn more and apply.

## FREE ENGLISH CLASSES

Summer Session

July 1 - August 28

Monday-Thursday

9:00 am-12:00pm

Free in person Classes

Call|Text|WhatsApp|Email

[english@scsny.org](mailto:english@scsny.org)

347-635-9335



SUNNYSIDE  
COMMUNITY  
SERVICES


## SHINING STARS

Helping Special Needs Families  
Navigate The System

**\*DISCOVER SHINING STARS:  
Guiding Families with Special Needs\***


Are you navigating the complex world of special needs/  
Autism support?

At Shining Stars, we are here to help. With 40 years of  
personal experience, our dedicated team offers  
comprehensive guidance for  
families with special needs members from  
kindergarten age to adulthood.



**\*\*OUR SERVICES INCLUDE:\*\***

- Personalized support plans
- Advocacy and resource navigation
- Educational guidance and assistance
- Emotional and social support for families



Let us light the way for your family's journey.  
Join the Shining Stars community today and  
experience the difference expert care  
and genuine compassion can make.


CONTACT HOWARD: 917-972-5587, Daily 9a-5p  
EMAIL: [hlbrick@aol.com](mailto:hlbrick@aol.com)  
DONATIONS GREATLY APPRECIATED

Ask us  
about  
this!

## Free ACs for Essential Plan members with Asthma Symptoms

Applications should only take 5-10 minutes to complete and are processed on a first come, **first served basis until August 31st** while funding lasts. Applicants get an update on if the application was approved within two to three weeks.

### Eligibility





To qualify, you must submit an application for the Essential Plan Cooling Program and meet the following eligibility requirements.

- Be enrolled in NY State of Health's Essential Plan
- Have persistent asthma
  - Meaning you experience asthma symptoms such as shortness of breath, wheezing, coughing attacks, chest tightness, or chest pain much of the time or need a daily medication for asthma to control your symptoms
- Have not received a cooling unit in the past five years through the Home Energy Assistance Program (HEAP) Cooling Program.
- Request installation at the permanent residential address on file with NY State of Health
- Agree to program terms and conditions

Additional :  
New York State Home Energy Assistance Program (HEAP) is continuing to offer low-income households financial assistance towards purchasing an AC unit.

Scan for  
Application &  
Program  
Overview







NEW YORK CITY COUNCIL  
**JULIE WON**  
COUNCIL MEMBER



## FREE E-WASTE COLLECTION IN LONG ISLAND CITY



**Date:** June 28, 2025

**Where:** 5-25 46<sup>th</sup> Ave,  
Long Island City, NY 11101

**Time:** 11:00 a.m. to 1:30 p.m.

**Questions? Contact:**  
[recyclingevents@3x3.co](mailto:recyclingevents@3x3.co)

**For a full list of events and  
accepted items, visit:**  
[nyc.gov/RecyclingEvents](https://nyc.gov/RecyclingEvents)



Kristen  
Gonzalez  
QUEENS • BROOKLYN • MANHATTAN



CULTURE LAB  
LIC

Powered by:  **3 x 3**





Office of  
Mental Health

988

SUICIDE & CRISIS  
LIFELINE



kind  
to  
YOURSELF

Call: 988 | Text: 988

Chat: 988lifeline.org/chat

Create your own street parking  
network with your neighbors.

Street Parking Community App FREE!!



Download on the  
App Store

GET IT ON  
Google Play



 PARKED CAR

 LEAVING WITHIN 30 MINS

 OPEN SPACE



MOSAIC  
CHURCH



SCAN ME FOR  
DIRECTIONS



MOSAIC  
COVENANT  
CHURCH



FREE FOOD PANTRY

MOSAIC COMMUNITY CENTER

43-01 46TH ST

DONATIONS ARE GREATLY  
APPRECIATED

MON-FRI

5-8PM

FOOD  
BANKS



Let's Help Feed  
New Yorkers who  
Need it the Most

To find a food bank in your area visit:

bit.ly/Food-Bank-Locator



Deanery Queens<sup>2</sup>

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](http://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



To Advertise E-mail [SSabba@WoodsideHerald.com](mailto:SSabba@WoodsideHerald.com) or call 718-729-3772