

WOODSIDE HERALD

SERVING SUNNYSIDE-WOODSIDE AND LONG ISLAND CITY

VOL. 92 NO. 34

WOODSIDE, L.I.C., N.Y. FRIDAY, AUGUST 29, 2025

FREE



Stay at least five giant steps away from the curb.
Always wait until the bus comes to a stop.
Face forward after finding a seat.
Exit the bus and look left-right-left for cars before crossing a street.

STUDENTS RETURN TO SCHOOL WITH COMMUNITY STRENGTH AND CLEAR FOCUS

This Wednesday, September 4, marks an exciting return to school for students across Astoria, Long Island City, Sunnyside, and Woodside. With backpacks ready, community support on display, and new classroom guidelines in effect, the atmosphere in Community Board 2 is hopeful and uplifting.

Woodside's Woodside on the Move upheld its annual tradition, distributing free backpacks throughout the neighborhood and reinforcing a local culture of support and care. Meanwhile, Sunnyside families visited the Sunnyside Library on August 19 for a community backpack giveaway that ensured students of all ages would begin school with pride and preparation. Long Island City High School hosted its own Backpack and School Supplies Giveaway on the same day, welcoming students and families to collect essentials and spark excitement for the school year ahead.

In Astoria, hundreds of families gathered on August 20th at Newtown Avenue to receive over 250 free backpacks filled with school supplies, food, and resources. The event, powered by NYPD Community Affairs, nonprofit partners, and backed by the Queens Borough President's office, was a shining example of collaboration across public and community organizations.

These events offer more than just supplies—they foster connections. As children shared their first-day excitement, parents and volunteers found moments to connect and support one another, reinforcing the powerful sense of community that defines Queens.

Adding another layer of thoughtful change, this school year includes a borough-wide cellphone restriction policy. Students are now asked to keep phones stored away during instructional time to reduce distractions and encourage deeper engagement. Teachers and parents across the district are optimistic that this shift will foster more participation, conversation, and focus in the classroom.

As yellow buses roll through Queens Boulevard and families wave at school entrances, the community's strength is clear. Armed with backpacks, community spirit, and a renewed commitment to presence and learning, students in Astoria, Long Island City, Sunnyside, and Woodside are stepping into the school year ready to thrive.

ADULTS RECONNECTING TO COLLEGE

As community colleges throughout New York State begin their fall 2025 classes this week, Governor Kathy Hochul welcomed SUNY and CUNY Reconnect adult students who are pursuing free community college degrees in high-demand fields. Under Governor Hochul's SUNY and CUNY Reconnect initiative, New York State will provide free tuition, fees, books and supplies for adults ages 25-55 who do not already have a college degree and are pursuing an associate degree in a high-demand field.

"The cost of going to college should never stand in the way of any New Yorker achieving their personal and professional dreams," Governor Hochul said. "SUNY and CUNY Reconnect represent another important step forward in ensuring that quality education remains affordable and accessible for any student who is looking to fill key roles in fast-growing, good-paying fields throughout New York State."

SUNY and CUNY Reconnect now makes it possible for eligible adult students, ages 25-55, to pursue degrees in high-demand fields for free at all SUNY and CUNY community colleges. The response has been overwhelmingly positive with over 16,500 adult learners applying throughout the State. SUNY and CUNY Reconnect will fund degrees in high-demand fields including:

* Advanced manufacturing

* Artificial Intelligence

* Cybersecurity

* Engineering

* Technology

* Nursing and allied health fields

* Green and renewable energy

* Pathways to Teaching in shortage areas

In addition to SUNY and CUNY Reconnect, the FY26 Enacted Budget provides \$13 million in increased operating aid to community colleges — the first back-to-back operating aid increases for these institutions since the pandemic — and maintains the 100 percent community college funding floor, which protects community colleges from \$124 million in lost direct state tax support.

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NEW OFFICES:
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718-729-3772

email: ssabba@woodsideherald.com

writers
wanted

VOLUNTEER POSITION

WOODSIDE HERALD

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WHEN YOUR FRIENDS DON'T UNDERSTAND YOUR MENTAL HEALTH CONDITION

by Stan Popovich

Do you struggle with your mental health and have a difficult time in getting the people you know to be more understanding? In some cases, your colleagues might give you a hard time regarding your anxieties and depression. As a result, here are seven suggestions on how to deal with the people you know regarding your mental health issues.

1. **Listen to the professionals and not your friends:** Your peers may mean well, but when it comes down to it, the professionals are aware of your circumstances more than anyone. A counselor knows what you are going through and can help you deal with your problems. When you have questions about your mental health, consult with a therapist.

2. **Don't argue with others:** It is important that you do not get into arguments with those who are giving you a rough time. Your number one priority is to get relief from your anxieties. It is not your job to worry about how others may view your circumstances. Your health is more important than what other people may think.

3. **Your goal is to get better:** Concentrate on how you can face your fears and anxieties. Don't waste your time arguing with your colleagues who are giving you a difficult time. This isn't a public relations event where you need to get approval from everyone. This is your life and you are the one suffering. Your main focus is to get better.

4. **Tell your friends to learn about your situation:** Explain to your peers that the best way for them to help you is to learn about your mental health issues. They could talk to a counselor, read some good books, or join a support group to better understand your situation. If your friends won't make an effort, then stay away from them because they will only make things worse.

5. **Distance yourself from those who give you a difficult time:** Distance yourself from those who won't make an effort to help understand what you are going through. You need to surround yourself with positive and supportive people. If you have problems or issues with a particular person, you can always ask a counselor for advice.

6. **You are not alone:** It can be very frustrating to manage your fear related issues when the people you know are on your case. Remember, you are not alone. There are millions of people around the world who struggle with their fears, anxieties, and depression. The key is to find those people who can relate to you through various organizations in your area.

7. **Join a local mental health support group:** There are many mental health awareness support groups in your area. Many hospitals, churches, and counselors in your area will be able to provide you with a list of these organizations. These groups will be aware of your situation and can give you additional advice regarding your problems.

In addition, talk to a professional who can help relieve your depression and anxieties. They will be able to provide you with suggestions and insights on how to deal with your current problem.

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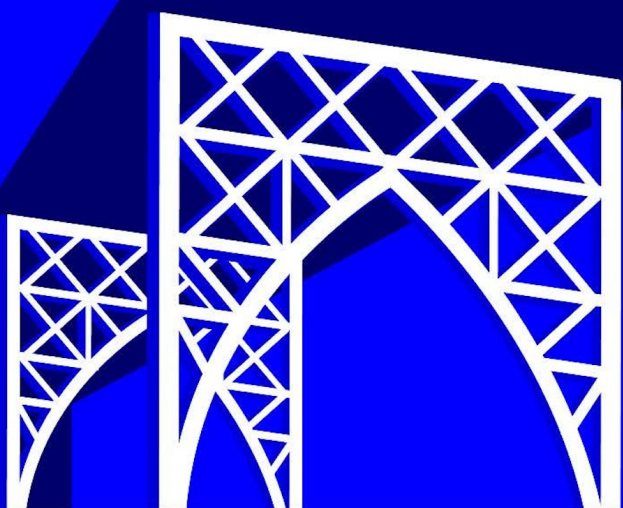
ARE PEOPLE MORE OUTSPOKEN TODAY?

by Rix Quinn

Not long ago I saw a survey that said people are more outspoken than they used to be. So last month — accompanied by a recorder, my friend George and his dog Gopher — we conducted our very own poll. Completely on impulse (Impulse is a street near our house), we asked ten people “Are folks more outspoken today than they were ten years ago?” Here’s what they said:









One little boy answered: “How should I know? I’m only eight.” A man in a funny hat said, “Absolutely...and so are the residents of my planet.” One lady told me I would look better if I trimmed my eyebrows. I had trimmed them that morning. Two guys asked me where I worked, and if there was an opening. One woman tried to buy the dog, but changed her mind when George wouldn't take a credit card. A young couple locked in a passionate embrace didn't hear our question. Nor did they hear the policeman who ordered them to “turn down the heat.” And one guy asked the dog's name. When we told him, Gopher, he said “Stupid name for a dog.”

We concluded with a phone survey. Again on Impulse – where I get a good cell signal — I called ten numbers. Four said “yes,” five hung up on me, and one psychic boldly predicted our survey would fail. Is that rude, or what?



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FIND LINK ALSO IN OUR BIO OR ON INDEED.COM

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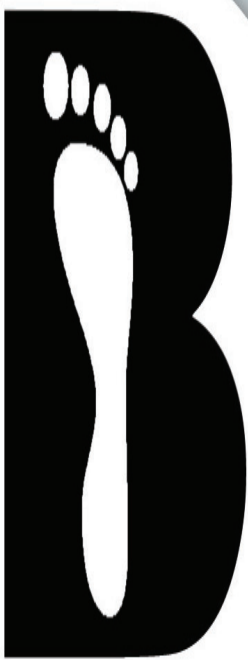
SUNDAY



4PM-9PM




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Hours

Tues.	10-7
Thurs.	12-7
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SUNNYSIDE SHINES PRESENTS

15TH
TASTE OF



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RESTAURANT CRAWL



SUNDAY, OCTOBER 12
1 PM- 7 PM

**COMMUNITY BOARD 2
MONTHLY MEETING**

In Person & Hybrid Zoom
**SEPTEMBER 4TH,
6:30 PM**

Join Zoom Meeting
[https://us02web.zoom.us/j/86177007537?
pwd=HaHJq54bQhvZcMFwKzgflbP9ttOdb3.1](https://us02web.zoom.us/j/86177007537?pwd=HaHJq54bQhvZcMFwKzgflbP9ttOdb3.1)



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Office of
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LOCAL FOOD
ART VENDORS
COMMUNITY RESOURCES**

**SATURDAY
SEPT, 27 2025
10 AM - 6 PM**

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Shine





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Sunnyside Jewish Center

Sunday, September 7th

9:00am – 3:00pm






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DATES
~~Monday, August 25~~
Thursday, August 28
Friday, August 29

TIME
3:00 PM – 6:00 PM

MEETING POINT
Cosmopolitan on 46th & 47th Street

Sign me up! [HTTPS://TR.EE/HRA-DMDU9L](https://tr.ee/HRA-DMDU9L)



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Woodside

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EMAIL: hlbrick@aol.com

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If you need support or have questions, call the numbers listed below. Telephone lines are open 24 hours a day, seven days a week. **You are not alone. We're here to help.**

QDA Domestic Violence Helpline


(718) 286-4410

NYC Domestic Violence Hotline

(800) 621-HOPE

The QDA Elder Abuse Project provides services for victims of domestic violence who are 60 years or older. Contact (718) 286-6562 or ElderAbuse@queensda.org for assistance.

If you have access to the internet but cannot make a telephone call: <https://safehorizon.org/safechat/> is available Monday - Friday from 9:00AM to 6:00PM



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www.SaintTeresaChurch.org

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718-278-8114 - Office
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<http://CCWoodsideNY.org>

St. Raphael
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718-729-8957 - Office
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Saturday 1:30PM to 3:00PM
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For more information on
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Click on [Deanery Q2](#)
Or Use the QR Code



www.DeaneryQ2.org

