

# WOODSIDE HERALD

SERVING SUNNYSIDE-WOODSIDE AND LONG ISLAND CITY

VOL. 92 NO. 31

WOODSIDE, L.I.C., N.Y. FRIDAY, AUGUST 8, 2025

FREE



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**WOODSIDE HERALD**

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Telephone (718) 729-3772

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# FACING THE FEAR AND ANXIETY OF THE UNKNOWN

by Stan Popovich

Almost everybody worries about what will happen in the future. The prospect of not knowing if something good or bad will happen can produce a lot of fear and anxiety. As a result, here are seven ways on how to deal with the fear of the unknown.

1. **No one can predict the future with one hundred percent certainty:** Even if the thing that you fear does happen there are circumstances and factors that you can’t predict which can be used to your advantage. 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 the day before. 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. When the time comes, hopefully you will have learned the skills to deal with your situation. You can also use the help of God to get through each day.

3. **Use Self-Visualization:** Sometimes, we can get anxious over a task that we will have to perform in the near future. When this happens, visualize yourself doing the task in your mind. For instance, you have to play in the championship volleyball 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.

4. **Take a break:** Take a deep breath and try to find something to do to get your mind off of your anxieties and stresses. A person could take a walk, listen to some music, read the newspaper, watch TV, play on the computer, or do an activity that will give them a fresh perspective on things. This will distract you from your current worries.

5. **Challenge your negative thinking with positive statements and realistic thinking:** When encountering thoughts that make you fearful or depressed, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. Focus on the reality of your situation and not on your thoughts.

6. **Worrying can make the problem worse:** All the worrying in the world will not change anything. All you can do is to do your best each day, hope for the best, and when something does happen, take it in stride. If you still have trouble dealing with the fear of the future, then talking to a counselor or clergyman can be of great help.

7. **Get some help:** Sometimes, it helps to be able to talk to someone about your stressful situations. Talking to a trusted friend, counselor, or clergyman can give you additional advice and insights on how to deal with your current problem. In time, you will become better able to deal with the fear of the unknown.

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# MY RETURN TO FASHION

by Rix Quinn

All my life, I’ve found it hard to resist a good bargain. So, the pandemic a few years ago briefly curtailed my excellent purchasing decisions. I was always out in the stores, shopping for the latest in exercise equipment, self-help videos, or ideas to impress my supervisors. I really liked clothes. At work, I usually wore nice khakis and a golf shirt that made me look semi-cool. I shopped both in-store and online. Truth is, I wanted to look better than I actually am. I believe in that old saying, “If you don’t have a good act, you better wear a good costume.”

But my shopping stopped when in-office activities got cancelled temporarily. Instead, my company scheduled a series of daily video conferences. So, I had to adjust to just looking great above the waist. I positioned my home office in a small storage space. I put a bookcase behind my chair, so viewers would think I had actually read those books. But each day at home my physical appearance descended closer to Hades. First, I quit shaving my scraggly beard. I looked like a guy who fell face-first onto grass clippings. I started wearing sweatshirts with the sleeves cut off. I bought two pairs of gray sweatpants, which I alternated every other week.

One day a cousin came for a social visit, and suddenly appeared at my storage room desk. He said he found me by the smell. But eventually we returned to the office. I’m showering every other day now, and my wife says I look almost normal again. Truthfully, my socks don’t match every day. But that’s a style choice.





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CORONA PLAZA  
BACKPACK GIVEAWAY

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Monday, August 11, 12pm

BACK TO SCHOOL GIVEAWAY AND BIKE JAMBOREE AT QUEENS BOROUGH HALL

with Raising Cane's, Community Districts 28, Community Board 6.

Wednesday, August 13, 1pm

MASPETH BACKPACK GIVEAWAY

with Assembly Member Steven Raga

Saturday, August 23, 10am

55-19 69th Street, Maspeth, NY 11377

RSVP at [bit.ly/amragaevents](https://bit.ly/amragaevents)

COLLEGE POINT BACKPACK GIVEAWAY AT ST. FIDELIS CHURCH PARKING LOT

with Council Member Vickie Paladino, A Better College Point Civic Association, and the Coastal Preservation Network.

Saturday, August 23, 11am

FLUSHING BACKPACK GIVEAWAY AND YOUTH BASKETBALL CLINIC AT MAURO PLAYGROUND

with Madison Square Garden, Garden of Dreams Foundation, New York Knicks and the International Union of Journeymen and Allied Trades.

Saturday, September 6, 12-2pm

For more information, contact Kahleel Bragg at [kbragg@queensbp.nyc.gov](mailto:kbragg@queensbp.nyc.gov). This event is for children 6-14 years old. They will need to sign a waiver to participate in the clinic.

SOUTH OZONE PARK BACKPACK GIVEAWAY AT JHS 226

with Community Education Council District 27, the Queens Public Library and the Child Center of New York.

Thursday, August 28th, 12pm

BAISLEY POND PARK BACKPACK GIVEAWAY

Saturday, August 30, 1pm

RSVP at [tinyurl.com/Baisleybacktoschool](https://tinyurl.com/Baisleybacktoschool)

HOLLIS PLAYGROUND BACKPACK GIVEAWAY

with Adidas, Darryl "DMC" McDaniels, the Jam Master Jay Foundation, the Try Love Foundation and Black Mothers Speak.

Sunday, August 31, 11am

Students must be present with a parent or guardian to receive a backpack. Backpacks will be distributed on a first come, first serve basis while supplies last. One backpack per student.



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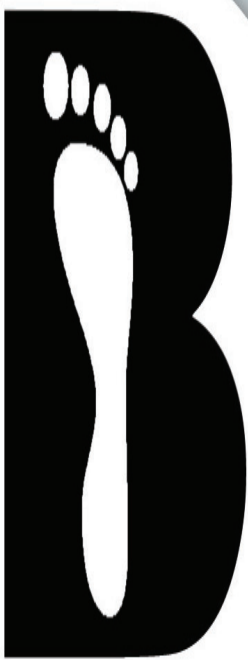
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# GEAR UP TO RIDE

by Cyclo Pete

Greetings Woodsiders! We’ve been talking a lot about riding lately, on how to get to and from places. But today let’s talk a little bit more about a bike’s components. Much like you would choose the right tool for a job, there are different choices for bikes as well. So let’s learn a bit about the different gearing systems on most bikes!

**The Simple Basics**

At the simple end is a bike without a gearing system. Some would argue that the fixed gear bike is the purest expression of a bike because of the direct ratio of effort to movement. But keep in mind that “fixies” can be dangerous to ride in traffic because you need to manually bring your pedals to a halt. A single speed freewheel bike allows you to coast once you’ve reached a speed and can use a normal braking system that is more efficient. If you only ever need to bike short and mostly flat distances, a single speed system might be for you!

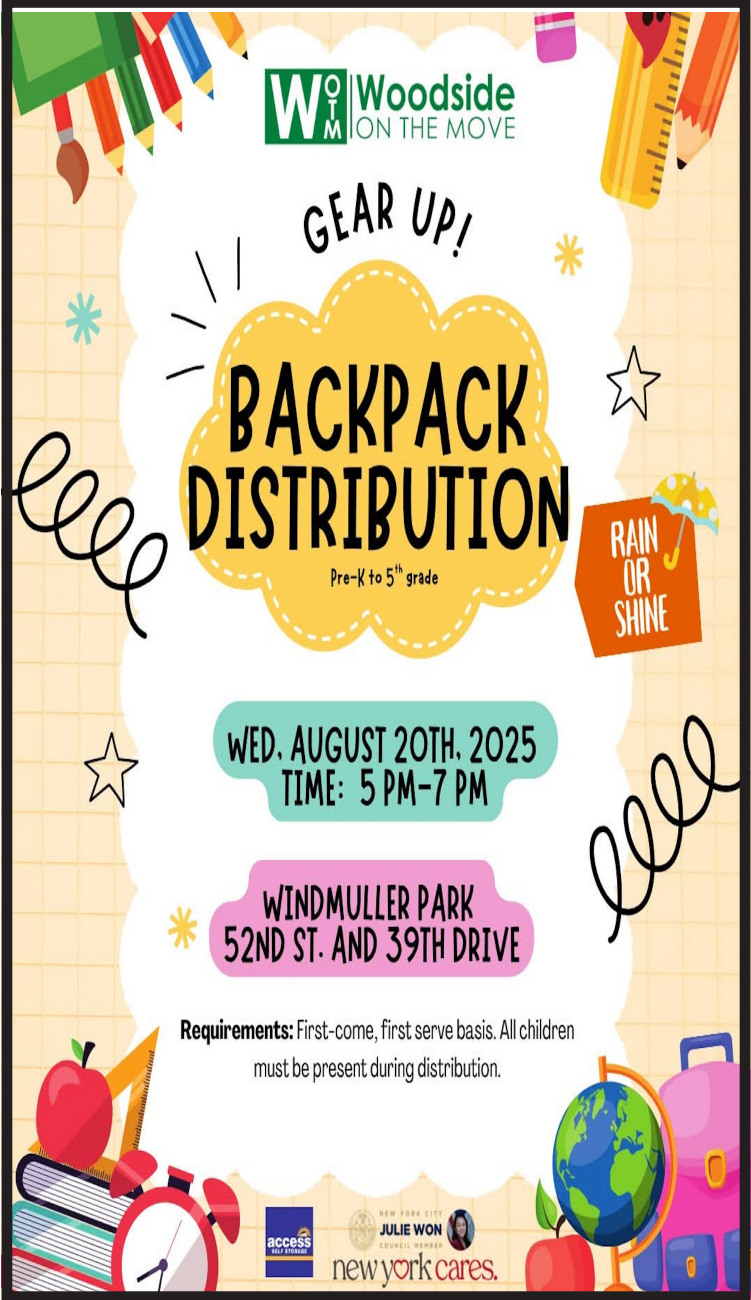
**The No-Fuss Internal**

A similarly durable gearing system can be found in an internal gearing hub. Once considered outdated, the humble hub has made a recent comeback because of the exploding popularity of bike share systems. The internal hub is a rock solid gearing system built to last with minimal maintenance and usually comes in 3, 5, or 7 speeds. But be warned that when the hub fails, the repair is not straightforward and can be costly. If you need to store your bike in a crowded bike room, this might be a great choice for you.

**The External Marvel**

The derailleur, an external gearing system, is one of the great inventions in the history of cycling. It allows for an incredible range of speeds and applications for all types of cycling uses. Its complexity lends itself to sporting use where riders can train to ride for speed. But beware its fragility and be careful in storing a bike with a derailleur. If you’re interested in fitness and riding long distances, look here.

If you’re in the market for a bike, or are even renting one for a few hours, keep your gearing system in mind. You wouldn’t use a manual Citi Bike to get out to the Rockaways and you might not need a fancy bike to get to the waterfront. Biking is about balance. So gear up, and ride safe, Woodside!



**W M Woodside**  
ON THE MOVE

**GEAR UP!**


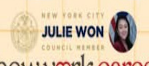

**BACKPACK DISTRIBUTION**  
Pre-K to 5<sup>th</sup> grade

**RAIN OR SHINE**

**WED. AUGUST 20TH. 2025**  
TIME: 5 PM-7 PM

**WINDMULLER PARK**  
52ND ST. AND 39TH DRIVE

**Requirements:** First-come, first serve basis. All children must be present during distribution.







# Blood Drive

## Sunnyside Jewish Center

Sunday, September 7<sup>th</sup>

9:00am – 3:00pm

Busmobile

40-20 47<sup>th</sup> Ave, Sunnyside, 11104

### Prepare to donate



Eat well and hydrate



Bring a photo ID



Feel good and symptom free



Must be 17+ or 16 with parental consent form



Meet minimum weight requirements

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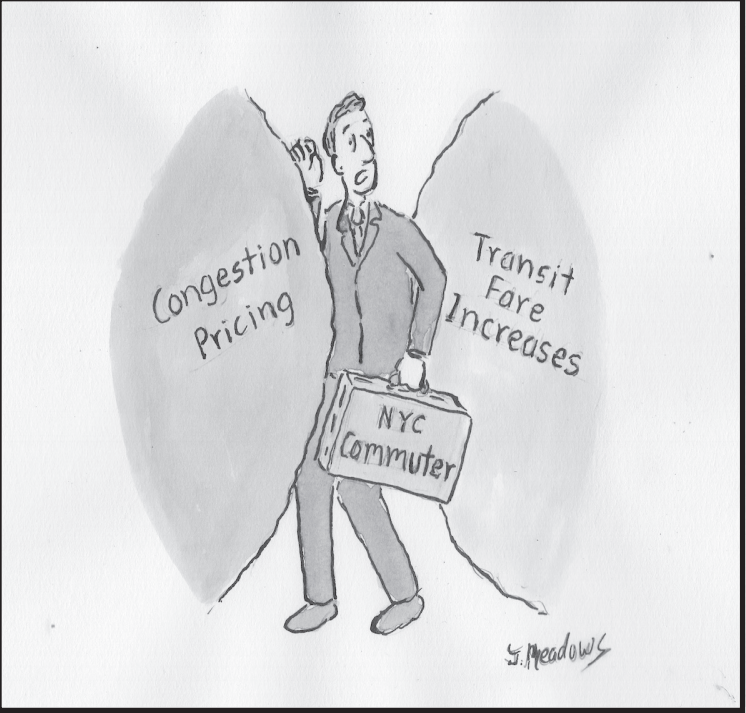


**Catherine "Cay" Fitzgerald Volpe** (1936-2025) grew up in New Rochelle, NY. She attended St. Gabriel H.S. and Hunter College. She remained at her "summer job"

# Obituary

at TIAA CREF for 44 years, advancing through the ranks in human resources, a career path that was rare for women at the time. She wrote the maternity leave policy for the company while on maternity leave in 1971, as the second woman to return to work after having a baby. Starting in 1964, Cay and her husband Al resided in Woodside, Queens, on 39th Drive in Berkeley Towers, where she served on the Board as President, Vice-President,

and Treasurer. She was active in the community, both in Kiwanis and by serving multiple elected terms on the District 30 School Board. Cay moved to White River Junction, Vermont, in 2020. Cay was predeceased by her husband Alphonse "Al". She is survived by her daughter and son-in-law: Alison Volpe Holmes and Michael Holmes of Etna, NH; four grandchildren: Maya, Luke, Ian, and Nora; and 18 nieces and nephews.



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**Ready**

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**Wait**

Use designated waiting areas during off-peak hours.




**Ride**

Ride in the conductor's car during off-peak hours.




**Walk**

Wait and walk close to the wall.




**Stay Alert**

Be aware of your wallet/purse to avoid a pickpocket




**Sit**

Sit in the center of the car, away from the door, to avoid a purse or chain snatch.




**Awake**

Stay awake and aware and exit with the crowd.




**Jewelry**

Cover jewelry; turn stone rings toward the palm side of your hand.




**Sidewalk**

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**Sit in Front**

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SUPREME COURT OF THE STATE OF NEW YORK  
COUNTY OF QUEENS  
INDEX NO. 702399/2025 Date Filed: 06/17/2025  
SUPPLEMENTAL SUMMONS  
Plaintiff designates QUEENS County as the place of trial. The basis of venue is: The location of real property being foreclosed. BANK OF AMERICA, N.A., Plaintiff, against BOBBIE SOLOMON, AS EXECUTRIX AND HEIR OF THE ESTATE OF LONNIE BALDWIN A/K/A LONNIE L. BALDWIN; JACKIE BALDWIN, AS HEIR OF THE ESTATE OF LONNIE BALDWIN A/K/A LONNIE L. BALDWIN, if they be living and if they be dead, the respective heirs-at-law, next-of-kin, distributees, executors, administrators, trustees, devisees, legatees, assignees, lienors, creditors and successors in interest and generally all persons having or claiming under, by or through said defendant(s) who may be deceased, by purchase, inheritance, lien or inheritance, any right, title or interest in or to the real property described in the Complaint; SHARON MOORE, AS HEIR OF THE ESTATE OF LONNIE BALDWIN A/K/A LONNIE L. BALDWIN; GREGORY BALDWIN, AS HEIR OF THE ESTATE OF LONNIE BALDWIN A/K/A LONNIE L. BALDWIN; BRENDA BONDS, AS HEIR OF THE ESTATE OF LONNIE BALDWIN A/K/A LONNIE L. BALDWIN; HOUSEHOLD FINANCE REALTY CORPORATION OF NEW YORK; NEW YORK CITY TRANSIT ADJUDICATION BUREAU; UNITED STATES OF AMERICA INTERNAL REVENUE SERVICE; NEW YORK STATE DEPARTMENT OF TAXATION AND FINANCE; and "JOHN DOE No. 1" through "JOHN DOE No. 100" inclusive, the name of the last 100 defendants being fictitious, the true names of said defendants being unknown to plaintiff, it being intended to designate fee owners, tenants or occupants of the liened premises and/or persons or parties having or claiming an interest in or a lien upon the liened premises, if the aforesaid individual defendants are living, and if any or all of said individual defendants be dead, their heirs at law, next of kin, distributees, executors, administrators, trustees, committees, devisees, legatees, and assignees, lienors, creditors and successors in interest of them and generally all persons having or claiming under, by, through, or against the said defendants named as a class, of any right, title, or interest in or lien upon the premises described in the complaint herein., Defendant(s). To the above named Defendants: YOU ARE HEREBY SUMMONED to answer the complaint in this action and to serve a copy of your answer, or, if the complaint is not served with this summons, to serve a notice of appearance on the plaintiff's attorney(s) within 20 days after the service of this summons, exclusive of the day of service (or within 30 days after service is complete if this summons is not personally delivered to you within the State of New York); and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the complaint. NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME If you do not respond to this Summons and Complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending a payment to your mortgage company will not stop this foreclosure action. YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT. The foregoing summons is served upon you by publication pursuant to an order of the Honorable Kevin J Kerrigan, a Justice of the Supreme Court of the State of New York, Queens County, granted on the 5th day of June, 2025, and filed with the Complaint and other papers in the office of the County Clerk of Queens County. The object of this action is to foreclose a consolidated mortgage upon the premises described below, executed by LONNIE BALDWIN to BANK OF AMERICA, N.A., bearing date June 23, 2009 and recorded in CRFN: 2010000053972 in the County of Queens on February 17, 2010. Said premises being known as and by 10015 203rd Street, Hollis, NY 11423, bearing tax map designation Block: 10870 Lot: 60, which is more fully described in the Schedule "A" attached to the Complaint. Aldridge Pite, LLP, Attorneys for the Plaintiff, 40 Marcus Drive, Suite 200, Melville, NY 11747 File 1092-13447B 7/11/25, 7/18/25, 7/25/25, 8/1/25





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