

WOODSIDE HERALD

SERVING SUNNYSIDE-WOODSIDE AND LONG ISLAND CITY

VOL. 93 NO. 37

WOODSIDE, L.I.C., N.Y. FRIDAY, SEPTEMBER 11, 2026

FREE



September 11, 2001

Published by the National September 11 Memorial & Museum

In the unconscionable, in the unspeakable, in the unbearable
please embrace these dust-coated, red remains.

Let us lift them high as prayer into our heavens.

Let us cleanse them free as spirits with our hearts.

In the smoke, in the sorrow, in the shock

please accept these sterile, white scraps.

Let me wrap them tight as love around your wounds.

Let me wipe them quiet as compassion on your tears.

In the aftermath, in the anger, in the adversity

please contemplate these endless blue banners.

Let them surround us pure as sky throughout our world.

Let them cool us calm as conscience to true peace.

Here in the red fire of renewal,

here in the white clouds of hope,

here in the blue harbor of liberty,

we join our forefathers in unity, solemnity, and action.

Attorneys – at – Law

MARC CRAWFORD LEAVITT

PAUL E. KERSON

TALI B. SEHATI

APRIL DEDELY MIRANDA, PARALEGAL

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All Saints Church 43-12 46th Street Sunnyside

WOODSIDE HERALD

718-729-3772

email: ssabba@woodsideherald.com

writers wanted

VOLUNTEER POSITION

WOODSIDE HERALD

Sunnyside, NY 11104

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TEST ANXIETY STRATEGIES: TIPS TO CALM & SUCCEED ON EXAMS

by Stan Popovich

Test anxiety can make it difficult to think clearly and perform at your best during exams. Learning simple strategies to stay calm can help improve focus and boost confidence.

How Can You Reduce Test Anxiety Before an Exam?

You can reduce test anxiety by preparing early, developing healthy study habits, practicing relaxation techniques, maintaining a consistent routine, and using strategies to stay calm during the exam. Recognizing anxious thoughts and responding with practical steps can improve focus, confidence, and test performance.

What Is Test Anxiety and Why Does It Happen?

Feeling nervous before a test is normal, but exam anxiety can show up as racing thoughts, butterflies in your stomach, or fear of failing—and in intense cases, it may trigger a racing heart, shortness of breath, or trouble concentrating.

How Does Test Anxiety Affect Students?

A little nervousness before a test is normal and can even sharpen your focus. But when anxiety feels overwhelming, it can take over your thoughts, make it hard to remember what you’ve studied, or interfere with finishing the exam.

Recognizing your level of anxiety is the first step in responding in the moment. This awareness helps you break the cycle of fear, stay grounded, and approach the test with confidence.

Can Learning Disabilities Increase Test Anxiety?

Learning disabilities such as ADHD or dyslexia can increase test anxiety. Students with documented disabilities are entitled to accommodations—like extra time, quiet spaces, or alternative formats—that can reduce stress and improve performance.

What Are the Signs of Test Anxiety?

Common signs of exam anxiety can appear in your mind, body, and emotions. Mentally, you might experience racing thoughts, self-doubt, or fear of failure. Physically, anxiety can trigger headaches, stomach aches, nausea, a racing heart, or sweating. Emotionally, you may feel hopeless, irritable, or unusually worried.

By noticing how anxiety shows up for you, you can take proactive steps—grounding yourself, using coping strategies, or seeking support—before stress takes control and affects your performance.

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QUINN MINUTE – HEALTH ASSESSMENT

by Rix Quinn

Let me be frank with you...although Frank is not my name. I am a hypochondriac, and I have been since childhood. My dad – who lived to be 102 – was also a hypochondriac, and that contributed to his longevity. He claimed that “Feeling good may be the first sign of feeling bad.”

I was surprised when I got a call from a company offering me a free health assessment. I go to several doctors each year, but I can never tell when a specific body part will need special attention. I agreed to the offer. The lady started out by asking general questions, like age, height, and weight. Then I asked her my first question. “What is the typical state of health for a male my age?” “Easy answer,” she said. “It’s somewhere in the range between ‘declining’ and ‘comatose.’”

She then asked me about my daily lifestyle and habits. I do not drink or smoke, eat too much, stay out late, run around with party people, pat wild or rabid animals, engage in contact sports, or jump out of planes. Each day, every day, I am a colossal bore. Once one of my cousins came over for dinner, and she fell asleep in her soup bowl while I discussed my collection of rocks in the shape of animals.

At the end of the survey, the lady told me I could expect to live at least ten more years. She offered me the chance to sign up for a diet and fitness plan. But I declined. I am extremely satisfied with my current life, and I don’t believe in changing anything but the daily calendar pages and my bed sheets.

QRHIP

★ The Queens
United Intl. Party

3:00 SOMER SUAREZ
3:30 GAMELAN YOWANA SARI
4:00 CONJUNTO LOS CHACHOS
W/ DANCE INSTRUCTION
5:00 PEACE SIGN
5:30 LULADA CLUB
6:30 YASNA VOICES
7:00 BOMBAY RICKEY
8:00 FOGO AZUL
8:30 SUPER YAMBA BAND

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FOOD TRUCKS, & FUN!

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SAT 9/19
3PM - 10PM

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THE PUBLIC

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September 21 - November 25, 2026

Anyone is welcome!
Levels: Low Beginner - High Intermediate

Sessions:
☀ Mon - Thurs, 9:00 AM-12:00 PM
🌙 Mon - Thurs, 6:00 PM-9:00 PM

📍 Sunnyside Community Services
43-31 39th St, Sunnyside, NY 11104

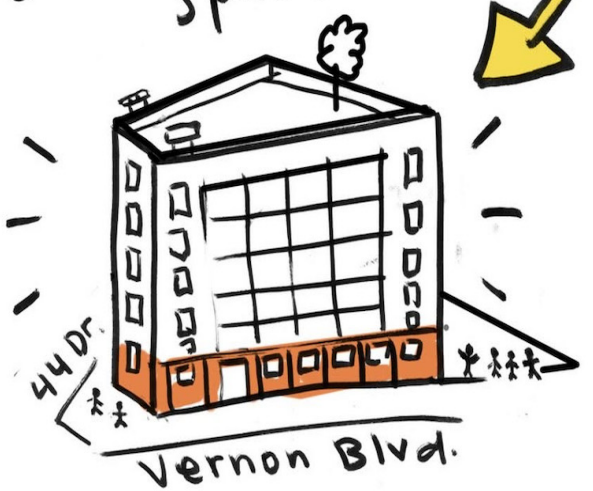
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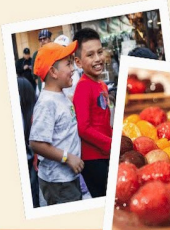


For information email: info@wqclt.org

Woodside
ON THE MOVE

50
FIFTY YEARS

SAVE THE DATE



Woodside Queens Fall Festival

09/12/2026
SATURDAY | 10AM-6PM

SEPTEMBER

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27			

For More Information
www.woodsideonthemove.org



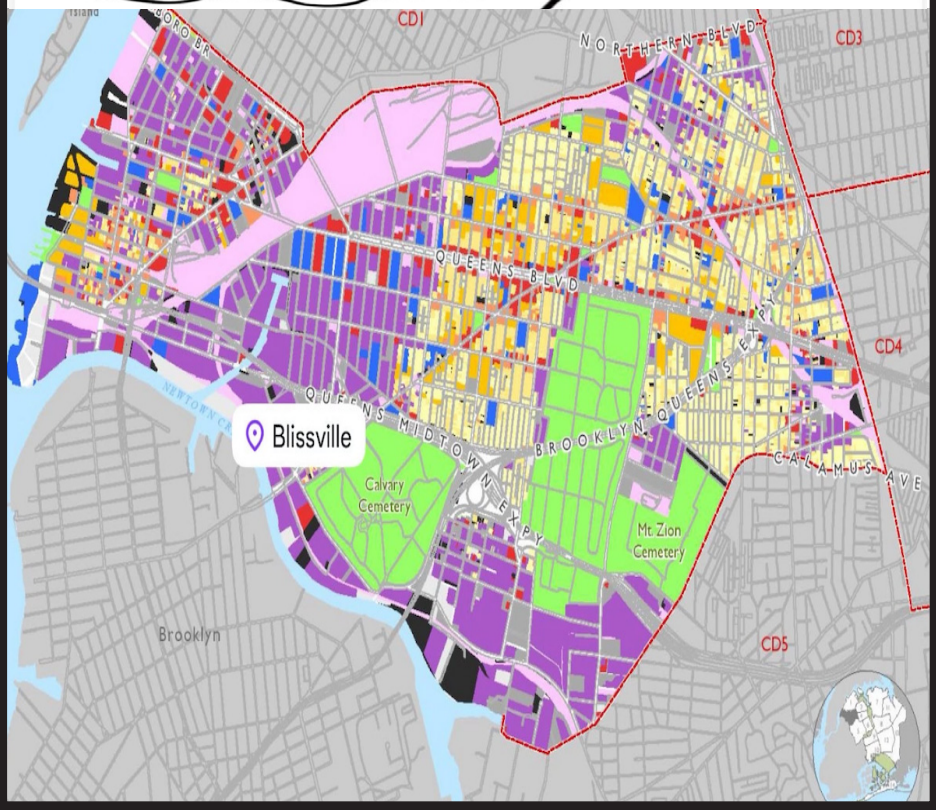
YOUR VOICE MATTERS

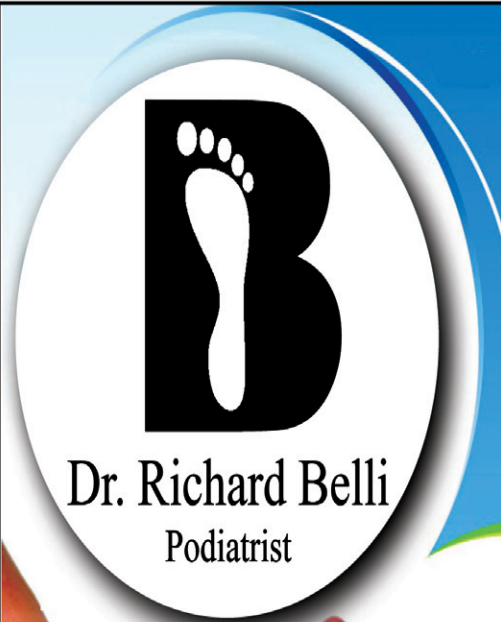
Queens Community Board 2 Annual District Needs Survey



Take the Survey:
Scan the QR code or visit:
tinyurl.com/CB2Survey2026
Questions? Contact
qn02@cb.nyc.gov

Help shape the future of our district! Your input on local priorities guides how city resources are allocated to our community.





Dr. Richard Belli
Podiatrist

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



Hours

Thurs. 12-5
Tues. / Wed. / Sat. 10-3

44-15 43rd Avenue, Suite 1C, Sunnyside, NY 11104

718-672-3421
www.drbelli.com

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.

<https://gofund.me/2460b620b>



THANK YOU NYPD

#ThankyouNYPD

THANK YOU FOR YOUR BRAVERY AND SERVICE



ALL OF OUR SAFETY MATTERS

FILIPINO AMERICAN HISTORY MONTH

Little Manila

PARADE & BLOCK PARTY

SUNDAY, OCTOBER 18, 2026, FROM 12:00 PM TO 6:00 PM
BLOCK PARTY: 70TH STREET & ROOSEVELT AVENUE, WOODSIDE, NY 11377
FOR ANY INQUIRIES OR EVENT CO-SPONSORSHIP REQUESTS, PLEASE EMAIL ad30@nyassembly.gov OR CALL (718) 651-3185

Woodside
ON THE MOVE

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Assemblymember
STEVEN RAGA
30th Assembly District

STREET WORKS
MUSIC JAM!

AN AFTERNOON OF IMPROVISED MUSIC-
MAKING FOR ANYONE AND EVERYONE.
NO NEED TO SIGN UP- JUST SHOW UP.
BRING AN INSTRUMENT! BRING FRIENDS!

WHAT KIND OF MUSICIANS
ARE WELCOME?

☒ BEGINNER

☒ INTERMEDIATE

☒ EXPERT

☒ PROFESSIONAL

☒ I'VE NEVER DONE THIS

WHAT KIND OF INSTRUMENTS
CAN I BRING?

☒ ACOUSTIC

☒ STRING

☒ WOODWIND

☒ BRASS

☒ PERCUSSION

☒ VOICE (for singing, shouting,
shrieking or random sounds)

☒ ANYTHING NON-ELECTRIC

HOW OLD CAN I BE?

☒ 1 YEAR

☒ 37 YEARS

☒ 74 YEARS

☒ 19 YEARS

☒ 112 YEARS

☒ ANYTHING IN BETWEEN

WHAT DO I NEED TO KNOW?

☒ NOTHING

☒ SOMETHING

☒ THIS IS LITERALLY FOR
ANYONE AND EVERYONE
WHO WANTS TO MAKE
SOME NOISE

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16th

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Sunnyside

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1 pm-7 pm

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CELEBRA EL MES DE LA HERENCIA HISPANA

SUNNYSIDE
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PLAZA PARTY

SEPTEMBER 18
18 de septiembre

FOOD | LOCAL VENDORS | CUMBIA & SALSA CLASSES | LIVE MUSIC
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7
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REFORMED CHURCH

**COMMUNITY
FOOD PANTRY**
Give or Take

Neighbors helping neighbors.
Come pick up food for yourself
or your family, or donate items
to support our pantry.
All are welcome.

 **PICK UP FOOD**
Free groceries for
neighbors in need.

 **DONATE ITEMS**
Help keep our pantry stocked.
We welcome non-perishable
food and household essentials.

*Stronger
Neighbors
Brighter
Sunnyside*

Let's nourish our neighborhood.

48-03 Skillman Avenue
Sunnyside, NY 11104
JUST A SHORT WALK AWAY!



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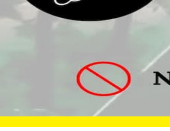
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Rental Listing Scam.

If it sounds too good to be true – it probably is.

HOW DOES THE SCAM WORK?

A person portrays themselves to be a Real Estate agent and collects payment from an apartment seeker, without owning the listing or premise. The transaction can occur in person, by phone or email with original contact being made through online posting on third party websites, such as Craigslist. When apartment hunting, keep these helpful tips in mind.



Listing

The "Agent" will put an actual apartment that is available for rent, without owning the listing or knowing the owner/landlord and placing a classified ad on a third party website.



Contact

Contact is made via email or phone conversation.



Payment

The "Agent" will request a payment Western Union, Money Gram or Green Dot Money Pak prior to meeting or viewing apartment/premise.



Deliver

The "Agent" will claim he/she is unable to meet due to being out of the area, state or country, however, he/she has arranged for keys to be delivered to you. Upon receiving payment, the fraudulent party will deliver keys (false set) for apartment/premise at an agreed upon neutral location.



Theft

The "Agent" will ask for you to submit an application with personal information listed, prior to viewing the apartment which puts you at high risk for identity theft.

Prevention

- Do not give an advance payment, prior to viewing available listing.
- Do not wire money or use a Green Dot Money Pak as a form of payment.
- Do not complete application providing personal information prior to viewing available listing.
- Research listing "Agent" and address online or through the Better Business Bureau.
- NEVER complete an application without actually seeing the apartment/premise.
- If offer sounds too good to be true – it probably is.



Report It.

Immediately report a theft or suspicious activity to the NYPD by calling 911.

NYPD

www.nyc.gov/nypd

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Woodside, NY 11377

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Thursdays, 9:30-11:45 a.m.
70-31 48th Ave, Woodside, NY 11377

Hour Children - Hour Pantry

Mondays & Thursdays, 2-4 p.m.
Tuesday, 10:30 a.m.-12:30 p.m.
36-49 11th St, Long Island City, NY 11106
(inside St. Rita's parking lot)

Iglesia Alianza Cristiana Misionera Ebenezer

Saturdays, 8 a.m.-1 p.m.
43-02 38th St, Long Island City, NY 11101

Jacob A. Riis Neighborhood Settlement

After School Program
Monday through Friday, 3-3:30 p.m.
10-25 41st Ave, Long Island City, NY 11101

Jacob A. Riis Neighborhood Settlement

Hot Meal Distribution
Tuesdays, Wednesdays, & Thursdays,
11:30 a.m.-12:30 p.m.
10-25 41st Ave, Long Island City, NY 11101

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

Tuesdays & Thursdays, 12-3 p.m.
Wednesdays, 11 a.m.-2 p.m.
Thursdays, 12-3 p.m.
38-49 12th St, Long Island City, NY 11101

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Find your nearest food provider at

FoodHelp.nyc.gov

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nyc.gov/AccessBenefits

NYC
Mayor's Public
Engagement Unit

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Guiding Families with Special Needs***

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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:****

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Office of Mental Health

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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

