

WOODSIDE HERALD

SERVING SUNNYSIDE-WOODSIDE AND LONG ISLAND CITY

VOL. 93 NO. 38

WOODSIDE, L.I.C., N.Y. FRIDAY, SEPTEMBER 18, 2026

FREE

ENERGY REBATE CHECKS ON THE WAY

*Up to \$200 for 8.2 million
New York households*



Governor Kathy Hochul announced this past Monday that energy rebate checks up to \$200 will be sent to 8.2 million households across New York State starting on September 21. Checks will be mailed directly to eligible New Yorkers, with deliveries to continue through December. There is no need to apply, sign up or do anything to receive a check.

“As Washington Republicans continue to send the cost of everything from utility bills to gas and groceries soaring, I’ll never stop working to address the rising cost of living for New Yorkers,” Governor Hochul said. “Too many families are struggling with rising household energy bills and soaring gas prices at the pump — and that’s why we’re putting money directly back in New Yorkers’ pockets by sending energy rebate checks to millions of families as part of our affordability agenda.” Governor Hochul’s enacted budget included a one-time \$1 billion Protecting Our Wallets Energy Rebate (POWER) to help provide needed relief in the face of federal tariffs that have increased the cost of living across the board and President Trump’s war in Iran that has New Yorkers now paying on average \$4.35 per gallon at the pumps, a 45% jump since the war began. Diesel has jumped 49% since the war began at the end of February to \$5.98 per gallon.

POWER checks will provide \$200 to joint filers with incomes under \$150,000 and \$150 to joint filers with incomes between \$150,000 and \$300,000. Single filers with incomes under \$150,000 will receive \$100. The rebates will be issued as advanced credit checks and will be mailed out between September and December.

Attorneys – at – Law

MARC CRAWFORD LEAVITT

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WOODSIDE HERALD

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email: ssabba@woodsideherald.com

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

WARNING SIGNS OF MAJOR DEPRESSION & SYMPTOMS

by Stan Popovich

Depression is more than just feeling down—it is a medical condition that can impact everyday life. Learning the warning signs can help promote awareness, understanding, and recovery.

What Is Depression and How Is It Different From Normal Sadness?

Feeling sad, worried, or stressed occasionally is normal. Depression and anxiety, however, are persistent mental health conditions where these feelings are more intense and interfere with daily life, relationships, or work. Recognizing warning signs early allows you to provide meaningful support.

What Are Practical Ways to Support Someone With Depression?

When a loved one withdraws from friends or family, reach out with a friendly message, call, or low-pressure invitation to remind them they’re not alone. If daily routines are disrupted, help with a small task, like preparing a meal or organizing a chore, to reduce overwhelm. When they express hopelessness or self-criticism, listen and validate without judgment, saying things like, “I hear you, and I’m here for you.” During sudden irritability or mood swings, remain calm and patient to prevent stress from escalating.

Encourage brief, enjoyable engagement if they lose interest in hobbies, such as listening to music, sketching, or stepping outside. Gently reassure them when feelings of guilt or shame arise. Finally, if they mention self-harm or hopelessness, calmly discuss immediate support options, including contacting a trusted friend, therapist, or crisis hotline.

What Do Depression Symptoms Look Like in Everyday Life?

Supporting a loved one becomes easier when you recognize real-life signs. Withdrawal may appear as missed gatherings or avoided calls, providing an opportunity to check in. Difficulty maintaining routines—skipping meals, showering, or chores—signals a need for small assistance. Expressions of hopelessness or harsh self-criticism, like saying “things will never get better,” highlight the importance of listening without judgment. Mood swings over minor frustrations remind you to stay patient.

Loss of interest in hobbies can be addressed by encouraging small, enjoyable steps. Repeated guilt or shame, such as unnecessary apologies, can be met with reassurance. Finally, any talk of self-harm or feeling life isn’t worth living requires immediate support, including professional or crisis resources.

How This Fits the Managing Fear Framework

Many people try to manage fear by searching for a single solution, but fear can appear in different situations and may require different approaches. The Managing Fear Framework combines multiple strategies and techniques to help individuals explore different tools, discover what works best for their situation, and develop a more flexible way to respond to fear.

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QUINN SIMPLE SCENES – 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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THURSDAY, SEPTEMBER 24, 2026
7.00 PM



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>





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





GRID HOPPING BY BIKE - PART 3: MANHATTAN

by Cyclo Pete

Greetings and happy almost fall, Woodsiders! We have been talking about how to get around the boroughs on our island by bike, but this time we'll get into Manhattan. The famous grid on that small-ish island is likely the city's most straightforward, but like with anything bike related, there is nuance! Read on for tips on how to get around the grid in the city!

Crosstown Traffic

While the southern half of the island has multiple options for getting uptown and downtown, getting across town has bedeviled cyclists for years. Not anymore! Using a template for protected bike lanes on narrower streets that was pioneered on our very own Skillman and 43rd Avenues, the city has put in a number of pairs of east west lanes. The tip on these is to take your arterial as far as you need to before using a crosstown lane. Why? The southernmost (12th and 13th St.) and the northernmost (61st and 62nd St.) are the least hilly and most pleasant. Like everyone else, take midtown lanes and you might find yourself in traffic!

Use The Waterfront

Before the first pair of protected bike lanes on 8th and 9th Avenues, the best bet for a safe north-south ride was the West Side Greenway. That remains the case today for those not wanting to ride in traffic. The east side counterpart suffers from a frustrating lack of continuity. Take a close look at the map if you're looking to use it because you may not get too far and have to double back. The most recommendable use of the waterfront on the east side is if you're going between downtown and 34th St. But even that area sometimes suffers from construction closures that can leave you in a bind, so make sure to scout your route if you plan on using it regularly.

Getting around by bike means getting to know the best paths. In Manhattan more than most areas in the city, you should be able to connect the dots on your trip with a great ride on some of the most used bike paths in the city. And don't sleep on the newest protected lane on 3rd Av. which is one of the wider avenues and lanes in the city. The weather has been absolutely perfect for cycling, so suit up and ride safe, Woodside!

JULIE WON INTRODUCES BILL FOR BIKE LANE SAFETY





This bill would require the Commissioner of Transportation to install traffic calming devices at intersections at no less than 50 bike lanes throughout the city. The Commissioner would be required to study the impact of such installations on crashes and injuries. The Commissioner would be required to report the study's findings as well as other relevant information, such as the locations of the traffic calming devices installed.

INTRODUCTION 1066



FILIPINO AMERICAN HISTORY MONTH



Little Manila

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BLOCK PARTY: 70TH STREET & ROOSEVELT AVENUE, WOODSIDE, NY 11377

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☒ I'VE NEVER DONE THIS

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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

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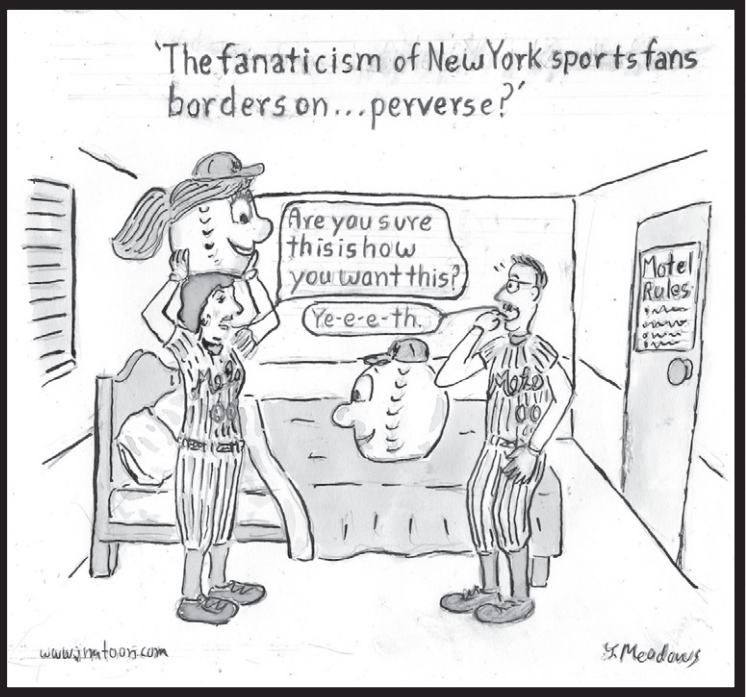
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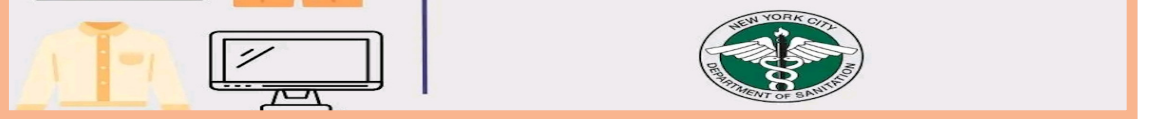
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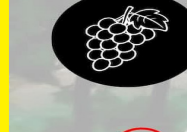
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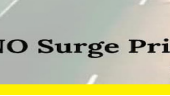
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File No.: 2022-5515/D
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Joan Davidson,
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Thomas Morrow,
Diane Marsala,
Maria Theresa Masin,
Vincent Mazziotti,
Theresa Ann Pastrana,
Estate of Irene Peterson,
Mary Ann Fox,
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Michael Mazziotti,
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Rose DeVeau,
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Michal Landman,
John Kempter,
Matthew Kempter,
Pamela Lynn Moses,
Laura Schroder,
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Jennifer Fox,
Christine Fox,
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Stephen Piselli,
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Anthony Piselli,
Marilyn Fox,
Attorney General of the State of
New York
Jennifer Thomas Mensch, if living
and if dead, to their heirs at law,
next of kin and distributees whose
names and places of residence are
unknown and if they died
subsequent to the decedent herein,
to their executors, administrators,
legatees, devisees, assignees and
successors in interest whose names
and places of residence are
unknown and cannot be
ascertained after due diligence.
Being the persons interested as

creditors, legatees, distributees or
otherwise in the Estate of Dorothy
Kawas aka Dorothy J. **Kawas aka
Dorothy Joan Kawas aka
Dorothy J. Mazziotti Kawas aka
Dorothy Joan Mazziotti Kawas**,
deceased, who at the time of death
was a resident of 51-53 72nd
Street, Woodside, NY 11377, in
the County of Queens, State of
New York.
SEND GREETING:
Upon the petition of Jacqueline
M. Mazzola Public Administrator
of Queens County, who maintains
her office at 88-11 Sutphin
Boulevard, Jamaica, Queens
County, New York 11435, as
Temporary Administrator of the
Estate of Dorothy Kawas aka
Dorothy J. **Kawas aka Dorothy
Joan Kawas aka Dorothy J.
Mazziotti Kawas aka Dorothy
Joan Mazziotti Kawas**, deceased,
you and each of you are hereby
cited to show cause before the
Surrogate at the Surrogate's Court
of the County of Queens, to be
held at the Queens General
Courthouse, 6th Floor, 88-11
Sutphin Boulevard, Jamaica, City
and State of New York, on the 3rd
day of December, 2026 at 9:30
o'clock in the forenoon, why the
Account of Proceedings of the
Public Administrator of Queens
County, as **Temporary**
Administrator of the Estate of said
deceased, a copy of which is
attached, should not be judicially
settled, and why the Surrogate
should not fix and allow a
reasonable amount of
compensation to GERARD J.
SWEENEY, ESQ., for legal
services rendered to petitioner
herein in the amount of \$87,618.61
and that the Court fix the fair and
reasonable additional fee for any
services to be rendered by
GERARD J. SWEENEY, ESQ.,
hereafter in connection with
proceedings on kinship, claims
etc., prior to entry of a final Decree
on this accounting in the amount
of 4.5% of assets or income
collected after the date of the
within accounting; and why the
Surrogate should not fix and allow
an amount equal to one percent on

said Schedules of the total assets
on Schedules A, A1, and A2 plus
any additional monies received
subsequent to the date of this
account, as the fair and reasonable
amount payable to the Office of
the Public Administrator for the
expenses of said office pursuant
to S.C.P.A. §1106(3); and why
the Last Will and Testament dated
February 14, 1995, copy attached,
should not be admitted to Probate;
and why the Letters of Temporary
Administration issued to the
Public Administrator should not
be revoked; and why Letters of
Administration CTA should not
be issued to the Public
Administrator; and why the net
residuary estate should not be paid
pursuant to the Last Will and
Testament as follows;
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100% To Mount Sinai West
formerly known as Roosevelt
Hospital to be used to construct an
affordable unit or wing, with a
plaque
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15th day of September, 2026
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JOHNSON
Surrogate, Queens County
Janet Edwards Tucker
Chief Clerk
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26



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FOOD PANTRY

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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

