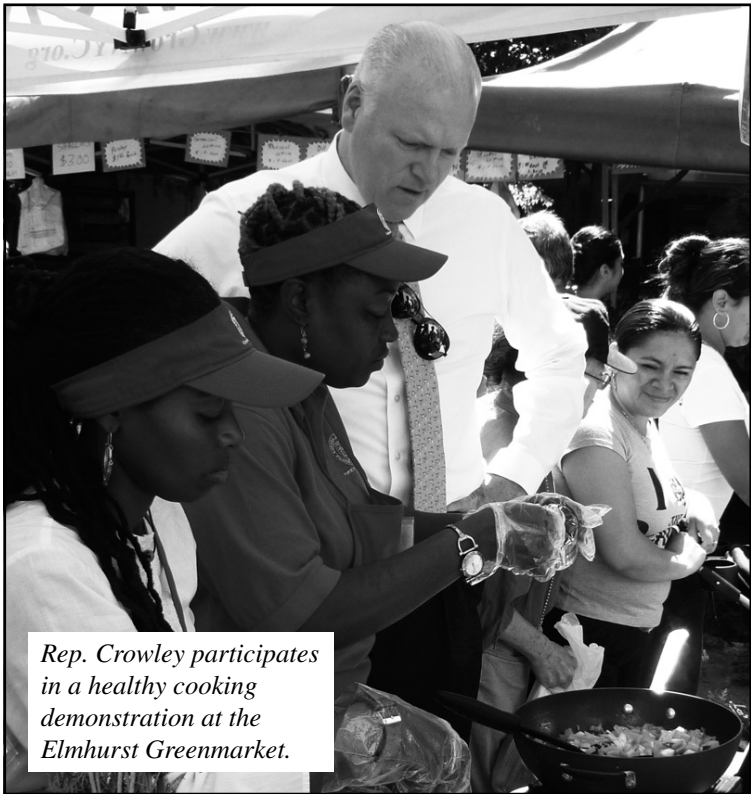


**Crowley Promotes Healthy Eating;
Reinforces Need to Keep Nutrition Programs Intact**



Rep. Crowley participates in a healthy cooking demonstration at the Elmhurst Greenmarket.

**In The Event Of An
EARTHQUAKE**

DROP, COVER AND HOLD ON:

- Drop to the floor.
- Take cover under a solid piece of furniture or next to an interior wall.
- Cover your head and neck with your arms.
- Hold on to a sturdy piece of furniture and be prepared to move with it.
- Stay where you are until the shaking stops.
- Move carefully after the quake, watching for items that may have fallen or broken.
- Put on sturdy shoes before investigating further to prevent potential injuries from broken glass.
- If power is out, use a flashlight and turn on a battery-operated radio for more information.
- Do not use candles or open flame as a source of light.
- If you smell gas, leave immediately and call 911. If gas is leaking and you know how, turn off the source of gas at the outside main, and call the gas company from outside your home.
- Open closet and cabinet doors carefully, as items may have shifted inside.
- Clean up spills of hazardous or flammable liquids immediately.
- Be prepared for aftershocks, which often follow an earthquake.

Farmers Market

by Rob MacKay

Meg LaBarbara (left) was selling a variety of appetizers, such as scallion vinaigrette, green olive tapenade, sun dried tomato hummus and salsa verde, at the farmers' market in Long Island City last Wednesday. Meanwhile, Elisabeth Wallen (right) was peddling Italian pretzels called "taralles," which come in plain, caraway and pepper-fennel versions. The two vendors are regular participants in the market, which takes place from noon to 6 p.m. at 37-18 Northern Boulevard every Wednesday. The Brooklyn Grange, a working farm located on the building's rooftop, sells freshly picked produce there.



**Gathering Of
Saint Sebastian's Alumni**

If you went to Saint Sebastian's, join us for an informal gathering Friday, September 9th, beginning at 5:30 p.m. Bring your old photos and be prepared to hear and tell some great stories of Woodside and Saint Sebastian's. Liz McKayRigg (Class of 1972 SSS) Call for more information: 843-597-3033 Formerly from 64th Street in Woodside! Lizrigg@yahoo.com

1st Annual Recognizing Leaders Fundraiser

Proceeds go to Boys and Girls Club of Sunnyside/ Woodside September 10th 7-11p St. Raphael's School Gymnasium, 48-25 37th St., LIC Catered by Dazies Restaurant For more information, call Mark Wilensky (917) 670-5666

DIABETIC SENIORS

Shoes Now Covered For Diabetic Medicare Patients

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SUNNYSIDE, NY 11104
(718) 706-6341
FOR AN APPOINTMENT

ENTERTAINMENT GUIDE

VENDORS NEEDED
All Saints' Church Pumpkin Fair in Sunnyside on October 8th. Please call 718 784-8031 for information.

QUEENS DAY
August 30th 12-7pm
Food, performances, and activities in honor of the World Police and Fire Games. FREE. @ Gantry Plaza State Park, Long Island City

KIDS BOWL FOR FREE
Through September 4th
Astoria Bowl: 19-45 49th Street Register your children for a fun time! www.kidsbowlfree.com 718-274-1910

St Raphael's Outdoor Flea Market
Sunday, September 18th 9a-4p
(Raindate September 25)
35-20 Greenpoint Ave., Long island City, For info: phone 718-729-8957.

CELEBRATE THE PRESERVATION OF AFFORDABLE SENIOR HOUSING at Sunnywood Apartments
DATE: Monday, August 29th @ 6 pm at 44-20 64th Street, Woodside, NY

Councilman Jimmy Van Bramer, the Board of Directors of Woodysun, HDFC, Sunnyside Community Services and Woodside On the Move, Inc. invite you to celebrate the preservation of affordable senior housing at Sunnywood Apartments. Come meet the Board of Directors, elected officials, tenants and the other important members of the team responsible for preserving this important community asset. Refreshments will be served.