

# WOODSIDE HERALD

SERVING SUNNYSIDE-WOODSIDE AND LONG ISLAND CITY

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WOODSIDE, L.I.C., N.Y. FRIDAY, OCTOBER 3, 2025

FREE



## THE CHECKS & THE SCAMS

New York State's first-ever inflation refund checks up to \$400 are now being sent to 8.2 million households statewide, announced Governor Kathy Hochul. Starting this week, checks will be mailed directly to eligible New Yorkers, with deliveries to continue throughout October and November. There is no need to apply, sign up or do anything to receive a check. Governor Hochul secured and enacted this initiative as part of her ongoing commitment to putting money back in the pockets of New Yorkers. Earlier this year, the Governor also secured and enacted initiatives to cut taxes for the middle class to their lowest levels in 70 years, expand New York's Child Tax Credit to up to \$1,000 per child and ensure universal free school meals to save families around \$1,600 per child.

Inflation has driven the costs of everyday necessities higher and as a result, the State's revenue from the collection of sales tax has also increased. Governor Hochul believes that money belongs to hardworking New York families and should be put back in their pockets as an inflation refund — and that's why 8.2 million households statewide will receive a check this fall.

**Who's Eligible for an Inflation Refund Check?**

You are eligible for an inflation refund check if, for tax year 2023, you:

- \* Filed Form IT-201, New York State Resident Income Tax Return;
- \* Reported income within the qualifying thresholds below; and
- \* Were not claimed as a dependent on another taxpayer's return.

Joint tax filers with income up to \$150,000 will receive a \$400 check.

Joint tax filers with income over \$150,000 but no greater than \$300,000 will receive a \$300 check.

Single tax filers with income up to \$75,000 will receive a \$200 check.

Single tax filers with incomes over \$75,000 but no greater than \$150,000 will receive a \$150 check.

There are no age restrictions. Filers do not need to do anything to receive an inflation refund check. If you filed a tax return, are below the income thresholds, and no one else claimed you as a dependent, you will receive a check.

**When Will Checks Be Delivered?**

Checks will be mailed across the state starting today and deliveries will continue throughout October and November.

Your check may arrive earlier or later than your neighbors, as mailings will not be based on zip code or region.

Scammers are sending text messages, voice messages, emails and direct mail to taxpayers in an attempt to spread false information about New York State's inflation refund checks, warned Governor Kathy Hochul. These messages falsely claim that New Yorkers must submit accurate payment information in order to receive an inflation refund check, supposedly so revenue agencies can deposit money into a taxpayer's bank account. The New York State Tax Department and the IRS will not call or text New Yorkers with requests for any personal information.

"New Yorkers do not have to do anything to receive an inflation refund check outside of meeting the eligibility requirements," Governor Hochul said. "With scams targeting the state's inflation refund initiative, let me be clear: The Tax Department and the IRS do not call or text individuals for personal information. My administration urges New Yorkers to remain vigilant and report these scams to the Tax Department to protect yourself from being a victim."

Eligible New Yorkers do not need to apply, sign up, or do anything to receive an inflation refund check. If you filed a tax return, are below the income thresholds, and no one else claimed you as a dependent, you will receive a check. Governor Hochul recently announced that the State has begun sending inflation refund checks to more than 8.2 million households across New York State, with check deliveries to continue throughout October and November. For more information on eligibility and other details, visit the New York State Tax Department's webpage at [ny.gov/inflationrefund](https://ny.gov/inflationrefund).

If you receive one of these messages appearing to be from the Tax Department, block the sender, delete the message, and report this scam to the Tax Department or IRS. The Tax Department does not use text messages, email, direct mail or social media to request your personal tax information.

By staying alert and knowing what to watch out for, you can reduce your risk of becoming a target of common tax scams.

**How you can protect yourself**

Follow these best practices to help keep your personal information safe and prevent yourself from becoming a victim. In addition:

- \* If you receive a threatening phone call regarding your taxes, hang up immediately.
- \* Never agree to meet anyone who claims to be a tax representative in person to hand over payment for a debt.
- \* Don't provide personal information in an email or click suspicious links in an email asking for personal information.

**Report scams**

If you've been scammed or think you've received an email, phone call, or text that seems suspicious, report it. We review all complaints promptly and, if appropriate, take corrective action. For more taxpayer scam information, visit the Division of Consumer Protection's Taxpayer Scam webpage. For additional identity theft prevention and mitigation resources, call the Consumer Helpline at 800-697-1220 or visit the Division's Identity Theft Prevention and Mitigation Program webpage.



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WOODSIDE HERALD

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# HOW TO STOP CONSTANT WORRYING IN YOUR LIFE

by Stan Popovich

Do you find yourself worrying about everything that is going on around you? It can be very tiring and depressing to constantly worry about your family, your job, your health, and everything else that is happening. Having things out of your control is very scary. As a result, here are 7 tips on how to overcome the cycle of worry and fear in your life.

1. **Focus on the facts of your situation; not your thoughts:** When people are stressed out, they rely on their fearful and depressing thoughts. Your fearful thoughts are exaggerated and are not based on reality. When you are anxious, focus on the facts of your current situation and not on what you think.

2. **You can't predict the future:** Remember that no one can predict the future with one hundred percent certainty. Even if the thing that you are afraid of does happen, there are circumstances and factors that you can't predict which can be used to your advantage.

For example, 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.

3. **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.

4. **Take it one day at a time:** Instead of worrying about how you will get through the rest of the week or month, 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.

5. **Learn how to manage your thoughts:** Challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you fearful, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense.

6. **Things change over time:** Regardless of your circumstances, your current situation will not stay the same. Everything changes over time. Knowing that your situation will improve will help give you the confidence that things will get better.

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 the fear of the unknown. Remember that there is nothing wrong in asking for assistance.

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# OLD SAYINGS

by Rix Quinn

Remember that old saying “A bird in the hand is worth two in the bush?” I thought about this yesterday while chewing fried chicken. I don’t know what other birds are worth, but I had to pay for the chicken. Seriously, the quote goes back to ancient times. Bird hunters reasoned that one bird already caught guaranteed dinner, while two birds uncaught (“in the bush”) meant more work plus the possibility of failure. Why did the hunters want those other fowls too? Maybe they expected guests for dinner, or maybe they just wanted to see if birds in the heather flock together.

See, you never can tell what our silly prehistoric pals thought! Back then, they drew stuff on their walls and called it art. Today we call it graffiti. But if somebody famous sketched it, we call it either a “mural” or “wallpaper.” The birdie saying is much like another one claiming, “The grass is always greener on the other side of the fence.” This means either (1) people always want what they can’t get, or (2) the neighbor buys better fertilizer.

What’s the lesson here? I’m guessing it is this: “If you see two birds in a bush surrounded by green grass on the other side of a fence, don’t try to catch them, because they are probably in a zoo.”

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# FIND YOUR RHYTHM

by Cyclo Pete

Happy trails, Woodsiders! Fall is upon us, and while it may not feel like it yet, this is a season where habits start to change. Whether you finally stop ordering that iced coffee, or if you’re taking out your seasonal garb, fall always feels like a season in flux. What better time to bring a bike into your routine? Read on for some ideas on how to bike more this season!

**Find The Gaps**

As New Yorkers it’s easy to say we’re always too busy. But take a good look at your schedule. Is there a late morning in there? Or a regularly scheduled after work stop? Consider these deviations from your normal routine an opportunity to pick up a bike! When Citi Bike was first introduced in the area, I started commuting with the LIRR because the Woodside station was made that much closer by bike. I found that on my commute home the 10 minute ride got me home sooner, and a new routine was born. Sometimes you can think outside the box and change a pattern with a quick bike ride, so try to think of areas where this could work for you!

**Change Your Spending**

With the risk of sounding like a personal finance guru, rethink your routine spending - like that daily cup of coffee. My railroad decision was a costly one, and as a result, did not last for more than a few months. But if you think a railroad pass or a Citi Bike annual membership are too expensive, keep in mind that these cost approximately the same as four or five ride-share trips or a few dinners out. In the grand scheme of things, your mobility and time saved by taking smart trips is well worth the cost. So think about prioritizing biking by investing in the flexibility you get with a bike share membership!

So this fall, think about biking as ubiquitously as pumpkin spice, which seems to make into everything these days! A bike ride here or there can serve as a refreshing change to your daily routine, and who knows, if it works, maybe you can get on a bike a bit more than you expected this fall. So pack your helmet, embrace serendipity, and ride safe, Woodside!



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**Rooted in the Community**  
We train and collaborate with local food businesses to support neighborhood economies and keep dollars circulating where they matter most—right at home.

**Tailored to Your Needs**  
We customize your meal plan based on your preferences, lifestyle, and delivery schedule, making it easy and convenient for you and accommodating dietary needs such as vegetarian, low-sodium, diabetic-friendly, and heart-healthy options.

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**LUNCH**

Chicken alla Diavola + Quinoa Beans Casamiento + Sautéed Spinach

Baked Cajun Tilapia + Green Beans + Roasted Sweet Potato

Sautéed Beyond Meat Crumble + Pinto beans + Cauliflower

Beef + Lentil Chili + Asparagus + Whole Wheat Roll

Tempeh Burrito Bowl + Brussel Sprouts

**DINNER**

Beef Fajitas Roasted Broccoli- White Rice

Baked Parmesan-Chicken-Eggplant Caponata-Garlicked Spinach

Parosip Frittata-Harbed Tofu Causcous-Pickled Carrots

Tilapia-Lemon Orzo-Broccoli-Whole Wheat Roll

Spinach + Artichoke Dip Pasta w/Chicken

# Rethink Food

**Need Help with Food? You May Qualify for Support.**  
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**Not sure if you qualify?**  
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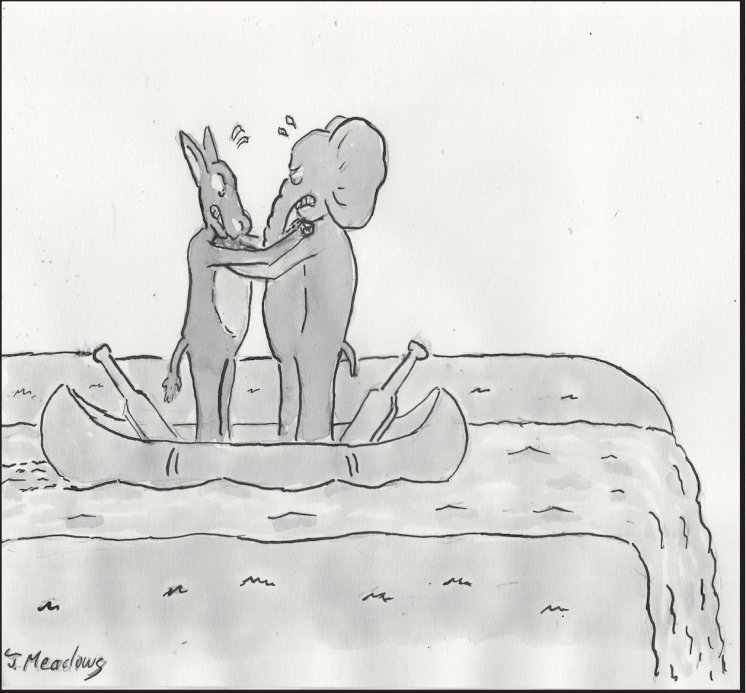


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LEGAL NOTICE

SUMMONS IN TAX LIEN FORECLOSURE—SUPREME COURT OF THE STATE OF NEW YORK, COUNTY OF QUEENS – NYCTL 1998-2 TRUST AND THE BANK OF NEW YORK MELLON AS COLLATERAL AGENT AND CUSTODIAN FOR THE NYCTL 1998-2 TRUST, et al., Plaintiffs, against UNKNOWN HEIRS AND DISTRIBUTEES OF THE ESTATE OF JAMES DOSCAS and UNKNOWN HEIRS AND DISTRIBUTEES OF THE ESTATE OF EVE HARRIS AS HEIR AND DISTRIBUTE OF THE ESTATE OF BERTHA DOSCAS AND JAMES DOSCAS, if living, et. al., Defendants.  
Index No. 706349/2024.  
To the above-named Defendants – YOU ARE HEREBY SUMMONED to answer the complaint in this action within twenty days after the service of this summons, exclusive of the day of service or within thirty days after service is completed if the summons is not personally delivered to you within the State

of New York. In case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the complaint. Plaintiffs designate Queens County as the place of trial. Venue is based upon the county in which the property a lien upon which is being foreclosed is situated. The foregoing summons is served upon you by publication pursuant to the Order of the Hon. Kevin J. Kerrigan J.S.C., dated September 9, 2025. The object of this action is to foreclose a New York City Tax Lien covering the premises located at Block 629 Lot 106 on the Tax Map of Queens County and is also known as No# 35th Street, Astoria, New York. Dated: September 25, 2025.  
BRONSTER LLP,  
Attorney for Plaintiffs, NYCTL 1998-2 TRUST AND THE BANK OF NEW YORK MELLON AS COLLATERAL AGENT AND CUSTODIAN FOR THE NYCTL 1998-2 TRUST,  
By: Josef F. Abt, Esq.  
156 West 56<sup>th</sup> Street, Suite 703  
New York, NY 10019  
(347) 246-4776  
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