WOODSIDE HERALD

SERVING SUNNYSIDE-WOODSIDE AND LONG ISLAND CITY

VOL. 93 NO. 47 | WOODSIDE, L.I.C., N.Y. FRIDAY, NOVEMBER 20, 2026 | FREE

DISBANDING OF NYPD STRATEGIC RESPONSE GROUP



New York City Mayor Zohran Mamdani and Police Commissioner Jessica Tisch announced that the NYPD's Strategic Response Group (SRG) will be disbanded as part of a restructuring of the department's approach to public safety, counterterrorism and demonstrations.

Under the announced changes, counterterrorism responsibilities will be transferred to the NYPD's Intelligence and Counterterrorism Bureau. A new civilian-led Community Dialogue and De-escalation Division will be established within the Mayor's Office of Community Safety.

The NYPD will also establish a 30-officer First Amendment Support Team (FAST), while a new Patrol Support Division will assume crowd-management responsibilities.

The restructuring introduces new restrictions on police tactics during demonstrations and other First Amendment activities. These include prohibitions on kettling crowds and using tear gas or long guns during First Amendment activities. The announcement also limits the use of pepper spray as a crowd-management tool and establishes restrictions on the use of long-range acoustic devices and police bicycles.

Mayor Mamdani said the changes fulfill a campaign commitment to change how the city responds to demonstrations, emphasizing dialogue, engagement and de-escalation.

Police Commissioner Tisch said the restructuring would consolidate counterterrorism capabilities and strengthen patrol support while maintaining the department's ability to protect public safety.According to the announcement, the restructuring will not increase or decrease the NYPD's overall headcount. Personnel and responsibilities currently assigned to the Strategic Response Group will be redistributed within the department and city government.

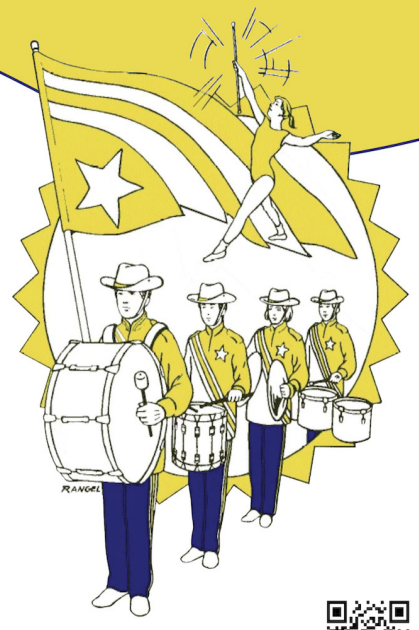
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WOODSIDE HERALD
Sunnyside, NY 11104
Telephone (718) 729-3772
Marlene Sabba ..... Publisher
Sherilyn Jo Sabba ..... Editor
CONTRIBUTING WRITERS
Dr. Sharon Cadiz, Cycle Pete, Rob MacKay, Stan Popovich, Rix Quinn, Peter Ross, Robert Flanagan
CONTRIBUTING ARTISTS AND PHOTOGRAPHERS
Dr. Sharon Cadiz, Joe Gurrado, Peter Ross

MANAGING SOCIAL ANXIETY

by Stan Popovich

Social anxiety can make everyday interactions feel stressful or overwhelming. Learning coping skills can help you feel more comfortable and confident in social situations.

What Is the Best Way to Manage Social Anxiety?

Social anxiety can be managed by recognizing your triggers, challenging anxious thoughts, practicing gradual exposure to social situations, using calming techniques like deep breathing, and seeking support when needed. Small, consistent steps can help reduce fear, build confidence, and make everyday interactions feel more manageable.

What Is Social Anxiety?

Everyday terms: Social anxiety is feeling extremely nervous or uncomfortable in social situations—meeting new people, speaking in groups, or worrying about being judged. Even if you know your fears may be exaggerated, the anxiety feels very real. Clinical perspective: Social anxiety disorder (SAD), or social phobia, is a mental health condition involving intense, persistent fear of situations where you might be evaluated by others. This fear can interfere with daily life, relationships, work, or school.

What Are the Symptoms of Social Anxiety Disorder?

Social anxiety can make everyday interactions feel overwhelming and often leads to avoidance, which can affect relationships, happiness, and overall well-being. People with social anxiety may worry about routine activities, like starting conversations or meeting new people, and feel intense fear during interactions. Common signs include avoiding situations to prevent embarrassment, hesitating to speak up or share opinions, and feeling anxious in anticipation of social events. These patterns can limit opportunities and make social settings feel consistently stressful.

What Is the Difference Between Social Anxiety and Shyness?

Shyness is a personality trait characterized by awkwardness or reserve, especially around unfamiliar people. Unlike social anxiety, shyness usually does not disrupt daily life, and while it may cause discomfort, it rarely leads to avoidance. Social anxiety, by contrast, involves persistent, intense fear that can interfere with everyday activities, prompt avoidance, and heighten worry in social situations. With the right strategies and support, social anxiety can be managed, allowing individuals to build confidence and form meaningful social connections.

How Can You Make Small Talk When You Have Social Anxiety?

At a social event, you might notice your heart racing and anxious thoughts like, *"What if I say something awkward?"* Acknowledge these thoughts without judgment—this is your first step in responding in the moment. Next, ground yourself outward: focus on people's expressions, words, or small details around you. By concentrating on others, anxious feelings quiet, and presence grows. Take a small step: ask a simple question or comment on something someone said. Even brief interactions build confidence and show social situations are manageable. Afterwards, reflect on how grounding and focusing on others made the interaction easier. Recognize each small step as progress.

How Can You Manage Anxiety When You Feel Judged?

Fear often spikes when you expect to be judged or criticized—at work, in social settings, or when sharing ideas. This anticipation can trigger stress, self-doubt, or avoidance. Reframe criticism as constructive feedback, focus on actionable steps, and avoid internalizing negative assumptions. Remember, feedback reflects others' perspectives, not your worth. By practicing these steps, you can stay calm, respond effectively, and gradually reduce anxiety in situations where judgment or critique is expected.



QUINN QUESTIONS –
DO YOU REMEMBER YOUR FIRST LOVE INTEREST?

by Rix Quinn

The first romantic interest in my life was a new girl in my first-grade class. She had the best-looking tennis shoes on the planet. Even better, she was a world-class runner. All us kids raced every day during recess and — except for the time some guy tripped her — she won every race. Because boys and girls stayed on different sides of the playground, it took all my courage to cross the dividing sidewalk to ask where she got those shoes. Once I got those footwear details, she no longer interested me. I did briefly admire a girl in a third-grade square dance class, because she knew the do-si-do.

But then I met Charlotte, my seventh-grade English teacher. To this 12-year-old boy, she seemed gorgeous. She was an older woman…probably 24. In class she teased me, and we kidded around a lot. By the third six weeks I was profoundly in love, and that had never happened before. But at the height of my passion, spring came around. A couple of friends and I got tickets to the local sports event. While there, I saw my 20-something instructor with a man about her age. After we exchanged greetings, she said, "I'd like for you to meet my fiancee'." What? She was engaged? I shook the guy's hand and talked to them for a couple minutes, but I was emotionally destroyed. How could she?

I felt really bad for at least nine days. Then baseball season started.

GIVING THANKS

by Dr. Sharon M. Cadiz

I walk out the front door of my apartment building and make a right turn heading along a winding path that takes me by a patch of bright green grass almost fully covered in orange leaves. I continue walking and when I look up, I see trees with red berry-like bunches of what I discovered are commonly called "hawthorn" majestically set against a beautiful, cloudless blue sky. Walking further, I see stunning red and orange leaves adorning the upward reaching branches. At each wonderful sighting, I pause to take a photo registering my silent appreciation for these gifts of autumn. I am reminded of this walk as I begin to write about "giving thanks." Somehow, I thought that there would be a different starting place for my tribute to what I regard as a season of expressing gratitude, but these gentle reminders of the simplicity and grace found in nature summoned me to acknowledge what is often missed when we clasp our hands in prayerful praise of our blessings. This is just the beginning of where I want to go to highlight the many things we can see, feel, hear, touch and taste that might give us a reason to pause with heartfelt thankfulness.

When I see Dads and Moms hustling their children off to school with carriages, scooters and happy children skipping along or, as I saw just yesterday, a little wide-eyed boy singing to himself in the front part of a double stroller that held a sleeping infant; my heart fills with joy and thankfulness. I feel this way because such scenes remind me of the preciousness and continuity of life as we know it. Recalling this one moment, I am again transported to the place where everything begins. Children and loving parents are a cornerstone of what gives life meaning and purpose.

Walking down a busy street, I saw a dog on a leash standing alongside its owner watching each person passing by. This dog would sniff the air, turn its head and with a forward glance, I saw the clear brown eyes noticing each person as they passed. I admired the dog's stillness, patience and attention. My silent thought affirmed the nobility and capacity for loyalty found in animals that are our companions. I am ever thankful for the pets that share their lives with us.

The shorter hours of daylight move me along to make haste ensuring that I get things done without wasting time. It causes me to value the sunlight and stop occasionally to turn to face it knowing that the time is brief and the reward is sealed in the warmth of its glow. Even the wind and rain that help the trees shed their leaves are welcomed. I watch the Japanese Maple that my husband and I planted; seeing how it yields and sways to the wind; how it thrives from the rain.

There is a woman who appears almost daily in the outdoor shopping mall near where I live who always gives a warm greeting. She has a smile, cheerful conversation for anyone with time enough to chat, and is neatly dressed. She may live in a shelter or a nearby building, but she clearly needs a "helping hand," so if someone offers some change or a couple of dollars, she expresses her gratitude and thanks. I often think about the qualities that give her the ability to keep showing up. We don't know each other by name; only by our matching smiles and our occasional conversations. During a recent exchange, I told her that she looked good in her pink cable knit sweater and matching pink knitted hat, and she gave me a fist bump as we laughed and commented about our mutual love of fashion.

My two oldest grandchildren came out to our neighborhood over the weekend for some outdoor family fun with me and my husband. We all eagerly spent the morning as volunteers at a park leaf raking clean-up event, followed by lunch at a local restaurant and some good conversation. Each of us enjoyed our meal. I especially enjoyed the fresh squeezed orange juice; the delicious ingredients; great presentation and the wonderful service. At the end of the day, I felt great joy and thankfulness for the visit with my grandchildren.

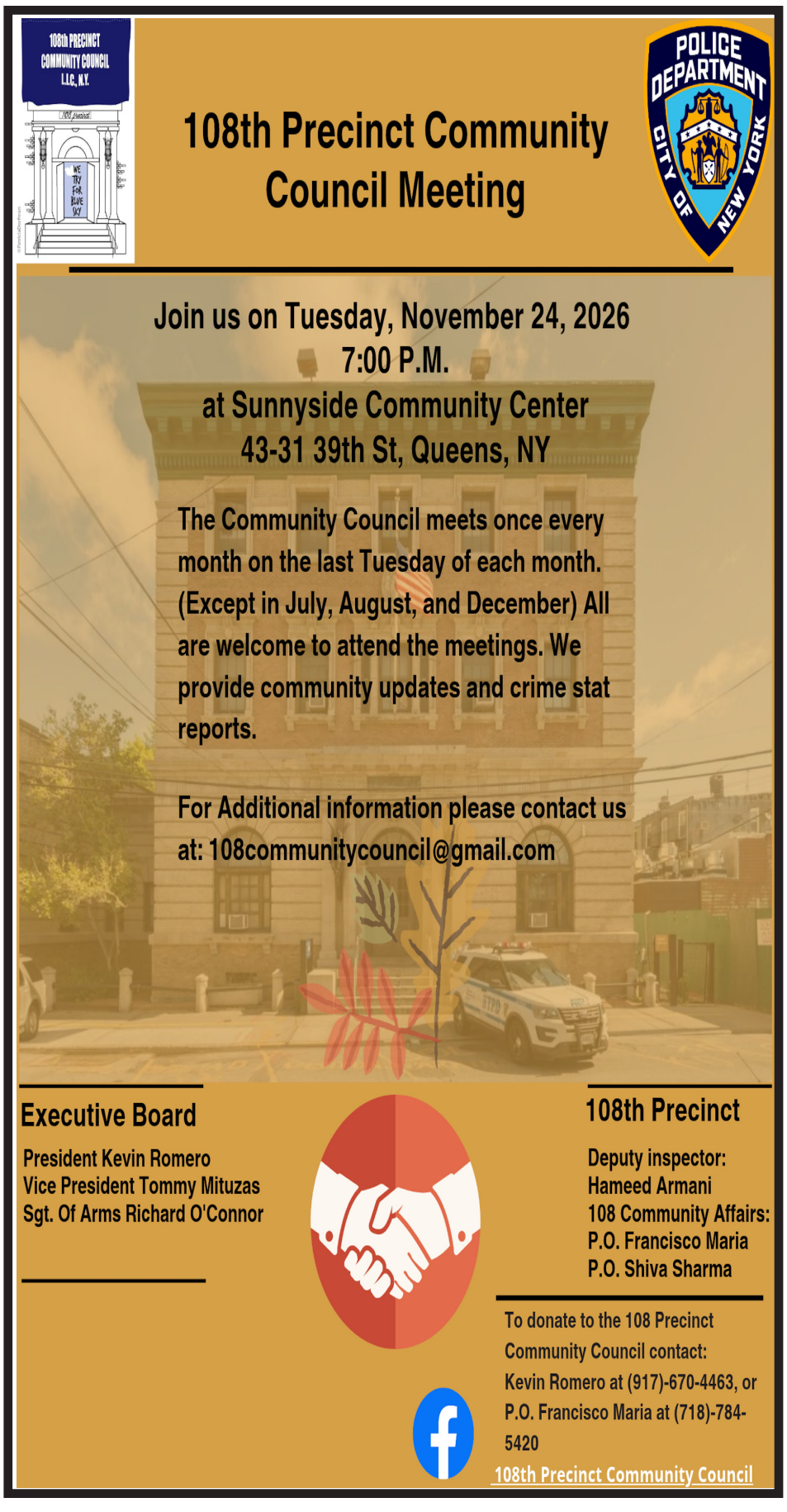
I am grateful for countless acts of thoughtfulness from my husband, family, friends, neighbors and for the ability to share with others through my writing. Thanksgiving is about a week away and I can't help feeling that I got a headstart on giving thanks. I have learned the power of daily expressions of gratitude that multiply like compound interest. When I notice things to be grateful for, I become 'richer' and more aware of my infinite abundance. When my intention is squarely placed on seeing, feeling, hearing, touching and tasting the best of what is around me, the pleasure and promise of that perspective becomes like a messenger delivering those things to my unfolding days. They help me to train my thoughts and emotions to expect good outcomes and to manage setbacks or challenges. Lack and scarcity shrink when I focus on the beauty and bounty that surrounds me. As I bring this message to a close, I extend to everyone a wonderful season "giving thanks."







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NEIGHBORS, HELPING NEIGHBORS

by Peter Ross

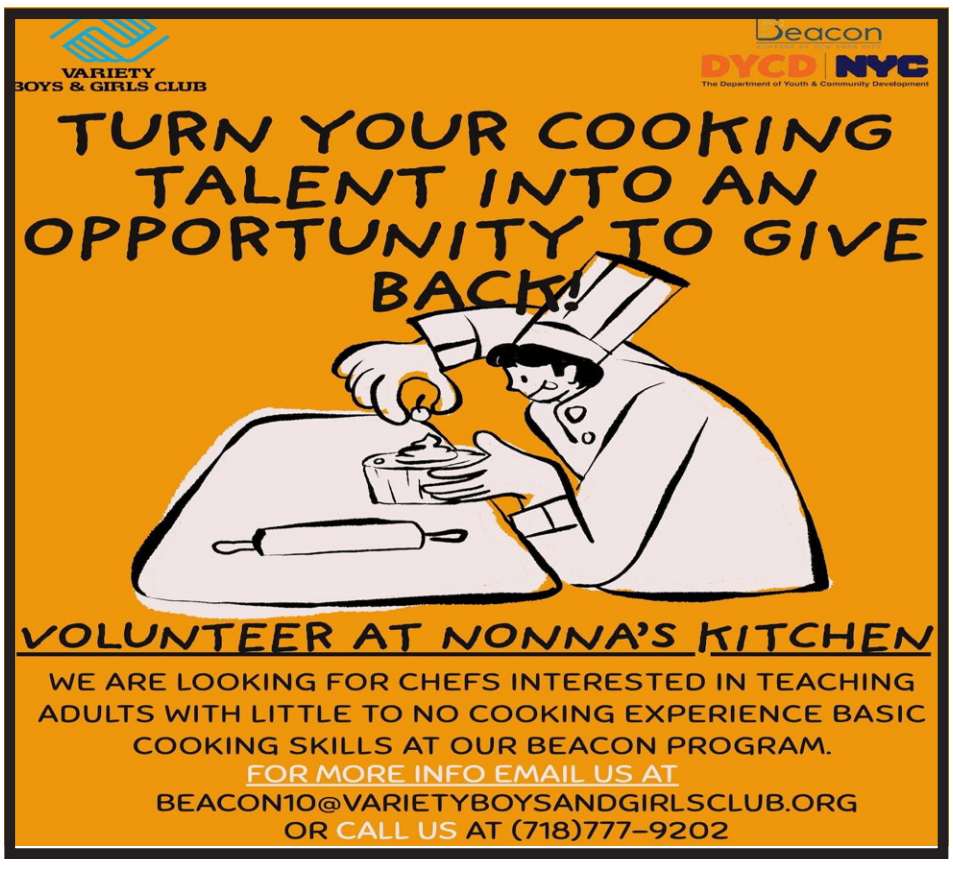
The Kiwanis Club of Sunnyside (KCSS) began its new program year in October and has a number of events they are hosting or co-hosting this Fall for the benefit of various segments of our local communities of Sunnyside, Woodside and LIC/Astoria. It members invite all to come and participate as you are able to help those in need. On Saturday, November 21, The Sunnyside Kiwanis members and members from their associated Key Clubs (to include the Sunnyside Community, Bard H.S. and Frank Sinatra H.S. Key Clubs) will be posted in front of the Key Food Astoria location at 32nd Street and Newtown Avenue (in Astoria) to collect non-perishable food stuffs, personal care items, baby supplies and pet food and pet related supplies for the benefit of the clients of the Trinity Lutheran Church Astoria Food Pantry. The food drive / collection will run from 10 AM to 4 PM. The Trinity Lutheran Astoria Food Pantry is run by 10 volunteers who handle the shopping and distribution duties for the Pantry which is funded directly by the congregation itself with additional cash and foodstuff donations by individual parishioners and events such as this food drive (for more information regarding the food pantry, or to donate to the cause, contact their information line at 718-440-0672). Items collected during the drive will help the 100+ families that the pantry assists typically by appointment (roughly 25 clients served at a time during their semi-monthly pick-up events held from 12:00 to 3:00 PM every 2nd & 4th Wednesday of the month), attempting to provide items that their clients specifically need and use generally.

The Sunnyside Kiwanians have also scheduled two upcoming blood drives, in cooperation with the New York Blood Center and two of our local churches. On Sunday, November 29, the first drive will be hosted / held at the Queen of Angels RC Church Parish / Recreation Center located at 43-18 Skillman Avenue, Sunnyside, NY 11104 from 9 AM to 3 PM. On Sunday, December 27, the second drive will be held in the Saint Teresa RC Church auditorium at 44th Street & 50th Avenue in Woodside (enter the church building through the parking lot area doors; the auditorium is downstairs in the undercroft area) from 9 AM to 3 PM. If you have not given blood in the last 56 days (preceding the date of the event), are in good health the day of the collection, are between the ages of 17 and 76 years old, and are at least 110 pounds please consider giving the gift of life. Others may also be eligible to donate with certain restrictions (see https://www.nybc.org/donate-blood/donor-eligibility/ for more information on donation requirements and restrictions). Our local hospitals and blood centers are often in short supply with regards to blood for transfusions and your gift may be the difference for one or more neighbors in need undergoing a procedure or surgery, who have a chronic illness requiring transfusion or for mothers or babies during childbirth. For more information on donating at this event contact Howard Brickman at (917) 972-5587.

A Sock Drive (dubbed 'Put A Sock On A Vets Foot') is also being planned to start within the next couple of weeks to help veterans in our local shelters (and others as may be assisted depending on response), New / unworn (only!) socks will be collected at various sites locally in Sunnyside / Woodside (look for the collection bins to be posted at noted locations; additional locations to be added in the weeks to come as the boxes will be rotated between current and upcoming sites) to initially include the Sunnyside Reformed Church (at 48-03 Skillman Avenue), Sunnyside Community Services (at 43-31 39th Street), Saint Teresa RC Church (44th Street & 50th Avenue), Saint Raphael RC Church (35-20 Greenpoint Avenue), Bar 43 (at 43-06 43rd Street), and the office of Podiatrist Dr. Richard Belli (at 44-15 43rd Avenue, Apr. C-1). For more information, contact Howard Brickman at (917) 972-5587. The Sunnyside Club will also be collecting toys from its membership (and anyone else who would like to stop by and participate by dropping off a new toy) at its holiday party meeting at Donovan's Pub at 57-24 Roosevelt Avenue on December 10 from 7 PM to 9 PM. Collected toys will be forwarded to the U.S. Marines Toys-For-Tots Drive for distribution to children at the Ronald McDonald House of Long Island and/or Saint Mary's Healthcare System.

Does planning and participation in service events like these sound of interest to you? If so then check out your local Kiwanis Club! For more information, contact Howard Brickman at (917) 972-5587. and Queen of Angels RC Church, in association with the New York Blood Center, will be co-sponsoring a community blood drive this Sunday, April 26, 2026 from 9:00 AM to 3:00 PM. The blood drive will be held in the Church's Parish / Recre





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Kiara | kmasonglasgow@woodsideonthemove.org
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FIRE SAFETY WORKSHOP
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10:00 AM – 12:00 PM
OFFICE OF ASSEMBLYMEMBER STEVEN RAGA
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Ends December 14, 2026
DROP OFF-LOCATIONS:
Senator Addabbo's District Offices
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66-85 73rd Place, Middle Village
Senator Joseph P. Addabbo, Jr is proud to have his District Offices as coat collection sites for New York Cares, starting Friday, November 2nd. Drop off your gently worn coats to help someone in need stay warm this winter. The offices are open from Monday - Friday from 9 a.m. - 5 p.m.
For Info: (718) 738-1111
718-497-1630
newyorkcares.org
DONATE YOUR UNWANTED COATS TO HELP OTHERS STAY WARM

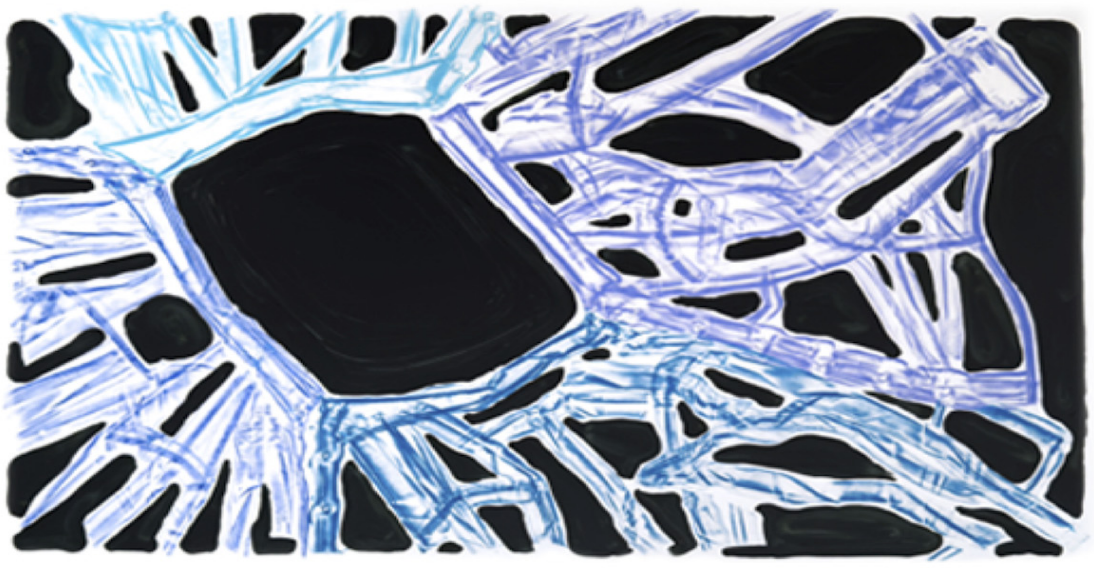
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GOOD FOOD STRONGER NEIGHBORS
Stronger Neighbors Brighter Sunnyside
Let's nourish our neighborhood.
48-03 Skillman Avenue
Sunnyside, NY 11104
JUST A SHORT WALK AWAY!

• LEGAL NOTICE • LEGAL NOTICE •

File No.: **2023-5404/**C
CITATION
THE PEOPLE OF THE STATE OF NEW YORK
BY THE GRACE OF GOD, FREE AND INDEPENDENT
To:
Estate of Ines Beatriz Aguiree Ramirez de Cussianovich,
Ivan Carlos Cussianovich Val,
Karlos Augusto Cussianovich Aguirre,
Mirtha Aguirre,
Carlos Pedreros,
Attorney General of the State of New York
The unknown distributees, legatees, devisees, heirs at law and assignees of Augusto Aguirre**,** deceased, or their estates, if any there be, whose names, places of residence and post office addresses are unknown to the petitioner and cannot with due diligence be ascertained
Being the persons interested as creditors, legatees, distributees or otherwise in the Estate of Augusto Aguirre**,** deceased, who at the time of death was a resident of 92-31 57th Avenue, Apt 2F, Elmhurst, NY 11373, 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 Augusto Aguirre, 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, Room 62, 88-11 Sutphin Boulevard, Jamaica, City and State of New York, on the 14th day of January, 2027 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 $107,623.01 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 3.5% 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 October 12, 2001, 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;
STATEMENT OF PROPOSED DISTRIBUTION
100% to the Fiduciary of the Estate of Ines Beatriz Aguirre Ramirez de Cussianovich and if none appointed within 90 days of the accounting Decree, to the NYC Commissioner of Finance FBO the Estate of Ines Beatriz Aguirre Ramirez de Cussianovich
Dated, Attested and Sealed
28th day of October, 2026
HON. CASSANDRA A. JOHNSON
Surrogate, Queens County
Janet Edwards Tucker
Chief Clerk
GERARD J. SWEENEY, ESQ.
(718) 459-9000
100 Jericho Quadrangle, suite 328
Jericho, New York 11753
NOTICE: THIS CITATION IS SERVED UPON YOU AS REQUIRED BY LAW. YOU ARE NOT REQUIRED TO APPEAR; HOWEVER, IF YOU FAIL TO APPEAR IT WILL BE ASSUMED YOU DO NOT OBJECT TO THE RELIEF REQUESTED. YOU HAVE A RIGHT TO HAVE AN ATTORNEY APPEAR FOR YOU, AND YOU OR YOUR ATTORNEY MAY REQUEST A COPY OF THE FULL ACCOUNT FROM THE PETITIONER OR PETITIONER'S ATTORNEY
Accounting Citation
11/6/26, 11/13/26, 11/20/26, 11/27/26



A Collective Thread
Collaborative Drawings with Older Adults
Opening Reception: Friday, December 4th, from 3–7 pm
Queens Blvd. Extended Care, 61-11 Queens Blvd, Woodside, NY



Join artist Derick Melander and residents of Queens Boulevard Extended Care for a reception celebrating A Collective Thread, an exhibition of mixed media works emerging from a month-long collaborative residency.

We invite the community to visit the facility, connect with residents, and experience the artwork created through this collaboration.

NYFA New York Foundation for the Arts
FLUSHING TOWN HALL
This project is made possible (in part) with public funds from the Queens Arts Fund, a re-grant program supported by New York City Department of Cultural Affairs in partnership with the City Council and administered by New York Foundation for the Arts.
This project is supported by funds from the New York State Council on the Arts, Statewide Community Regrants Program with the support of Governor Kathy Hochul and the New York State Legislature, and administered by Flushing Town Hall.



• LEGAL NOTICE • LEGAL NOTICE • LEGAL NOTICE

PROBATE CITATION
File No. 2021-4007
SURROGATE'S COURT - QUEENS COUNTY
CITATION
THE PEOPLE OF THE STATE OF NEW YORK,
By the Grace of God Free and Independent
TO: Attorney General of State of New York, Public Administrator of Queens County, Vasile Becheru, Maria Flip, New York University Grossman School of Medicine, and the heirs at law, next of kin, and distributees of Polina Constantinescu, deceased, if living, and if any of them be dead to their heirs at law, next of kin, distributees, legatees, executors, administrators, assignees and successors in interest whose names are unknown and cannot be ascertained after due diligence
A petition having been duly filed by Cristina Stoan who is domiciled at 111-35 75th Avenue, Apt. 63, Forest Hills, New York 11375
YOU ARE HEREBY CITED TO SHOW CAUSE before the Surrogate's Court,
Queens County, at 88-11 Sutphin Boulevard, Jamaica, New York, on the 14th day of January 2027 at 9:30 A.M. of that day, why a decree should not be made in the estate of Polina Constantinescu lately domiciled at 52-40 39th Drive, Apt. 2F, Woodside, New York 11377
admitting to probate a Will dated December 1, 2020
a copy of which is attached, as well as a copy of an earlier will dated July 1, 2019, as
the Will of Polina Constantinescu, deceased, relating to real and personal property, and directing that
['] Letters Testamentary issue to : Cristina Stoian
[ ] Letters of Trusteeship issue to :
[ ] Letters of Administration C.T.A. issue to :
(State any further relief requested)
[NOTE: This citation is served upon you as required by law. You are not required to appear. If you fail to appear, it will be assumed you do not object to the relief requested. You have a right to have an attorney appear for you.]
Date NOV 12 2026
HON. Cassandra A. Johnson
Surrogate
JANET EDWARDS TUCKER
Chief Clerk
Yevgeny Levin, Esq.
Attorney for Petitioner
Levin Law Group, 2102 Avenue Z, Suite 205, Brooklyn, NY 11235
Address of Attorney
Telephone No. 718-989-9629
Email Address: probate@levinlaw.com
11/20/26, 11/27/26, 12/4/26, 12/11/26

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