

# WOODSIDE HERALD

SERVING SUNNYSIDE-WOODSIDE AND LONG ISLAND CITY

VOL. 93 NO. 13

WOODSIDE, L.I.C., N.Y. FRIDAY, MARCH 27, 2026

FREE

## SUNNYSIDE YARDS

### AN UNCERTAIN FUTURE

Plans to transform Sunnyside Yard into a large-scale housing development remain uncertain, as city officials continue to explore the long-discussed proposal to build thousands of new units over the active rail site.

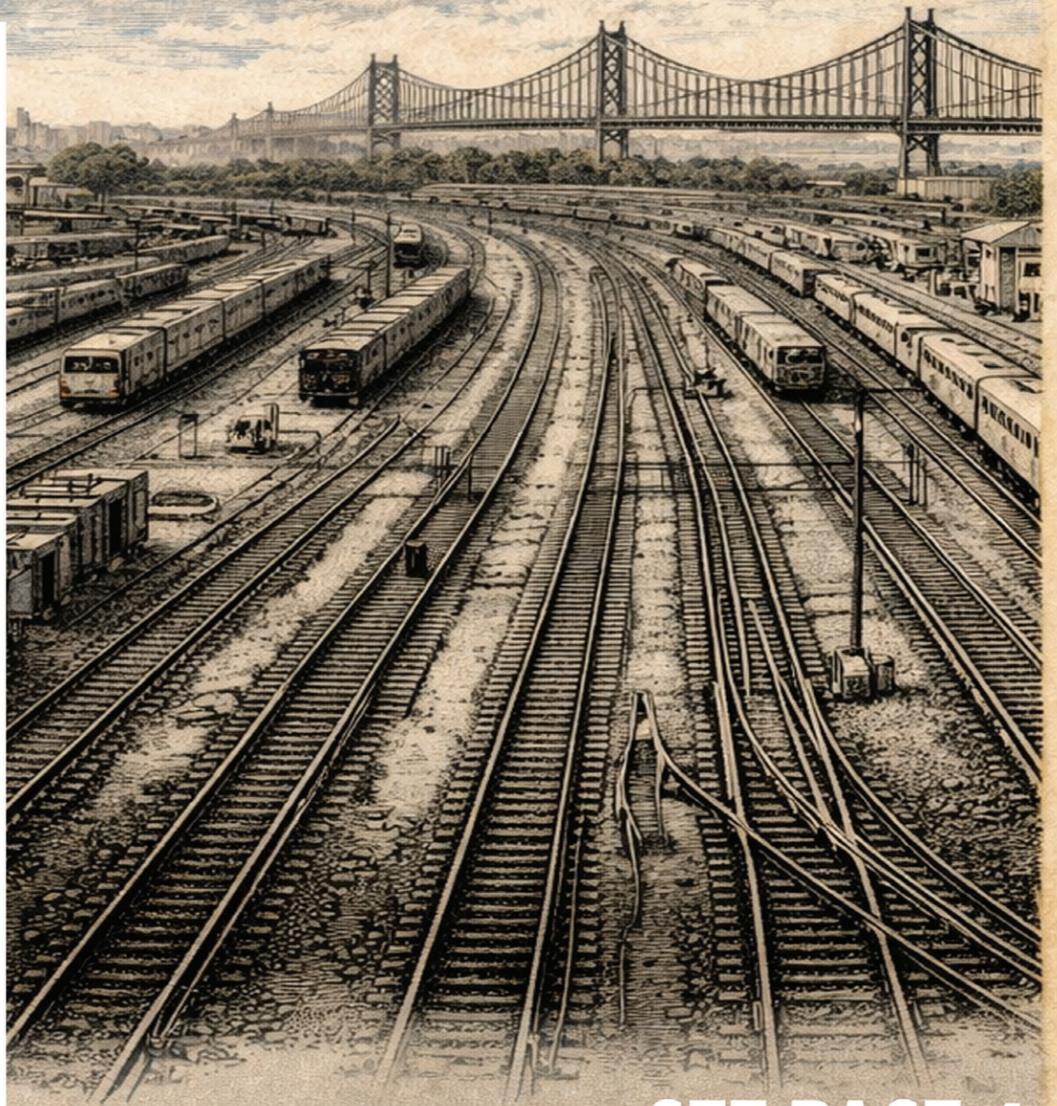
The project, which has been considered for decades, calls for constructing a platform over Sunnyside Yard and creating a new neighborhood with an estimated 12,000 housing units, along with space for schools, parks and other infrastructure. The site, located between Sunnyside and Long Island City, is one of the largest undeveloped areas in New York City but is currently used as a major rail yard serving multiple transit systems, including Amtrak, the Long Island Rail Road and New Jersey Transit.

City officials have indicated that the proposal would require significant federal support due to its scale and complexity. The mayor has said he discussed the project with federal officials, including former President Donald Trump, as part of an effort to explore potential funding and advance the concept.

Despite its potential to add a substantial number of housing units in a high-demand area, the project faces major challenges. The cost of building a platform over an active rail yard has been estimated in the tens of billions of dollars, and similar plans have stalled in the past due to funding gaps and logistical hurdles.

No formal timeline has been announced, and key details—including financing, construction phases and the proportion of affordable housing—remain unresolved.

For residents in Sunnyside, Woodside and Long Island City, the proposal continues to represent both a significant opportunity and an ongoing uncertainty, as city leaders consider how to address housing demand in one of the fastest-growing parts of Queens.



SEE PAGE 4

Attorneys – at – Law  
**MARC CRAWFORD LEAVITT**  
**PAUL E. KERSON**  
**TALI B. SEHATI**  
**APRIL DEDELY MIRANDA, PARALEGAL**

**NEW OFFICES:**  
 68-61 Yellowstone Blvd., Suite 116 Forest Hills, NY 11375  
**718-729-0986**

**We remain available to meet with clients  
 in Sunnyside/Woodside by appointment**

**MIDTOWN OFFICE:**  
 620 5th Ave., 2nd Floor. NYC, NY 10020  
*Overlooking the Rockefeller Center Skating Rink*

**Serving the Community Since 1947**  
*We are proud that our late senior partner, Benjamin Shaw, was founding  
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 10am - 12pm**

**Sunnyside  
 Drum Corps**

All Saints Church 43-12 46th Street Sunnyside



Get more info at  
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**WOODSIDE HERALD**

**718-729-3772**  
 email: [ssabba@woodsideherald.com](mailto:ssabba@woodsideherald.com)

writers  
 wanted

**VOLUNTEER POSITION**

**WOODSIDE HERALD**  
 Sunnyside, NY 11104  
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# WHAT IS SOCIAL ANXIETY?

by Stan Popovich

Social anxiety disorder (SAD), also known as social phobia, is a mental health condition characterized by intense and persistent fear of social situations and being judged by others. People with social anxiety disorder find it hard to meet new people. Many people with social anxiety realize their fears aren't rational, but it doesn't change the panic they feel about social situations.

**Symptoms Of Social Anxiety Disorder**

People with social anxiety may avoid all kinds of social situations which can **interfere with a person's happiness**. Signs that you have social anxiety disorder can include:

- Worry about everyday activities, such as meeting strangers and starting conversations.
- Intense fear or anxiety during social situations
- Avoidance of doing things or speaking to people out of fear of embarrassment
- Fear of situations in which you may be judged negatively
- Avoiding speaking up or expressing opinions
- Anxiety in anticipation of a feared activity or event

**How To Overcome Social Anxiety**

**1. Identify your triggers:** Triggers can be unique to each person. Some might find large gatherings intimidating, while for others, it might be public speaking. To identify your triggers, keep a journal of your feelings and the situations that make you anxious. Recognizing these triggers is a crucial step in managing your reactions to them.

**2. Start small:** When it comes to managing social anxiety, it's OK to start with little changes. It helps to gradually face social situations rather than avoiding them. If you find this challenging, consult a mental health provider who can offer specific strategies based on your needs and goals.

**3. Challenge your thinking:** When feeling socially anxious, you may believe that others will negatively judge you. Just because you think something is true doesn't make it a fact. Although such thoughts may seem believable, they are often unrealistic and unhelpful.

**4. Treat sleep problems:** Studies have shown that people who suffer from social anxiety disorder have higher rates of sleep problems. Poor sleep is linked to worsening anxiety and may increase social avoidance over time. Consider creating a relaxing sleep routine and avoiding screen time later in the day to improve the quality of your sleep.

**5. Focus on others:** Social anxiety is driven by a fear of being judged. Shifting your focus to others can help. In social situations, concentrate on the conversation and the people around you. Ask questions and show genuine interest in the responses. This shift can reduce feelings of self-consciousness and ease social anxiety.

**6. Control your breathing:** An effective way to combat rapid breathing and physical anxiety symptoms is to take slow, deep breaths through your nose. Deep breathing can help eliminate the dizziness and lightheadedness that often accompanies anxiety. When you find yourself in an anxiety-causing situation, remember to take a moment to calmly breathe.

**7. Keep things in perspective:** Remind yourself that people tend to pay a lot of attention to their own lives. This means that people are very unlikely to be paying as much attention to the things you do or say as you think they are. People make mistakes all the time. Even if you make a mistake, you are not the first person to, and you won't be the last.

**8. Practice mindfulness:** Mindfulness means noticing your thoughts, feelings, and physical sensations as they arise, without getting carried away by them. To use mindfulness to manage social anxiety, focus on being present in the moment and practice self-compassion, which can help you navigate social situations with greater ease.

**9. Ground yourself:** It can be helpful to try a grounding exercise when you're feeling especially anxious to combat these thoughts. Take note of your immediate surroundings or the things you can hear, see, smell, taste or touch in the present moment. By listing off these senses, you can quiet your anxious thoughts and reduce your physical symptoms.

**10. Attend a support group:** Talking through your fears and hearing the experiences of others can help to validate your emotions and reduce social isolation. It may also help improve your coping skills when it comes to social anxiety.

**11. Avoid alcohol:** While it may seem to relieve your social anxiety, alcohol cannot resolve the source of your fears. Once the effects wear off, your anxiety returns with a vengeance. This back-and-forth leads many people to create an unhealthy cycle of heavy drinking or substance misuse for that momentary feeling of comfort.

**12. Build your social skills:** You may find that if you take the time to learn how to optimize your social or communication skills, you will find it easier to interact with others. You can take an in-person or virtual class about improving your social skills and learning how to be more assertive. It just takes a little practice to improve things.

**13. Know when to seek help:** Sometimes, we need a little extra help. If your social anxiety feels overwhelming, consider seeking support from a mental health professional. They can provide strategies and treatments to help you manage social anxiety. If you're struggling with social anxiety, know that you're not alone.



## Medicaid Recipients

You may be eligible for food, housing, and transportation support. To learn more and complete a screening, please contact our team at **877-577-9337** or email [careconnections@scsny.org](mailto:careconnections@scsny.org). We're here to help!



**Free food is available**  
 Find your nearest food provider at

[FoodHelp.nyc.gov](http://FoodHelp.nyc.gov)

**Get help enrolling in benefits with PEU at**

[nyc.gov/AccessBenefits](http://nyc.gov/AccessBenefits)

  
 NYC Mayor's Public Engagement Unit






### Long Island City YMCA Caring for Caregivers Program

This program is **FREE** and open to anyone aged 50 and older who is caring for a loved one who may be sick, has a disability, or otherwise needs regular consistent care.

Join our Caregiving Group Facilitator – Ranya Renee Fleysler MA to share experiences, challenges, resources and self-care techniques.

Light refreshments will be served.

- March 13th - May 8th, 2026
- Fridays, 1:30pm-3:00pm
- Long Island City Y, 32-23 Queens Blvd., LIC, NY

**Registration is Now Open!**  
Scan Here 

This program is **FREE** of charge through the generous funding of The Sunshine Foundation

For more information contact:  
Ranya Renee Fleysler [rfleysler@ymcany.org](mailto:rfleysler@ymcany.org) (P) 929-382-4774

The Y is easily accessible via the 7 train to 33rd/Rawson St. and the Q60, Q32, Q39 and Q63 buses.



YMCA OF GREATER NEW YORK  
Where there's a Y, there's a way.



# SPRING CARNIVAL



Celebrate spring with **Woodside on the Move** at our Carnival – treats, activities, and giveaways for the whole community!

**SATURDAY, APRIL 11**  
RAIN DATE SUNDAY, APRIL 12

**12:00 PM – 3:00 PM**

**SCHOOLYARD OF P.S. 11Q**  
54-25 SKILLMAN AVE,  
WOODSIDE, NY 11377

**CONTACT US!**  
(718) 476-8449  
[INFO@WOODSIDEONTHEMOVE.ORG](mailto:INFO@WOODSIDEONTHEMOVE.ORG)

**RSVP early on Eventbrite! Link in bio**  
\$5 per child (credit card fees applied)  
Option available to pay cash or credit on the day of the event.



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# NYC Free Tax Prep




51-23B Queens Blvd. Woodside, NY 11377  
Thursday/Jueves: 12 pm - 5 pm  
**APRIL 9, 2026**

**An appointment is necessary! No walk-ins.**

**Who is Eligible?**

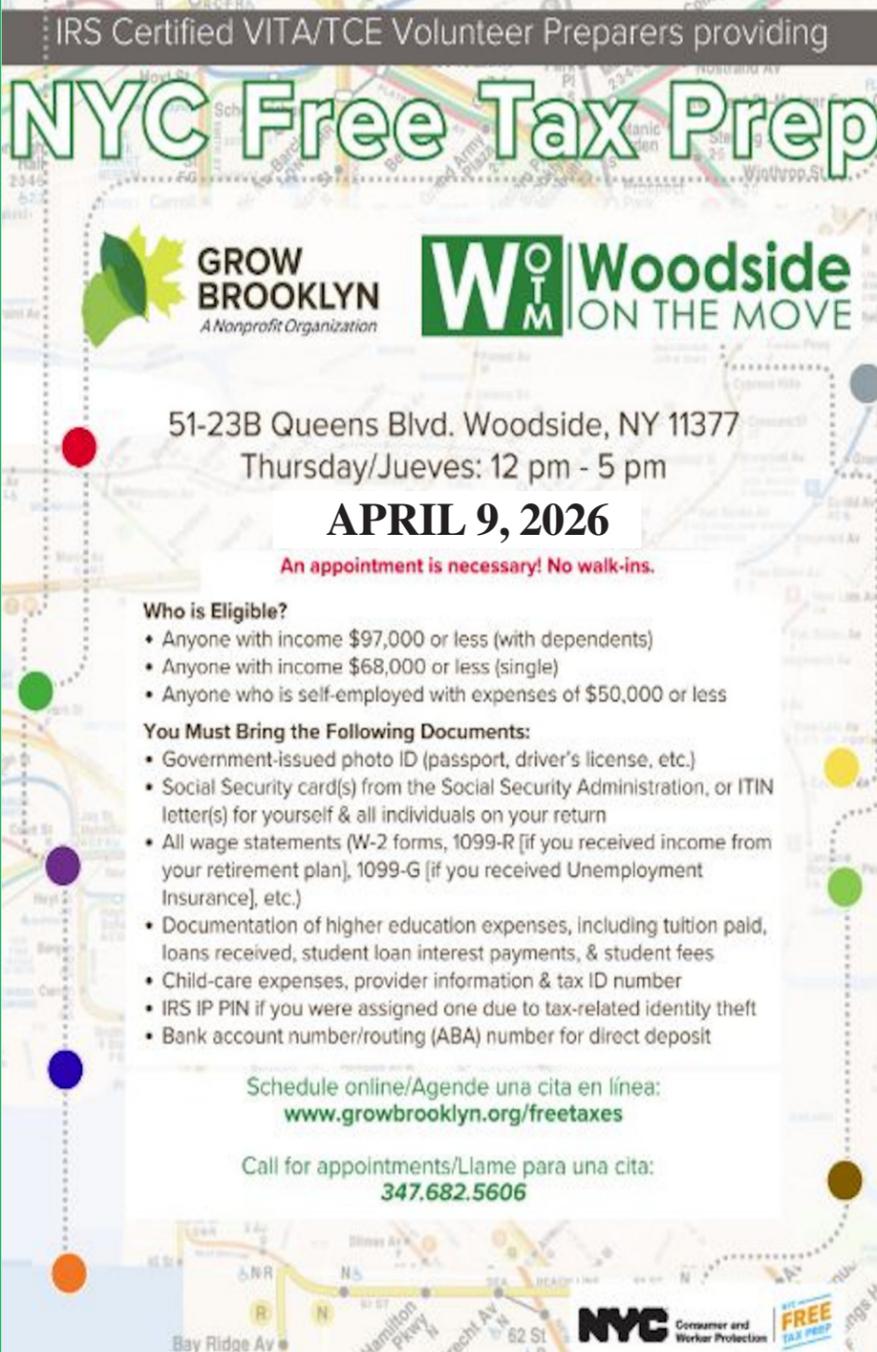
- Anyone with income \$97,000 or less (with dependents)
- Anyone with income \$68,000 or less (single)
- Anyone who is self-employed with expenses of \$50,000 or less

**You Must Bring the Following Documents:**

- Government-issued photo ID (passport, driver's license, etc.)
- Social Security card(s) from the Social Security Administration, or ITIN letter(s) for yourself & all individuals on your return
- All wage statements (W-2 forms, 1099-R [if you received income from your retirement plan], 1099-G [if you received Unemployment Insurance], etc.)
- Documentation of higher education expenses, including tuition paid, loans received, student loan interest payments, & student fees
- Child-care expenses, provider information & tax ID number
- IRS IP PIN if you were assigned one due to tax-related identity theft
- Bank account number/routing (ABA) number for direct deposit

Schedule online/Agende una cita en línea:  
[www.growbrooklyn.org/freetaxes](http://www.growbrooklyn.org/freetaxes)

Call for appointments/Llame para una cita:  
**347.682.5606**



NYC Consumer and Worker Protection **FREE TAX PREP**



# FREE Art Classes For Kids

RSVP needed



**Ages 2 - 4**

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11am - 12pm  
Ending June 16<sup>th</sup>**

929-335-7782

Sunnyside Community Services  
4331 39 St. Sunnyside, NY 11104





SUNNYSIDE COMMUNITY SERVICES  
EST. 1974

We need your help!

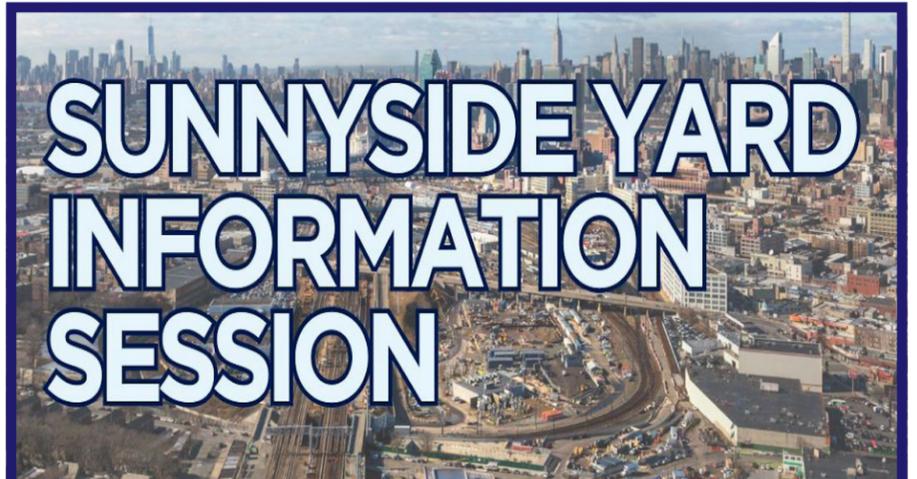
## VOLUNTEER WITH US!!!

March 31<sup>st</sup> 2026

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Help us pack grocery bags for 150 families including older adults, students and caregivers from 9 am -12 pm.

To sign up or for more information email [volunteering@scsny.org](mailto:volunteering@scsny.org)



# SUNNYSIDE YARD INFORMATION SESSION

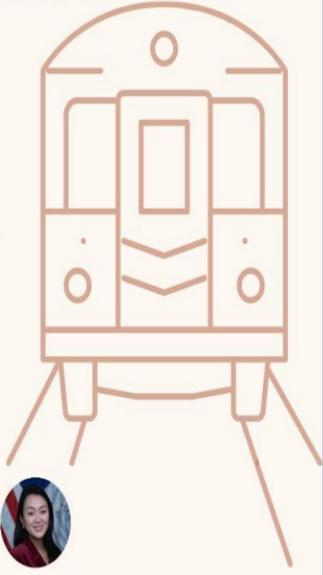
Join us to learn more about the Sunnyside Yard Master Plan, its history, and current updates. Dinner will be provided!

**SUNNYSIDE COMMUNITY SERVICES**  
43-31 39<sup>th</sup> St., Sunnyside, NY 11104  
April 6, 2026  
6:30-8:00pm

**REGISTER HERE:**  
<https://bit.ly/SunnysideYard>




NEW YORK CITY COUNCIL  
**JULIE WON**  
COUNCIL MEMBER

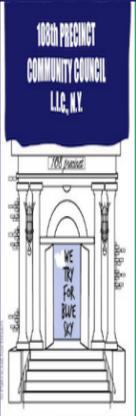

**Dr. Richard Belli**  
Podiatrist

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**Hours**  
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Tues. / Wed. / Sat. 10-3

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[www.drbelli.com](http://www.drbelli.com)



# 108th Precinct Community Council Meeting



Join us on Tuesday, March 31, 2026

7:00 P.M.

at Sunnyside Community Center  
43-31 39th St, Sunnyside, NY 11104



The Community Council meets once every month on the last Tuesday of each month. (Except in July, August, and December) All are welcome to attend the meetings. We provide community updates and crime stat reports.



For Additional information please contact us at: [108communitycouncil@gmail.com](mailto:108communitycouncil@gmail.com)

## Executive Board

President Kevin Romero  
Vice President Tommy Mituzas  
Sgt. Of Arms Richard O'Connor



## 108th Precinct

Commanding Officer:  
Captain Hameed Armani  
108 Community Affairs:  
P.O. Francisco Maria  
P.O. Shiva Sharma

To donate to the 108 Precinct Community Council, contact:  
Kevin Romero at (917)-670-4463, or  
P.O. Francisco Maria at (718)-784-5420



[108th Precinct Community Council](https://www.facebook.com/108thPrecinctCommunityCouncil)



# SHORT STACKS FOR A TALL CAUSE

You're invited to a Flapjack Fundraiser breakfast to support  
**KIWANIS CLUB OF SUNNYSIDE**

(and its youth programming - Key & Builders Clubs, youth to Leadership Conferences & Kamp Kiwanis)



**APPLEBEE'S® LOCATION:**  
38-01 35th Avenue  
Astoria, New York 11101

**TICKETS: \$15.00**

**DATE & TIME:**  
Saturday, May 16th, 2026  
8:00 AM - 10:00 AM

**CONTACT: Howard Brickman**  
(917) 972-5587  
[hlbrick@aol.com](mailto:hlbrick@aol.com)

To purchase tickets by mail send checks made out to the 'Sunnyside Kiwanis Foundation' with number of tickets requested (include name, phone number and return address) by 05/06/2025 to:  
Kiwanis Club of Sunnyside, PO Box 4561 Sunnyside, NY 11104

To host a Flapjack Fundraiser for your organization, visit [FlapjackFunds.com](http://FlapjackFunds.com). Please submit your requests for Donations, Sponsorships and Youth Connection by visiting "Community" at [DohertyInc.com](http://DohertyInc.com).

Meal includes: Pancakes, sausage, scrambled eggs and a beverage (coffee, juice, soda or tea.) Please contact organization to purchase a ticket. This flyer is only intended for advertising purposes. Ticket valid for pancake event only. Applebee's® menu items are not included as part of purchase.



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S. Meadows

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These AMRs transmit water usage data, helping reduce **estimated water bills and enhance leak detection.**



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62-07 Woodside Ave, 3rd Floor  
Woodside, NY 11377

**Blessed Virgin Mary St. Mary's Winfield**

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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- FENIX COMMUNITY FRIDGE  
586 SENECA AVENUE  
FRIDAYS @5:00PM  
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- CENTRAL QUEENS Y-FOOD  
PANTRY  
108-13 67<sup>TH</sup> RD, FOREST HILLS  
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- COMMUNITY CENTER SERVICES  
ORGANIZATION  
93-15 CORONA AVENUE ELMHURST  
(332) 228-8525
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DEPAUL  
50-20 45<sup>TH</sup> STREET WOODSIDE  
(718) 784-2123
- EVANGEL FOOD PANTRY  
39-21 CRESCENT ST, ASTORIA  
(718) 361-5454
- RIDGEWOOD COMMONS  
585 WOODWARD AVENUE

**• LEGAL NOTICE • LEGAL NOTICE • LEGAL NOTICE**

SUPREME COURT OF THE STATE OF NEW YORK COUNTY OF QUEENS; Index No.: 725350/2023 Filed November 30, 2023 MORTGAGE ASSETS MANAGEMENT, LLC V. UNKNOWN HEIRS OF THE ESTATE OF TEREZINA BILUS; LORI BILUS-JOHANSMEYER A/K/A LORI K. JOHANSMEYER, HEIR-AT-LAW; DONNA BUILUS ZUVIC A/K/A DONNA ZUVIC, HEIR-AT-LAW; UNITED STATES OF AMERICA; NEW YORK STATE DEPARTMENT OF TAXATION AND FINANCE; UNITED STATES OF AMERICA O/B/O INTERNAL REVENUE SERVICE; "JOHN DOE #1" THROUGH "JOHN DOE #12," THE LAST TWELVE NAMES BEING FICTITIOUS AND UNKNOWN TO PLAINTIFF, THE PERSONS OR PARTIES INTENDED BEING THE TENANTS, OCCUPANTS, PERSONS OR CORPORATIONS, IF ANY, HAVING OR CLAIMING AN INTEREST IN OR LIEN UPON THE SUBJECT PROPERTY DESCRIBED IN THE COMPLAINT "JOHN DOE #1" through "JOHN DOE #12," the last twelve names being fictitious and unknown to plaintiff, the persons or parties intended being the tenants, occupants, persons or corporations, if any, having or claiming an interest in or lien upon the Subject Property described in the Complaint, PUBLICATION

TO THE ABOVE NAMED DEFENDANTS: UNKNOWN HEIRS OF THE ESTATE OF TEREZINA BILUS YOU ARE HEREBY SUMMONED to answer the Amended Complaint in the above captioned action and to serve a copy of your Answer on the Plaintiff's attorney within twenty (20) days after the service of this Summons, exclusive of the day of service, or within thirty (30) days after completion of service where service is made in any other manner than by personal delivery within the State. The United States of America, if designated as a Defendant in this action may answer to appear within sixty (60) days of service hereof. In case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the Amended Complaint. NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME If you do not respond to this Summons and Amended Complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go

to the court where your case is pending for further information on how to answer the publication and protect your property. Sending payment to your mortgage company will not stop this foreclosure action. YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF PHH MORTGAGE SERVICES AND FILING THE ANSWER WITH THE COURT. To the above named defendants: The foregoing Publication is served upon you by publication pursuant to an order of the Hon. KEVIN J. KERRIGAN J.S.C, a Justice of the Supreme Court of the State of N.Y., dated February 13, 2026 and filed along with the supporting papers in the Queens County Clerk's Office. This is an action to foreclose a mortgage on the property located 45-25 Utopia Parkway, Flushing, NY 11358 Block: 5527 Lot: 24 Queens County is designated as the place of trial based upon the location of the property being foreclosed. Attorneys for Plaintiff: STERN & EISENBERG, PC, 20 Commerce Drive, Suite 230, Cranford, NJ 07016 T:(516) 630-0288. 3/20/26, 3/27/26, 4/3/26, 4/10/26

**SUBMIT LEGAL  
NOTICES TO:  
SSABBA@WOODSIDEHERALD.COM**

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CONTACT HOWARD: 917-972-5587, Daily 9a-5p  
EMAIL: hlbrick@aol.com  
**DONATIONS GREATLY APPRECIATED**

# FOOD BANKS



Let's Help Feed  
New Yorkers who  
Need it the Most

To find a food bank in your area visit:

[bit.ly/Food-Bank-Locator](http://bit.ly/Food-Bank-Locator)



MOSAIC CHURCH

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**FREE FOOD PANTRY**  
MOSAIC COMMUNITY CENTER  
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DONATIONS ARE GREATLY APPRECIATED  
MON-FRI  
5-8PM

Deanery Queens<sup>2</sup>

## FOOD PANTRY

*Dispensa de Comida*

<p><b>St Theresa of Lisieux</b> 50-20 45th Street Woodside, NY 11377 718-784-2123 - Office</p> <p>Food Pantry is Open Tuesday 3:00PM to 4:30PM</p> <p><a href="http://www.SaintTeresaChurch.org">www.SaintTeresaChurch.org</a></p>	<p><b>Corpus Christi</b> 31-31 60th Street Woodside, NY 11377 718-278-8114 - Office</p> <p>Food Pantry is Open Wednesday 11:00AM to 1:00PM</p> <p><a href="http://CCWoodsideNY.org">http://CCWoodsideNY.org</a></p>
<p><b>St. Raphael</b> 35-20 Green Point Ave Long Island City, NY 11101 718-729-8957 - Office</p> <p>Food Pantry is Open Thursday 10:30AM to 12:00PM Saturday 1:30PM to 3:00PM</p> <p><a href="http://StRaphael-Queens.org/">http://StRaphael-Queens.org/</a></p>	

For more information on Helping the Needy

Click on [Deanery Q2](http://DeaneryQ2)  
Or Use the QR Code

[www.DeaneryQ2.org](http://www.DeaneryQ2.org)