



Governor Kathy Hochul, in a definitive stride towards addressing critical state matters, confirmed the approval of a \$237 billion budget on Monday. The announcement was a direct response to critics who had expressed doubt about her strategies. "The doubters were wrong," Hochul asserted during a press conference at the Capitol, marking a pivotal moment in her administration.

This year, Governor Hochul navigated through politically sensitive issues such as housing, public safety, and the integration of migrants—tensions that have intensified over the past two years. Despite encountering skepticism, particularly from within her own Democratic party concerning heightened penalties for retail theft and assaults on workers, Hochul managed to secure most of her legislative agenda from the state Legislature.

These policy triumphs are seen as potentially boosting her political stature amidst moderate job approval and favorability ratings. "I heard way too often for my tastes: That's always how it's been done. That's never worked for me, it never will," Hochul remarked, emphasizing her commitment to challenging the status quo. The budget, which shows a \$4 billion increase from Hochul's initial proposal, steers clear of any rises in the state's personal income tax. Significant alterations were made to a less-generous pension scheme established 14 years ago, anticipated to cost an additional \$400 million annually – a change backed by Democrats and labor unions as per the Citizens Budget Commission. While Hochul announced a "conceptual agreement" the on budget's framework, discussions on specific details were ongoing among Democratic lawmakers. A contentious issue remains the extension of Mayor Eric Adams' control over public schools, a topic that could delay the budget's final approval, already overdue by over two weeks.

State Senator Mike Gianaris highlighted the complexity of the situation, noting, "It's an important and complicated issue. The members correctly want to know what's being proposed."

The budget plan also includes an increased allocation of \$500 million to assist migrants with housing, healthcare, legal, and job placement services, totaling \$2.4 billion. Although Mayor Adams had requested \$6 billion, he welcomed the budget as "a win for New Yorkers," expressing gratitude for the state's cooperation. Details regarding the state's expensive Medicaid program were still under negotiation. Additionally, a proposal by Hochul earlier this year to regulate social media companies and protect children from algorithm-driven content did not pass.

Despite these challenges, Hochul celebrated the budget as a significant achievement. "We could have settled for a watered-down plan and a hollow victory,"

she said, "But I refused to accept anything that didn't meaningfully address the housing supply." The governor was able to secure \$650 million for local governments to boost home construction, alongside new tax incentives aimed at fostering development in New York City.

The finalized budget reflects Hochul's determination to implement strong public safety measures, amid ongoing public concern over crime. This includes the introduction of over 20 new criminal charges categorized as hate crimes and tougher penalties for retail theft, including making assaults on retail workers a felony offense. Additionally, an innovative measure will allow prosecutors to aggregate the value of stolen items across various retailers to elevate charges. The budget also allocates \$40 million for law enforcement to combat retail theft and supports the recruitment of 100 state troopers, underlining the state's commitment to bolstering public safety.

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MANAGING YOUR PERSISTENT FEARS AND ANXIETIES

by Stan Popovich

Are you looking for all of the answers on how to reduce your persistent fears and anxieties? Fear and anxiety can ruin your life if you do not know how to overcome it. As a result, here is a brief list of techniques that a person can use to help manage their everyday anxieties, stresses, and fears.

1. Take your fears apart: When facing a current or upcoming task that overwhelms you with a lot of anxiety, divide the task into a series of smaller steps and then complete each of the smaller tasks one step at a time. Completing these smaller activities will make the stress more manageable and increase your chances of success.

2. Take a break: Sometimes we get stressed out when everything happens all at once. When this happens, take a deep breath and try to find something to do for a few minutes to get your mind off of the problem. A person can get some fresh air, listen to some music, or do an activity that will give them a fresh perspective on things.

3. Get all of the facts of the situation: Gathering the facts of a certain event can prevent us from relying on exaggerated and fearful assumptions. By focusing on the facts, a person can rely on what is reality and what is not. This is a great way to take control of your mental health.

4. Use Self-Visualization: Sometimes, we can get anxious over a task that we will have to perform in the near future. When this happens, visualize yourself doing the task in your mind. For instance, you have to play in the championship volleyball game in front of a large group of people in the next few days. Before the big day comes, imagine yourself playing the game in your mind. By doing this, you will be better prepared when the time comes.

5. You can't predict the future: While the consequences of a particular fear may seem real, there are usually other factors that cannot be anticipated and can affect the results of any situation. We may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

6. Think of a red stop sign: At times, a person might encounter a fearful thought that may be difficult to manage. When this happens, visualize a red stop sign, which can serve as a reminder to stop thinking about that thought. Regardless of how scary the thought may be, do not dwell on it. This technique is great in dealing with your negative thinking and will help reduce your fears.

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 your current problem. Overcoming fear and anxiety takes practice. In time, you will become better able to deal with your stressful problems.

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A SALUTE TO MY DENTISTS

Every morning when my mirror smiles back, I am grateful to two dentists who have helped me for decades. They must be darn good, because thanks to regular visits I've retained excellent cuspids, bicuspids, plus a host of workable molars.

by Rix Quinn



I am not the best patient. I nearly always brush my teeth at least once a day, and sometimes use toothpaste. But I am an excellent flosser. I know this, because the hygienist complimented me on the last visit when she dug junk food from my molars. Over the years, dentists have worked miracles on two upper front incisors. I call these my "smile teeth." Those are the first things people see when I greet them with a semi-sincere grin.

Problem is, in high school I was in a car wreck. Back then, there were no shoulder seat belts, so my front teeth slammed into the dashboard. This left me with half an incisor ... very noticeable when sipping a milkshake. But my amazing dentist quickly made me a crown, so I looked presentable enough to pose for senior pictures. That crown held up for over 35 years, but it came off a few years ago when I bit into a sturdy dinner roll. My dentist got me scheduled late that day, and crafted a new crown that looks terrific.

Since then, I have taken much better care of my mouth. I bought a new toothbrush, and I have spent more time polishing my ivories. And – some mornings after brushing — I'm so impressed I think that if I was single...I would ask myself for a date.

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SUNNYSIDE SOCIAL'S **APRIL COMMUNITY CLEAN UP!**

Date: April 21 Time 10AM- 12PM Social gathering to follow.

Register Now! https://tinyurl.com/3r54w4pd

Sunnyside, Queens Meet @ 10am in Bliss Plaza (46th Street and Queens Blvd) Under the 7 Train. **Tools and Gloves Provided**





Find more about ways to take action!

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WHEN: Saturday, April 20 10am – 2:00pm

WHERE:

THE WOODSIDE COMMUNITY SCHOOL

39-07 57th St, Woodside, New York 11377

For more information, please contact Donnell Smith, Outreach Coordinator Call (347) 371-2889 or email dsmith@woodsideonthemove.org

"Spring Into Health Fair" will engage, encourage, empower, and expose community residents to an array of holistic services. Participating sites will engage local community-based organizations and City agencies in each neighborhood.

Activities will focus on three topics: awareness and education (supplemental nutrition assistance, health insurance enrollment opportunities); lifestyle information (e.g. Blood pressure, vision, dental screening); and demonstrations (e.g. Yoga, Zumba, CPR).

FOLLOW US ON SOCIAL MEDIA! Facebook.com/woodsideonthemove Twitter: @woodsidemoves Instagram: @woodsideonthemove #WeAreWoodsideNYC #SpringIntoHealth **#NYCYouth** #BeaconNYC

Activities to include: Zumba Class @ 10AM Taekwondo Demo @ 11AM CPR Training, Arts & Crafts,

Giveaways and more!



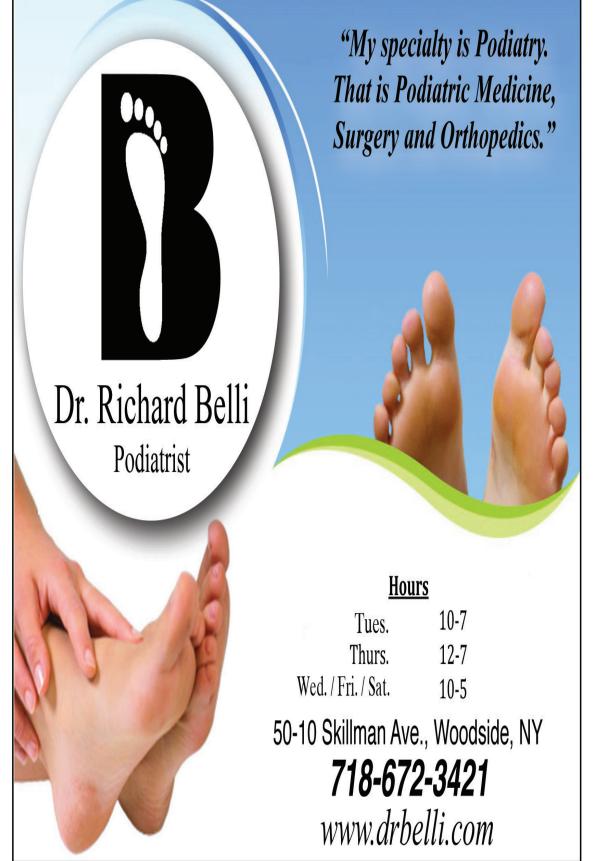




SATURDAY, APRIL 20, 12-5PM

Celebrate Earth Day this year at Socrates Sculpture Park with free, family-friendly hands-on activities. Participate in upcycled craft projects with Materials for the Arts and make cyanotypes with our Artist Fellow, Landon Newton, Learn about 100% vegetable recipes with the Connected Chef and nourishing herbs with Entangled Herbs. Food vendors include Pinche Vegana and Makina Cafe. Let's sow the seeds of the season for new growth! Workshops are free; first come, first served. 32-01 Vernon Blvd., LIC

*<u>NYC Well</u> – Free, confidential mental health support; Mobile **Crisis Teams; Crisis Respite** (888) 692-9355 *Nurse Family Partnership Program – (844)-637-6667 nursefamilypartnership.org serves all five boroughs providing support to mothers *LifeNet – Mental Health Association in New York State; confidential counseling support: 1-800-543-3638 *SAMHSA – Substance Abuse and Mental Health Association national helpline at 1-800-HELP (4357) for substance abuse or mental support. *NY Foundling Parenting Support Helpline: (888-435-7553). Child Abuse Prevention Program and Crisis Nursery. The Crisis Nursery is located at 590 Avenue of the Americas (6th Avenue) in Manhattan and offers "temporary safe haven for children from birth to age 10." *Suicide Prevention Lifeline – National helpline for those "having trouble coping." English 1-800-273-8255 (en espanol, 1-800-628-9454)





COMPREHENSIVE COMMUNITY **PLANNING IN LIC**

On Monday, April 15, Council Member Julie Won, the Department of City Planning (DCP), and WXY Studios hosted the second town hall in the comprehensive community planning process for the Long Island City Neighborhood Plan, "One LIC." Over 135 Long Island City residents and other members of the public attended the second town hall at Jacob Riis Neighborhood Settlement, which is the latest step in the planning process following a kick-off town hall in November 2023 and a series of focus area meetings (FAM) from December 2023 to February 2024. The goals of Monday's town hall were to share collectively developed Plan goals and draft community recommendations. Ultimately, the One LIC comprehensive Plan aims to bring needed investment and connect disparate areas of Long Island City, making them into one cohesive neighborhood.

This collaborative town hall engaged the community through three main three objectives:

1. Sharing what's been done to date through the One LIC planning process 2. Reviewing draft community recommendations and initial City responses 3. Workshopping draft community recommendations

- City Agencies in Attendance at the Town Hall:
- 1. Economic Development Corporation (EDC)
- 2. Queens Public Library (QPL)
- 3.Department of Urban Agriculture (MOUA)
- 4.Department of Education (DOE)
- 5. School Construction Authority (SCA)
- 6.Department of Transportation (DOT)
- 7.Department of Environmental Protection (DEP)
- 8.Department of Parks and Recreation (Parks)
- 9.NYC Housing Authority (NYCHA)
- 10.City Hall

The LIC Neighborhood Plan Draft Goals are:

*Protect existing affordable housing and generate significant new housing, especially affordable housing that serves diverse types of households and family needs.

*Invest in existing parks and deliver new open space along the waterfront and in the core that is high-quality, resilient, sustainable, and accessible.

*Enhance connectivity with multi-modal transportation, improve safety for pedestrians and bikers, and improve logistics for deliveries, loading zones, and truck access.

*Plan for a more resilient and sustainable Long Island City by addressing existing challenges, planned development, population growth, and climate change.

Support existing businesses and the creative community, increase local job growth, and improve access to diverse, quality jobs and training.

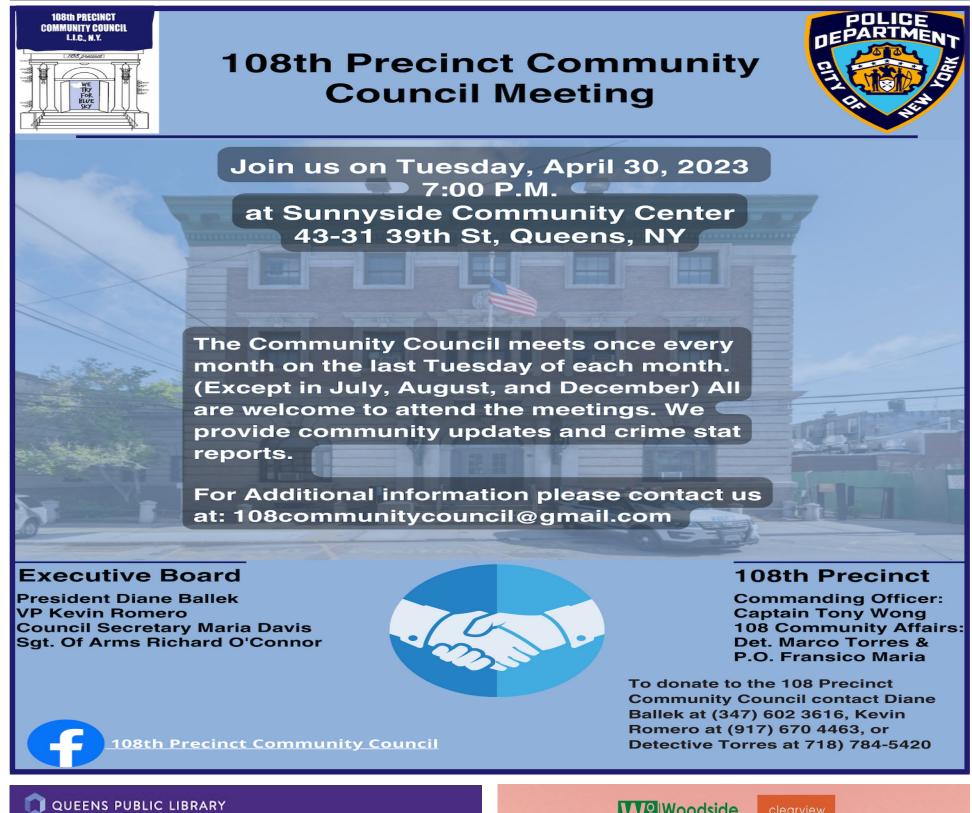
*Invest in neighborhood services, education, and community programs to improve access for vulnerable communities and promote public safety.

*Increase the knowledge and capacity of planning partners (including residents, local business owners, community-based organizations, city agencies, and others) to effectively and equitably work together to shape the future of the neighborhood.

The Plan area extends from the East River and Gantry Plaza State Park at the southwest, north to Queensbridge Houses, the Long Island City Industrial Business Zone, and east to Court Square and 23rd Street. In addition, the Plan will recommend investments and programming for all of Long Island City, including Queensbridge.

In May 2024, Council Member Won, DCP, and WXY Studios will host the third round of focus area meetings (FAM) for revised community recommendations. In June 2024, there will be a third town hall to release draft strategies, including zoning framework, and soliciting community feedback. This neighborhood Plan will culminate with recommendations for zoning changes, infrastructure investments, and other recommendations based on a comprehensive, community

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FRIDAY, APRIL 19, 2024

vironment and be less stressed upon arrival at your destination.

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Use a hand powered lawn mower instead of a gasoline or electric one. Rake your leaves instead of using gasoline powered leaf blowers.

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> Sincerely, Larry Penner



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'Mail theft continues to be a major problem in New York.

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Letters To The Editor

The following letters are the opinions of its author and not necessarily those of the Woodside Herald.

EARTH DAY

Dear Editor,

Astoria, Hunters Point, Long Island City, Sunnyside and Woodside residents can Celebrate Earth Day April 22nd, 2024 every day. Besides recycling newspapers, magazines, glass, plastics, old medicines, paints and cleaning materials, consider other actions

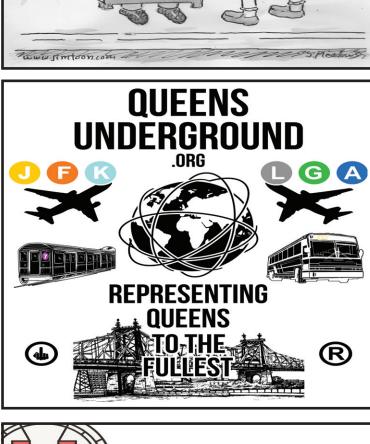
which will contribute to a cleaner environment. Leave your car at home. For local trips in the neighborhood, walk or ride a bike. For longer travels, consider public transportation. Long Island Rail Road, MTA NYC Transit subway, bus and Staten Island Railway, MTA Bus and NYC Economic Development Corporation Private Ferry operator program I offer various options funded with your tax dollars. They use less fuel and move more people than cars. Many employers offer transit checks to help subsidize costs. Utilize your investments and reap the benefits. You'll be supporting a cleaner en-

6 FIRE SAFETY TIPS

FOR PETS Keep away from stoves Have a 3 foot "pet free" and countertops. zone away from fireplaces. Keep pets away from Have working smoke candles, lamps, and alarms on every level space heaters. and test them once a month. Consider using Never go back inside flameless candles. for pets in a fire. Tell a firefighter. 100 SUITS INITIATIVE **Impow**er Your Career Journey: Join us at the Ultimate **OB & RESOU NETWORKING OPPORTUNITIES**

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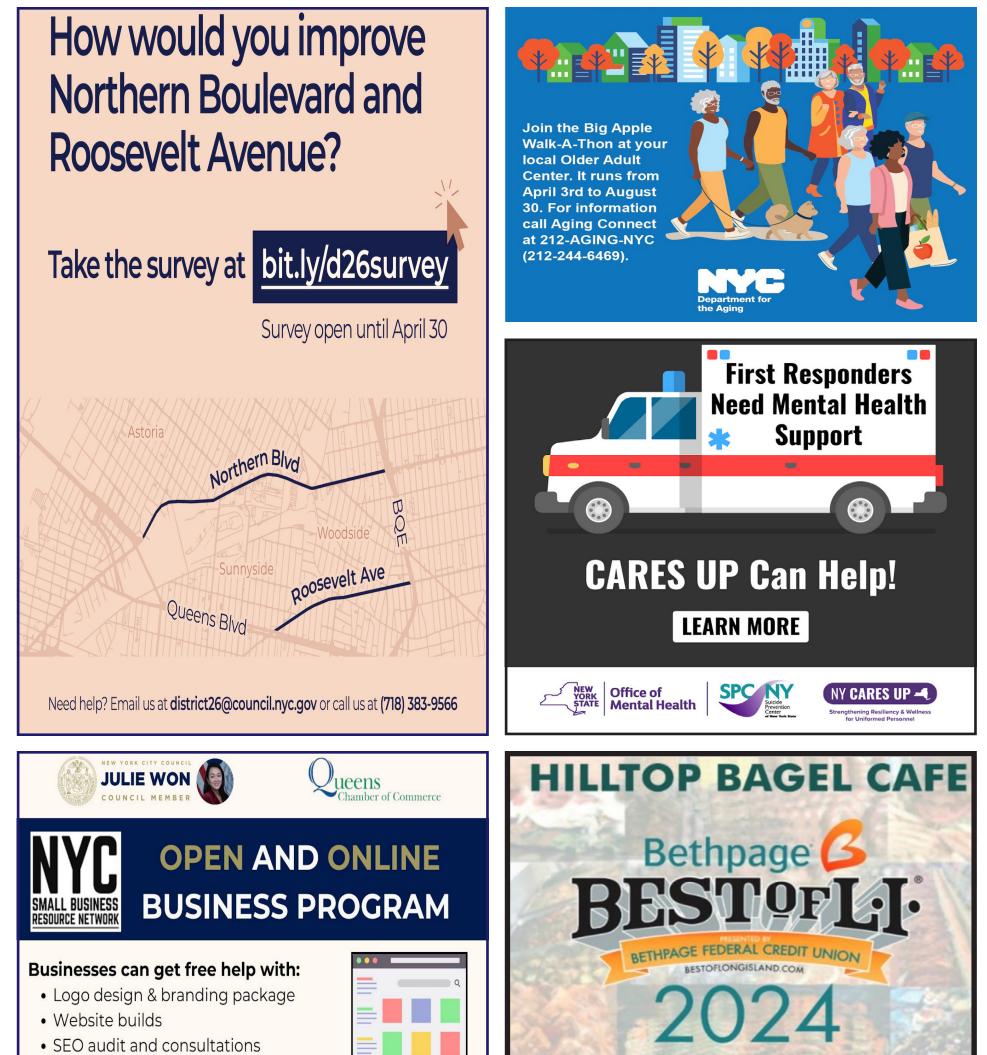
WHERE: QUEENS COLLEGE The Underground at the Student Union 6530 Kissena Blvd Flushing, NY 11367 Transportation: On Campus parking is limited. Buses: Q25, Q34, Q17, Q44, Q64 & Q88 Free to Attend, Must Register: tinyurl.com/EQJobFair2024 SCAN ME For questions, email empowerqueens100@gmail.com Register **POWERED BY:** QUEEN

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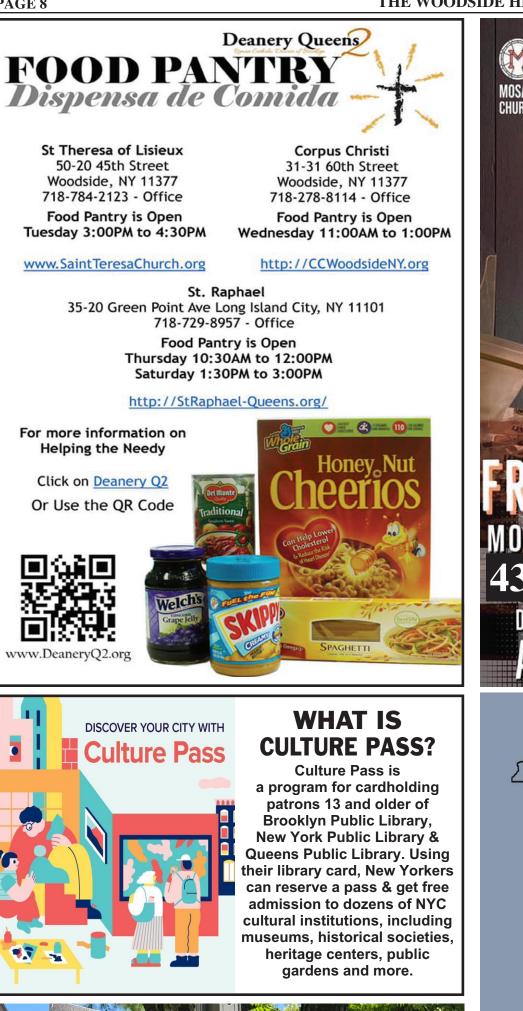
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