

# WOODSIDE HERALD

SERVING SUNNYSIDE-WOODSIDE AND LONG ISLAND CITY

VOL. 93 NO. 25

WOODSIDE, L.I.C., N.Y. FRIDAY, JUNE 19, 2026

FREE

# SUNNYSIDE-KIWANIS FLAG DAY PARADE



Photos By Joe Gurrado

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**WOODSIDE HERALD**

**718-729-3772**  
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**writers  
 wanted**

**VOLUNTEER POSITION**

**WOODSIDE HERALD**  
 Sunnyside, NY 11104  
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 Dr. Sharon Cadiz, Joe Gurrado, Peter Ross

# MANAGING THE FEAR OF LONELINESS

by Stan Popovich

Sometime or another we will experience a time when we are alone. Some people fear being alone for various reasons. The first step is to become comfortable with yourself and have the self-confidence that you will be able to manage being by yourself. With this in mind, here are eight suggestions that a person can use so that the fear of loneliness doesn't become a major issue in their life.

1. **Find an activity that you enjoy doing:** Joining a group activity can be a great way to meet people. Doing something that you like to do will make you happy and the fact that you will be around different people will increase your chances of making friends.
2. **Spend your time with a pet:** Animals are a great source of companionship. Volunteer at your local animal shelter to help those animals who are in need. Another option is to consider adopting a pet. Regardless, spending time with your favorite pet or animal will overcome your loneliness.
3. **Help others through community service:** There are many people out there who could benefit from your time and talents. Helping others can give you a sense of pride and accomplishment and help you not to focus on your loneliness. You can also increase your chances of meeting others with similar interests.
4. **It could be worse:** Imagine that you are married or stuck in a relationship that you can't get out of and also makes you miserable on a daily basis. Being in an unhappy relationship can be very depressing, so remind yourself the next time you feel a little lonely. This will help put some things in perspective.
5. **Spending time with God can help:** Spending time with God and asking God for help in your time of loneliness can be of great comfort. You never know how God will work in your life. Including God in your everyday living can help reduce your loneliness. Talk to a priest or minister for some guidance.
6. **The important thing is to be active:** Sitting around and doing nothing will not make things any better whether it is dealing with the fear of being alone or something else. Take it one day at a time and try to make the effort of being active with others in your community.
7. **Things can change:** Nothing remains the same and events change all of the time. Even if the thing that you feared does happen there are circumstances and factors that you can't predict which can be used to your advantage. You never know when an opportunity that you are looking for will come to you which is why suicide is not the answer.
8. **You're not the only one who is alone:** Remember that everyone deals with loneliness sometime in their life. Focus on your life and don't compare yourself to others. Continue to seek friendships with other people and don't feel sorry for yourself. There are all kinds of people in various circumstances so don't assume that you are the only one who is alone.



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# QUINN MINUTE – HAND TOWELS

by Rix Quinn

I learned about hand towels later in life, because they were important to my wife. As a kid, I paid them no attention whatsoever. If somebody told me, "Go wash your hands," I did that. But I didn't disturb the towels. I wiped my hands on my pants.

When I got an apartment, my roommate and I bought lots of paper towels, and used them in the kitchen and bathroom. But it takes lots of them to dry after a shower. So we graduated to bath towels. We used them everywhere, and we also called them bathmats.

When I got married, my wife wanted different color towels for our two bathrooms. Also, they had to match the wall color, the wallpaper, or the tile. I discovered that many had seasonal greetings or popular quotations printed on them. I even went shopping with her a couple times to pick out hand towels, but she told me the quotations I chose out were "distasteful," and would not be allowed in our house. I learned that these smaller towels originated as personal linens, something people could hang on their belts to use after handwashing. I had strict instructions never to use them to pick up spilled mouthwash, or to blow my nose.

In the 18<sup>th</sup> century some smaller towels became tea towels, and they were often made of fine linen. Today, our home's dish towels are absorbent cotton. These are my favorite small towels, because I also tuck them in my shirt collar to use during TV dinners.

NOTICE

# Updates on SNAP Benefits

New Yorkers between the ages of 18 and 64 years old and do not live with a dependent under the age of 14 must meet Able-Bodied Adult Without Dependent (ABAWD) work requirements in order to retain SNAP benefits starting March 1, 2026.

Adults who do not meet certain work rules will only receive SNAP benefits for three months in a three-year period.



**CLOSED**



**All Queens Public Library locations will be closed for Juneteenth.**

Visit [queenslibrary.org](http://queenslibrary.org) to learn about our special Juneteenth programs.



**service alert**



Reminder, no collection

**Friday, June 19  
Juneteenth**

## JEWELRY SCAM ALERT

PROTECT YOURSELF. PROTECT YOUR JEWELRY.



PROTECT YOURSELF FROM DISTRACTION THEFT SCAMS

Criminal crews are targeting elderly residents throughout New York City and stealing valuable jewelry through distraction scams.

**HOW THE SCAM WORKS**

- The scammers usually arrive in a vehicle, not on foot.
- Often a base-model SUV or crossover with out-of-state plates.
- Typically consists of a male driver and female passenger working together.
- The vehicle may be observed slowly driving through neighborhoods, shopping areas, or locations frequented by senior citizens.
- Scammers may call out from the vehicle and ask victims to approach them.
- The vehicle may abruptly stop alongside pedestrians or pull over to engage passersby.

**COMMON SCAMS**

- The subjects may:
- Offer jewelry as a "gift"
  - Offer a blessing or prayer
  - Ask for directions
  - Claim they know you or your family
  - Ask for money while offering fake jewelry in exchange

- Once they gain your trust, they may:
- Remove your jewelry
  - Replace your jewelry with fake jewelry
  - Distract you while an accomplice steals valuables

**PROTECT YOURSELF**

- Do not approach unknown vehicles.
- Keep a safe distance from anyone attempting to engage you from a car.
- Never allow strangers to place jewelry, necklaces, or other items on you.
- Keep valuable jewelry concealed whenever possible.
- If approached by suspicious individuals or vehicles, move away and contact police immediately.

**REMEMBER** Even if no property was taken, report suspicious encounters to the police. Your information may help identify and stop these crews before additional victims are targeted.

**free movie under the stars**  
hunter's point south park  
june 20 | 8:30 p.m.



**wicked:  
for good**  
pg-13

free popcorn. first come, first serve. bring a blanket or a chair.

**W**oodside  
ON THE MOVE  
51-23B Queens Blvd Woodside, NY 11377

woodsideonthemove.org



# June Workshops

~~06/09~~  
Tuesday

~~Housing Legal Consultation~~

10am - 4pm | 51-23B Queens Blvd.  
Work in-person with a housing attorney.  
45 minute consultation. Spanish available.



06/25  
Thursday

Immigration Consultation  
10am - 4pm | Virtual Call

Work virtually with an immigration attorney.  
45 minute consultation. Spanish available.



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**JUNE**  
6<sup>TH</sup> 7<sup>TH</sup> 13<sup>TH</sup> 14<sup>TH</sup>  
20<sup>TH</sup> 21<sup>ST</sup> 27<sup>TH</sup> 27<sup>TH</sup>

**12 PM - 5 PM**

**61<sup>ST</sup> STREET BETWEEN ROOSEVELT AND WOODSIDE AVE**

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Small Business Services | careers businesses neighborhoods

**NYC** More Information @Woodsideonthemove

# SUPPORTING THE LONG-TERM SUSTAINABILITY OF SENIOR CENTERS

New York State Senator Joseph P. Addabbo, Jr. announced the passage of S.7160A before the end of the 2026 legislative session, a bill he co-sponsored, to establish a Senior Center Council within the New York State Office for the Aging. The bill passed both the Senate and Assembly and now awaits consideration by the Governor.

The legislation seeks to ensure that senior centers are equipped to meet the needs of the fast-growing senior population throughout the state. The Senior Center Council will serve as an advisory panel focused on identifying challenges, recommending solutions, and promoting the long-term sustainability of senior centers.

“Senior centers are more than gathering places. They provide social engagement, nutritional support, educational opportunities, wellness programs, and critical services that help older adults remain healthy, active, and connected,” said Addabbo. “As New York’s senior population continues to expand, we must proactively ensure these centers have the resources and support necessary to serve future generations. Establishing the Senior Center Council will provide an important forum to address emerging challenges and strengthen these critical institutions in our communities.”

Under the legislation, the ten-member Senior Center Council will be established within the New York State Office for the Aging and charged with examining issues affecting senior centers throughout the state. The council will meet within 180 days of the law’s enactment and annually thereafter, to provide recommendations and strategies to address funding, programming, infrastructure, resource needs, and other concerns impacting senior centers.

“Advocating for older New Yorkers remains one of my priorities,” Addabbo added. “I was proud to join my colleagues in supporting this legislation and look forward to seeing the positive impact the Senior Center Council will have on communities in my Senate district, and throughout New York.”

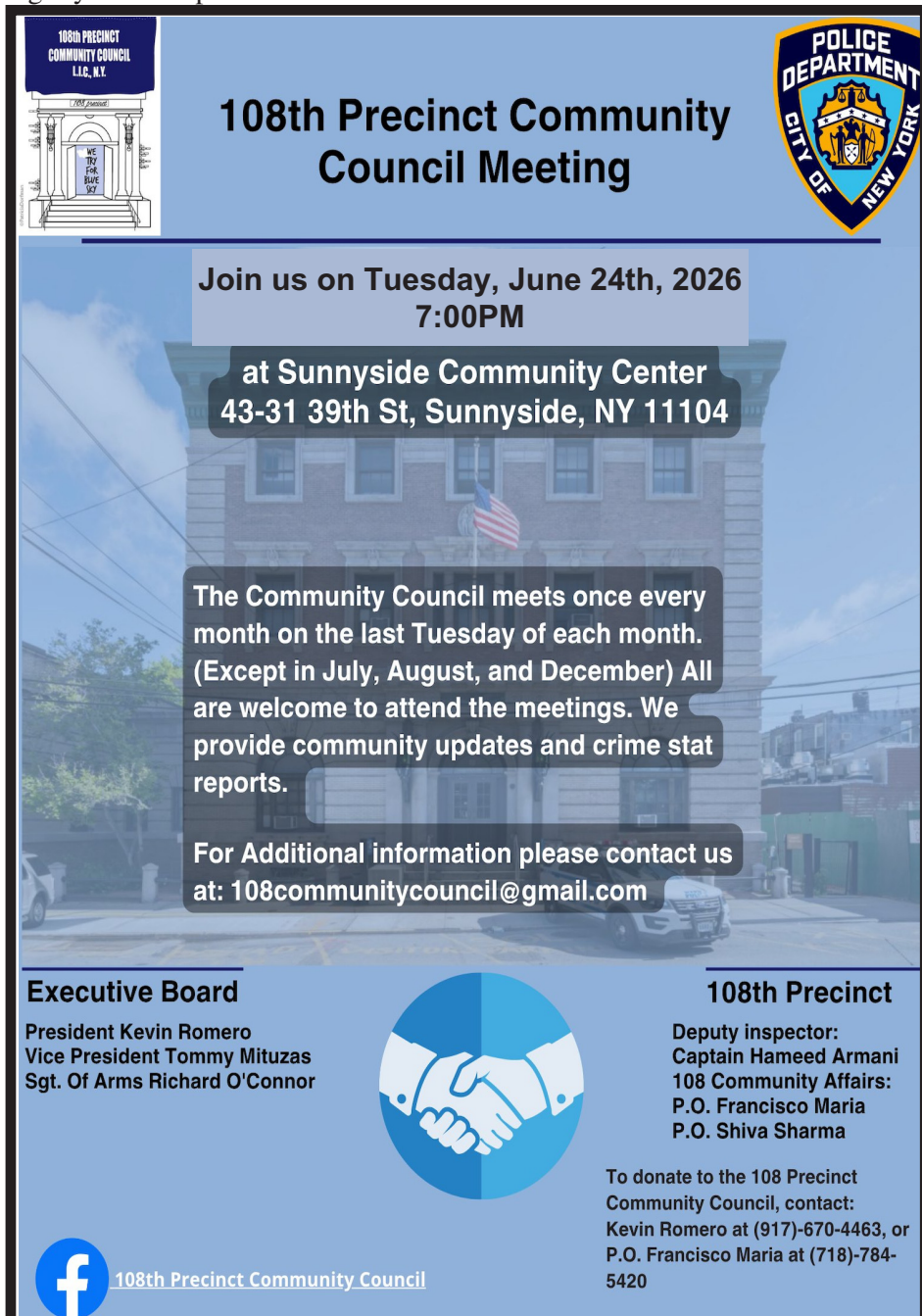
New York’s older adult population is among the fastest-growing demographics in the state, with projections showing significant growth over the coming decades. Advocates have emphasized the importance of planning now to ensure that senior centers can keep up with the changing needs of older adults while continuing to provide the services that help thousands of New Yorkers age with dignity and independence.

## JULIE WON INTRODUCES BILL PROTECTING DELI WORKERS



This bill would require all bodegas, delis, and dukkans to prominently display a sign near each store entrance or cash register, with a warning that assaulting retail workers is a felony punishable by up to 25 years’ imprisonment. The signs would be provided to owners and operators of bodegas, delis, dukkans, and retail shops at no cost by Department of Consumer & Worker Protections, in cooperation with the Department of Small Business Services. The proposed legislation would be known as the “Alshawish Worker Protection Law.”

**INTRODUCTION 954**

**108th Precinct Community Council Meeting**

Join us on Tuesday, June 24th, 2026  
7:00PM

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

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

**108th Precinct**  
Deputy inspector:  
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

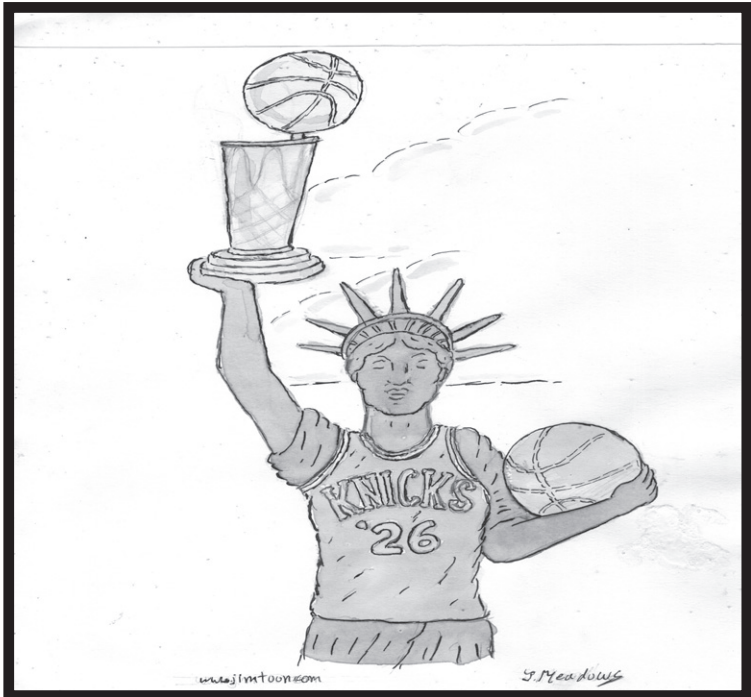


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Please email Articles, Photos, Letters and Opinions for Woodside Herald to

[SSabba@woodsideherald.com](mailto:SSabba@woodsideherald.com)

**WOODSIDE HERALD**  
SERVING SUNNYSIDE-WOODSIDE AND LONG ISLAND CITY

718-472-4585

**SUNNYSIDE REFORMED CHURCH NYC**

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Help support our neighbors right here in Sunnyside. Your donations nourish and strengthen our community.

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**DONATION BIN:** Located near the office side steps.

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NYC Mayor's Public Engagement Unit

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Thrive Peer Services

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• LEGAL NOTICE • LEGAL NOTICE •

PROBATE CITATION SURROGATE'S COURT - QUEENS COUNTY SUPPLEMENTAL CITATION File: No 2025-1730/A THE PEOPLE OF THE STATE OF NEW YORK, By the Grace of God Free and Independent TO Luigi DiMolino if living and if dead, to his heirs at law, next of kin and distributees whose names and places or residence are unknown and if he died subsequent to the decedent herein, to his executors, administrators, legatees, devisees, assignees and successors in interest whose name and places of residence are unknown and to all other heirs at law, next of kin, and distributees of Ann Molina the decedent herein, whose names and places of residence are unknown and cannot be ascertained after due diligence A petition having been duly filed by Debbie Adam, who is domiciled at 35-13 91st Street, Jackson Heights, NY 11372 YOU ARE HEREBY CITED TO SHOW CAUSE before the Surrogate's Court, Queens County, at 88-11 Sutphin Blvd, Jamaica, New York, on **July 16, 2026** at 9:30 o'clock in the forenoon of that day, why a decree should not be made in the estate of **Ann Molina a/k/a Ana Molina a/k/a Anne Marie Molina** lately domiciled at **35-13 91st Street, Jackson Heights, NY 11372**

issue to (State any further relief requested) Dated, Attested and Sealed **June 03, 2026** Hon. **CASSANDRA A. JOHNSON** Surrogate Janet Edwards Tucker Chief Clerk Matthew S. Dulberg, Esq. 718-639-5678 Attorney for Petitioner Telephone Number 37-06 82nd Street, Ste. 204, Jackson Heights, NY 11372 [dulberg@verizon.net](mailto:dulberg@verizon.net) Address of Attorney [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.] QUEENS COUNTY SURROGATE'S COURT PLEASE TAKE NOTICE In response to the COVID-19 pandemic, this Court implemented a process whereby a respondent in an Administration or Probate Proceeding could submit a "Citation or OSC Response Form" in lieu of a personal appearance on the return date of a Citation. This procedure is no longer necessary. Accordingly, as of June 30, 2025, Citations or Orders to Show Cause issued by this Court will not include any reference to such Response Forms and same should not be served upon any respondents. Subsequent to this date, completed Response Forms will not be processed or considered. A PERSONAL APPEARANCE WILL BE REQUIRED ON ALL MATTERS. The failure to appear in person, or by attorney, or to file an Answer or Objection prior to the return date of a Citation will result in the issuance of a Decree. 6/12/26, 6/19/26, 6/26/26, 7/3/26

# DISTRICT 26 FOOD PANTRIES AND HOT MEAL DISTRIBUTIONS



- Aids Center of Queens County**  
Tuesdays, line starts at 6:30 a.m., opens at 8 a.m.  
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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CONTACT HOWARD: 917-972-5587, Daily 9a-5p  
EMAIL: hlbrick@aol.com  
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# FOOD BANKS



Let's Help Feed  
New Yorkers who  
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[bit.ly/Food-Bank-Locator](http://bit.ly/Food-Bank-Locator)



Office of  
Mental Health

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DONATIONS ARE GREATLY APPRECIATED  
MON-FRI  
5-8PM

Deanery Queens<sup>2</sup>

## FOOD PANTRY

*Dispensa de Comida*

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Woodside, NY 11377  
718-784-2123 - Office  
Food Pantry is Open  
Tuesday 3:00PM to 4:30PM  
[www.SaintTeresaChurch.org](http://www.SaintTeresaChurch.org)

**Corpus Christi**  
31-31 60th Street  
Woodside, NY 11377  
718-278-8114 - Office  
Food Pantry is Open  
Wednesday 11:00AM to 1:00PM  
<http://CCWoodsideNY.org>

**St. Raphael**  
35-20 Green Point Ave Long Island City, NY 11101  
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Food Pantry is Open  
Thursday 10:30AM to 12:00PM  
Saturday 1:30PM to 3:00PM  
<http://StRaphael-Queens.org/>

For more information on Helping the Needy

Click on [Deanery Q2](http://DeaneryQ2)  
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