

WOODSIDE HERALD

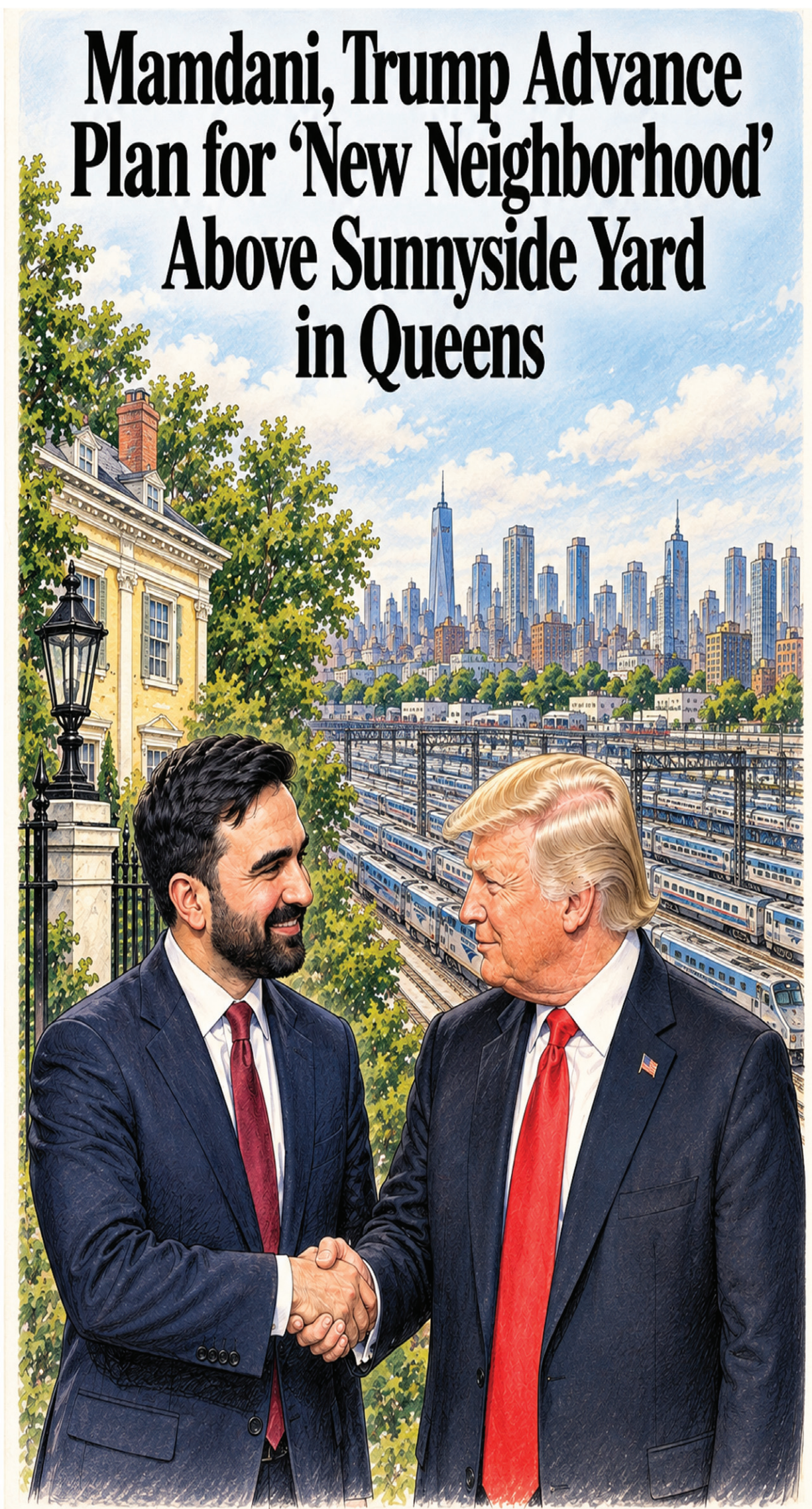
SERVING SUNNYSIDE-WOODSIDE AND LONG ISLAND CITY

VOL. 93 NO. 39

WOODSIDE, L.I.C., N.Y. FRIDAY, SEPTEMBER 25, 2026

FREE

Mamdani, Trump Advance Plan for 'New Neighborhood' Above Sunnyside Yard in Queens



QUEENS — Mayor Zohran Mamdani and President Donald Trump have agreed to advance discussions on a long-discussed proposal to build thousands of homes above Sunnyside Yard in western Queens.

Following a meeting Monday at Gracie Mansion, Mamdani said the two administrations had agreed to establish a new level of discussions between City Hall's housing and operations teams and the White House.

Mamdani said the proposal could deliver 12,000 new homes and 30,000 jobs, while describing the possibility as an entirely new neighborhood in New York City.

The mayor said the next phase would involve technical and legal issues surrounding construction of a platform above the active train yard. He did not provide a timeline for approval or development.

Trump described Sunnyside Yard as "a big job" and said, "Everybody's wanted to do something with Sunnyside Yards." He added that the project would require "a lot of federal approvals and probably some federal money."

The 140-acre Sunnyside Yard, owned by Amtrak, has been the subject of development proposals for decades. Previous efforts to build over the busy rail yard have not moved forward.

Mamdani has previously estimated the cost of a new platform at approximately \$21 billion.

A previous attempt stalled in 2020 after the New York City Economic Development Corporation released a plan for a platform and affordable housing development estimated at \$14 billion.

Mamdani revived the idea during a February meeting with Trump at the White House, where he presented the president with a mock Daily News front page bearing the headline "Trump to City: Let's Build" — a reference to the newspaper's famous "Ford to City: Drop Dead" headline from the 1970s.

The latest meeting moves the proposal into a new phase of discussions, but the project still faces technical, legal and funding issues before construction could begin.

Local leaders in Queens remain skeptical that the costly Sunnyside Yard proposal will ultimately become reality.

Attorneys – at – Law

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writers wanted

VOLUNTEER POSITION

WOODSIDE HERALD

Sunnyside, NY 11104

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IMPORTANT MENTAL HEALTH FACTS EVERYONE SHOULD KNOW

by Stan Popovich

Mental health affects how you think, feel, handle stress, and manage daily challenges. Important facts include that mental health struggles are common, asking for help is a sign of strength, and support from professionals, trusted people, and healthy coping strategies can improve recovery and overall well-being.

What Is Mental Health and Why Is It Important?

Mental health encompasses your emotional, psychological, and social well-being. It influences how you think, feel, and handle stress. Everyone faces challenges, and it’s normal to feel fear, worry, or sadness occasionally.

However, when these feelings interfere with daily life, they may signal a mental health concern that deserves attention. Recognizing this is the first step toward getting help and improving well-being.

When Should You Seek Help for Mental Health Concerns?

Even after trying to manage fear, anxiety, or depression, feelings can remain overwhelming. You don’t have to face them alone. Stan’s book provides practical guidance to regain control and build resilience in your daily life.

Connecting with a mental health professional is crucial. Additionally, joining a local support group offers encouragement and insight from people who have faced similar challenges. Sharing experiences can help you navigate your own journey.

How Can You Regain Control When Fear Affects Your Mental Health?

Fear affects both body and mind—adrenaline surges, focus narrows, and worst-case scenarios can dominate your thinking. That’s why generic advice like “just stay positive” often fails.

Use a Fear Tracker to log triggers and successes, map trusted contacts and resources, take a small daily action toward recovery, and review what helps you most. By breaking fear into manageable steps, you transform overwhelming anxiety into measurable progress, building confidence and resilience along the way.

How Can You Manage Mental Health During Times of Change?

Change can feel unsettling, stirring fear and uncertainty—but these feelings are normal. Ground yourself by focusing on what’s actually happening, separating reality from “what if” scenarios.

Then take one small, deliberate step: identify the source of your anxiety and respond thoughtfully—gather information, seek support, or adjust your approach. Reflect on your progress.

Breaking change into manageable steps builds confidence and clarity over time. This helps you to respond in the moment so fear doesn’t take control.

How This Fits the Managing Fear Framework

Many people try to manage fear by searching for a single solution, but fear can appear in different situations and may require different approaches. The Managing Fear Framework combines multiple strategies and techniques to help individuals explore different tools, discover what works best for their situation, and develop a more flexible way to respond to fear.

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QUINN SIMPLE SCENES – 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 uncought (“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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S

SIZE:

how many agents and vehicles are there?

A

ACTIVITY:

what are the agents doing?

L

LOCATION

which intersection is this happening?

U

UNIFORM:

what letters, details, or patches are visible on agent uniforms?

T

TIME:

what exact time did you witness this?

E

EQUIPMENT:

what did agents have with them?

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SATURDAY, OCTOBER 3, 2026

SCHEDULE:
9:30 AM - 1PM: BREAKFAST & CLEANUP AT
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2PM - 4PM: LUNCH & LEARN AT
ST SEBASTIAN'S PARISH CENTER (39-63 57TH ST)

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OUR PARTNERS

A HERO AMONG US

Dr. Richard Belli, a podiatrist in Sunnyside, Queens, is preparing to rejoin a medical mission to the Peruvian Andes in October 2026. The team of 45 doctors and staff will travel more than 14,000 feet into remote communities to care for families and children with limited access to medical care.

During the 2025 mission, the team treated more than 3,500 people in four days, and Dr. Belli personally cared for 200 patients. This fundraiser will cover medical supplies and travel expenses, with all proceeds going directly toward the mission so the team can reach even more people.

I'm grateful you took a moment to read about this work. If you're able, please visit the GoFundMe page through the shared link to donate or pass it along to someone who may want to support Dr. Belli's return to Peru.

<https://gofund.me/2460b620b>





Dr. Richard Belli
Podiatrist

*“My specialty is Podiatry.
That is Podiatric Medicine,
Surgery and Orthopedics.”*



Hours

Thurs.	12-5
Tues. / Wed. / Sat.	10-3

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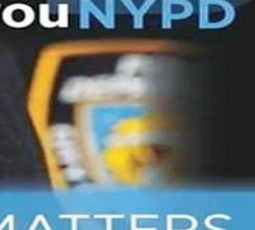
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70-31 48th Ave, Woodside, NY 11377

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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
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10-25 41st Ave, Long Island City, NY 11101

Jacob A. Riis Neighborhood Settlement
Hot Meal Distribution
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11:30 a.m.-12:30 p.m.
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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
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Wednesdays, 11 a.m.-2 p.m.
Thursdays, 12-3 p.m.
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File No.: 2022-5515/D
CITATION
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AND INDEPENDENT
To:
Mount Sinai West,
Joan Davidson,
Charles Morrow,
Thomas Morrow,
Diane Marsala,
Maria Theresa Masin,
Vincent Mazziotti,
Theresa Ann Pastrana,
Estate of Irene Peterson,
Mary Ann Fox,
Edward F. Fox,
John Fox,
Michael Tamburri,
John Sullivan, Jr.,
Eileen Henricks,
Michael Mazziotti,
Anthony Piselli,
Rose DeVeau,
Joanne Lazaroff,
Raymond Piselli,
William Fabrizio,
Kristine Lewis,
Michal Landman,
John Kempter,
Matthew Kempter,
Pamela Lynn Moses,
Laura Schroder,
Tiffany Taylor,
Jennifer Fox,
Christine Fox,
Douglas Fox,
Jaclyn Mazziotti,
Jennifer Manning,
Maria Guthrie,
Stephen Piselli,
Kristan Mallias,
Anthony Piselli,
Marilyn Fox,
Attorney General of the State of
New York
Jennifer Thomas Mensch, if living
and if dead, to their heirs at law,
next of kin and distributees whose
names and places of residence are
unknown and if they died
subsequent to the decedent herein,
to their executors, administrators,
legatees, devisees, assignees and
successors in interest whose names
and places of residence are
unknown and cannot be
ascertained after due diligence.
Being the persons interested as

creditors, legatees, distributees or
otherwise in the Estate of Dorothy
Kawas aka Dorothy J. **Kawas aka
Dorothy Joan Kawas aka
Dorothy J. Mazziotti Kawas aka
Dorothy Joan Mazziotti Kawas**,
deceased, who at the time of death
was a resident of 51-53 72nd
Street, Woodside, NY 11377, 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 Dorothy Kawas aka
Dorothy J. **Kawas aka Dorothy
Joan Kawas aka Dorothy J.
Mazziotti Kawas aka Dorothy
Joan Mazziotti Kawas**, 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, 6th Floor, 88-11
Sutphin Boulevard, Jamaica, City
and State of New York, on the 3rd
day of December, 2026 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 \$87,618.61
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 4.5% 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
February 14, 1995, 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 Mount Sinai West
formerly known as Roosevelt
Hospital to be used to construct an
affordable unit or wing, with a
plaque
Dated, Attested and Sealed
15th day of September, 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
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YOU, AND YOU OR YOUR
ATTORNEY MAY REQUEST A
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PETITIONER’S ATTORNEY
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9/18/26, 9/25/26, 10/2/26, 10/9/
26



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