Adventure Sports Park Proposed for Quarry in Verplanck

By Rick Pezzullo

The owners of a Connecticut adventure sports park are looking to make a splash in the Town of Cortlandt by bringing their thrills and spills to a former quarry in Verplanck.

Sean Hayes, President and CEO of Brownstone Exploration and Discovery Park in Portland, CT, made his pitch at a Verplanck Quarry Planning Meeting last week to utilize the 33-acre, approximately 300 feet deep quarry that has been illegally used for years by swimmers and divers as a family destination for water-themed fun.

“This is not an amusement park. We are not a 30 second thrill park. This is an adventure sports park,” Hayes explained.

“We want the family to come out as a unit and play together.”

The quarry is part of a 99-acre parcel that Cortlandt purchased a few years ago from Con Edison. Since then, town officials have been entertaining a variety of proposals for the land.

Hayes said Brownstone, which has been in business since 2005, was prepared to invest $4 million to build out the adventure park and an adjoining boardwalk market.

The adventure park would include eight zip lines, cliff jumping, rock climbing, scuba diving, water obstacles and other activities. Hayes said the Verplanck quarry was an ideal location for everything Brownstone has to offer.

“This facility has a mystique about it. We don’t want to take that away,” he said. “It’s all about giving kids a chance to be kids in a safe environment. We will do everything to make it work for the local community.”

Stressing life jackets were required for all participants in the park, Hayes said Brownstone has never had a drowning incident. He said the park would create 250 seasonal jobs, including 50 lifeguards, and 20 year-round jobs. Access to the park is currently proposed through 13th Street.

“Everything we do will affect traffic in Verplanck,” said Supervisor-elect Dr. Richard Becker. “This is just the first toe in the water.”

continued on page 2

24-Hour Gas Station, Convenience Store Opens in Shrub Oak

By Rick Pezzullo

A ribbon cutting ceremony was held Dec. 1 for a new 24-hour gas station/convenience store in Shrub Oak.

The CoCo Farms service station on the corner of Route 6 and Barger Street is one of 12 businesses the Elmsford-based company operates throughout the Lower Hudson Valley.

Hani Sadallah founded CoCo Farms as a convenience store offering food, beverages, lottery, snacks, and fuel in a safe, clean, and

continued on page 2
Hiking Trail in Mohegan Lake Approved by Parks & Rec Commission

By Examiner Media Staff

The Yorktown Parks and Recreation Commission last week unanimously approved a short hiking trail in Mohegan Lake on town-owned parkland. The one-mile proposed trail has been named Tall Timber Park, occupying the former 1940-70 site of the Tall Timber summer camp and bungalow colony. The park is bordered by Scofield Road on the south, Ivy Road on the east, Crossways Road on the north, and Heyward Street on the west.

The Tall Timber Park trail was proposed last spring by the Tall Timber Park Committee, a volunteer group of Mohegan Lake residents who have marked and mapped out the trail and who will clear a path through brush and fallen trees and mark the final trail.

The proposal has met with strong opposition since July when residents on Ivy and Crossways Roads claimed the trail was a security threat because it ran too close to their homes. A Parks and Recreation Commission public meeting in July became openly contentious with demands for the trail to be either eliminated or severely shortened. Responding to those concerns, the Tall Timber Park Committee cut out the Crossways Road trail entrance and moved the proposed trail route further away from both Crossways and Ivy Roads.

The Tall Timber Park committee has since revised the trail five times in response to nearby residents. Each revision pinched in the trail’s loop moving it as far to the center of the park and away from any homes. Many neighbors then requested the trail be one path where hikers would walk up and back. Questions were raised by those opposing the trail about advertising the trail on websites and in trail publications.

At last week’s meeting, about 30 people showed up to the Yorktown Parks and Recreation Commission public hearing to either voice support or opposition. The majority of those attending were in support of the trail. Many claimed streets around Mohegan Lake were not safe to walk in with children because cars sped through as a cut-through from Route 6 to Route 202. Proponents claimed the short, 45-minute hike was welcomed as a place to enjoy nature on a designated trail. All comments were limited to two minutes and Patrick Cumiskey, Vice Chairman of the commission, cautioned folks to be civil when speaking.

Updating the commission on the trail was Mohegan Lake Improvement District president Ken Belfer. “We’ve made this trail more neighbor-friendly,” said Belfer, pointing at the trail map projected on a screen. “We intend to clearly mark any crossings, particularly at the top of Jones’ Hill so that people stay on the trail.”

Jones Hill, where town water tanks are located, offers a vista of the Hudson Valley in the wintertime. Those who have opposed that part of the trail requested it be cut off entirely.

Parks and Recreation Commissioner Christine Dunne offered a solution to make both sides agree by doing away with the turnaround point at Jones Hill. “Wouldn’t cutting off this small piece, wouldn’t it make everybody happy?” Dunne asked Belfer.

“If you cut it off you lose any views at all and it would drastically change the character of the trail,” Belfer told her. “This very wide summit is the furthest summit away from Ivy Road. If you cut it off it creates a greater temptation [for hikers] to wander off the trail to see a view.”

Although the argument was made that marked trails keep hikers on the trail and off private property, Ivy Road resident Mike Dratch said the trail still poses serious privacy issues. “If one explores and wanders slightly off the trail, residents’ privacy will be violated,” Dratch said.

Ivy Road resident Ralph Scannapieco, a vocal opponent of the trail, pressed for a shorter single path and asked the commission to again walk the trail without any trail proponents or opponents. “If you can go look at that trail without anybody else and take your best judgement on the situation, that would be good enough for me,” said Scannapieco.

Cumiskey said the commission had already taken two organized walks on the property which were advertised as part of the formal process when considering a new trail or park.

Other Ivy Road residents complained that the trail would drive out any wildlife, such as the bald eagle and osprey.

Tall Timber Park Committee volunteer Felicity Arengo, a professional conservation biologist and Mohegan Lake resident for more than 16 years, said wildlife people claimed were no longer visible are indeed thriving in the suburbs. “Many of these species are active at dusk and at night when most walkers will not be on the trail,” said Arengo.

The trail will be built under the guidance of Jane and Walt Daniels of the NY NJ Trail Conference. TheDaniels have already reviewed the trail route and had an environmental study done which ensured the trail would not disturb any endangered species. The Daniels were at the meeting to support the trail.

By the end of the meeting the volunteer committee agreed to not publicizing the Tall Timber Trail on websites or other trail information sites. Since the commission had approved the trail, it will come under a Memorandum of Understanding between Yorktown and the Trail Conference. The Tall Timber Park Committee seeks to have the trail completed by summer 2022.

Peekskill Corp. Counsel Leaving to be Village Administrator

By Rick Pezzullo

Peekskill Corporation Counsel Melissa Ferraro has been appointed as the village administrator in Dobbs Ferry.

The Dobbs Ferry Board of Trustees voted Nov. 23 to hire Ferraro, effective Jan. 18, 2022, to head the village at an annual salary of $180,000. She will oversee a staff of about 120 full and part-time employees.

Ferraro will succeed Richard Leins, a former Peekskill city manager, who has been serving as interim village administrator in Dobbs Ferry.

Ferraro, who lives in Cornwall with her family, graduated from Peekskill High School in 1992 and has been corporation counsel in the city for the last six-and-a-half years.

Her last day serving Peekskill will be Jan. 12.

24-Hour Gas Station, Convenience Store Opens in Shrub Oak

continued from page 1

Friendly atmosphere. The store will be open seven days a week around the clock.

“We make sandwiches to go. We have Colombian coffee that is roasted to the CoCo Farms brand’s specifications,” said Sadallah. “You will find the best customer service.”

The location was formerly a Getty station, which closed in 2016. It’s most recent use was an auto body shop.

Fitraro is the type of smart reuse and redevelopment that is at the core of our economic development plan for Yorktown,” said Supervisor Matt Slater. “We need to continue to revitalize these existing sites to eliminate blight, put properties back on the tax roll, create jobs and ease the burden on local property taxpayers.”

The CoCo Farms includes a 2,000-square-foot traditional-style building, four double-sided fuel pump islands and attractive landscaping.

“I want to thank this team that has worked with the Town of Yorktown so well. There wasn’t a problem throughout this whole process that they didn’t tackle,” said Councilman Tom Duna. “This is a big accomplishment for the gateway to Shrub Oak. Prior to this we had a gas station here that was basically falling in on itself.”

Adventure Sports Park Proposed for Quarry in Verplanck

continued from page 1

“arid point of passion,” Russo said. “It’s really been a lifelong dream.”

The main feature of the temperature-controlled building with roof solar panels is three equal size turf fields for soccer, lacrosse and other uses. There will also be training opportunities for sports teams and times for residents to utilize for exercise. A meeting/party room will be included, as will a large balcony for spectators.

The project is expected to generate 26 jobs and hundreds of thousands of dollars annually in taxes and lease payments. Besides the indoor facility, NY Indoor Sports will be spending another $1.5 million to build another outdoors field on the property next to existing Letteri Field.

Plans for a third business, Merchant’s Daughter Cider, a cider making venture, were also discussed last week.
### On Sale In Store!

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<td>Dewars Scotch 750ml</td>
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<td>Aberfeldy 12 yr Single Malt 1.5L</td>
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New Castle Officials Mull Enacting Mask Requirement

By Martin Wilbur

New Castle officials will consider activating a mask mandate in town as current COVID-19 cases are again on the upswing across the area and the state and uneasiness about the Omicron variant surfaces.

On Tuesday evening, the Town Board is scheduled to discuss the issue about three months after it revised its original local legislation that empowers the supervisor to enact a mask requirement for most indoor spaces and possibly outdoor public space should cases spike.

Councilwoman Lori Morton, who proposed a mandate in late summer, said the town should revisit the issue with cases on the rise and the emergence over the past couple of weeks of the Omicron variant.

“I believe we will continue to have new variants,” said Morton, who has favored mask wearing in public for most of the pandemic. “I also believe that we are in the rise of a new peak that will only extend during the holiday season and into the early winter, so I am in support of us enforcing a mask mandate.”

As of Dec. 4, the Town of New Castle had 61 active cases, according to Westchester County’s COVID-19 dashboard, nearly twice as many as when the board approved the revised measure.

The revised law, approved on Sept. 14, allows the supervisor to call for mandatory mask wearing on municipal property or while riding public transportation, in stores or in outdoor spaces or a combination of one or more of those venues. It replaced legislation from the summer of 2020, which required universal mask wearing in public.

Acting Supervisor Jeremy Saland said last week he is leaning toward supporting a mask mandate after hearing some feedback with news of the new variant. However, he wanted to wait to receive feedback from the community to help guide officials on how they should proceed.

“I think the public should opine and share their thoughts, but I am concerned and my wife certainly has my ear on this and other things,” said Saland, whose wife is a doctor.

During discussions leading up to the revised legislation several months ago, there had been talk about excluding gyms and fitness businesses from the new law because of potential pushback.

The town ultimately included those facilities in the revised legislation, but Morton said that she was concerned that the law would never be enacted because there has been some opposition to mandating masks when people are working out.

Councilwoman and Supervisor-elect Lisa Katz said she has spoken to medical professionals recently who said that Omicron and additional variants might likely be more contagious as the virus mutates, but will likely become less deadly as the virus looks for a way to survive.

Lisa Katz said she has spoken to medical professionals recently who said that Omicron and additional variants might likely be more contagious as the virus mutates, but will likely become less deadly as the virus looks for a way to survive.

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Helping Others Cope

The Gambino family of Pleasantville spent a tragic Thanksgiving 17 years ago at Maria Fareri Children’s Hospital. In loving member of their daughter, Tina, the family provides meals and kindheartedness to staff, families of patients and visitors who spend the holidays there. To learn more about the Tina Gambino Memorial Foundation, visit www.tinagambino.org.

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Latimer to Declare COVID-19 State of Emergency for Westchester

By Martin Wilbur

Rising COVID-19 cases and hospitalizations will force Westchester County Executive George Latimer to declare a state of emergency this week in hopes of heading off more serious consequences related to the virus.

Latimer said Monday he intends to craft a formal declaration in the coming days but didn’t specify what steps might be taken as part of that effort. Emphasis on mask wearing in public, vaccinations for those who have yet to be inoculated and encouraging booster shots for eligible residents will continue to be stressed.

“With that declaration comes no specific mandate or action at this point in time,” Latimer said. “However, this is the point in time that I have to ask each of you to understand that we are now crossing a level of emergency, and that emergency requires each of us to determine what can we do on our own, voluntarily, freedom though it be, before we have to take government action on behalf of the whole society.”

He stopped short of calling for mask and vaccine mandates, except for continuing mask wearing in county-owned buildings and on mass transit, measures that have been in place for months.

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$20.00 (+TAX)

1 Large Plain Pie

1 Chicken Wedge Or Eggplant Parmesan Wedge

2 Liter soda

Please mention coupon when ordering.

Not valid with other coupons or discounts.

Expires 12/31/21, Nonna’s Pizzeria

1 Order Mozzarella Sticks

CORONAVIRUS UPDATE

Latimer said his administration will be sitting down in the coming days with leaders in business, health care and other sectors to come up with a plan that would be acceptable in business, health care and other sectors to sitting down in the coming days with leaders on behalf of the whole society.

“If the hospital capacity of the county can handle and manage a level of serious illness – hospitalizations – then we are managing the disease as best we can,” he said.

In comparison, hospitalizations reached 567 during the mid-January peak early this year following the difficult second wave and just as the first doses of the vaccines were being rolled out. That wave crested about two weeks after the end of the holiday season after many people visited families and stayed indoors because of the arrival of winter.

The county’s nearly 93 percent vaccination rate has limited the spread of serious illness and deaths, Latimer said. He called vaccines “the single most effective tool” to reduce those numbers, although just 57 percent of the current 84 COVID hospitalizations are people who are unvaccinated. The other 43 percent also include those who are not fully vaccinated and an unannounced number of patients with underlying health conditions.

“We are in much better shape today than we were a year ago today, and when people are looking at this and they see and they hear about Omicron and they hear cases are rising, let’s put it in perspective where we are today,” said Latimer.

White Plains Hospital CEO Susan Fox said advances in handling COVID-19 patients, along with the wide availability of the vaccine during the past year, have made treating the virus more effective.

While there was a high of 240 COVID hospitalizations in the early months of the pandemic at White Plains Hospital, Fox said there were just 15 on Monday, and only one of those is in the ICU. Last year, the hospital had to flex its ICU from a capacity of 15 beds to accommodate 86 patients.

Latimer warned residents, businesses and organizations to take the COVID threat seriously. He said he didn’t want to institute mandates but will do so if circumstances warrant them.

“We will use the power if the individuals amongst us are not having an effective result in dealing with this pandemic,” Latimer said.
P’ville Masonic Lodge Goes Above and Beyond to Hold Holiday Tree Sale

By Martin Wilbur

Two local organizations that have partnered on a local Christmas tree sale were in jeopardy of having to cancel their holiday tradition this year.

Through a little bit of luck and a lot of help from the community, the sale was saved and hundreds of local families can have their homes decorated with a live tree.

For the past three years, the Pleasantville-Hiawatha Masonic Lodge and the Pleasantville International Association (PIA), a group that promotes and arranges local students to travel abroad, have partnered on the effort after the longtime tree sale at the United Methodist Church ended.

But shortly before the anticipated delivery, about a week before Thanksgiving, representatives of the two organizations were told there weren’t the trucks or the manpower to deliver the shipment of 650 trees from a supplier in Quebec. So the Masons sprang into action, with one member arranging for a truck to head north of the border to bring the trees to Pleasantville, said Tony Burton, head of the Pleasantville-Hiawatha Masonic Lodge.

Although the trees didn’t arrive until the Sunday night before Thanksgiving, a few days later than usual, it was in time to open the three-week sale that extends through the upcoming weekend, he said.

“It felt like the spirit of Pleasantville, that somehow you find a way to get it done,” Burton said.

But it wasn’t just that local community members would help transport the Balsam-Fraser hybrid trees down from Canada, but Pleasantville High School Principal Joe Palumbo enlisted a couple dozen members of the school’s football and baseball teams to unload the truck on Nov. 22, Burton mentioned. A task that could have taken the Masons 10 hours or more to complete, was done in a little more than one hour, he said.

“I tell you what, we would have been there for hours on end and we’d be very, very sore if those kids weren’t there to help us,” Burton said.

Perhaps most importantly, the tree sale serves as a fundraiser for both organizations. For the Masons, they use their 60 percent portion of the funds to make donations toward a variety of charitable causes. For PIA, it helps provide high school students with an experience of a lifetime, being able to experience life in another country for several months, said Linda Dillon, who helps lead PIA.

Despite travel being curtailed because of the pandemic, a few students have resumed their travel abroad this year.

Members of the Pleasantville High School football and baseball teams who helped the Masonic Lodge unload a delivery of 650 Christmas trees two weeks ago in just over an hour.

Burton said sales for the first two weekends have been at a brisk clip, at about the same pace as the two previous years. Last year’s holiday season came amidst a surge in COVID-19 cases and that didn’t stop residents from getting ready for the holidays.

That all the money goes to worthwhile causes makes the sale, which takes place at the Masons’ lodge, an attractive place for families to look for their tree, Burton said.

“It’s such a great community event and it allows us to make a lot of donations, and we put it back into the community and all of the things that we do that are very public but private as well,” Burton said. “The opportunity to do this fundraiser kind of fell in our lap as an opportunity to help them and now for the foreseeable future we’ll just be doing this. This has become an annual event for us.”

The final weekend of the sale takes place this Friday from 5 to 7 p.m., Saturday from 10 a.m. to 6 p.m. and Sunday from 10 a.m. to 4 p.m. at the Masonic Lodge at 283 Manville Rd. Hot chocolate will be available and there may also be a visit by Santa on Saturday.

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Could You Have A Kidney Stone?
Learn about symptoms, treatment and prevention...

Q: What are the symptoms of a kidney stone?
A: You might feel waves of severe pain in your back or side below the ribs. Pain might spread to your groin and lower abdomen. Nausea, vomiting and blood in the urine are possible. If you experience extreme pain, vomiting, or fever, go to an urgent care facility, or your hospital ER. Otherwise, have your symptoms evaluated by your primary care physician.

Q: What actually is a kidney stone?
A: A stone is rock-like material formed within the kidney. Most stones have a calcium component, and are caused by inadequate fluid intake, an overabundance of calories, and excessive salt intake. Stones with a uric acid component are caused by an excessive meat intake. When a stone passes out of the kidney and enters the ureter, the tube becomes blocked, urine backs up, the kidney swells and pain results.

Q: What are my treatment options?
A: A small stone may “pass” from your body naturally. If necessary, your physician can provide medication for pain and nausea and allow natural passage of the stone. Uric acid stones can sometimes be dissolved with medication. A large stone blocking a kidney, or a stone associated with an infection, can be life-threatening and must be treated urgently. For stones that cannot pass on their own, a urologist may advise one of three outpatient procedures, depending on the size and location of the stone.

(a) External shock waves to shatter the stone, turning it to smaller stones that can then pass on their own.
(b) Inserting a small telescope to laser the stone into tiny fragments.
(c) If the stone is very large, a telescope is passed directly into the kidney through ones back to fragment and remove the stone.

Q: Can I help prevent kidney stones from forming?
A: Yes, however, once a kidney stone is removed, if a person does not change his or her diet or fluid intake, there’s a 70 percent chance another will form. Help prevent calcium stones by remaining well-hydrated. Avoid consuming large amounts of dark leafy vegetables, peanuts, Vitamin C tablets and chocolate. To avoid forming a uric acid-type stone, limit meat, including red meat, chicken or fish.
Yorktown Completes Walden Woods Playground Renovation

The Town of Yorktown completed the renovation of the Walden Woods Playground last week as part of a town-wide safety initiative.

The outdated and unsafe playground at the 5.4-acre park on Curry Street was renovated with new play equipment that conforms to contemporary safety standards.

“This is the latest park that we updated this year under our safety audit that we performed last year,” said Supervisor Matt Slater. “The rehabilitation of our playgrounds is an important investment for Yorktown. We are demonstrating to residents, businesses and outside investors that our community is committed to elevating and modernizing itself.”

Last year Slater and parks Superintendent James Martorano discovered that safety inspections had not been performed on the town’s parks in decades.

“Our Parks Department has made remarkable strides in this audit process; we only have five audits remaining,” Martorano said. “We expect the remaining playgrounds to be assessed in the spring of 2022.”

Detour for Sodom Road in Putnam Over Next Three Weeks

The traffic detour at Sodom Road Bridge was reinstated for about three weeks starting Monday as NYSEG reroutes the gas line that feeds Brewster Village.

This is a NYSEG project, not a Putnam County Highway Department project. In accordance with its New York City Department of Environmental (DEC) permits, NYSEG must decommission the gas line that spans the East Branch of the Croton River and reattach the line to the bridge, where it had been before construction started.

“It’s unfortunate that NYSEG couldn’t get its portion of the work done on schedule and that drivers will be inconvenienced,” County Executive MaryEllen Odell said. “NYSEG’s gas line, however, is essential to residents and it’s best that the work is done safely and completely now.”

The gas line reattachment was originally supposed to be accomplished in accordance with the county contractor’s schedule and finished by mid-November. When NYSEG couldn’t make the deadline, it delayed the project until January.

Rather than further inconvenience local drivers who were detoured onto I-684 and Route 22 while the bridge was closed, the county highway department reopened the bridge last month as soon as its work was complete. This week, NYSEG notified the highway department that it had changed its schedule again and would begin work starting Monday.

NYSEG now plans to have the permanent gas main relocated by midweek and the road reopened by Dec. 23.

Special Time of Year

Members of the Pleasantville High School chorus sing carols last Wednesday evening during the Pleasantville Chamber of Commerce Christmas tree lighting on Manville Road. In addition to holiday music, hot chocolate and treats were distributed by the chamber and the high school’s Visions Club.
William Reilly

William J. Reilly, a longtime Katonah resident, died peacefully at home in the comfort of his family on Nov. 29. He was 101 years old.

Bill’s life began in Pleasantville, one of two sons of the late Sarah (Bond) and Peter Reilly. He was predeceased by his brother, Peter.

Bill was the beloved husband of the late Margaret J. Fox of Mount Kisco; the loving father of six children, Colleen and husband Joseph Todd, William and wife Mary Beth Reilly, Peter, James, Kathleen and predeceased son, Frank; and three adoring grandchildren, Michael, Brian and Kelly Reilly.

He was a devoted parishioner of St. Mary’s Church in Katonah and a longstanding member of the Knights of Columbus in Mount Kisco.

His served his country in the European Theater during World War II with the 76th Infantry Division.

Bill was a kind and generous man who embraced life for more than a century.

He was a devoted husband, father, grandfather and friend to so many and will be remembered by all.

Friends and family were invited to call at Clark Associates Funeral Home in Katonah on Thursday, Dec. 2.

The Mass of Christian Burial was celebrated at St. Mary’s Church in Katonah on Friday, Dec. 3. Interment will be private.

Francis Malaspina

Francis (Frank) Malaspina, a Peekskill resident, died Nov. 28. He was 60.

Malaspina was born in Peekskill on June 29, 1961. He was a mason contractor by trade and spent many years working with his family at Peter Malaspina & Sons, Inc.

He will most be remembered for being a devoted husband, father, brother and Pop to his grandson, Jack.

Malaspina was predeceased by his parents, Peter and Maria (Zinno) Malaspina, and his brother, Robert Malaspina. He is survived by his wife, Helene (Lowenstein) Malaspina, of 36 years; children Peter (Christine) Malaspina, Emily (Thomas) Nesi and Angela (James) Malaspina; and his cherished grandson, Jack Nesi.

He will be greatly missed by his siblings, Sharon Malaspina, Anna Maria (Joseph) Smith, Peter Malaspina and Cecilia (Frank) Pugliese; his aunts, Rosaria (Giuseppe) Troili and Ernesta Zinno, both of Italy, and

Peter Di Rubbo

Peter Di Rubbo, a Peekskill resident, died Nov. 28 with his family at his side. He was 89.

Di Rubbo was born Apr. 25, 1932, in Bellona, Italy to Joseph and Antonietta (Nosella) Di Rubbo. He came to New York with his family in 1948. He proudly served in the United States Army from 1952 to 1954 and was a Korean War veteran.

In 1956, he married the love of his life, Mary Caravaggio, to whom he has been married for 64 years. He worked for the Peekskill City School District from 1959 to 1972. He then became a foreman for the Peekskill Parks and Recreation Department before retiring in 1997.

Di Rubbo was predeceased by his parents, Joseph and Antonietta Di Rubbo; his son, Peter Di Rubbo Jr.; his brothers, Sylvio, Nicholas and Ercole Di Rubbo; and his sisters, Mary Parisi, Jenny Pelaccio, Josephine Astrologo and Elena Diulio.

He is survived by his loving wife, Mary, and his son, Daniel (Faith) Di Rubbo. He will be greatly missed by his grandchildren, Daniel Di Rubbo Jr. and Michael Peter Di Rubbo, who were the pride and joy of his life. He will also be missed and remembered by many nieces, nephews and friends.

Anyone that met Peter knew how wonderful a person he was. He was the most gentle and kind person you could meet and will be greatly missed by so many.

Community Foundation Awards
Organizations for Mental Health Services

The Westchester Community Foundation awarded $3.2 million to 67 nonprofits to help improve the quality of life for Westchester residents. There were five organizations received grants totaling $567,000 to address the increased need for mental health services.

The Harris Project: $62,000 to expand use of a therapy protocol that combines treatments for mental health and addiction.

Ossining Union Free School District: $160,000 to address mental health needs of public-school students and their families in the Ossining and Peekskill school districts.

Saint Joseph’s Medical Center: $250,000 to increase access to behavioral health crisis services and suicide prevention at its St. Vincent’s Hospital, Westchester division.

Westchester Jewish Community Services: $45,000 to provide free mental health and substance abuse services to 90 college students in Westchester through May 2022.

Westchester Medical Association Foundation: $50,000 to support a pilot clinic for individuals experiencing lingering symptoms related to COVID-19.
After 25 Years of Highs and Lows, Abedin Tells Her Story

By Martin Wilbur

For nearly 25 years, Huma Abedin has had a front seat to history and unforgettable and notorious events.

Sometimes it was in her role as a staffer and trusted adviser for former First Lady, senator and secretary of state Hillary Clinton or her role as vice chair of Clinton’s 2016 presidential campaign.

Other times it was because of the tribulations caused by her ex-husband and former congressman Anthony Weiner that relentlessly thrust her in the public eye.

Last Friday evening, Abedin once again returned to Chappaqua to sign copies of her memoir released last month, “Both/And: A Life in Many Worlds,” at Scattered Books on King Street. A long line of admirers snaked through the crowded store waiting for a chance to get a brief message and autograph written by Abedin in their copy of the book, a selfie and even ask a question or two.

After a quarter-century of working for Clinton and being the subject of speculation and derision and the butt of jokes by late-night television comics, it was time for her to tell her story, she said.

“I’ve been in public service for 25 years, I’ve worked for somebody who’s been in the public eye and I really felt for a long time that other people were telling my story, saying what I thought or believed and I thought it was time to write my own history, and I really enjoyed the process,” Abedin said.

It took her about two years to write the book, which she said was done in various bursts. Despite facing all the slings and arrows, Abedin seems to be remarkably comfortable in her own skin.

She said it was her ability to ignore the noise and focus on doing her job and what mattered most to her.

“For most of my adult life I tune out the noise,” Abedin said. “I wouldn’t read any of the negative stories. After a while, I realized I had a lot of things to say.”

At 554 pages long, Abedin did have a lot of things to say and felt that this was the right time to get them out.

“I did have a lot of thoughts and opinions and I did have a great, rich history, my family, my parents’ life and my grandparents, I really wanted to talk about that, I really wanted to talk about and enjoy writing about,” she said.

Abedin, 45, was born in Kalamazoo, Mich., but spent most of her childhood in Saudi Arabia where her parents, both natives of India, were offered positions at the university in Jeddah. She returned to the United States to go to college.

This was the second time within the past month that Abedin made an appearance in town. On Nov. 17, she was interviewed as part of a program at the Chappaqua Performing Arts Center. Two visits to Chappaqua in a short timespan is fitting since she has traveled to the community many times in her various capacities working for Clinton.

“This is a town, an environment, an area that I felt so connected to because for 20 years this is where I started my up-at-4 a.m., get coffee at Lange’s or Starbucks, walking around town and feeling a real sense of community,” Abedin said. “I share in the book growing up having a community was so important to me and I really feel here, I feel really loved and supported in this environment.”

Scattered Books owner Laura Schaefer said she just resumed in-store book signings for the first time since the start of the pandemic. Last week was Schaefers’s first major book signing.

“I’m hoping that that starts to come back again,” she said. “It’s different just reading a book but when it’s more of an immersive experience, my goal is always to have this store be a destination somehow.”

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Factors to Consider Before Getting a Pet for a Holiday Gift

What could be a better than a puppy or a kitten for the holidays?

Guardian HEALS, a new nonprofit organization dedicated to saving pets’ lives by helping owners pay for essential veterinary care when they can’t afford it, hopes families will consider these important factors before making the decision to purchase or adopt a pet for a holiday gift:

Preparing for a new pet to taking care of pets in the long term.

The pros and cons of purchasing a pet insurance plan.

No one ever wants anything to go wrong with their new family member, but it happens. When to seek emergency veterinary care.

How to recognize the signs of parvovirus, a serious disease that can affect puppies.

Pets eat lots of food they shouldn’t at the holidays, such as turkey, chocolate, toy parts, Christmas decorations, alcohol and trash, which may require emergency visits. What table scraps are safe? Which ones should you avoid?

Putnam Health Department Makes Vaccine Experience a Pleasure

A big thank you to the Putnam County Department of Health’s nurses and employees for their tireless efforts since the beginning of the year to make the COVID-19 vaccine available through their clinics. They are doing a wonderful job.

Everyone was so friendly and kind when I went to the clinic to receive my shot. Everyone was so efficiently and smoothly. Thank you for your help.

Bernadette Vinci, chief executive officer of Guardian HEALS, said, “There is nothing better than adding a dog or cat to our lives, but there are so many people out there who are dealing with emotional and financial distress.”

“Guardian HEALS was founded because many people can’t afford the veterinary care and the financial surprises of having a pet,” she added. “But, oftentimes, it’s a surprise because instead of researching the responsibilities of pet ownership, it may be a spontaneous purchase or adoption and people may not realize this is a long-term commitment.”

Guardian HEALS works with veterinary partners throughout the tristate area, including Westchester and Putnam counties. For more information, visit https://www.healspets.org/
Local Scout Earns 42 Merit Badges During COVID-19

By David Streich

Everyone knows that a Boy Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean and reverent.

But one Mount Kisco Boy Scout has also been very busy. At the recent Court of Honor ceremony for Troop 1, Eliot Cape received his rewards for what he has been working toward for the past 18 months – 42 merit badges, which were practically overflowing in his hands.

In a time when the COVID-19 pandemic has kept people apart, Cape has taken the opportunity to learn as much as he can about a variety of interests, from archeology to woodcarving, among many other activities.

His drive started when he visited the Scouting Store to buy his first uniform after joining Troop 1. There, he saw a wall of 138 colorful merit badges that the Boy Scouts of America offer.

“At that point, he was hooked,” his mother, Alison Cape, said.

Eliot found an online registry of scouts who have earned every merit badge available, starting in 1914, when there were only 57 badges. He wanted to be on that list.

One of the first badges Cape achieved was Reptiles and Amphibians, because he has a pet bearded dragon. One thing that he learned was how snakes propel themselves, and why they would not have sought out, including dyeing fabric with vegetables for the Textiles badge, making paper for the Pulp and Paper badge and learning to make beaded bracelets for the Native American Lore badge. He even accomplished the Basketry badge. “Basket weaving was more challenging than you might think,” Cape said. “As you bend the reeds, you have to hold it all together, and it always feels like you need another hand that you don’t have.”

During COVID-19, some badges could not be accomplished at all, like Camping or Scuba, so Eliot needed to think outside the box – or rather, inside the Zoom box. There were more opportunities as nationwide merit badge counselors donated their time to guide scouts online from as far away as Hawaii.

The badge for Architecture included a unique tour through an abandoned prison in Pennsylvania, which was converted into a museum. A St. Louis woman discovered that her passion, landscape architecture, was one of the least-earned badges and made it her mission to turn that around. Cape is one of 450 of her students who earned that badge.

While Cape was unable to visit his grandmother in person, she taught him brush technique and color theory over Zoom as he created the same image in four different mediums, helping him earn his Art badge.

The scouting roots in Cape’s family run deep, as his great-grandfather was at the first World Jamboree in the United Kingdom in 1929, and he was able to compare his great-grandfather’s leather-bound book to his own hand-made pocket knife satchel for his Leatherwork badge.

Some badges can take months of collecting information and doing consistent work. “It’s a great lesson for kids,” noted Alison Cape, who also enjoyed working on the activities with her son.

For the Game Design badge, they created a timely board game with 3D printed tokens including toilet paper rolls, cans of beans and shopping bags. If your piece got too close to another, you flip it over to see if they were infected, and roll a die to determine if they were wearing a mask. Once the game was fully designed, Cape used it as a way to earn his Entrepreneurship badge.

So what’s next for Cape on his way to filling every inch of his sash with badges? Troop 1 scouts are collectively working on Cooking badges (as well as doing a good deed service project), by preparing breakfasts and dinners for the local Emergency Shelter Partnership, a coalition of interfaith congregations to provide the area homeless with a place to stay overnight during the winter in Mount Kisco and neighboring communities.

In 2023, Troop 1 will celebrate its 100th year of scouting in Mount Kisco. It holds meetings in person each Thursday from 6 to 7 p.m. at the Mount Kisco United Methodist Church. Everyone from 11 to 17 years old is invited to come with their parents to find out how scouting can enrich their lives.
Police Blotter

County Police/Mount Kisco

Dec. 2: Police responded to West Street at 8:20 a.m. on a report that a yard sign had been stolen sometime overnight. A resident reported that a large sign saying Happy 5th Birthday had been taken from her property. The sign was valued at $140.

Dec. 2: A 24-year-old Mohhegan Lake man was arrested on an active warrant while at the Mount Kisco Justice Court at 7:53 p.m. The suspect had been brought to court on another matter by the county Department of Correction when the warrant was discovered. Kay Santiago, 24, of Lexington Avenue was booked at the county police precinct on Green Street on charges of false personation and seventh-degree criminal possession of a controlled substance, both misdemeanors. He was returned to the custody of corrections officers.

Dec. 3: Police served a temporary order of protection to a High Street resident at 3:45 p.m. The court order prohibits the resident from having any contact with the person named in the order.

Croton-on-Hudson Police Department

Nov. 20: Patrol responded to Ridge Road at 7:08 a.m. after a resident reported that they went to bed around midnight and woke up to an unknown female lying down in their living room. She not a threat. The resident indicated an unknown female was sleeping downstairs. The party appeared disoriented. Patrols responded. The party was picked up by the relative.

Kent Police Department

Nov. 29: A 40-year-old Yorktown man turned himself in at police headquarters at 5:15 p.m. on an arrest warrant for first-degree criminal contempt related to a violation of an order of protection.

North Castle Police Department

Nov. 25: Party arrived at headquarters at 12:26 p.m. to report a road rage incident between her and another driver while traveling northbound on Route 22. While the party was explaining what happened, the other party involved came to headquarters to report the same incident.

Nov. 26: A caller reported at 6:44 p.m. that her brother received a call at their mother’s Byram Hill Road home from an unknown male party screaming, yelling and cursing and asking for “Cheryl.” The caller believes that it may be related to the road rage incident that she reported yesterday. The responding officer filed a report.

Dec. 1: A General Heath Avenue resident reported at 8:36 p.m. that the downstairs tenant turned off the power to his apartment and is refusing to turn it back on. The downstairs tenant has access to the fuse box. The complainant tried to notify the landlord but could not make contact with him. The responding officer spoke to both parties and advised them this has to be resolved by the landlord or in civil court. The downstairs tenant turned the electricity back on while the officer was on the scene.

Pleasantville Police Department

Dec. 1: Report of a robbery at The Taco Project on Bedford Road at 4:07 p.m. An unknown male entered the restaurant, made threats to employees and took an undetermined amount of cash from the register before fleeing. The matter is under investigation.

Putnam County Sheriff’s Department

Nov. 27: Deputies were dispatched to the Countryside Motel in Philipstown at 1:49 p.m. on a report of a fight. Multiple callers stated that two men were seen rolling around in the grass in front of the establishment. When deputies arrived, both individuals had returned to their respective rooms. A brief investigation determined that the two subjects had gotten into a physical altercation leaving both with minor injuries. Neither man wanted to press charges; however, both parties were ejected from the motel at the manager’s request.

White Plains Police Department

Nov. 29: A subject was charged with third-degree trespass at 9 City Place.

Dec. 1: A male subject was arrested for second-degree forgery in connection to a 2016 arrest warrant at 77 S. Lexington Ave.

Dec. 2: A man was charged with third-degree assault at 35 S. Broadway.

Yorktown Police Department

Nov. 26: Matthew Polchinski, 31, of Yorktown, was charged with felony assault after police responded to a town residence at 10 p.m. During an investigation, it was revealed that Polchinski, who was a guest at the home, hit the victim in the head with a metal folding chair, causing injury. The victim was treated and transported to a local hospital.

Nov. 29: Jason Galea, 32, of Ossining, was charged with assault and endangering the welfare of a child, both misdemeanors, following a report of an incident at a Yorktown residence at 8:20 a.m. An investigation revealed Galea caused injury by punching the victim in the face with a closed fist. It was further alleged the victim was holding an infant in his arms when he was punched.

Nov. 30: Robert Yeager, 25, of Yorktown, was charged with criminal mischief and harassment following a report of a domestic dispute at 5:48 p.m. An investigation revealed Yeager damaged a vacuum cleaner that belonged to the victim by cutting the cord and hose with a knife and shoving the victim to the ground.

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Yes, Size Does Matter But Make Mine Smaller, Please

Whenever I take stock of things or situations that please me, my home is always on top of the list as a source of contentment, whether a new but small studio apartment in Greenwich Village when I first moved to New York City, or a larger-than-needed six-bedroom home I purchased when my wife Margaret and I decided to move to “the country.”

A few years ago, as empty nesters, Margaret and I decided to downsize by moving from our 4,000-square-foot historic home to a brand new two-bedroom, 1,780-square-foot condo. Considering our lifestyle today, it was the best housing decision we could have made at this stage of our more senior years.

Just the other day, I was walking through our current home and when I reached my senior years...
Power Trip
A community-based bulk electricity purchasing program is helping Westchester make the journey from fossil fuels toward green, renewable energy.

By Bailey Hosfelt

You are reading this week’s print edition excerpt of Examiner+, a digital newsmagazine serving Westchester, Putnam, and the surrounding Hudson Valley. Need to subscribe — or upgrade your Examiner+ subscription to enjoy full access to all of our premium digital content? Visit www.examiner-plus.com

Westchester Power, run by environmental nonprofit Sustainable Westchester, allows individuals and small business owners residing in participating municipalities throughout the county to use a locally chosen, renewable energy alternative to state-mandated utility companies Consolidated Edison (ConEd) and New York State Electric and Gas Corporation (NYSEG).

While ConEd and NYSEG still provide the energy supplied through Westchester Power, Westchester Power negotiates the best possible rate on behalf of the participating municipalities — purchasing electricity in bulk for fixed prices. Launched in May 2016, 28 of Westchester’s 48 municipalities currently participate in the program. “The high rate of participation is a measure of the high priority that communities are placing on actively fighting climate change,” Maria Genovesi, Director of Marketing, Communications, and Outreach at Sustainable Westchester, said in an email to Examiner+.

While most people in the Westchester area have lived with electric utilities and energy service companies (ESCOs), municipalities stepping back in and creating a new default energy supply, Genovesi said, was a significant change.

“Community choice aggregation (CCA) came on the scene because, number one, ESCOs weren’t functioning the way we wanted it to,” Dan Welsh, Program Director of Westchester Power, said. “And secondly, communities wanted to come together, have some impact, and be proactive about what to purchase.”

An ESCO is a third-party supplier that provides electricity and natural gas to residential and businesses customers using the transmission or distribution system of a utility. While the local utility such as ConEd or NYSEG will still actually deliver the energy to a home or business, consumers can choose the source of their energy through an ESCO. In other words, picking an ESCO changes where the utility company gets the energy, giving consumers the opportunity to select a renewable-only energy supply.

New York first opened up the energy market in the early 2000s to give New Yorkers more choice in how ... To read the rest of this article, and others like it, visit examiner-plus.com and click subscribe. We hope you’ve enjoyed this week’s excerpt from Examiner+. We love honest feedback. Tell us what you think: examinerplus@theexaminernews.com

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Making Sure Life Isn’t Like a Pit Bull

“All life is an experiment. The more experiments you make the better.”
--Ralph Waldo Emerson

We can all agree we often find ourselves perplexed when we feel challenged by the gauntlet of life’s trials and tribulations.

At times, we feel life is like a snarly pit bull on a long leash at the hands of a feeble master, fearing the animal will wrest itself free from his master and attack us.

Taking an existential view to this, we come to realize at times we may be the feeble master. For sure, life is greater than us, though we are expected to navigate the whims of fate and destiny. We can’t conquer life as if it were a riddle to be solved, albeit we do have the ability to conquer ourselves by navigating and reacting to life’s fickle and absurd encounters.

At times we may feel like we know where we are when we are actually lost, unaware we are not at our destination. This can be heightened by our era of increased anxiety that makes us feel we are in search of our lost selves, and seek direction when confronted with life’s adversity by examining our choices to either react with caution or confidence or to take flight or fight to counter our fear, despair and resulting anxiety. Life’s ups and downs will make us react with either butterflies or heatburn in our stomach.

Depending on one’s beliefs, we have an à la carte menu to choose from to assist us in our life’s journey, tools such as religion, spirituality, philosophy, psychology, nature therapy and, of course, art to help us find happiness – and more importantly peace.

Life’s contradictions can also bring on additional anxiety in the form of tragic joy. For example, children and dear friends, who we love, at times challenge us and try our patience. In these existential moments we address the instantaneous encounter with other people who come alive to us on a very different level. Instantaneous referring to the quality of our encounters with other people. We should ask ourselves if we will respond to these instantaneous encounters as a pit bull?

This tragic joy can also apply to our professions that provide us with our material needs at the cost of our time, long hours and demanding bosses. Many of us at times feel a sense of worklessness, the reliably terrible feeling of not having done the kind of work that feels valuable to you. Well, don’t feel so had. I will confess I spent my younger days working in the quantitative professions as an engineer, then as a professor of statistics and economics; yes, it was a hopeless case of worklessness.

As we approach the holidays to spend time with friends, family and loved ones, let’s ensure we rein in the leash of our pit bull, and if we are going to show our teeth, let it be for a smile and not a snarl like a pit bull.

Be well. Be safe. Be happy. Be nice! Amor fati!
Dr. Richard Cirulli, is a published author, playwright, and retired professor. His body of works can be viewed at www.demitasseplayers.com. He looks forward to your comments, and can be reached at profcirulli@optonline.net

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THERE’S A WORD FOR IT

An Assortment of Words. The definition of the word assortment is “a group of different types of something.” That pretty much describes the collection of verbs, nouns, and adjectives that make up the quiz words this week. They say that variety is the spice of life, and just perhaps, your vocabulary.

1. must (v.)
   A) to tone down
   B) bring together
   C) make untidy

2. recondite (adj.)
   A) little known
   B) renewing
   C) solitary

3. numismatist (n.)
   A) an accountant
   B) a math teacher
   C) a coin collector

4. inspirit (v.)
   A) to encourage
   B) set up for use
   C) scrutinize

5. fossorial (adj.)
   A) abundant
   B) burrowing
   C) stylish

6. deterge (v.)
   A) to find out
   B) keep back
   C) cleanse thoroughly

7. sthenic (adj.)
   A) having high energy
   B) pulsing
   C) unfinished

8. ataraxy (n.)
   A) a workshop
   B) a throwback
   C) state of calmness

ANSWERS:

1. C. A. having high energy
2. C. A. a state of calmness
3. C. A. an accountant
4. C. A. having high energy
5. C. A. a coin collector
6. C. A. to find out
7. C. A. renewing
8. C. A. a workshop

By Richard Cirulli
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continued on page 26
Join the Taghkanic Chorale under the baton of Maestro Jason Tramm as it performs live for the first time in two years this weekend.

The “Baroque Treasures” concerts feature two beloved works by master Baroque composers – Johann Sebastian Bach’s “Magnificat” and Antonio Vivaldi’s “Gloria, RV 588.”

The concerts are this Saturday, Dec. 11 at 8 p.m. and Sunday, Dec. 12 at 4 p.m. at The Holy Name of Mary Church, located at 114 Grand St. in Croton-on-Hudson. Performances will conform to New York State and Centers for Disease Control and Prevention guidelines. It will be live-streamed for those unable to attend in person.

The chorale and five professional soloists will be accompanied by a 20-piece orchestra with strings, brass, winds, timpani and organ.

“We are thrilled to finally be singing together in person again,” said Deborah May, a soprano and president of the chorale.

Vivaldi’s “Gloria, RV 588” is performed rarely compared to his better-known “Gloria, RV 589.” Bach’s “Magnificat in D Major” is a work of great joy and celebration that demands much of both chorus and orchestra.

“Though the two composers never met, Vivaldi’s music had an indisputable influence on Bach,” Tramm said.

Guest soloists are Chelsea Friedlander and Dominika Zamara, sopranos; Allison Gish, mezzo-soprano; Ziwen Xiang, tenor; and John Dominick III, bass.

Admission is $25 for adults and $22 for seniors and students. The concert is free for children under 12 accompanied by an adult.

Tickets are available from chorale members or at the door. Audiences are invited to join a reception following the concert.

The Chorale, originally based in Mount Kisco and now in Yorktown and Croton-on-Hudson, has been sharing great choral masterworks with Westchester and Putnam audiences for 54 years. It is a nonprofit, nonsectarian group that rehearses Tuesday evenings and performs concerts in spring and winter.

For information about live-streaming the concert and about Chorale membership visit: www.taghkanicchorale.org.

The Taghkanic Chorale returns with its first live concert since 2019 when it performs works by Bach and Vivaldi this weekend in Croton-on-Hudson.
Classic Holiday Atmosphere and Dining at Mulino’s

It is over the top at Mulino’s of Westchester during the holidays, and it begins with the bright lights at the entranceway.

The annual Christmas Holiday Fest at Mulino’s lasts through January and it’s a sight to behold. The fountain garden is beautiful as is the lavish dining room and bar and lounge. General manager GianLuigi (Gimmy) Cavagna and his staff are keeping the premises as spiffy as ever with Christmas decorations galore, life-size toy soldiers, the bursting colorful floral displays and handsome multilevel seating area.

In 1989, when Mulino’s of Westchester debuted at its original location on Barker Avenue in White Plains, and since 1993 when it moved to its present location at 99 Court St., this restaurant has been lavishing itself on a discriminating upscale crowd under the careful guidance of proprietor Louis Gigante.

Meanwhile, Cavagna has become familiar to the regulars here, the seemingly tireless general manager who has been seen at the reservation desk, the office or the kitchen six days a week for more than 30 years, moving orders forward and managing staff. You may also spot him in the dining room preparing a dish tableside or chatting with his many patrons. It’s all in a day’s work.

“Do we have to love it,” Cavagna said. “We don’t think about the hours; it’s hospitality in the true Italian sense.”

Cavagna is a 45-year veteran of the hospitality industry, a native of Bergamo in northern Italy where he trained at Istituto Professionale Alberghiero in San Pellegrino Terme Bergamo. He has worked in Italy, Switzerland and France and traveled with Home Lines cruises in the Caribbean, working his way from wash boy to the youngest wine steward in the fleet at age 25.

Stateside he worked in such highly regarded restaurants as La Camelia, Giambelli’s 50th and Il Mulino in Manhattan, which is where he met Gigante, a customer who so impressed with his work he invited him to join the team at Mulino’s in Westchester.

“Louis is the architect in charge of the beauty, atmosphere and design of the place,” Cavagna said. “I run the operation front and back of the house day to day.”

The handsome two-level dining room and bar and lounge is lush with fresh flowers, the lovely picture-window view of the garden outside with its seasonal landscaping, giant goldfish and waterfall. It’s a setting, Cavagna insists, that requires attention to detail and service.

Once seated, all are served a tasty complementary helping of Italian cheese and hot and mild cured meats. Look for such menu indulgences as the cold seafood platter prepared for two or more, loaded with fresh chilled lobster, colossal US shrimp, Alaskan king crab legs, sweet lump crabmeat, east and west coast oysters, littleneck clams and Jonah crab claws, beautifully decorated and served over crushed ice with dijonnaise, cocktail sauce and spicy horseradish. A seafood banquet!

There’s yongole oreganata, (baked clams with garlic, lemon and white wine sauce) a decadent burrata plate and a fine version of Spiedino a la Romana (mozzarella loaf with anchovies, olives, capers in a red or white wine sauce).

Hearty pastas include tagliatelle alla Bolognese tossed in a meat ragu; Linguine Nere con Coda d’Aragosta Marechiara (black lingunie with tender baby lobster tails in a light tomato sauce); garganelli alla carbonara, tossed with pancetta, eggs and parmigiana Reggiana; and pappardelle al pomodor o e basilico (fresh diamond-shaped pasta with tomato and fresh basil). A recent taste of the risotto with porcini was terrific.

For a main course try the hefty Nodini di Vitello Valdostana (double cut veal chop stuffed with prosciutto, fresh herbs and cheese braised in a brandy, shitake mushroom and petite pea cream sauce); Carre d’Agnello al Forno (prime rack of lamb roasted and served with sage sauce); scaloppine al tartufo (veal sautéed with porcini mushrooms and white truffle butter with a touch of cream); Salmone Luigi (Norwegian salmon sautéed with asparagus in a caper, white wine and lemon sauce); aged prime Bistecca alla griglia (New York cut sirloin); or Braciola di Maiale (Berkshire Farm stuffed pork chop with prosciutto di parma, roasted peppers, gruyere cheese and sundried tomato served in a light pesto sauce).

A signature house special, Dover Sole, finished off in the dining room is quite a treat, too.

Don’t pass up the smooth Italian cheesecake, zeppole or fresh zabaglione with berries for dessert.

Visit the bar and lounge to unwind and there’s often a buzzing business networking crowd along for the ride. A good burger and panini sandwiches are served at lunchtime.

Mulino’s of Westchester is located at 99 Court St. in White Plains. It’s open Monday through Friday for lunch and dinner from 11:30 a.m. to 9:30 p.m., Saturday from 4 to 10:30 p.m. and Sunday from 4 to 8:30 p.m. Main courses at lunch are $14.75 to $39.75. Main dinner courses are $23.95 to $49.75. Party facilities available. Major credit cards accepted. Proper casual dress. Municipal parking; valet parking in the evenings. Reservations suggested. Info and reservations: 914-761-1818 or visit www.mulinoisny.com.

Breakfast With Santa

I have been enjoying tasty food and drink at The Barley House Restaurant Group establishments this past year. Their main location is in Thornwood, with another on the Hudson in Tarrytown.

While in Thornwood recently, proprietor Bobby Harris told me their Barley Beach House on Dearborn Avenue in Rye is planning Breakfast with Santa on Dec. 11, 12 and 19. It’s a great spot right on the beachfront. There will be a breakfast buffet and photo session with Santa. Seatings are at 10 a.m. and noon. Tickets are $25 per person. Info: Visit www.thebarleybeachhouse.com.

Morris Gut is a restaurant marketing consultant and former restaurant trade magazine editor. He has been tracking and writing about the food and dining scene in greater Westchester for more than 30 years. He may be reached at 914-235-6591 or gutreactions@optonline.net.
Walking Tall

The Mount Kisco Lions Club raised $1,175 at its Nursing Walkathon held in downtown Mount Kisco on Oct. 24. The walk, which had been discontinued for more than a decade, was revitalized this year, going from Northern Westchester Hospital to the gazebo on South Moger Avenue and back. It was able to provide money toward two scholarships, one for a high school student and another for someone working in health care who want to go to nursing school. To make a donation, make checks payable to the Lions Nursing Scholarships and send to the Mount Kisco Lions Club, P.O. Box 187, Mount Kisco, N.Y. 10549.

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Happy Holidays!

An Option to Be Considered to Avoid Probate

Dear Mr. Di Costanzo:

Does my Last Will and Testament avoid probate?

A Last Will and Testament (“Will”) does not help avoid probate. In fact, the probate process is required for anyone who dies having a will. To avoid probate, which may be a cumbersome process, one must consider a revocable trust.

Probate is the legal proceeding commenced in Surrogate’s Court necessary to prove the validity of a will. There are legal formalities that must be followed when you sign a will in order for it to be valid, and if all is in order, the court issues a decree appointing the executor or executrix.

Prior to the issuance of a decree, a person named as an executor in a will is merely a nominated executor who has no legal authority to act. If a will is improperly executed, like many online wills, it may be invalid, which could result in your wishes not being carried out.

The probate process can be complicated, lengthy and costly. For these reasons, clients often choose to implement revocable trusts as their primary estate planning technique.

The language of a revocable trust is very similar to a will. After you sign it, you then transfer your assets, such as your house and bank accounts, to the trust. If done properly, a revocable trust avoids probate saving your family time, money and hassle.

Salvatore M. Di Costanzo is a partner with the firm of Maker, Fragale & Di Costanzo, LLP located in Rye and Yorktown Heights. Di Costanzo is an attorney and accountant whose main area of practice is elder law and estate planning. He can be reached at 914-245-2440 or via e-mail at smd@mfd-law.com. You may also visit www.planfordayfortomorrow.com.

Plan Today For Tomorrow®

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Antioxidants in Wine: The Health Debate Continues

By Nick Antonaccio

I accumulate readers’ questions and comments, then periodically address one of them in a column. For what it’s worth, these columns are my thoughts on facts and misconceptions swirling around the wine world, which are popping up on readers’ radar screens.

There is a plethora of information adrift in the “Bacchusphere,” some soundly embedded in scientific studies or validated anecdotal experience and some steeped in myth and lore. This week’s column is focused on a topic that has received widespread publicity in the news media.

The popular belief: Drinking wine has significant health benefits. Fact or myth? A well-grounded, reliable axiom or more of the same media hype we see on the national news shows every day? Much has been written about this subject; it’s worth, these readers’ questions and comments, then periodically address one of them in a column. For what it’s worth, these columns are my thoughts on facts and misconceptions swirling around the wine world, which are popping up on readers’ radar screens.

Here are the questions you have asked most frequently:

1. Not all wines contain the healthy components of wine. Are the healthful benefits of red wine isolated to a glass of wine? Hardly. In the wake of studies proclaiming the impressive effects of resveratrol on a wide range of human functions, processes and maladies that comprise our physiology.

2. Specific antioxidants, polyphenols, have been proven to be the most helpful in our quest for healthy lives. A specific form of polyphenol, resveratrol, has been isolated as the key compound that provides the greatest health benefits. Resveratrol resides in the skins and seeds of red wine.

3. The health benefits of red wine are numerous when consumed in moderation (two five-ounce glasses per day for males; one glass for females). When consumed in excess, there is a high risk of damage to multiple organs. As in most matters, moderation is the key to the optimization of wine’s benefits.

4. Resveratrol is available commercially in a non-alcoholic form. There are those who question the veracity of the anecdotal claims of the benefits of resveratrol. How can a single substance claim to play a major role in our health, protecting the heart and brain, preventing and fighting cancers, reversing diabetes and obesity, boosting the immune system and slowing the aging process?

In recent years, multiple scientific studies have been undertaken to ascertain the claims attributed to resveratrol. They have validated the claims made outside the laboratory, in the controlled environs of medical studies. The scientific community has now embraced the mystique and hype concerning this wonder compound. It seems each week a respected professional publication reports the results of studies focused on the impressive effects of resveratrol on a wide range of human functions, processes and maladies that comprise our physiology.

Antioxidants in Wine: The Health Debate Continues

You Heard It Through the Grapevine

You Heard It Through the Grapevine

Enterprising companies have capitalized on the growing reputation of the powers of this antioxidant. Resveratrol-in-a-capsule, sans alcohol and calories, is now available and can be purchased from many reputable supplement companies. One concentrated capsule a day (100 mg) contains the equivalent of the resveratrol in 100 glasses of wine, with no known side effects.

I have been heeding my own advice for more than 10 years, consuming 100 mg of formulated resveratrol each day, supplemented with as many of the superfoods as I can conveniently include in my daily diet. (For example, a handful of walnuts as an after-dinner snack and exchanging wild salmon for chicken in a recipe as often as possible.)

Before consuming resveratrol, consult your physician. Disclaimer: The information in this column should not be relied upon as professional medical advice.

E-mail me with your additional sources of resveratrol. Let’s capitalize on what nature offers to help maintain our health.

Nick Antonaccio is a 45-year Pleasantville resident.

For over 25 years, he has conducted wine tastings and lectures. Nick is a member and program director of the Wine Media Guild of wine journalists. He also offers personalized wine tastings and wine travel services. Nick’s credo: continuous experimenting results in instinctive behavior. You can reach him at nantonaccio@theexaminernews.com or on Twitter @sharingwine.

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