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December 7 - December 13, 2021

SMALL NEWS IS BIG NEWS

Volume 11, Issue 538

## Three Arrested After Infiltrating White Plains Abortion Clinic

By Bailey Hosfelt

Three anti-abortion advocates affiliated with Red Rose Rescue (RRR), a pro-life religious group, were arrested for infiltrating the All Women's Health and Medical Services abortion clinic on Mamaroneck Avenue in White Plains on Nov. 27.

Catherine Lederer-Plaskett, President and Chair of WCLA Choice Matters, a pro-choice advocacy organization, said that around 8:30 a.m. a woman posing as a fake patient initially gained entrance to the building and let two men in with her. Another woman also pretending to be a patient was

then allowed in and let another man from the group in, Lederer-Plaskett said.

The group went upstairs, but when it became clear that they were not there for any medical reason, the clinic's administrator called the police.

According to RRR, patient advocates and counselors affiliated with the group were handing out roses with pregnancy aid cards inside the clinic facility while others gathered outside offering information to individuals arriving for their appointments.

The group's onsite team included 10 women, two Catholic

*continued on page 2*



PHOTO CREDIT: RED ROSE RESCUE FACEBOOK

Pro-life supporters gather outside the All Women's Health and Medical Services abortion clinic on Saturday morning.



PHOTO CREDIT: RED ROSE RESCUE FACEBOOK

White Plains police officers escorting Christopher Moscinski, a Franciscan friar, out of the clinic.

## French-American School Sells WP Property to Developer

By Rick Pezzullo

The French-American School of New York (FASNY) has sold its 130-acre property in the Gedney Farms neighborhood of White Plains to a residential developer.

FASNY, which educates more than 720 students at three locations in Mamaroneck and Larchmont, had been proposing to construct a new school campus on a portion of the property, but changed its plans after space requirements and needs of the school evolved and shifted over the last few years.

The plan had faced strong opposition from neighbors in the Gedney Association who were concerned about increased traffic that the new school would generate.

"The long FASNY saga is finally over," stated John Sheehan, president of the Gedney Association Board. "It has been over 10 years since FASNY purchased the former country club and announced plans for a regional school complex. Locating such a facility in the middle of a residential neighborhood with limited accessibility to regional roads was always a bad idea.

The effort to defend our neighborhood against this plan required significant financial costs and time-consuming hours. Numerous committees of neighborhood residents were formed to evaluate all aspects of the FASNY proposal. Countless public hearings were attended by vast numbers of the community as well as numerous e-mails and letters sent to our elected officials."

FASNY purchased the former Ridgeway Country Club property in December 2010. Following a protracted approval process and ensuing legal battle, FASNY entered a stipulation of settlement with the City of White Plains in 2016, and, in 2017, obtained a site plan and special use permit for a reduced project for its Secondary School (grades 6-12) on 27.7 acres between Ridgeway, Hathaway Lane and Gedney Esplanade.

In 2019, FASNY listed the rest of the site for sale. The property is zoned R1-30, which permits single-family residential lots of 30,000 square feet each. The purchase price of the transaction between

*continued on page 2*

## Women's Veterans Peace Garden in Greenburgh



The Barbara Giordano Foundation dedicated a Women's Veterans Peace Garden at the Greenburgh Library last month. The garden is intended to inspire and motivate other communities to find a meaningful way to recognize the heroic women veterans for their sacrifices and to put a public face on the unsung heroes. Joining foundation founder Virginia Giordano (right) at the garden were Colonel Mary Westmoreland and Bob Giordano, founder of the Yorktown Small Business Association.

## Westchester's Diamond Store



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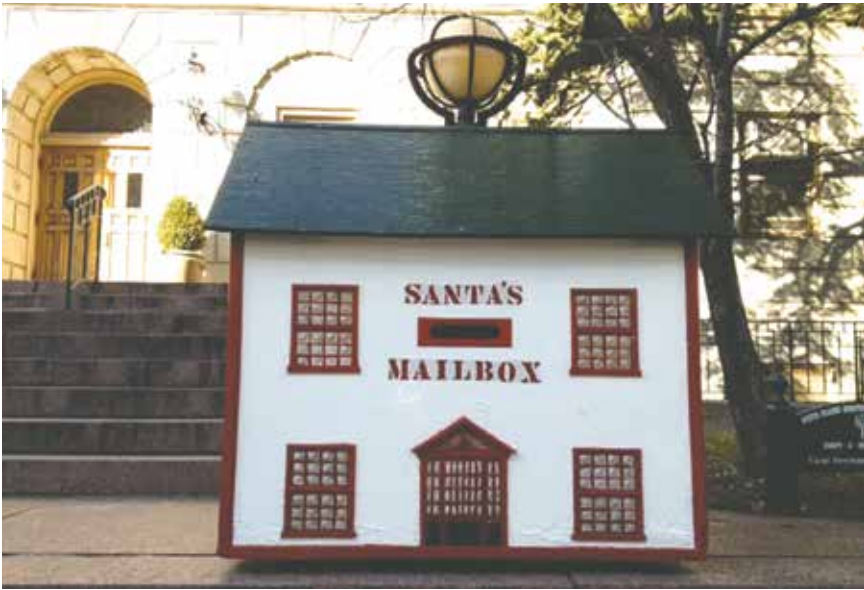
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## Send Letters to Santa in White Plains



Santa Claus has once again set up a special mailbox on the front steps of City Hall at 255 Main Street and is inviting all White Plains resident children to write to him this Holiday Season using his special mailbox. Children may drop their letters in the mailbox (no postage necessary!) until Tuesday, December 14. Children should remember to include their return address so that Santa can send them a personalized reply. Santa's Mailbox is a long-standing White Plains tradition. The earliest reference to Santa's Mailbox is from 1941. According to a newspaper article, 5,000 letters to Santa were deposited in the mailbox back then.

## Three Arrested After Infiltrating White Plains Abortion Clinic

*continued from page 1*

priests, one Franciscan brother and seven laymen, according to RRR's description of the incident.

"We stayed inside the building to be faithful patient advocates for the moms and their tiny little ones in the womb," Will Goodman said in a RRR statement posted to Facebook. "In conscience, we could not leave while innocent people were in harm's way."

While the White Plains Police Department arrived at the scene roughly 15 to 20 minutes after the anti-abortion group first entered the facility, RRR members were allowed to remain inside the facility for over two hours prior to being escorted out. Three individuals were arrested, although they were later released.

Goodman and Christopher Moscinski, a Franciscan friar, were arrested on suspicion of third-degree criminal trespassing, a misdemeanor, and Matthew Connolly was booked for trespassing, a violation. The three are scheduled to appear in court on Dec. 13.

Monica Miller, a spokesperson for RRR, said the three individuals' engagement with the police prior to being removed from the facility was positive.

"The police frankly were sympathetic to the pro-lifers and Friar [Moscinski] had a significant conversation with them in the waiting room before being arrested," Miller said.

Goodman believes they were wrongfully charged with trespassing and said they will seek an affirmative legal defense to that effect before appearing in court.

"We strongly believe these were unjust arrests based upon the dire circumstances," Goodman said over email. "We patiently sought the cooperation and assistance of the local law enforcement to assist us in our efforts as first responders to a real crisis emergency in progress. Sadly, they chose instead to work with those who destroy human life for profit."

Lederer-Plaskett said the police department's failure to respond swiftly to the situation once on the scene allowed the pro-life group to remain in the facility far too long, terrorizing patients seeking reproductive care in the process.

"When [an employee] asked them to arrest these people who would not leave the premises and were trespassers, [the police] said for several hours that they were waiting for direction from their superiors," Lederer-Plaskett said. "Meanwhile, they let these vigilante terrorists go around the waiting

area and try to convince patients there not to have abortions, totally invading their privacy and their space in a medical facility."

Lederer-Plaskett said anti-abortion advocates are empowered by the six anti-choice Supreme Court justices who are currently positioning themselves to gut *Roe v. Wade*, and Saturday's incident demonstrated that local law enforcement was ill-equipped to handle the situation.

The White Plains Police Department did not respond to numerous attempts for comment on the nature of Saturday's incident in time for publication.

When Lederer-Plaskett went to Westchester County District Attorney Mimi E. Rocah's office on Nov. 29, she said it was the first time the DA had heard of the incident, which the DA's office confirmed.

"The DA's office was never notified," Lederer-Plaskett said. "There was an immediate breakdown of communication between different forms of government. Regardless of what side of any issue you're on, that's not a good thing."

According to RRR's description of the day, seven individuals arrived at the facility for their appointments during the time of the group's obstruction. One woman opted to leave the clinic, RRR said, and was in tears while departing.

"Those counseling her were quite certain she decided to not go through with the abortion," Miller said.

While some patients chose to reschedule, Lederer-Plaskett said many remained. Lederer-Plaskett applauded the staff at All Women's Health who continued to provide care to patients after RRR members were escorted out.

Currently, Rocah is working with law enforcement partners to determine whether RRR members illegally interfered with patients receiving access to medical care.

"The New York State Clinic Access Act gives patients and staff the right to be free from force, threats of force or physical obstruction when trying to obtain or provide reproductive health care. In addition, criminal trespass or other criminal statutes may apply," Rocah said in a statement regarding the incident. "Criminal conduct which interferes with the rights of Westchester County residents to freely access healthcare is serious, and will be, if appropriate, prosecuted to the fullest extent possible."

Women's Health and Medical Services staff declined to comment on the incident.

## French-American School Sells WP Property to Developer

*continued from page 1*

FASNY and The Farrell Building Company, based in Long Island, was not disclosed.

"We look forward to hearing from the Farrell Building Company," Sheehan stated. "We expect that the property will be developed pursuant to the existing zoning which permits detached single-family

homes on 30,000 square foot lots. Further, any development should be compatible with the existing historic character of the neighborhood while preserving as much open space and natural features for this designated environmentally sensitive site."

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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.

Councilwoman Laura Levin said she had mixed feelings about a mask requirement, realizing that some merchants might be hesitant to impose new restrictions on shoppers while understanding that many others are concerned about their health and safety.

The discussion of the potential mask mandate is scheduled for the Town Board's work session this Tuesday evening, which is scheduled to begin at 6:30 p.m.



## 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 kindness 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](http://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 to 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."

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 and gain consensus.

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.



Westchester County Executive George Latimer will make an emergency declaration as COVID-19 cases and hospitalizations continue to rise.

Guidelines that trigger an emergency declaration are an infection rate of 3 percent, 100 COVID-19-related hospitalizations, 3,000 active cases and 10 deaths in a week, Latimer noted.

Statistics released by the state as of Dec. 4 revealed Westchester had a 3.3 percent positivity rate with 2,867 active cases, which now exceeds the August spike attributed to

the Delta variant, and 84 hospitalizations, nearly triple from a month ago. Latimer said during his Monday briefing that updated numbers have pushed the active case total to more than 3,000.

The good news is that fatalities have remained extremely low, averaging one a week from COVID-19 during the past month. Over the past week, there was again one COVID death in Westchester.

While the numbers do not all have to meet or exceed the thresholds laid out, Latimer said he believes that hospitalizations may be the most critical in determining future course of action.

"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.

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# 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.

It wasn't just that local community members



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.

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 plans. Before COVID-19 it wasn't unusual to have had 15 students travel abroad in a year.

"Without this sale and the help of the Masons, we wouldn't be able to do what we do," Dillon said.

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



Members of the Pleasantville-Hiawatha Masonic Lodge arrange the Christmas trees they were able to obtain for their holiday sale. They once again are partnering with the Pleasantville International Association.

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.



## Could You Have A Kidney Stone?

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#### 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."

So far, improvements have been made at Junior Lake, Sparkle Lake, Willow Park, York Hill and Railroad Park. The Ivy Park playground is currently under renovation, and it is expected to reopen by the end of the month. In 2022, Yorktown will build new playgrounds at Hanover East and Granite Knolls.

The park-safety overhaul involved designating a staff member of Parks & Recreation to be properly trained and certified by the National Parks and Recreation Association.

## Detour for Sodom Road in Putnam Over Next Three Weeks

The traffic detour at Sodom Road Bridge was reinstituted 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



ED ELLIOTT PHOTO

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.



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# Obituaries

## 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.



William Reilly

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 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) Trolli and Ernesta Zinno, both of Italy, and



Francis Malaspina

Antionietta Malaspina; as well as many nieces and nephews.

## 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 grandsons, Daniel Di Rubbo Jr. and Michael Peter Di Rubbo, who were the pride and joy of his life. He will also be missed and



Peter Di Rubbo

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.

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## 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 negative," 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



MARTIN WILBUR PHOTO

Huma Abedin, a longtime staffer and adviser to Hillary Clinton, signed copies of her book "Both/And: A Life in Many Worlds" last week at Scattered Books in Chappaqua.

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 Schaefer'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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Column

Factors to Consider Before Getting a Pet for a Holiday Gift

What could be a better than a puppy or a kitty 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 visits 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?

When traveling with pets or boarding them, how to decide, prepare and prevent contagious diseases.

"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," said Bernadette Vinci, chief executive officer of Guardian HEALS.

"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/>

Letters to the Editor

Let's Hope Yorktown Doesn't Lose Sight of What Makes Town Special

Is Yorktown teetering on the verge of becoming a metropolis? Can Yorktown remain a sleepy bedroom community with "overlay mania" planning to steamroll through neighborhoods building several Yonkers-esque 150-plus-apartment complexes with no end in sight?

In January, Yorktown will have an entirely Republican Town Board. With no rival political party to serve as a counterbalance, I hope that the new board, doesn't forget to hold themselves accountable, resist the

temptation of returning political favors and overcomes any pressure to vote strictly along party lines.

I hope the Town Board remembers why people choose to live in Yorktown and is able to continue to put the well-being of our community above personal ambition, contributors' interests and developers' profits.

Stephen Brown  
Yorktown Heights

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.

And a shoutout to all the volunteers who give up their time to help out at the clinics. Without them things would not move so

efficiently and smoothly. Thank you for your help.

Everyone was so friendly and kind when we went for our vaccines and it was so easy. We appreciate all of you.

Georgina Marek  
Patterson



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# 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 do so in an S shape.

What Cape wasn't counting on was that his pet would also be his muse for the Inventing



Mount Kisco Boy Scout Eliot Cape, from Troop 1, with his sash of merit badges.

badge. He found that the reptile's vegetables would get soggy under the heat lamp, so he designed and built a structure that kept the food cool and moist. After several iterations of prototypes, Cape finally made the structural integrity perfect. Badge achieved!

Cape's choices sent him to activities that he 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.



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# 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 Mohegan 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 the party appeared disoriented. Patrols responded, and after speaking to the female,

she appeared disoriented and confused. Croton EMS was notified. Patrol contacted a relative who advised the female subject had been reported missing the previous day to Peekskill police. 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 wife in the bedroom, I declared how nice it is to be able to walk the space that we have, all on one level, enjoying an open layout and nine- to 12-foot ceilings.

That was far from the case when our former single-family home involved four levels to accommodate us. The basement was for the laundry and utilities, the first and second floors were for living and the attic was visited on an almost daily basis for supplies to feed our on-premise public relations business.

Fed by a booming post-World War II

economy, our parents and we grew up with the notion that bigger is better in all things – at least until recently.

It started with larger refrigerators that replaced tiny ice boxes, with cars that jumbo-sized to "woodie" station wagons, then minivans and even Hummers, and continued with watches that weigh down our arms, woofers that puncture our eardrums and ever bigger burgers, orders of fries and slush drinks that have made so many of us overweight.

But the most visible evidence of our obsession with size has been the increasing square footage of our homes.

While the average size home in America in 1950 was 1,000 square feet, it had grown to 1,400 square feet by 1970, and today the average is 2,400 square feet. Many of us live in much bigger homes, and during the McMansion craze of the past decade, it seemed as though house designs were on steroids, with four bedrooms more the norm and family rooms large enough to host bowling alleys.

Perhaps the Great Recession more than a decade ago served as a wake-up call to rethink how big or small we want our homes, all things considered, such as a smaller footprint providing lower taxes, lower building and maintenance costs and lower energy costs.



By Bill Primavera



Also, the call for smaller houses promotes better, more efficient design. I've seen wonderful examples of that recently. For instance, one of the houses I listed a short while back was a 1920s small cottage that had less than 1,000 square feet. The couple who lived there without children in tow opened walls and tucked storage space into every nook and cranny. It was a study in the smart use of space.

The cost for smaller houses is quoted at the same cost per square foot as any larger home – \$250. So a typical 1,000-square-foot house would cost \$250,000 for the house itself, not including the septic and well, if needed.

From my observation, what has been driving the trend toward smaller homes is the cost of energy, plus a scaling back to a preference for a simpler lifestyle.

On a personal level, when I moved from a 1,400-square-foot house in New York City

to a 4,000-square-foot house in Westchester, I felt I had graduated to supersize heaven. In retrospect, I see that what I graduated to was a propensity to save everything I saw or touched, not to mention the constant maintenance work a large home requires.

But then, as a more senior citizen, I decided to downsize when I realized that our formal living room and dining room were rarely used, maybe four times a year at most, when we had our family gatherings for the holidays. But, even then, we tended to be more casual and congregate in my large home office, which doubled as a family room, and we most often ate casually in the kitchen rather than the formal dining room.

When I have worked with young couples as first-time homebuyers who either have or are planning a family, we looked for smaller homes to accommodate their budgets, but looked ahead by seeking a property that could best be expanded in the future, either with an addition to the side, back or a second story added to the same footprint.

There will always be the fabulously rich who want homes with more space than they need, but the rest of us may be saying, make mine smaller, please.

Bill Primavera is a realtor associated with William Raveis Real Estate and founder of Primavera Public Relations, Inc., the longest running public relations agency in Westchester ([www.PrimaveraPR.com](http://www.PrimaveraPR.com)), specializing in lifestyles, real estate and development. To engage the services of The Home Guru and his team to market your home for sale, call 914-522-2076.

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## 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](http://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](http://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](mailto: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 heartburn in our stomach.

Depending on one's beliefs, we have an a 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



By Richard Cirulli

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 bad. 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.

After squirreling away some money and making a few good investments, I finally escaped that corporate pit bull, and retired finding myself financially secure to live life as a poor artist and finally finding my essence. Well, I

## Existentially Speaking

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

guess I'm just a late blooming baby boomer.

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](http://www.demitasseplayers.com). He looks forward to your comments, and can be reached at [profcirulli@optonline.net](mailto:profcirulli@optonline.net)*

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## THERE'S A WORD FOR IT

A vocabulary-building quiz By Edward Goralski

**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. **muster** (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. B. To gather or bring together; rally; summon

2. A. Little known; obscure (specifically regarding knowledge)

3. C. A collector and student of money (and coins in particular); coin collector

4. A. To encourage and enliven (someone)

5. B. Burrowing, specifically related to animals

6. C. To cleanse thoroughly

7. A. Of or having a high or excessive level of strength and energy

8. C. A state of serene calmness and tranquility

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*continued on page 26*



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## Taghkanic Chorale Returns to Live Concerts This Weekend in Croton

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](http://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.



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# 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 (Jimmy) 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.

"You 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 was 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



By Morris Gut

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 U5 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 dijonaise, cocktail sauce and spicy horseradish. A seafood banquet!

There's vongole 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 Marechiar (black linguine with tender baby lobster tails in a light tomato sauce); garganelli alla carbonara, tossed with pancetta, eggs and parmigiana Reggiano; and pappardelle al pomodoro 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



Part of the elaborate holiday display at Mulino's of Westchester, a highly regarded restaurant serving northern Italian cuisine in White Plains.



The delicious aged prime Bistecca alla griglia at Mulino's.

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.mulinosny.com](http://www.mulinosny.com).

## Breakfast With Santa

I have been enjoying tasty food and drink at The Barley House Restaurant Group establishments this past year. Their main



You can enjoy the cold seafood tower at Mulino's.

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](http://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 [gutreaactions@optonline.net](mailto:gutreaactions@optonline.net).



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## 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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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



By Salvatore M. Di Costanzo, Esq.

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.

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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](mailto:smd@mfd-law.com). You may also visit [www.plantodayfortomorrow.com](http://www.plantodayfortomorrow.com).

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continued from page 22

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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; I'd like to add my opinion and take the subject one step further.

The premise requires dissection:

1. Not all wines contain the healthy benefits touted in the popular press. The healthy components of wine are its antioxidants, which protect our healthy cells and destroy dangerous cells. These

antioxidants are dominant in red wine, not white wine.

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.

Are the healthful benefits of red wine isolated to a glass of wine? Hardly. In the wake of studies proclaiming the benefits of polyphenols, a new subcategory of natural foods, dubbed superfoods, is gaining popularity. Blueberries, pomegranates, raspberries, broccoli, spinach, acai berries, nuts, wild salmon and black table grapes, long components of the Mediterranean diet, all contain beneficial antioxidant compounds. By incorporating these superfoods into a sustained and balanced diet, the antioxidant benefits of red wine can be replicated.

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

*'A well-grounded, reliable axiom or more of the same media hype'*



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](mailto:nantonaccio@theexaminernews.com) or on Twitter @sharingwine.

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