

Harrison Herald



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McGoverns’ Stress Need for Sidewalks in Many Town Areas

BY STEPHEN E. LIPKEN

Harrison Town Supervisor Richard Dionisio convened the September 18th Board meeting, beginning with authorization to purchase a rescue boat from Mid-Atlantic Rescue Systems at a cost of \$16,822.15; authorization to accept the proposed 2026 Harrison Meadows Country Club fees. Authorization of the probational appointment of Rocco DeRubeis to position of Assistant Building Inspector at an annual salary of \$86,604, effective September 8, 2025.

Then, request by Town Engineer Michael J. Amodeo, P.E., CFM to accept the Building Permit Application for 65-67 Batavia Place, Block 0385, Lot 23, located within the Federal Emergency Management Agency (FEMA) designated flood plains, pursuant to Town Code Section 235-32-B states: “All plans for buildings



built in flood areas as defined above shall be transmitted to the Town Engineer for recommendation as to the minimum floor level of the building permit conforming to the recommendations.”

The Fifth Annual Italian Heritage Festival will be held in West Harrison on Sunday, October 19th, at 11:30am, rain

date Sunday, October 26th.

During Public Comment, Luke and Pamela McGovern pointed out the need for a sidewalk on Lake Street in West Harrison, as well as access to the Town Pool; trail access from Silver Lake to the Preserve Trails to the parking lot; public transportation, employees from Bright-



Pamela and Luke McGovern

view Assistant Living Facility regularly walk from the bus stop near the library; and finally town liability. “We have started an online petition,” McGovern concluded.

Concluding, Pamela advocated a speed zone outside of Harrison High School.



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Steinyfest Returns to Mamaroneck on October 4th with Theo Katzman, Sid Simons, and More

Westchester’s most beloved fall music festival is back! Steinyfest 2025 will take place on Saturday, October 4th from 1:00 PM to 10:30 PM at Toyota City (619 Waverly Ave, Mamaroneck) — bringing a full day of live music, food, craft beer, and community vibes to the Sound Shore.

Headlining the 2025 lineup is genre-bending singer-songwriter Theo Katzman, known for his solo work and as a member of funk collective Vulpeck. The festival also features rising stars like Sid Simons, indie-folk favorite Amelia Day, and groovy, soulful Blue Light Bandits—with more local artists to be announced.

In addition to music, Steinyfest will feature:

- Food trucks from local favorites
- Craft brews by Boston Beer Co
- Vendor Village supporting local makers
- BYO chair-friendly lawn
- A VIP experience with premium access and perks
- Free admission for kids

“Steinyfest isn’t just a concert—it’s a celebration of live music, local culture, and connection,” says Greg Steinberg (aka “Steiny”), festival organizer. “We want people to discover something new, whether it’s a band they’ve never heard of or a neighbor they hadn’t met yet.”

Tickets are available now at www.steinyfest.com/tickets. Stay updated on Instagram: @steinyfest

Founded in 2020, Steinyfest is an independent music festival based in Mamaroneck. Known for its high-quality music curation and welcoming vibe, Steinyfest blends local charm with national talent to create an unforgettable experience for all ages.



Westchester County Hosts Annual Interfaith Prayer Vigil and September 11th Memorial Service

Westchester County held two commemorative events to pay tribute to those who perished in the tragic events of September 11, 2001, and those who later died from 9/11-related illnesses. Led by County Executive Ken Jenkins, the events included an Interfaith Prayer Vigil on September 10 and a Memorial Service on September 11.

This year’s observance included the addition of seven names to the 9/11 First Responders Memorial, raising the total to 88. Everyone honored on the Memorial either resided in Westchester County, worked in the County, or volunteered within Westchester.

Jenkins said: “Nearly a quarter century later, the pain of September 11 is still with us in Westchester. This year, we added seven more names to the First Responders Memorial, each representing a life that was cut short by the illnesses associated with that tragic day. We come together not only to mourn, but also to ensure that their names, their service and their sacrifices are never forgotten. These ceremonies are moments of reflection and resilience as we continue to support the families and loved ones whose lives were forever changed.”

Deputy County Executive Richard Wishnie said: “Our annual vigil and memorial service allow us to pause, reflect and stand together in solidarity. The ad-

continued on page 4



Sacred Heart Greenwich Students Win Gold Medal from Columbia Scholastic Press



Sacred Heart Greenwich is delighted to share exciting news: Perspectives, our student-run art and literary magazine, has been recognized with a Gold Medalist ranking from the Columbia Scholastic Press Association (CSPA) for its 2024–25 issue, “In the Water.” This award marks Sacred Heart Greenwich’s 8th consecutive gold medal win.

In addition to this top honor, Perspectives earned All-Columbian Honors in all three categories—Essential, Verbal, and Visual—with perfect scores in Essential and Visual.

Judges praised the publication as “a stunning example of how to merge imagery with text” and “compelling, thought-provoking, and heartfelt.”

This recognition speaks to the talent and collaboration of our student editors, writers, and artists, whose work continues to set a standard for scholastic publishing.

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Westchester County Holds Interfaith Prayer Vigil to Honor Residents Lost On 9/11, and Those Lost to 9/11-Related Illnesses



Westchester County held the first of two commemorative events to honor the memory of residents who perished in the tragic events of September 11, 2001, as well as those who later passed away from 9/11-related illnesses. Led by County Executive Ken Jenkins, the Interfaith Prayer Vigil brought together faith leaders to offer prayers of remembrance and reflection. The prayers were led by:

- Rev. Dr. Frank T. Fraley
Senior Pastor at First Baptist Church of White Plains
- Rabbi Ben Goldberg
Congregation KTI in Port Chester
- Arun Bhagirath
Hindu Temple of Tri-State, White Plains
- Imam Shaffieq Chace
Westchester Muslim Center

Jenkins said: “Tonight we gathered as one community to remember the lives we lost on September 11, 2001, and those we continue to lose to 9/11-related illnesses. The addition of six names to our First Responders Memorial is a painful reminder of the impact that day continues to have on our residents. This vigil enables us to honor their memory through prayer and reflection with our faith community.”

Deputy County Executive Richard Wishnie said: “The addition of six names this year shows us that the effects of September 11th are still felt every day in our community. This vigil offers us a chance to pause, reflect and join with faith leaders to honor the memory of those who gave so much. Westchester stands together with the families of the fallen, ensuring their loved ones will always be remembered.”

9/11 First Responders Memorial Committee Co-Chairs Matthew J. McCauley and Georgia Asciutto said: “The impact from the 9/11 attacks, which killed thousands of people 24 years ago, has continued throughout these decades from the deadly toxic exposure experienced by rescue and recovery workers. These brave men and women were selfless in their acts to help find survivors and recover remains. The 9/11 families, impacted then and now, need to know their fallen heroes will never be forgotten and we come together today to bring peace, honor and comfort as we approach another anniversary,”

The program included a presentation of the colors by the Westchester County Department of Public Safety Color Guard, a ceremonial wreath-laying at the 9/11 steel beam from the Twin Towers, remarks from Jenkins and closing remarks from

Wishnie.

This year, six names were added to the 9/11 First Responders Memorial to honor those who died from 9/11-related illnesses, bringing the total to 87. The names are:

- Det. David P. Miller Jr., NYPD
- Charles E. Flickinger, United States Marine Corps
- Plumber Pipefitter John J. Campo, UA Local 1 Plumbers

- Det. Hector J. Santiago, NYPD
- Deputy Chief John Q. Sullivan, FDNY EMS
- Deputy Mayor Carol A. Robles-Román, City of New York
- Gas Mechanic Edmund B. Conley Jr., Con Edison

Every individual honored on the Memorial either lived in Westchester County, worked in the County, or volunteered within Westchester.

Westchester County Hosts Annual Interfaith Prayer Vigil and September 11th Memorial Service
continued from page 3



dition of seven names this year reminds us that the impact of that day continues to unfold in our families and neighborhoods. Westchester stands united in honoring those who are no longer with us and in offering strength to the families who carry their memory every day.”

The Interfaith Prayer Vigil featured Christian, Jewish, Hindu and Muslim leaders offering prayers, followed by a presentation of the colors by the Westchester County Department of Public Safety Color Guard, a ceremonial wreath-laying at the 9/11 steel beam from the Twin Towers, remarks from Jenkins and closing remarks from Wishnie.

The memorial service honored all Westchester County residents who died on 9/11 and from 9/11-related illnesses. The service included remarks, music and the reading of the names of all who are memorialized.

Westchester County Board of Legislators Chair Vedat Gashi said: “Today we gathered to read the names and honor those we lost on September 11th and from related illnesses. Though decades

have passed, the heartache endures, but so does the truth that emerged from that darkness: Americans are resilient, compassionate, and unbreakably strong when we look out for one another. In reading each name, we ensure their sacrifice remains forever etched in our community’s heart.”

Master of Ceremonies for the 9/11 Memorial Ceremony and Fox 5 Reporter Richard Giacovas said: “Covering stories every year on 9/11, especially here in Westchester, is still incredibly emotional this many years later. It is my honor to emcee this program and remember your loved ones. May their memory be a blessing and let us never forget.”

9/11 First Responders Memorial Committee Co-Chairs Matthew J. McCauley and Georgia Asciutto said: “As we mark another somber anniversary of the attacks on the World Trade Center, we come together today to remember all the fallen heroes, to honor their bravery and to ensure the 9/11 families that they, and their lost loved ones, will never be forgotten.”

Corporate Partners Are Stepping Up to Join with Feeding Westchester in the Fight Against Hunger

With rising cost-of-living, higher grocery prices, and federal funding cuts, the mission of Feeding Westchester and the critical role its corporate partners play in fighting hunger in our community have never been more important. More than 55 million US households—a staggering 42%—are at risk of hunger*.

Westchester County is home to some of the nation’s most affluent towns, but is also several of New York’s largest cities, including Yonkers, New Rochelle, Mount Vernon, and White Plains. In Westchester, 39% of households—more than one in three in our community—are at risk of hunger*. That number has increased 15% in just two years.

More than 300 corporate partners actively join Feeding Westchester in the fight against hunger. They help ensure that nutritious food and vital resources reach neighbors who need them the most through team-building projects, employee volunteer days, corporate donations, event sponsorships, and other community-driven initiatives. Together, these partnerships strengthen our county-wide hunger-relief network and bring hope to thousands of local families.

An excellent representative of Feeding Westchester’s generous corporate partnerships is Empire City Casino by MGM Resorts

(‘Empire City’). Empire City’s ongoing focus to combat food insecurity remains paramount as the number of New Yorkers in need continues to rise.

Since MGM Resorts acquired Empire City Casino in 2019, it has made significant financial contributions to area nonprofit organizations to address food insecurity, including Feeding Westchester. MGM Resorts Foundation grants to Feeding Westchester in recent years have supported local food pantries and distributions, along with a range of programs including Retail Recovery and Kids in the Kitchen.

Feeding Westchester’s Retail Recovery program diverts millions of pounds of healthy food that would have previously gone to waste, to families in need across Westchester County. Last year, the program prevented over five million pounds of good food from ending up in landfills. Kids in the Kitchen, a partnership that originated with the Mount Vernon City School District and has since expanded to other districts, empowers young children and their families to educate themselves around healthy cooking and balanced nutrition.

“Empire City is a valued partner joining in our mission to nourish neighbors across

Westchester,” said Tami Wilson, Chief Operating Officer of Feeding Westchester. “These partnerships are critical to ensuring that families in our community have access to nutritious food. With deep cuts to SNAP ahead, we’re incredibly concerned for Westchester residents—including single parents, veterans, working families, and seniors— who will be left with even fewer options to put food on the table. The role of the private sector is more important than ever, and we are calling on all partners—new and long-standing—to step up in unprecedented ways to meet this growing need.”

In addition, many Empire City employees volunteer their time at Feeding Westchester events to help hand out food to those in need across the community in which they live from Yonkers to Mount Vernon and across the region.

Several Empire City employees participated in Feeding Westchester’s Golden Scoop competition, a spirited corporate competition to see who could pack the most food in the least amount of time for local families in need. This year’s competition resulted in 2,100 bags of produce—more than 14,000 meals—packed for distribution to Westchester seniors.

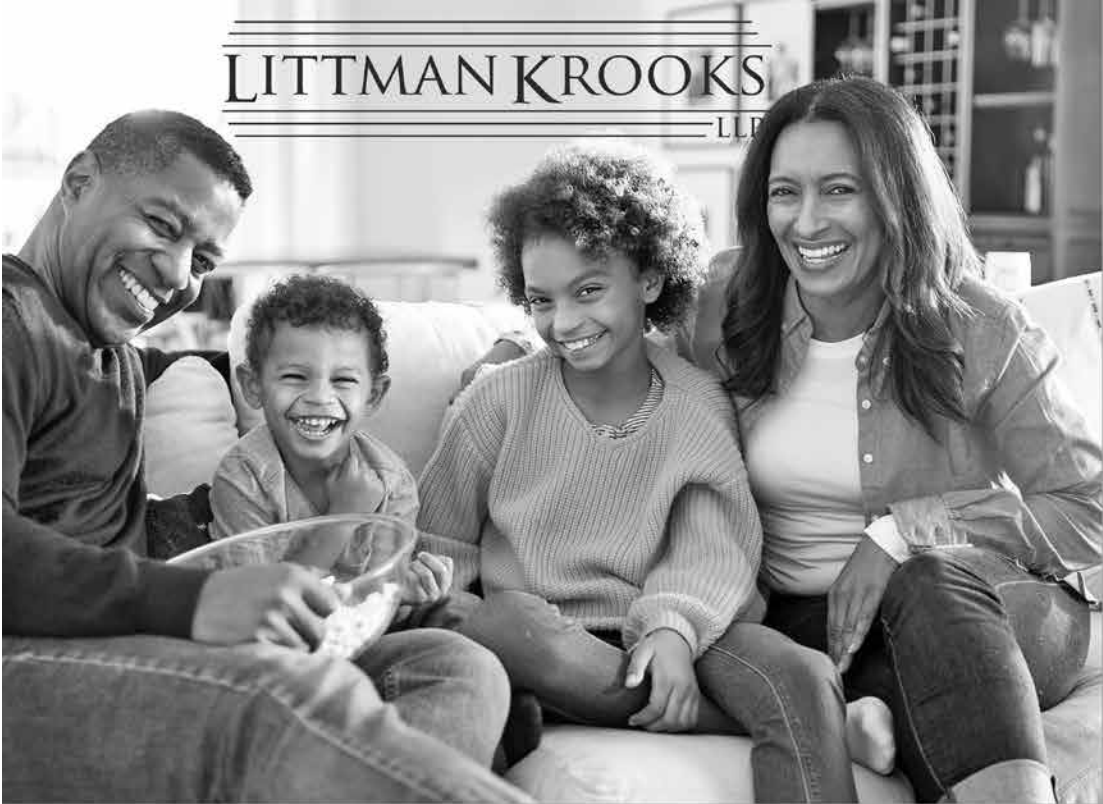
In line with its philanthropic mission,

Empire City employees have dedicated hundreds of volunteer hours to food insecurity, part of MGM Resorts’ broader commitment to exceed more than one million volunteer hours companywide by 2025, a milestone the company has already achieved this year.

“As more of our neighbors face food insecurity, the resources local organizations need is increasing, and MGM Resorts is incredibly honored to be able to support initiatives to address food insecurity through our nonprofit partners, including Feeding Westchester,” said Taryn Duffy, spokesperson for Empire City Casino by MGM Resorts.

Food insecurity will be a growing concern for the foreseeable future with additional federal program cuts looming large and grocery prices rising every year. For more information on Feeding Westchester Corporate Partnerships, please visit <https://feedingwestchester.org/get-involved/corporate-partnership-volunteer-opportunities>

*SOURCE:
National = ALICE United 2023, United Way
Westchester = ALICE in Westchester 2023,
United Way of Westchester and Putnam
Surveys are completed with a 2-year data lag



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Mayer Participates in Various Local Events

Visit to the Harrison Food Pantry

NYS Senator Shelly B. Mayer had the opportunity to visit the Harrison Food Pantry last month to see the important work they do to support local neighbors. There is tremendous need throughout all communities and they count on their municipal partners and volunteers to help fill the gaps. Thank you to Catherine Tammaro, Director of Community Services for the Town of Harrison, Laura Short, Director of the Harrison Food Pantry, and all the volunteers for their work and for the invitation to visit.



Revolution and the Sound Shore

Mayer joined the Revolutionary Westchester 250 reception at Wainwright House in Rye to celebrate the role the Sound Shore communities played during the Revolution and to prepare for the 250th Anniversary next year. Many thanks to everyone involved in planning this commemoration and Mayer looks forward to celebrating next year. She is proud to have sponsored the legislation creating the 250th Commission and this effort.



Volunteer New York Annual 9/11 Service

Mayer was happy to join Volunteer New York for their 15th Annual 9/11 Serve and Remember Day of Service to pack 50,000 meals at Monroe College in New Rochelle. Many thanks to Volunteer New York, the hundreds of volunteers - Monroe College Women's Track team members - and Feeding Westchester for your dedication to our community and honoring the legacy of those we lost on 9/11.



West Harrison Public Library Ribbon Cutting

Mayer was happy to join the West Harrison Public Library community for the ribbon cutting of their Library Without Walls – a beautiful and vibrant garden and outdoor reading space. Congratulations to the Harrison Public Library and all the partners who created this wonderful new space for people to read and enjoy nature.



Senior Law Day Will Return to the County Center

Westchester County Executive Ken Jenkins announced that the 25th Annual Senior Law Day will take place on Thursday, October 9 from 9 a.m. to 2 p.m. at the Westchester County Center, 198 Central Avenue, White Plains.

This free community event for Westchester County seniors will feature 18 educational workshops, one-on-one consultations, and opportunities to connect with experienced elder law attorneys, certified financial planners, geriatric care managers, and Medicare specialists. Free parking will be available.

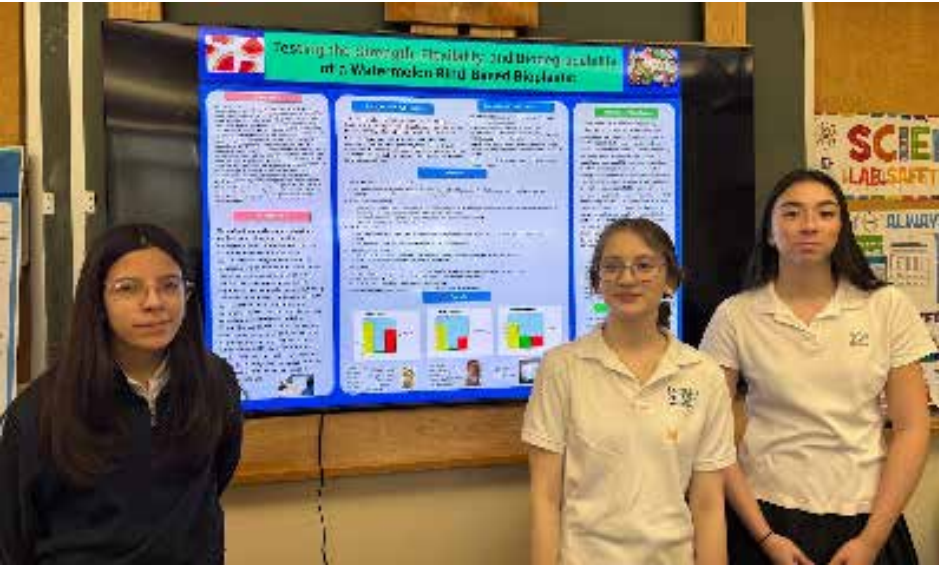
Westchester County Executive Ken Jenkins said: "We can't stress enough the importance of planning, especially when it comes to aging. Senior Law Day helps Westchester families navigate the legal, financial and health-related concerns that all of us experience as we grow older. We encourage our seniors to take advantage of this free event that provides an opportunity to connect with experienced elder law attorneys, certified financial planners,

Medicare specialists and more." The event, hosted in partnership with the Westchester County Department of Senior Programs and Services (DSPS), is open to all Westchester County seniors and their families. While advance registration is encouraged, walk-ins are welcome. Sign-ups for free 15-minute consultations will also be available on-site. To register in advance, call (914) 813-6300.

DSPS Commissioner Mae Carpenter said: "Since its inception, the Senior Law Day Collaborative has benefitted more than 15,000 seniors, family members, and caregivers throughout Westchester. It's one of our department's most valuable programs—not only because of the services offered, but also because of the dedicated community partners who have volunteered their time and expertise since 2000 to make these events possible."

For registration or additional information, call (914) 813-6300 or visit <https://seniorcitizens.westchestergov.com/> or www.seniorlawday.info

Sacred Heart Greenwich Upper School Students Named Among Nation's Top 300 in STEM



Sacred Heart Greenwich Students Mia Cartagena '29, Bonnie Ukperaj '29 and Stephanie Galvez '29 compete at Connecticut Science and Engineering Fair. Courtesy of Sacred Heart Greenwich.

As 8th graders, Stephanie Galvez '29, Bonnie Ukperaj '29 and Mia Cartagena '29 created the project "Testing the Strength, Flexibility, and Biodegradability of a Watermelon Rind-Based Bioplastic" for the Connecticut Science & Engineering Fair (CSEF). Their innovative work earned them a finalist medal and the opportunity to advance to the next round of judging.

They went on to win first place in their category and qualify for the 2025 Thermo Fisher Scientific Junior Innovators Challenge—one of the nation's most prestigious STEM competitions for students their age—where they were recently recognized among the Top 300 students in the nation.

We are so proud of their dedication, creativity, and outstanding achievements!



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As a member of the Susan and Daniel P. Mahoney '67 Finance and Economics Honors Academy, Enmanuel thrived in a rigorous and supportive environment that laid the foundation for his academic and professional ambitions.

Today, he's pursuing a degree in Finance at Cornell University's SC Johnson College of Business. Chart your own path with a Stepinac education.

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Simone Development Companies, Montefiore Einstein Hospital, and Yondr Honored by the Center for Educational Innovation



Pictured left to right are: Allan McLennan, Board Member, CEI; Dr. Michael Kohlhausen, President/CEO, CEI; Joe Simone, president of Simone Development Companies; Judy Roth Berkowitz, Chair Emerita, CEI; Patrick Duff, Chairman, Board of Directors, CEI; Gail Badillo, Board Member, CEI; and Dr. Meisha Porter, Visiting Senior Fellow, CEI. Photo by Don Pollard

Simone Development Companies, a full-service real estate investment company specializing in the acquisition and development of healthcare, mixed-use, office, industrial, retail and residential properties, was recently honored by the Center for Educational Innovation (CEI) at their annual gala at the Plaza Hotel in Manhattan.

Joe Simone, president of Simone Development Companies, accepted the award on behalf of the organization for the company's ongoing efforts to expand access to education and create opportunities for students in the Bronx.

"I'm deeply honored to accept this recognition from CEI on behalf of Simone Development Companies. We are proud to continue our support of initiatives that strengthen STEAM education and healthcare-focused programs in the Bronx and beyond, preparing the next generation for future success," said Mr. Simone. "Thank you to CEI for this meaningful recognition and for your continued commitment to ensuring every child has access to a quality education."

In addition to Simone Development, Montefiore Einstein Hospital was also recognized with awards presented to former Assemblyman Marcos A. Crespo, now continuing his advocacy for public health and quality of life as Senior Vice President of Community Affairs at Montefiore Einstein, and former Bronx Borough President Ruben Diaz, Jr., now Senior Vice President of Strategic Initiatives for the hospital.

Rounding out the honorees was Graham Dugoni, founder and CEO of Yondr, a pioneer in creating phone-free spaces. Yondr has partnered with thousands of schools across New York State to transform the school day experience and with venues worldwide to create phone-free concerts and events.

CEI is a nonprofit education organization located in New York City and a recognized leader in advancing meaningful reforms in public education. CEI's mission is to make the school the center and driving force of public education reform and innovation, working directly with teachers, school leaders, and the community to create the schools their children need to succeed. CEI's vision is to help build a public education system where every child has access to an excellent school.

Simone Development Companies is a full-service real estate investment company specializing in the acquisition and development of healthcare, mixed-use, office, industrial, retail and residential properties. Headquartered at the Hutchinson Metro Center, it boasts a portfolio of over 7 million square feet throughout the Bronx, Manhattan, Queens, Long Island, Westchester County, Orange and Fairfield Counties and New Jersey. With expertise spanning acquisition, development, construction, finance, asset management, accounting, leasing and property management, Simone Development Companies is set apart by its vertically integrated management team, long-term asset ownership and its pursuit of visionary development.

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Maureen P. McEvoy, MD

Breast Surgeon; Breast Surgery Fellowship Director, Montefiore Einstein and Assistant Professor, Albert Einstein College of Medicine

Raised in Connecticut and a resident of New Canaan, Maureen P. McEvoy, MD, provides comprehensive breast surgery care using minimally invasive and oncoplastic techniques to achieve cosmetically optimal outcomes. She focuses on minimizing surgery and maximizing patient care, offering surveillance for those with a high risk of breast cancer, performing lumpectomies, mastectomies and nipple-sparing mastectomies, and practicing de-escalation of axillary surgery.

A graduate of Albert Einstein College of Medicine, Dr. McEvoy completed a two-year clinical research fellowship at Memorial Sloan Kettering

Cancer Center followed by a breast surgical oncology fellowship at Massachusetts General Hospital, Harvard’s teaching hospital.

Dr. McEvoy has served on national committees and written national guidelines on ways to decrease lymphedema through smarter axillary surgery. She has presented her work on breast cancer nationally and has received awards at national conferences.



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From Despair to Hope: Conquering Peripheral Neuropathy

“My feet feel like they’re on fire.” “Each step feels like I’m walking through wet paint.” “I can’t sleep because my hands and feet tingle all night.” “I live in constant fear that I’ll fall.”

What do all of these people have in common? They each suffer from Peripheral Neuropathy (PN). It is estimated that more than 20 million people in the United States have PN. Unfortunately, this figure may be significantly higher as the disease is often misdiagnosed due to its wide array of symptoms.

Ginnette Diaz, Licensed Acupuncturist, founder of White Plains Acupuncture, shares the belief that PN is more common than even the worst estimate. “I’ve been treating neuropathy, in all its various forms, for over 15 years, and so often my patients come to me because of the symptoms, not because of a diagnosis. They read one of my news articles, or read the testimonial of another patient, and say to themselves, ‘Hey, I feel the same thing.’”

Frankie M. of Rye testified to this: “I remember my husband driving me to my consultation and I saw a woman running just outside our neighborhood. I was so envious- I

just kept thinking ‘I would give anything just to walk again.’ My primary care doctor told me my troubles with pain and balance were just symptoms of old age and gave me a prescription. I was so depressed.”

Fortunately, Frankie would eventually see Ginnette Diaz on the local news talking about similar symptoms and how she offers a real solution at White Plains Acupuncture. “I just knew I had to see her. She was my last hope.”

“Almost all of our patients come to us with a story similar to Frankie’s. They’ve been everywhere else. They’ve been told there’s no hope. They’ve been told it’s ‘just part of getting older,’” shares Jeinny, a Patient Care Technician at White Plains Acupuncture. “It just breaks my heart, but I know how much we can help people like Frankie, so I’m always so happy when they walk through our door.”

Peripheral neuropathy is a result of damage to the nerves, often caused by (and always compounded by) a lack of blood flow in the hands and feet. This lack of blood flow results in a lack of nutrients, and the nerves begin to degenerate and die. This causes pain and other sensations ranging from

uncomfortable to debilitating. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate they will continue to do so until they are completely expired, leaving those suffering with crippling balance issues. “In this case, the absence of pain is not necessarily a good thing,” shares Ginnette Diaz. “This usually indicates that your nerves are hanging on by a fragile thread.”

Those diagnosed with peripheral neuropathy often face a very grim reality: Western medicine declares that there is no solution, while alternative therapies offer little to no results. Ginnette Diaz and the staff at White Plains Acupuncture have a track record that proves that they are different, and they pride themselves on being “the last resort with the best results.”

So exactly how is Acupuncturist Ginnette Diaz able to reverse the effects of this degenerative disease? Through a unique blend of one of the most time-tested therapies and the most cutting-edge. “Acupuncture has been used to increase blood flow for thousands of years, and it helps get the necessary nutrients to the affected nerves. But the real magic happens when I integrate ATP Resonance BioTherapy®. This is a technology that was originally developed by NASA to expedite healing and recovery.”

“I just can’t say enough about White Plains Acupuncture,” Frankie shares through tears of joy. “My husband and I moved here 3 years ago and he’s gone to the beach almost every day. I always stayed home because of the pain and discomfort. But yesterday, I walked on the beach with him! And next week we’re starting dancing lessons. I am truly living life these days.” “According to Frankie’s test

results, she has seen a 74% improvement in pain and functionality, which is on par with a majority of our patients,” shares Jeinny. “But more important than those test results is the joy she’s expressed in being here, and getting to hear about all the amazing things she’s able to do because she feels great!”

By seamlessly blending the ancient science of acupuncture with modern medical solutions, Ginnette Diaz has achieved a 90% success rate in reversing the effects of neuropathy. She starts each patient with an initial consultation during which a sensory exam is performed. “This not only aids in making a proper diagnosis, but it helps to define just how much nerve damage has occurred,” explains Ginnette Diaz. “This is important because if a patient has suffered more than 95% damage, there is little that I can do to help them. I’m familiar with the medical miracle but I know my limits as a practitioner and the limits of my medicine.”

When it comes to treating Peripheral Neuropathy, regardless of its origin, early detection greatly improves your chances of a full recovery.

If you or someone you love are suffering with chronic pain that presents as burning, tingling or ‘pins and needles,’ or you’ve recently been diagnosed with Peripheral Neuropathy (PN), it’s important to know that there are options.

**There is hope.
Call (914) 354-0333 to
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stories.**



The Pros and Cons of Co-Fiduciaries in Estate Planning



BY BERNARD A. KROOKS, CERTIFIED
ELDER LAW ATTORNEY
SPECIAL GUEST CONTRIBUTOR: JOEL
KROOKS, ESQ.

In estate planning, a fiduciary is someone entrusted with managing another person's assets and affairs, often serving as an executor, trustee, or power of attorney. Many individuals consider appointing co-fiduciaries—two or more people sharing fiduciary responsibility—to ensure a balance of perspectives and safeguard decision-making. Many

clients express a desire to treat all of their children equally, which often leads them to consider naming all of them as co-fiduciaries. While co-fiduciaries can offer several advantages, there are also important drawbacks to consider.

Pros of Appointing Co-Fiduciaries

Checks and Balances: One of the most common reasons for appointing co-fiduciaries is to create a system of checks and balances. When more than one person is involved, the risk of mismanagement, fraud, or favoritism is reduced. This can be particularly important in high-value estates.

Shared Workload: Estate or Trust administration can be time-consuming and complex. Co-fiduciaries can divide responsibilities, such as communicating with beneficiaries, managing assets, filing taxes, and handling legal matters. This shared workload can reduce stress and ensure that no single fiduciary is over-

whelmed. Co-fiduciaries can also bring complementary skills to the table. For example, one fiduciary might be financially savvy, while the other has strong interpersonal skills for dealing with family dynamics. This can lead to more well-rounded decision-making.

Family Representation: In blended families or when children from multiple marriages are involved, appointing co-fiduciaries from different branches of the family can help maintain neutrality and foster trust among heirs.

Cons of Appointing Co-Fiduciaries

Risk of Disagreement: Co-fiduciaries must make decisions together, and disagreements can delay important actions or lead to legal disputes. If the co-fiduciaries have conflicting personalities or values, the process can become contentious, causing friction among heirs and potentially increasing legal costs. If the co-fiduciaries are family members, it

can also lead to conflicts among family members and strain or even damage relationships. While the intention may be fairness, asking children to manage an estate together can place emotional stress on them—especially during a time of grief. The pressure to make joint decisions under emotional strain can deepen rifts rather than promote unity.

Slower Decision-Making: Requiring the agreement of multiple parties often slows down decision-making, especially if the fiduciaries are located in different cities or states. In urgent situations, such delays can be problematic. If co-fiduciaries are evenly split on a decision and there's no mechanism in the estate plan to resolve a deadlock, administration can stall entirely. This might require court intervention to break the tie, further complicating the process.

Unequal Participation: In practice, one co-fiduciary may end up doing the bulk of the work while the other remains passive. This can breed resentment or lead to inefficiencies, particularly if compensation is shared equally.

Difficulty in Financial Institutions and Courts: Some banks, brokerage firms, or courts prefer working with a single decision-maker. They may impose stricter requirements when multiple fiduciaries are involved—such as needing all signatures for every transaction—leading to delays and frustration.

Conclusion

Appointing co-fiduciaries in an estate plan can provide balance, accountability, and shared responsibility—but it can also introduce the risk of conflict, inefficiency, and delays. When considering co-fiduciaries, it's important to choose individuals who communicate well, share mutual respect, and are capable of working together under pressure. Consulting with an estate planning attorney can help you weigh these factors and structure your fiduciary appointments to best serve your estate's goals.

Bernard A. Krooks, Esq., is a founding partner of Littman Krooks LLP. He was named 2021 "Lawyer of the Year" by Best Lawyers in America® for excellence in Elder Law and has been honored as one of the "Best Lawyers" in America since 2008. He was elected to the Estate Planning Hall of Fame by the National Association of Estate Planners & Councils (NAEPC). Krooks is past Chair of the Elder Law Committee of the American College of Trust and Estate Counsel (ACTEC). Mr. Krooks may be reached at (914-684-2100) or by visiting the firm's website at www.littmankrooks.com.

Table Hopping with Morris Gut

Enjoy the Sights, Sounds and Flavors of India During Diwali

Diwali, the Hindu Festival of Lights, is a major holiday throughout India and the rest of the globe. It is a fine time to enjoy the vibrant flavors of Indian cuisine. It lasts five days, this year peaking on October 20. It is marked by rituals, parades, and plenty of good food. Here are some local spots to take in those exotic flavors. Dine in or take out:

Mumbai Katta, 227 Westchester Ave., Port Chester. 914-953-3265 Anita and Jayant Gawde have opened a vibrant ode to flavorful regional Indian street food. They will mark the traditional five-day festival of Diwali. Anita is a dynamo in front and back of the house. www.mumbai-katta.com

Neha Palace, 27 Meyer Ave., Yonkers at Cross County Shopping Center. 914-476-5900 Diya Ramchandani's big, elegant restaurant and catering venue serves Halal cuisine. www.nehapalace-nyonkers.com

Marigold Cuisine, 434 White Plains Road, Eastchester. 914-202-9455 Michelin recognized chef Hermant Mathur, who was personal chef to the Prime Minister of India, offers a creative modern take on Indian cuisine. www.ordermarigold-restaurant.com

Tandoori Taste of India, 223 Westchester Ave., Port Chester 914-937-2727 Bharat Patel, pioneer proprietor of long running Tandoori Taste of India, will be marking Diwali with a grand buffet and specialties at lunch and dinner. www.tandooritasteofindia.com



Special rice pudding at Mumbai Katta

[tandooritasteofindia.com](http://www.tandooritasteofindia.com)

Indi Q Indian Bistro & BBQ, 61 Old Route 22, Armonk. 914-273-5931 Lovely setting operated by the owners of Tandoori. www.indiqarmonk.com

Jaipore Royal Indian Cuisine, 280 Route 22, Brewster. 845-277-3549 A lot of local history coming out of this historic mansion. www.jaiporenyc.com

Chutney Masala, 76 Main St., Irvington. 914-591-5500 Chef Navjot Arora runs a creative kitchen as recognized by the Michelin Restaurant Guide. www.chutney-masala.com

Coromandel Cuisine of India, 464 North Ave., New Rochelle. 914-235-8390 The best Indian take-out in the Queen City. You may remember them from their former Division Street location. www.coromandeltogo.com

[coromandeltogo.com](http://www.coromandeltogo.com)

Coriander-Modern Indian, 154 Larchmont Ave., Larchmont. 914-235-1306 Proprietor Shawn Nagpal and his team offer a modern touch to their regional Indian cuisine. www.corianderny.com

Spice Village, 8 Columbus Ave., Tuckahoe. 914-562-9466 Serving the public in southern Westchester for years. Try the lamb chops. www.spicevillageny.com
Mughal Palace, 16 Broadway, Valhalla. 914-997-6090 Alam and staff are consistently accommodating. www.mughalpalace.com

RaaSa Fine Indian Cuisine, 145 E. Main St., Elmsford. 914-347-7890 A solid kitchen and front of the house team recognized by the Michelin Restaurant Guide. www.raasany.com

Ambadi Kebab & Grill, 141 E. Post Road, White Plains. 914-686-2014 Indian and halal cuisine by the owner of Mughal Palace. www.ambadiusa.com

Royal Palace, 77 Knollwood Road, Hartsdale/White Plains. 914-289-1988 Owner Jagdish Mitter has been operating this sprawling Indian eatery for more than 20 years. www.royalpalacecuisines.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. Email: gutreactions@optonline.net

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County Executive Ken Jenkins Dedicates Plaque at the Healing Garden at Ridge Road Park

As part of Westchester County’s recognition of the month of September as Suicide Prevention and Awareness Month, County Executive Ken Jenkins held a plaque dedication ceremony at the Healing Garden at Ridge Road Park. The plaque, which was provided through a partnership between the County Department of Community Mental Health (DCMH), the Department of Parks, Recreation and Conservation, the Parks Foundation and NAMI Westchester, was unveiled as a way to honor the memory of individuals who died as a result of suicide. The solemn ceremony brought together individuals from the mental health

community, with family and friends of people who completed suicide. Jenkins said: “We gather this September not just to place a plaque at the grounds of the Healing Garden, but also to remember those who died this year as a result of suicide. When we created the Healing Garden, it was designed as a tranquil place for reflection for family and friends to reflect on those they lost, and to help address the stigma that is often attached to suicide – a key message of Suicide Awareness Month. With the addition of this plaque, we hope that those family and friends who have lost someone to suicide will continue to seek



comfort and solace in these grounds, and rekindle happy memories while they are here.”

Ground was broken on the Healing Garden in September 2022 after a planning committee was appointed to recommend a design for the park. The committee consisted of survivors, advocates and leadership from Westchester County Departments. DCMH worked closely with Parks, Recreation and Conservation, NAMI Westchester, and the American Foundation for Suicide Prevention to finalize plans, and the Healing Garden opened.

DCMH Commissioner Michael Orth said: “Today the Healing Garden stands as a testament to the efforts of our County, and the commitment of County Executive Jenkins to ensure that anyone who needs to find a place to reflect and remember a loved one has that opportunity. Each year, the Healing Garden grows and the opportunity to place this plaque on the main rock at the site is another way to honor those we have lost. Westchester lost 63 individuals to suicide last year, down from a high of 79 in 2022. Educating people about the 988 Suicide and Crisis Lifeline and letting them know there is help, goes a long way to giving people hope.”

Commissioner of Parks, Recreation and Conservation Kathy O’Connor said: “The Healing Garden has provided family and friends a quiet respite in a beautiful natural setting in Ridge Road park. We are thankful to all our donors as well as to the park staff that helped to build the Garden and continue to maintain it.”

Chairman of the Westchester County Board of Legislators Vedat Gashi said: “This garden reflects our unwavering commitment to breaking the silence around mental health challenges. This special plaque will serve as a permanent reminder that no one walks this difficult path alone. Our community stands ready to offer support, resources, and hope to anyone who needs it.”

Legislator Nancy Barr said: “According to the CDC, 49,316 Americans died by suicide in 2023, the equivalent of 1 death every 11 minutes. Equally shocking is that there were 1.5 million attempts. Too many families have experienced the pain of losing a loved one to suicide, but many others may be able to prevent it in the future if they have the right tools. If you or someone you know is contemplating suicide, call or text 988 – the Suicide and Crisis Lifeline – for help and hope.”

Executive Director of the National Alliance on Mental Illness (NAMI) of Westchester and Co-Chair of the Westchester County Suicide Prevention Coalition Marie Considine said: “During Suicide Prevention and Awareness Month, we empathize with those who have taken their lives and their families who lost their loved ones to suicide, as well as those first responders who are impacted by this trauma — and we rededicate ourselves to supporting, educating and advocating for mental health and suicide prevention strategies and collaborative initiatives to provide help and hope with a goal of no one going through such terrible pain. Every person should have the mental health education to equip them to face life’s challenges, and know when and where to get help for themselves or someone else in need.”

Area Director of the American Foundation for Suicide Prevention Hudson Valley/Westchester Chapter Maria Idoni said: “Each of the 63 butterflies in the Westchester Healing Garden carries the memory of a life lost to suicide. This Suicide Prevention Month, I invite you to join me in turning remembrance into action. Find a training, learn how to have a conversation that could save a life, and help bring hope to our community.”

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