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Is it Necessary? Is it Kind?

A FEW MONTHS AGO, I found those two questions in my Google Tasks from years ago, along with a note that said, “WWMD?” I knew right away it stood for “*What would Marjorie do?*” Marjorie was my superior and colleague at a consulting firm in 2018, and to this day, I still hear her words in my head. I still aspire to achieve her level of thoughtfulness.

As Women’s History Month begins, take a moment to think about the women who have shaped your life. For some, the obvious choices might come to mind—mothers, grandmothers, teachers, coaches. But if those aren’t the women who inspired you, that’s OK. Maybe it was a stranger on the subway in 2010 who shared a piece of wisdom that changed your perspective. Maybe it’s a character in a book or show. Maybe it’s *you*—and hey, that’s incredible.

For me, it’s Marjorie. Not just for her kindness, but for something I hadn’t experienced before—she saw me as the person I wanted to become, not the one I was in that moment. She had an unwavering belief that I’d get there. Yes, I made mistakes, but with her by my side, they felt softer. She never wavered, even when I failed, distanced myself, or made the wrong choice. She believed in me, until I could believe in myself. And she did it quietly, unassumingly.

One day, when Marjorie was about 50, we talked about the fact that she had never had children. That it just wasn’t in the cards for her, she said. I told her some people were just meant to touch many, and that I felt grateful to have been on the receiving end of her gifts.

Women’s History Month is a time to honor these stories—personal and historic, big and small. It’s a tribute to the pioneers who’ve shaped history and the women whose influence continues to inspire us today.

In this issue of *Stroll Upper Brookville*, Sabrina Davis, who overcame the passing of her twin sister at age 12, shares her journey to becoming a Division 1 cheerleader—the grit it takes, the endurance and mental fortitude that drew her to it, and the female role model who shaped her path.

Here’s to the women who came before us, the ones shaping today, and those who will lead tomorrow.

Brynn Mannino
Publisher

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MEET THE TEAM

Meet the people behind the publication that make the magic happen each month.



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If you’d like to contribute or be featured, please reach out to strollupperbrookville@gmail.com.

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JUST LAUNCHED LITTLE LEARNERS

Create forever memories and learn with your little ones, only at Planting Fields

PHOTOS BY FRANCESCA RUSSELL
WRITTEN BY KAYLA CHESHIRE, PLANTING FIELDS FOUNDATION

March at Planting Fields is such a great way to shake off the winter blues and enjoy some outdoor fun. The gardens are just starting to bloom, the trails are waiting to be explored, and there's plenty of space to stretch out and soak in the fresh air. Whether it's a peaceful walk, playing on the open lawns, or snapping some family photos among the spring flowers, it's the perfect spot for a relaxed outing.

For those looking ahead to summer, I wanted to give you an insider look at our Junior Ranger Summer Camp. It's going to be an unforgettable experience

for kids. This isn't your typical camp; it's all about unplugging and exploring nature in a truly unique way. Campers will spend their days discovering hidden corners of the historic grounds of Planting Fields, from the tranquil gardens to the wooded trails. But what makes this camp stand out is the mix of adventure, hands-on learning, and nature-based exploration.

They'll engage in activities that blend art, science, wellness, and sustainability – like building small engineering projects, working in the garden, and creating nature-inspired art – while gaining a

deeper understanding of history and environmental stewardship. Plus, they'll have a chance to explore an Olmsted Brothers-designed landscape and historic buildings, all while fostering their sense of wonder and curiosity. It's a summer camp experience that's more like a journey through nature and history, with a dose of creativity and adventure thrown in.

The sessions are July 7 – 11 for ages 5 - 8 and July 21 – 25 for ages 9 – 12, but space is limited, so it's definitely worth checking out if you think it might be a fit for your little adventurer!



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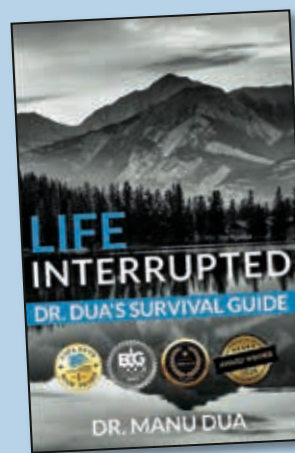
1. Spring at Planting Fields. Photo courtesy of David Almeida.

2. Natural Sensory Workshop. Photo courtesy of Planting Fields Foundation.

3. The Margaret Sullivan Heather Garden at Planting Fields. Photo courtesy of David Almeida.

Are you a North Shore history buff? Let your passion shine by sharing it through *Stroll Upper Brookville*. Email strollupperbrookville@n2co.com to inquire!

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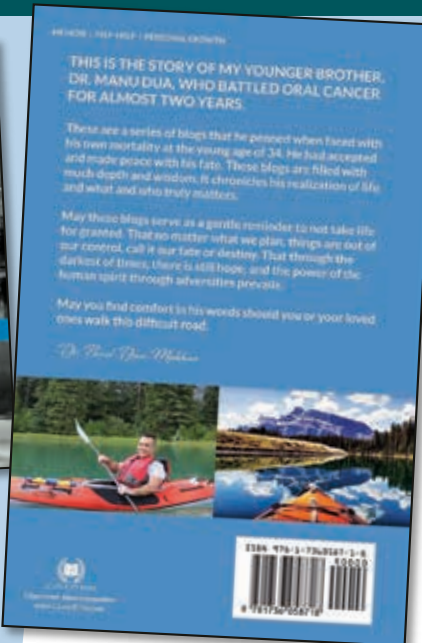


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UPCOMING EVENTS

Little Learners: Spring has Sprung | Friday, Mar. 21 | 10am – 11am | Ages 2 – 5

Join us as we explore the world of flowers! This Little Learners program includes a flower craft and planting your own flower to bring home. \$15 per child.

First Fridays: A Palette of Petals | Friday, Apr. 4 | 1 – 2pm

Join us for a spring stroll to the Margaret Sullivan Heather Garden! Embrace the flower-filled grounds as you're guided to the restored garden by Planting Fields Foundation's Director of Horticulture, Donna Moramarco! \$25 per person.

Natural Sensory Celebration Week | Monday, Apr. 14 – Friday, Apr. 18

Celebrate Neurodiversity Awareness Month with us with self-guided scavenger hunts for people of all ages and abilities! FREE.

Wednesday Workshops for Kids: Natural Sensory | Wednesday, Apr. 16 | 4 – 6pm

In this inclusive nature-based workshop, children ages 5 – 12 with various sensory needs and processing differences will have the chance to explore Planting Fields through a safe, accessible, and engaging lens while enjoying nature and all it has to offer! \$25 per child.

Monthly Meditations | Select Saturdays: Apr. 19, May 25, Jun. 28, Jul. 26, Aug. 23, Sept. 27 | 8:30 – 9:30am

Join us for free Monthly Meditation sessions! Led by H.E. Gegye Yongyal Tulku Rinpoche, a 3rd seat reincarnate Buddhist Master and scholar in Buddhism, this one-hour session will focus on mindful meditation.

Arbor Day Festival | Saturday, Apr. 26 & Sunday, April. 27 | 11am – 4pm | \$30 per car

Mark your calendars for the return of the annual Arbor Day Festival at Planting Fields!

For other adult and children's programs, events, and more, visit plantingfields.org.

IRS Delays Certain RMD Regulations Until 2026

BY MICHAEL DISPIRITO, MBA, ChFC, AEP, MSFS,
UPPER BROOKVILLE RESIDENT

ate last year, the IRS announced a delay in the application of proposed regulations interpreting certain changes to the required minimum distribution (RMD) rules made by the SECURE 2.0 Act of 2022. The IRS originally said the proposed regulations would take effect in 2025 to align with the implementation of other regulations governing RMDs for beneficiaries of retirement accounts, which were finalized last year. However, due to concerns raised during a September 2024 public hearing and in written comments, the IRS agreed to delay application of the proposed regulations. Final regulations, when issued, are anticipated to apply beginning in 2026. Until that time, the IRS has made clear that taxpayers should make a good faith effort to follow the provisions.

RMD age for account owners born in 1959 When new RMD ages were announced in the SECURE 2.0 Act of 2022, an



Michael DiSpirito, MBA, ChFC, AEP, MSFS
Wealth Manager
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error in the wording seemed to indicate that those born in 1959 could begin taking RMDs after reaching either age 73 or 75. The proposed regulations clarify that age 73 is the RMD age for people born in 1959.

Roth account distributions Although the final regulations state that Roth accounts in employer-based retirement plans will not be subject to RMDs (aligning them with the rules governing Roth IRAs), the proposed regulations expand on this rule to specifically state that any amounts distributed from a Roth account will not help fulfill a plan participant's RMD requirement for the year.

Spousal election to be treated as an employee SECURE 2.0 included a provision allowing a spouse to choose to be treated as an employee and delay RMDs until the employee would have reached RMD age. The proposed regulations provide additional guidance on this rule, specifically noting the following:

- The option is available to sole beneficiary spouses of participants who would have been required to begin RMDs in 2024 or later.
- If the employee dies prior to reaching the required beginning date, the spouse will automatically be treated as the employee. Although a spouse will not automatically be treated as the employee if the employee dies on or after the required beginning date, the terms of the plan can specify the election as the default rule.
- If the surviving spouse dies after his/her RMDs begin, the spouse's beneficiaries will be treated as non-eligible designated beneficiaries subject to the 10-year rule.

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MEET NICOLAS DAVIS Upper Brookville's Multi-Talented Athlete with a Passion for Chess

PHOTOS BY JENNIFER DONATO OF JKD PHOTOGRAPHY

AT 18 YEARS OLD, Nicolas Davis is making the most of his senior year at St. Dominic's High School in Oyster Bay. A well-rounded athlete, he plays basketball, football, golf, and tennis, and recently picked up pickleball as a favorite pastime. Beyond sports, Nicolas has a sharp mind for strategy—his love for chess sets him apart. Perhaps it's this same analytical thinking that fuels his ambition to become a successful accountant one day. Math is his favorite subject, after all.

FAST FACTS ABOUT NICOLAS

- Age:** 18
School: St. Dominic's High School, Oyster Bay
Siblings: Sofia Davis and Alex Davis
Sports: Basketball, football, golf, tennis, pickleball
Favorite sports facility: Bethpage Black Golf Course
Hobbies: Gym, hanging out with friends and family
Favorite subject in school: Math
Favorite color: Navy
Favorite food: Steak
Favorite movie: Cars
Favorite TV show: Henry Danger
Favorite music: Country & rap
Favorite sports teams: Knicks, Islanders, Yankees, Jets
Dream vacation: Lisbon, Portugal
Instrument he wants to learn: Piano
Future goal: To become a successful accountant

Hey, kids! Do you have something exciting to share with Stroll? Please have your mom or dad email strollupperbrookville@gmail.com, and we'll be sure to include your story in an upcoming issue.



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“The grit it takes, endurance and mental fortitude is what drew me to it.”

WITH SABRINA LORUSSO

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Sabrina Lorusso has called Upper Brookville home her entire life. You may recognize her name from the Olivia Hope Foundation, the nonprofit she co-founded with her sister Gia in honor of their late twin, Olivia, who passed when they were 12. (Look for a special feature on OHF in Stroll's April issue.) Now a Division I cheerleader at Clemson, we think you'll agree that Sabrina embodies positivity and passion in everything she does. Read on to see how she balances her commitment to OHF and the demands of college academics—without *sidelining* her dreams of competitive cheer.

Tell us about your family.
I'm lucky to have an amazing family—my mom, dad, and older sister, Gia. We also have a full house with our three dogs, Teddy, Tucker, and Tallulah, and our cat, Tilly.

What sports and extracurricular activities are you involved in?
I'm a Division I Cheerleader at Clemson University!

How did you get started in cheerleading?
I began at Platinum Athletics Cheer (PAC) in Wantagh, where I quickly fell in love with the sport. I spent so much time in the gym, learning new techniques and strengthening my skills. The owner and coaches at PAC gave me everything I needed to succeed, and I'm forever grateful. I was Varsity Cheer captain at Locust Valley High School and joined a club team at PAC when I decided to pursue college cheer at the Division I level. I worked hard, and my dream became a reality when I made the Clemson Cheer Team.

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“FIGHT TIGERS, FIGHT TIGERS, FIGHT FIGHT FIGHT!”

CONTINUED →

What do you love most about cheerleading?

I love that the effort I put in is what I get out. It's both a mental and physical challenge—flipping through the air, trusting my teammates, and pushing my limits every day. The sport has taught me discipline, endurance, and that hard work always beats talent.

I also love coaching young athletes. Teaching kids about teamwork, accountability, and perseverance through cheer is incredibly rewarding. My coaches shaped my journey, and I want to do the same for others.

What has been a highlight of your cheer career so far?

One of my biggest accomplishments has been earning a spot as one of the select coed girls chosen to compete at College Nationals in Daytona Beach. Only a few of us get the opportunity to perform on the iconic Bandshell stage, and I'm beyond excited. In our routine, I take on multiple roles—tumbler, flyer, base, and mid-layer for pyramids. It's an incredible challenge, and I can't wait to compete!

What sets you apart as an athlete?

My versatility and strength. I have the explosiveness to excel as a flyer but can also base and tumble when needed. Being adaptable allows me to contribute in multiple ways and step into different roles for my team.

How do you balance cheer, school, and everything else?

It's definitely a challenge, but I've found a routine that works. I prioritize school by getting my work done before practice, staying organized, and remaining flexible when things don't go as planned. Taking small breaks helps me recharge, and keeping a structured schedule makes everything more manageable.

Who inspires you?

My mom—her strength and grace are incredible. No matter what life throws at her, she handles it with dignity and poise. She leads by example, teaching me to be kind, humble, and hardworking. She's been my biggest supporter and has shaped me into the person and athlete I am today.



If your family would like to be featured or if you would like to recommend a neighbor in the next available issue, email strollupperbrookville@gmail.com.

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Grenville Baker Boys & Girls Club's Third Annual "GUEST BARTENDER NIGHT"

BY EVENT CO-CHAIRS: SEAN SIMENSKY, SUZANNE BROOK AND CHRISTINE O'MAHONEY

"Grateful to have been a part of this amazing event at The Marker in support of Grenville Baker Boys and Girls Club. The Club is such a special place for our children. The outpouring of love and generosity from our community is unmatched!" —ERIN G.



On February 5th, the Grenville Baker Boys & Girls Club, a second home to many Upper Brookville students and youth, hosted its third annual "Guest Bartender Night" at The Marker Restaurant in Glen Cove. Over 250 attendees enjoyed a fun-filled evening of cocktails, delicious food, and lively bartending competition. Teams of guest bartenders, including Liz McGoldrick and Regina Ciardullo, Danielle Smith and Krystina Tomlinson, and Chris Lordi and Roly Nesi, served drinks while raising funds for the Club. Liz and Regina emerged as the winners, but the night's true accomplishment was raising nearly \$30,000 to support the Club's youth programs. The event was a huge success thanks to the attendees and volunteers.

"It was a fun night with friends for a wonderful cause" —TARA D.

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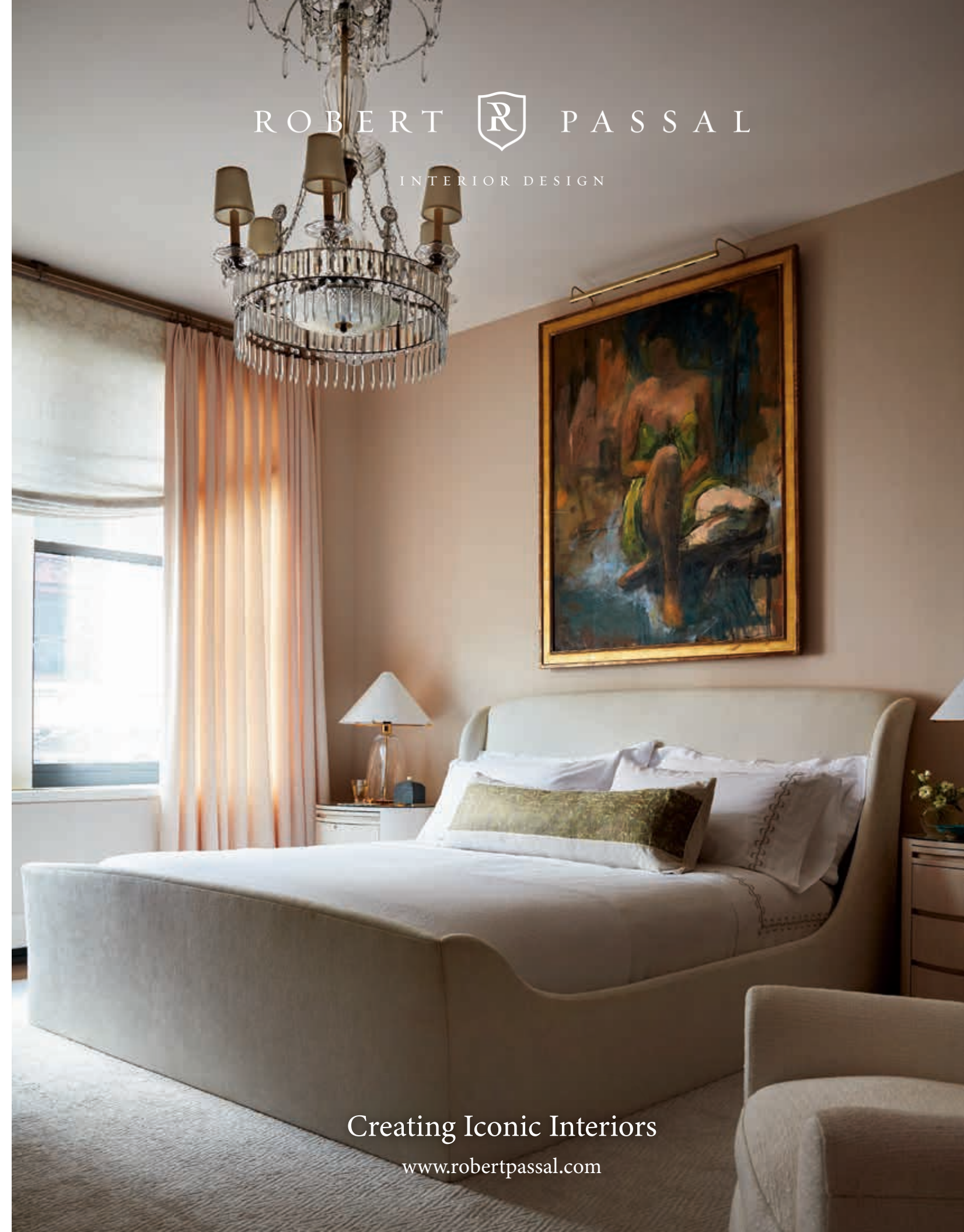
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How Linda Cirigliano and LC Three are transforming high-end residential projects

Meet Linda Cirigliano

Linda Cirigliano's journey in construction began at a young age, working alongside her father. What started with installing deck insulation grew into a lifelong passion for building and design. After earning a degree from NYU's School of Construction Management, she spent 16 years working with top architects, designers, and general contractors in New York City before founding LC Three in 2015. Her vision was clear: to create a seamless bridge between clients, designers, and contractors, ensuring every project is executed with precision and excellence.

Linda hails from Glen Cove, NY, with deep family roots in the community. Her father, Dr. Rocco Cirigliano, was a practicing psychologist, and her mother, Carol Cirigliano, was a licensed psychotherapist. Linda is thrilled to return to the neighborhood as she and her boyfriend, Louis, restore their newly purchased 1926 Colonial to its original glory. Her sister, Dr. Holly Thompson, resides in NYC with her husband Paul and their two children, both accomplished classical musicians.

THE MISSION BEHIND LC THREE

The inspiration for LC Three struck Linda while paddleboarding on Long Island Sound, a favorite pastime for clearing her mind and generating ideas. She envisioned a company that would eliminate the gaps in communication between all parties in a construction project. By acting as the client's advocate, the contractor's ally, and the architect's voice of reason, LC Three has become a trusted name in high-end residential construction.

SERVICES OFFERED

LC Three provides two key services:

- **Construction Owner's Representation** – Acting as an extension of the homeowner, LC Three bridges the gap between architects, designers, contractors, and subcontractors. Their team ensures top-tier professionals are secured, budgets are maintained, and projects run smoothly from start to finish.
- **Client Services** – A concierge property management division that maintains homes built by LC Three, as well as others. With an extensive network of vendors, LC Three offers unparalleled support for homeowners seeking expert property care.

WHAT SETS LC THREE APART?

LC Three is a trailblazer in the construction industry, proudly led by a woman in a field where female representation remains low. Celebrating a decade in business, LC Three is built on resilience, innovation, and a client-first philosophy. Their seamless integration of construction management ensures luxury residential projects are executed with unmatched precision and care. They are thrilled to introduce their concierge property management services currently offered in NYC to the North Shore.

COMMUNITY INVOLVEMENT

Linda and LC Three are deeply involved in local and city-based initiatives:

- Board member of Grenville Baker Boys & Girls Club
- Global Girls Glow Speaker Bureau Member and mentor for young girls in the Bronx
- CTEA High School in Queens Board member and mentor

OVERCOMING CHALLENGES

Navigating the COVID-19 pandemic was one of LC Three's biggest challenges. During that time, our firm became exceptionally busy, as the role of an Owner's Representative was crucial when clients needed guidance the most. This period marked a significant turning point in the growth of our business. Supply chain disruptions, labor shortages, and shifting safety protocols made

construction projects more challenging than ever. However, by leveraging technology, enhancing communication, and adapting to new workflows, LC Three emerged stronger, proving its resilience in the face of uncertainty.

LOOKING AHEAD

LC Three is gearing up for its 10th anniversary on June 15th. Linda reflects on her journey—from launching the company at her coffee table to leading a thriving business with a team of eight, managing projects nationally and internationally, and completing hundreds of homes.

ADVICE FOR HOMEOWNERS

When construction is well-planned with the right team—and guided by someone who speaks honestly about the process, opportunities, and realities—it can be a game-changer in navigating a renovation. Linda sees this as the true role of an Owner's Representative. Having an expert advocate throughout a project ensures smoother communication, better cost management, and a more enjoyable construction experience.

What started with installing deck insulation grew into a lifelong passion for building and design



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REAL ESTATE MARKET UPDATE

THE FASANO FIVE WITH LISA FASANO
February 2025

Top trends shaping the Upper Brookville Real estate landscape amid evolving luxury preferences

LUXURY MARKET RESILIENCE

Despite broader economic shifts, the luxury real estate market remains strong, with single-family home prices rising at twice the pace of the broader market. This trend signals that wealthy buyers remain confident, seeking properties that not only preserve wealth but also align with their lifestyle aspirations.

Key takeaway: For Upper Brookville homeowners, this remains a prime time to list luxury properties, as demand continues to outpace supply.

A POSITIVE OUTLOOK FOR 2025

With 85% of luxury property specialists optimistic about buyer demand and 74% about seller sentiment, 2025 is shaping up to be a promising year for luxury real estate. This optimism reflects recovery from past disruptions and the sustained growth of global wealth, particularly in emerging markets.

Key takeaway: Buyers and sellers should feel encouraged by the positive outlook. This may be the perfect moment to engage in transactions, with market conditions favoring both sides.

EXPANDING INVENTORY UNLOCKS PENT-UP DEMAND

A growing inventory of luxury homes is easing previous supply constraints, offering more options for discerning buyers. With more choices available, buyers no longer need to rush or overbid, which may unlock previously pent-up demand.

Key takeaway: Buyers in Upper Brookville will find more opportunities in 2025. However, homes that stand out will still attract significant interest, so be prepared to act quickly.

THE GROWING INFLUENCE OF AFFLUENT WOMEN IN LUXURY REAL ESTATE

Affluent women are playing a significant role in driving demand for luxury real estate, influencing purchasing decisions and shaping the features of homes. As more women achieve financial independence through leadership, entrepreneurship, and inheritance, their preferences are increasingly guiding the design and functionality of luxury properties. In Upper Brookville, this trend reflects a growing

demand for homes that cater to a sophisticated, multifaceted lifestyle.

Key takeaway: Real estate professionals in Upper Brookville should focus on designing properties that meet the needs of this influential demographic by including features such as private wellness spaces, home offices, and homes that offer both privacy and room for entertaining. Homes that align with modern, independent lifestyles are likely to attract significant attention in the local market.

VALUE-DRIVEN LUXURY

Affluent buyers are placing greater emphasis on value, seeking properties that offer not only luxury but also long-term returns and unique experiences. This shift represents a growing focus on thoughtful, sustainable luxury investments.

Key takeaway: Upper Brookville buyers should consider properties that offer more than just opulence—seek homes with historical charm, energy efficiency, or distinctive design features that deliver lasting value.

The Entrepreneurial Spirit A Journey of Passion, Resilience, and Reinvention

BY JASLEEN SABHARWAL, UPPERBROOKVILLE RESIDENT • PHOTO BY JENNIFER DONATO OF JKD PHOTOGRAPHY

The dictionary defines an entrepreneur as “a person who starts a business and is willing to risk loss in order to make money.” But it’s so much more than that. It’s about passion, innovation, risk-taking, and resilience.

I want to share my journey not just to reflect but to inspire others—especially those with a dream, a product, or a service they believe in. If you’ve been hesitating to take that leap, perhaps my story will encourage you to start.

The Birth of My First Venture

In 1983, while working with Yves Saint Laurent, I noticed salespeople often promoted accessories they personally liked. Sensing an opportunity, I bought chunky necklaces made of horn, ivory, and wood. To my delight, they sold out instantly.

That was the beginning of Miracle Cottage, a company inspired by small households crafting handmade products. The business thrived, and we expanded through trade shows across the U.S. However, trends fade, and so did the demand. While the company didn’t last, it confirmed my ability to spot opportunities.

Education with a Purpose

In 2003, I took another leap—not with a product, but a service. I launched Tutors on Wheels, a tutoring company specializing in students with special needs. Our mission was simple—provide extra support to help students build confidence and excel academically.

This business required strong organizational skills, financial management, and legal knowledge, but above all, it required heart. We successfully helped students achieve better grades while providing employment to passionate educators. When COVID-19 disrupted in-person learning, I pivoted to online tutoring. However, special needs students struggled with virtual education, so I adapted once again.

From Education to Real Estate and Beyond

With my entrepreneurial spirit still strong, I became a real estate agent with Douglas Elliman, selling luxury homes on North Shore. But my mind was always seeking the next big idea.

Inspired by my husband’s signature tea, I launched New Delhi Tea—a robust, spiced blend reminiscent of the strong chai sold at railway stations in India. Encouraged by its success, I am now expanding the brand to include caffeine-free and wellness teas this year.

Lessons for Aspiring Entrepreneurs

Looking back, every success and failure taught me something invaluable. If you have a dream, here’s my advice:

- Trust Your Gut: If you believe in your idea, go for it.
- Take the Leap: Failure is a stepping stone to success. Start small and minimize financial stress.
- Do Your Research: Ensure there’s demand for your product or service.



- Build a Support System: Family and friends can be your biggest cheerleaders.
- Stay Patient and Persistent: Success doesn’t happen overnight—keep pushing forward.

Entrepreneurship is empowering. It requires the same patience, care, and resilience as raising a child. If you’re considering launching your own business and need advice, feel free to reach out at neelsaj99@gmail.com. Until then, dream big, work hard, and believe in yourself.

Best wishes,

Jasleen

“Ellen is a visionary.”

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