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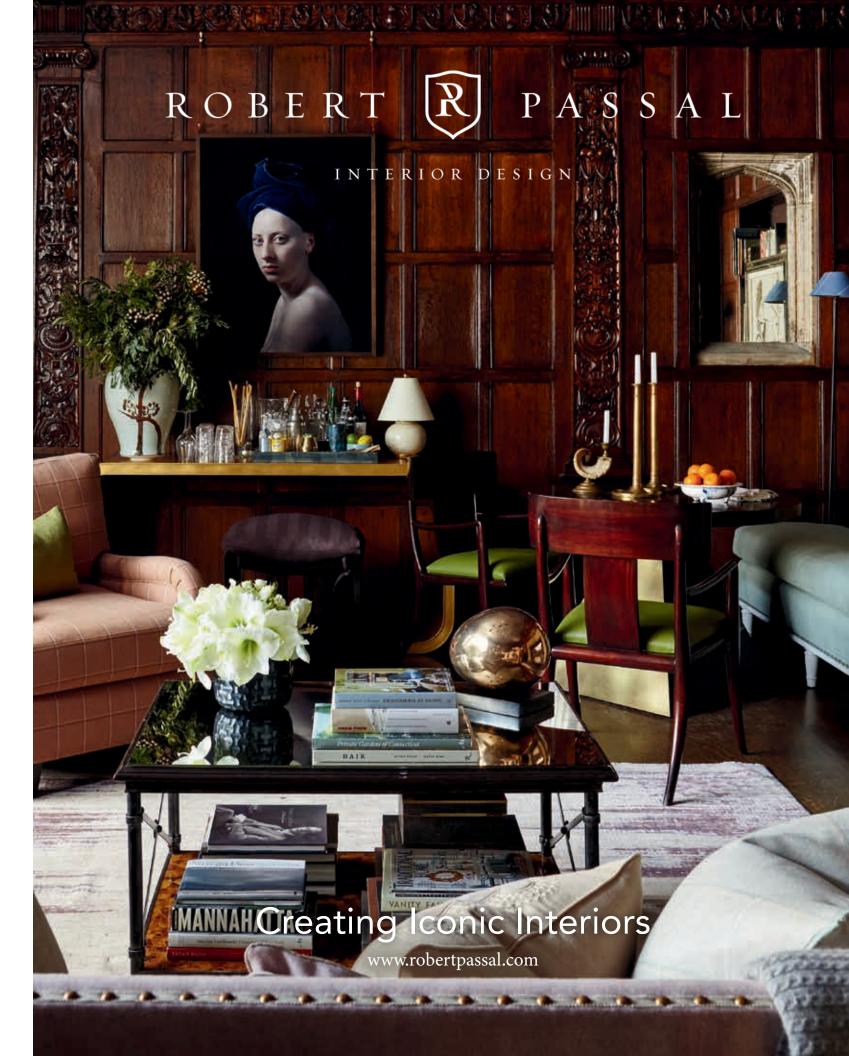
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Don't let the holidays pass in a frenzied sprint. This is your sign to turn up the classics, watch some Hallmark, drag it out.

YOU'RE INVITED TO A COZY JANUARY GATHERING!

Join us on **January 30** for a special combined event with Stroll Locust Valley at **Birch Hill Market in Locust Valley** to toast 2025. Come grab a drink, sample the menu, enter the prize raffle and meet a few friends.

EVENT DETAILS:

Date: January 30 Time: 6:30pm - 8pm Location: Birch Hill Market 153 Birch Hill Rd

Whether you're new to the area or a longtime local, we look forward to seeing you there and kicking off the new year together!

Warmly,
The Stroll Team

Maybe it's the shift from city lights to Long Island's quieter glow, or perhaps it's raising two little ones that's deepened my appreciation for this season. Whatever the reason, this time of year has taken on a new meaning, no longer wrapped up in the frenzy of holiday shopping and unnecessary gifting between friends and family who already have it all. Last year, when the holiday music came on, I found myself turning it up, and soaking in the decorations along West Neck, enjoying the warmth they brought to my drives home. It's simpler, warmer—less about stuff, more about moments. If you're finding your holiday is more hustle than harmony, it might be worth paring down the obligations and turning up the slowness the season intends.

In this issue, we leaned into that spirit. We chat with Nina Truglio,

an architect, business owner, and caretaker who finds her true spark in the kitchen. You'll also meet Molly, a pup with a sixth sense for who might need a little extra love, and longtime resident Jason Jampol, a pediatric chiropractor who took a bold step to address a gap in children's nutrition. Plus, we're spotlighting our sponsor Elegant Jewelers—where owner Mike Shalamov opens up about his family's inspiring journey to success right here on Long Island. And, as always, we'll keep you in the loop on local real estate trends, courtesy of The Lisa Fasano Team.

As we wrap up another year, let's make it one to remember—for all the right reasons. And if you're looking to celebrate your own special moments, big or small, in the new year, consider sharing them with Stroll, as we'd love to help you capture them in print.





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NINA TRUGLIO'S CULINARY JOURNEY

Nina and her husband Frank have run their architecture and planning practice, NF Architectural Designs, for over 30 years. She also owns Ridgeline Ski, a full-service ski and snowboard shop in Manhasset, founded by her son Frank 17 years ago. However, Nina tells Stroll that her true passion lies in cooking. Inspired by her time in Sicily and her love for nutrition, she brings both comfort and wellness to the table.

N

ina Truglio's path to culinary creativity began as a young girl living in Sicily, where she fell in love with the art of Italian cooking. Watching locals create fresh cheeses and handcut pasta sparked a lifelong passion

for food, one that grew even stronger after she married and began experimenting in her own kitchen. Now, as a self-described "amateur diagnostician," Nina's love for Italian cuisine intersects with her interest in nutrition, leading her to craft healthier versions of beloved classics. Whether she's helping friends solve food-related health puzzles or reworking a Sicilian recipe with a nutritious twist, Nina brings care, precision, and a love for all things Italian to every dish she creates.

EARLY INFLUENCES AND BACKGROUND When did you first realize you had a passion for cooking? Was there a particular person or moment that sparked it?

I noticed my passion for cooking through my interests—I was always drawn to recipes and health and wellness topics in magazines and books. If I turned on the TV, I'd inevitably end up on a food channel. But for years, cooking was something I only read about; I didn't have time to dive in. Once I got married, though, I started creating my own recipes, substituting sugar with maple syrup or honey. My dishes were usually well received by my husband, friends, and family.

Can you describe what initially brought you to Sicily, and what was life like there as a student? Are both of your parents Sicilian? Any fun family tree facts to share?

After I finished elementary school, my parents decided to move back to Sicily, where they were both born and raised. They had only been in the U.S. for 12 years and wanted their children to experience the culture and language. We stayed in Sicily for three years, and it was incredible. I became fluent in the language and immersed in the rich cultural traditions.

Initially, coming from the U.S., Sicily felt old-fashioned. But the longer we stayed, the more I appreciated its charm, the wholesomeness, and the deep passion Sicilians have for food. The fruit trees, vineyards, and vegetable fields were amazing—every piece of produce had such rich flavor. I saw processes like olive oil pressing, wine and cheese making, and even flour milling. I was especially fascinated by how local women would make marzipan fruits that looked astonishingly real, using natural food coloring from beets, spinach, and grape skins.

What were some of your favorite food experiences in Sicily? Are there specific sights, smells, or recipes that stand out?

The crops looked, smelled, and tasted amazing, and the bakeries had this incredible aroma. We'd buy bread that was

so hot you needed a cloth sack to carry it home. Homemade, warm bread was so much better than the sliced or Italian bread back in the U.S.

On weekends, we would go to my grandmother's hometown, Ciminna, and stay in the countryside, where we had a brick oven. My mom would tell us stories about how they used that oven to cook—such a wonderful connection to our heritage.

THE TRANSITION TO COOKING AS A SERIOUS HOBBY

What inspired you to start experimenting with healthier versions of traditional Italian dishes?

I began to realize how much our health could be influenced by our food choices. Simple things, like a headache, were sometimes due to dehydration. Antioxidants became important for my overall health, and I wanted to rely on nutrient-rich foods rather than supplements. I also learned that a strong immune system is key to good health, so I focused on eating foods that support our immunity.

Do you remember the first dish you recreated with a healthconscious twist? How did it turn out?

Yes, I made pancakes using oatmeal flour, maple syrup (instead of sugar), eggs, milk, and baking powder. Another recipe was chocolate chip cookies made with coconut cream, eggs, maple syrup, and almond flour. I don't really measure; I add flour gradually until the dough feels right. Once it looks and feels like cookie dough, I shape it and bake it.

BALANCING HEALTH AND TRADITION

How do you decide which dishes to make healthier? Is it based on the recipe's ingredients or your curiosity to try something new?

It's a bit of both. If I read about a healthy ingredient, I'll create a dish so we can enjoy that ingredient.

Are there certain ingredients or techniques you rely on to make dishes both nutritious and flavorful?

I tend to bake or use quick cooking methods rather than frying or prolonged stovetop cooking. Even my soups don't take hours to prepare—chicken soup is the longest at just an hour!

How do you keep the balance between honoring traditional Italian flavors and focusing on health?

I still make the dishes I grew up with, using a few key ingredients to keep them flavorful. Sicilians are opinionated—if it's not excellent, they'll let you know! My mom was very creative; she would alter recipes as she saw fit and never received a complaint. She taught me not to be afraid to change up recipes.

BY UPPER BROOKVILLE RESIDENT NINA TRUGLIO

Capture your moments and memories in Stroll! Photography shoot included. Email brynn.mannino@n2co.com to reserve an issue.

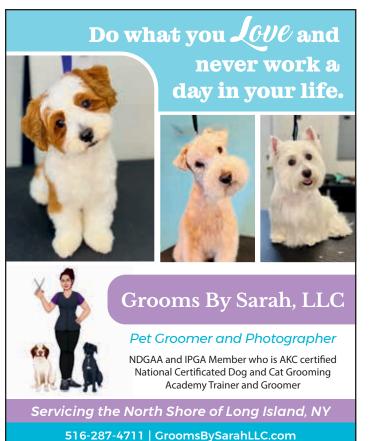
Meet Molly The Kid Whisperer

BY RESIDENTS THE SABHARWAL FAMILY

Molly is our 6-year-old Wire Haired Pointing Griffon. We adopted her in June 2018 from North Shore Animal League when she was just 2 months old. She is very patient, gentle and has great etiquette. We've seen her help children overcome their fear of dogs and even convert a few "non-dog people" into devoted dog lovers.



"It's so special to see how kids who are scared of pups are able to get comfortable with her."



Sarah Converse, Certified Pet Groomer

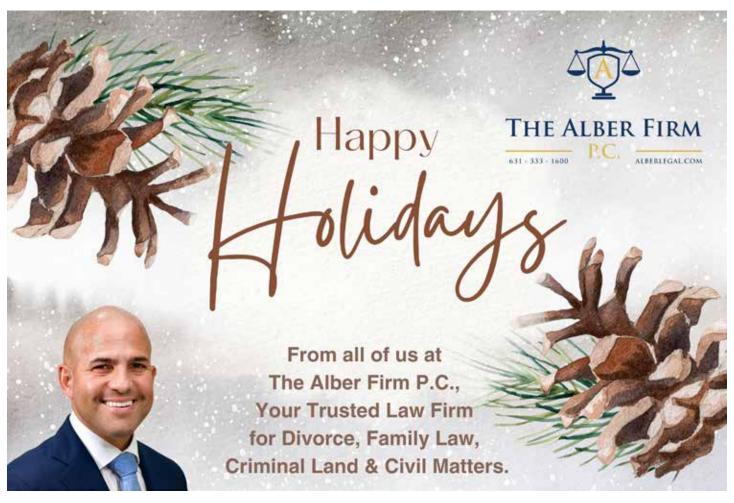


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Have a pet you'd like to spotlight? Email Strollupperbrookville@n2co.com to reserve a future issue!







The Fasano Five with Lisa Fasano

DECEMBER 2024

Top trends shaping Upper Brookville's real estate: marketing strategies for homeowners.



IN A MARKETPLACE that increasingly favors innovation, it's vital to adopt strategies that real estate developers and professional homebuilders have used for years to protect homeowners from negative insights such as days on market, price drops, and home value estimates. Here are five key takeaways to consider as we enter the new year.

1. Leverage Private Exclusivity in Marketing

The Compass Private Exclusive option empowers homeowners to market their properties discreetly, similar to tactics used by real estate developers and professional homebuilders. Listings are shared among a select group of agents and serious buyers, maintaining privacy while building anticipation. All inquiries are directed to the listing agent, ensuring personalized insights for buyers.

Key takeaway: Privacy and controlled exposure create

exclusivity, generating interest without public fatigue.

2. Control the Timing of Your Listing

Carefully managing when your property enters the MLS helps eliminate the risk of prolonged days on market or price reductions, both of which can deter potential buyers. Timing your listing to align with market demand ensures your home is presented at its best. This holiday season, it's important to protect your home from days on market while still marketing the property.

Key takeaway: A well-timed listing minimizes public scrutiny, protecting your home's perceived value.



3. Engage in Strategic Pricing

Like real estate developers, homeowners can test pricing strategies privately before going public. This allows you to gauge interest and make adjustments, positioning your property more competitively. **Key takeaway:** Testing pricing strategies privately allows for informed adjustments that can optimize the sale process.

4. Harness Pre-Marketing Strategies

Pre-marketing tactics such as staging and professional photography can generate buzz before your home officially hits the market. This builds anticipation and makes your property more appealing to discerning buyers.

Key takeaway: Effective pre-marketing generates excitement and can lead to quicker sales at desirable prices.

5. Utilize Data-Driven Insights

Analyzing online engagement metrics provides valuable insights into buyer interest and behavior, helping homeowners make informed decisions about marketing adjustments and property enhancements. **Key takeaway:** Data-driven insights not only protect your investment but also aligns your marketing strategies with buyer preferences.

Adopting these advanced marketing strategies can significantly impact how you protect and maximize your home's value. In Upper Brookville, where privacy and exclusivity are paramount, these approaches offer a competitive edge. Let's embrace these innovations as we step into 2025, ensuring that your home reflects not just its intrinsic value but also the lifestyle it embodies.







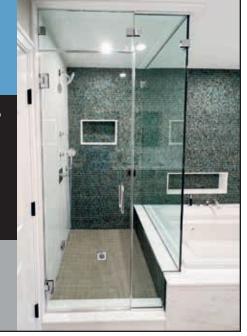


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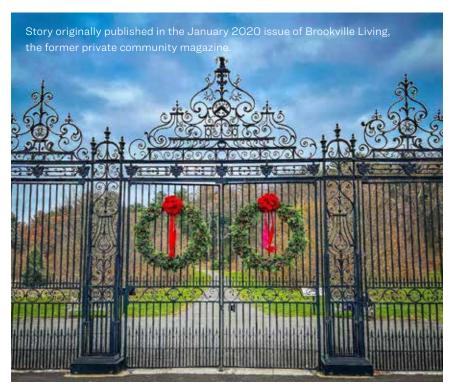
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The Carshalton Gates on Chicken Valley Road

Discover the hidden story behind Planting Fields' original entrance

GINA J. WOUTERS. PRESIDENT AND CEO OF THE PLANTING FIELDS FOUNDATION



David Almeida. https://www.davidalmeidaphotography.com/

DID YOU KNOW? The monumental Carshalton Gates on Chicken Valley Road, which stand in full glory during the holiday season, once marked the original entrance to Planting Fields during the Coe family's residence on the estate. When the property became public, the main entrance shifted to Planting Fields Road, where it remains today. The view through the gates reflects the Coe family's vision and the talents of the architects and designers they commissioned, creating a harmonious masterpiece that connects the built and natural worlds. These gates frame a sweeping landscape designed by the Olmsted Brothers Firm, evoking the grandeur of the Gilded Age.

Purchased by William Robertson Coe in 1921 from a dealer in London, the gates originally graced Carshalton Park. Coe acquired them shortly after World War I, reportedly spotting them in a barnyard near Oxford. Although he paid £3,000, he was later offered £10,000 by another buyer, but he declined, securing the gates for the estate. The iron gates, which date to the early 18th century, are flanked by sculptures of Diana and Actaeon, attributed to John Nost, a Flemish sculptor active in England. The myth of Diana and Actaeon, derived from Ovid's Metamorphoses, is often depicted in art, symbolizing the transformative power of nature.

This season, as the trees shed their leaves, take a moment

Today, the Carshalton Gates continue to captivate Planting Fields visitors, often marking the endpoint of a scenic walk nearly a mile from the main visitor parking area. Next time you visit, look closely at the intricate trophies below the statues

to drive more slowly along Chicken Valley Road and admire the scenic view of the gates.

Today, the Carshalton Gates continue to captivate Planting Fields visitors, often marking the endpoint of a scenic walk nearly a mile from the main visitor parking area. Next time you visit, look closely at the intricate trophies below the statues—ornaments celebrating the sport of hunting.

President and CEO Gina J. Wouters joined Planting Fields Foundation in January 2019. Originally from the Netherlands, Gina, her partner David, and their children, Liam and Norah, are pleased to call the North Shore home.

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winter holidays—or whenever you need a warm, satisfying meal to beat the chill. Passed down through generations, this creamy chowder combines tender chicken, savory bacon, and hearty vegetables for a dish that's sure to become a favorite in your home, especially when the snow starts to fall.

Ingredients (Serves 8)

- 2 tablespoons corn oil margarine
- 3 ounces Canadian bacon, diced
- · 1 pound chicken breast, diced
- 3/4 cup celery, diced
- 3/4 cup onion, diced
- 1/4 cup carrot, diced
- 11/2 cups baby red potatoes, diced
- 1 teaspoon dried basil
- · 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1/2 teaspoon dried sage
- 1/2 teaspoon dried parsley
- 2 bay leaves
- 1/4 cup unbleached all purpose flour
- 4 cups chicken stock
- 11/2 cups corn kernels
- \cdot 1 1/2 cups creamed corn
- 1 cup low•fat milk
- 1/2 teaspoon salt
- 1/8 teaspoon white pepper

Instructions

1. In a large skillet, melt the margarine over medium heat. Add the bacon and cook for about 3minutes, or until slightly browned. 2. Add the chicken and cook

until it is no longer pink.

3. Add the celery, onion, and

carrot, and continue to cook for an additional 3 minutes, until

the onions have softened.

4. Stir in the potatoes and herbs, mixing well.

5. Sprinkle in the flour and cook for another 3 minutes, stirring constantly.

6. Gradually stir in the chicken stock and both types of corn. Bring

the mixture to a boil, then reduce the heat and let it simmer until

the vegetables are tender, about

15 minutes, stirring frequently. 7. Add the milk and continue

to simmer until the chowder thickens slightly, about 30

minutes, stirring occasionally. 8. Season with salt and white pepper to taste. Remove the bay leaves before serving.

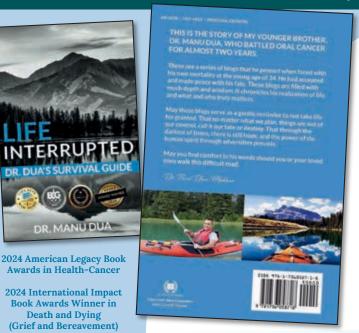
Recipe submitted by Upper Brookville resident John Gurwicz, former restaurant chef/owner of Whaler's Inn (1975-1979) in Cold Spring Harbor.

Nutrition Facts (Per Serving, excluding optional items)

- **Calories:** 145
- **Fat:** 5.4g (33.6% of calories from fat)
- **Protein:** 13g
- **Carbohydrates:** 10g
- **Dietary Fiber:** 2g
- **Cholesterol:** 34mg
- **Sodium:** 102mg **Exchanges:**
- 1/2 Grain (Starch)
- -11/2 Lean Meat
- 1/2 Vegetable - O Fat

Serve this chowder hot with a slice of crusty bread, and let its warmth bring comfort on the coldest days. Enjoy!

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Hi, I'm Mike Shalamov, and I'm proud to be the founder of Elegant Jewelers in Woodbury, NY. My family and I emigrated from the former Soviet Union, and starting over in a new country wasn't easy. But through hard work, perseverance, and a clear vision. I've been fortunate to build something truly special.

From the very beginning, I wanted Elegant Jewelers to be more than just a place to buy jewelry. I wanted it to be a place where people could feel at ease, where they could connect with us, and where they could find pieces that meant something to them. We offer a beautiful selection of both natural and lab-grown diamonds, custom engagement rings, and luxury watches, but what truly matters to me is that each client has an experience that feels personal and memorable.

What makes Elegant Jewelers stand out is the way we work with our clients. We're here to help every step of the way, from creating custom





From the very beginning, I wanted Elegant Jewelers to be more than just a place to buy jewelry. I wanted it to be a place where people could feel at ease, where they could connect with us, and where they could find pieces that meant something to them.

designs to guiding you through diamond and metal selections. My goal is to make sure you feel confident and excited about the choices you're making. It's not just about making a sale—it's about making sure that your experience is as exceptional as the jewelry we offer.

As the industry evolves, we've adapted, too. With more people asking for lab-grown diamonds, we've embraced this shift while maintaining the same quality and care you've come to expect. I'm excited for the future of Elegant Jewelers and the opportunity to continue offering a place where our clients can feel truly understood and valued.

If you're looking for something special—whether it's a timeless piece, a custom creation, or a luxury watch—I'd love for you to visit us. My team and I are here to make your visit a memorable one, and we look forward to welcoming you to our store.

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Stroll Upper Brookville Bulletin

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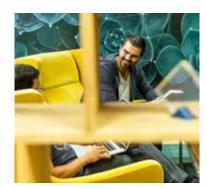
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FROM ADJUSTMENTS TO INGREDIENTS

A Pediatric Chiropractor's Mission to Do Better

"I was driving on the highway, hoping for inspiration, and a truck with 'Wubba' written in the corner passed by."













n 2012, pediatric chiropractor Jason Jampol saw a need for a healthier alternative to traditional electrolyte drinks for kids. Working with families to improve children's diets, he often struggled to find options

without artificial ingredients and sugars. This gap led him to develop his own drink, "Wubba Water," focusing on organic, high-quality ingredients. He learned the beverage industry from scratch, navigating complex R&D processes and certifications to bring a clean product to market.

After extensive development, Wubba Water hit retail in 2015, reaching shelves in Whole Foods, Walmart, and other major outlets. Jason recalls the journey as both rewarding and challenging, balancing the satisfaction of creating a meaningful product with the harsh realities

of the industry. Learn about Jason's bold leap into the beverage industry and the surprising twist in the Wubba story after 10 happy years



Jason Jampol: It started in 2012 when I was working with kids as a pediatric chiropractor. I noticed a huge gap in natural, electrolyte drinks for sick children—especially alternatives to products like Pedialyte. I wanted something clean and genuinely healthy, without the additives, so I set out to create my own.

Q: Was it difficult to bring Wubba Water to market?

Jason: Yes! I knew nothing about the industry, so I literally Googled, "How do you start a drink company?" The process was tough: three years of research, backand-forth with flavor houses, and experimenting with ingredients. It took a lot of little victories—and just as many setbacks—before I was happy with the final product.

Q: How did you come up with the name "Wubba Water"?

Jason: Funny story—I was driving on the highway, hoping for inspiration, and a truck with "Wubba" written in the

corner passed by. And then the words "Wubba

Water" just came out of my mouth. It felt like a sign! "Wubba Water" was unique, memorable, and perfect for a children's drink.

Q: What challenges did you face making an organic, kid-friendly drink?

Jason: Clean-label products come with extra hurdles. You're required to get certified for things like organic and glutenfree, which is costly.

Meanwhile, unhealthy, artificial drinks aren't held to the same standards.

It was frustrating, but I stuck with it because quality

and transparency are so important to me.

Q: How did you promote Wubba Water on a limited budget?

Jason: I got creative! On Sunday mornings, I'd head to NBC Studios with my two sons and hold up signs about Wubba Water in the background of the broadcast. People would see me on TV and reach out. It was grassroots, but it worked!

Q: What's been the most rewarding part of this journey?

Jason: Seeing Wubba Water in stores like Whole Foods and Walmart was incredible, but knowing I've helped improve children's health—that's the best part. The product is a result of my belief in clean nutrition for kids, and that purpose made every challenge worth it.

Q: Where is Wubba Water today?

Jason: In 2022, I actually sold the formulas to a group working on a similar concept. I'm still helping them prepare for launch—it's not in retail yet, but I think it'll be a great product.



Seeing Wubba Water in stores like Whole Foods and Walmart was incredible, but knowing I've helped improve children's health—that's the best part.

Do you have a 2nd Act to share? (Or a 3rd or 4th?) You never know who you could inspire. Send your story to Strollupperbrookville@n2co.com

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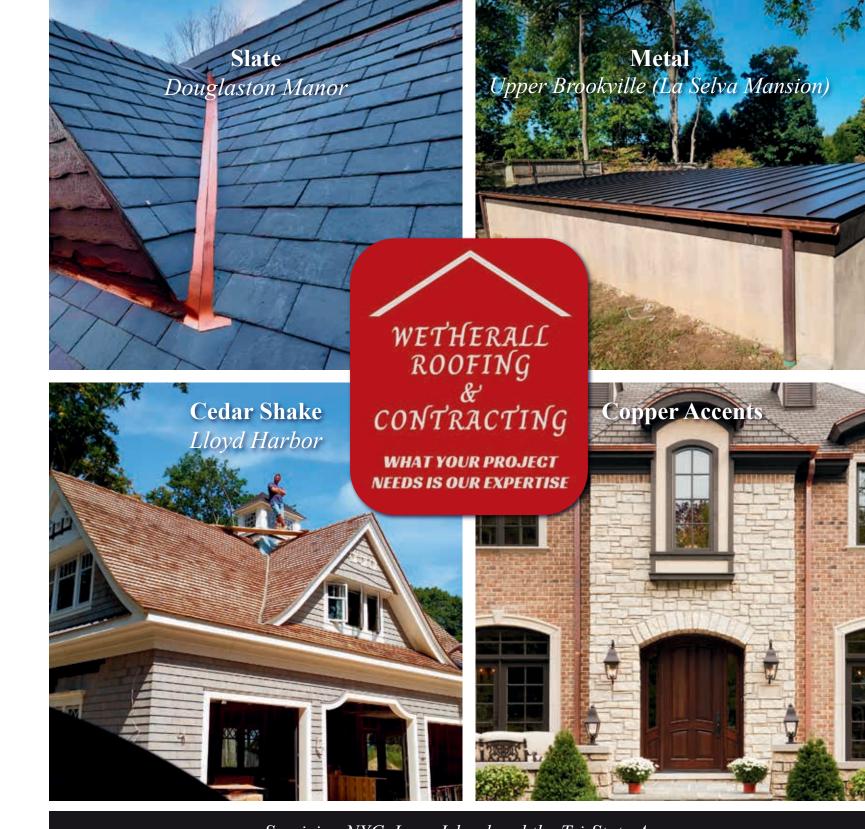


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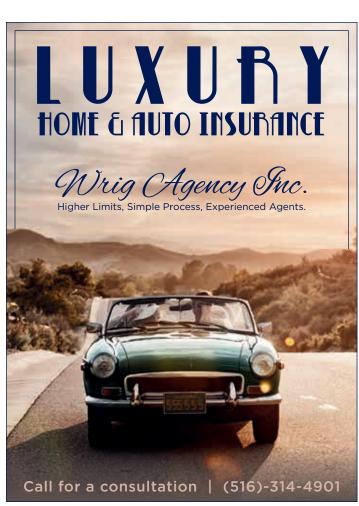
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GIVE SMARTER, **NOT HARDER**

With these strategies, investors can make the most of charitable giving and lighten their tax load before year-end.

BY SHAUNA OSBORNE, NATIONAL EDITOR





AS WE APPROACH the end of the year, now is an ideal time to review changes in charitable giving laws to ensure you're maximizing both your impact and tax benefits. Over the past few years, several vital updates have provided new opportunities for tax-savvy donors.

One of the most notable changes involves enhanced tax deductions. For 2024, cash donations to public charities can now be deducted up to 60% of your adjusted gross income (AGI), while donations of noncash assets, such as appreciated stocks held for more than one year, can be deducted up to 30% of your AGI. If your contributions exceed these limits, you can carry forward the excess deductions for up to five years.

Donating appreciated assets is a powerful strategy for those looking to increase the value of their giving. By gifting noncash assets instead of selling them, you can potentially avoid paying capital gains taxes, unlocking up to 20% more funds for charity. Additionally, you may deduct their fair market value, further enhancing your tax savings.

Another critical update affects qualified charitable distributions (QCDs) from IRAs. If you're over 70 1/2, you can direct up to \$105,000 tax-free from your IRA to charity in 2024, lowering your taxable income while supporting a cause close to your heart. This strategy can be especially valuable for those 73 and older looking to satisfy required minimum distributions (RMDs) without increasing their tax burden.

For estate planners, charitable remainder trusts remain an effective way to support philanthropic goals while securing an income stream for heirs. These trusts offer a win-win scenario by ensuring deserving causes benefit while providing donors with tax relief and estate planning flexibility.

This December, make sure your philanthropic contributions not only make a difference but also align closely with your financial goals.

SMALL HANDS, BIG HEARTS

Introducing kids to the spirit of giving doesn't have to be complicated.

- Donate toys or clothes: Have kids go through toys or clothes they no longer use and choose items to donate to local shelters or charities, teaching them how their generosity can directly impact others.
- · Sponsor an animal: If your child loves animals, consider sponsoring an endangered animal or adopting a shelter pet as part of a donation program.
- Volunteer together: Look for family-friendly volunteer opportunities at local soup kitchens, animal shelters or community cleanup events. Getting hands-on helps children understand the value of giving their time.
- Host a holiday bake sale: Help them organize a small bake sale in your neighborhood or at a community event, with all proceeds going to a charity of their choice.







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Sending you wishes of joy, warmth, and tranquility this holiday season. May your homes be filled with happiness as we enter the new year! I continue to expand my knowledge and tools to provide you with the best real estate experience.

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LIAPPAS TEAM

REAL ESTATE

This is your neighborhood Real Estate Resource page. This information can be useful when trying to compare property values or for just keeping a pulse on the real estate market in our area. For questions regarding the properties listed, or about real estate in general, consult a real estate professional,

The information contained herein has been obtained by The Lisa Fasano Team, Global Real Estate Advisor at Compass | lisa.fasano@compass.com // 516-717-9748.

Address	Neighborhood	List Price	Sale Price	Sold Date	DOM	Beds	Baths	Parking	Acreage
999 Wolver Hollow Road	Upper Brookville	\$2,650,000	\$2,700,000	10/30/24	15	6	4.5		2
4 Filasky Ct	Upper Brookville Village	\$3,200,000	\$3,200,000	09/12/24	71	6	6		2.27
861 Remsens Ln	Upper Brookville Village	\$2,275,000	\$2,275,000	08/29/24	28	4	4		2.01
987 Wolver Hollow Rd	Upper Brookville Village	\$1,795,000	\$1,795,000	08/22/24	10	6	6		2.00
343 Chicken Valley Rd	Upper Brookville Village	\$2,900,000	\$2,900,000	08/14/24	54	4	3		5.50
939 Ripley Ln	Upper Brookville Village	\$5,100,000	\$5,100,000	08/07/24	2	6	6		8.33
43 Chestnut Hill Dr	Upper Brookville Village	\$9,850,000	\$9,850,000	07/31/24	20	7	13		5.28
353 Juniper Dr	Upper Brookville Village	\$6,000,000	\$6,000,000	07/23/24	279	6	9		1.99
1275 Wolver Hollow Rd	Upper Brookville Village	\$10,000,000	\$10,000,000	07/19/24	111	7	10		5.14
1281 Wolver Hollow Rd	Upper Brookville Village	\$2,350,000	\$2,350,000	01/26/24	243	4	5		3.16
347 Juniper Dr	Upper Brookville Village	\$1,300,000	\$1,300,000	04/17/24	5	4	4		2.01
8 Remsens Ln	Upper Brookville Village	\$800,000	\$800,000	03/11/24	273	3	1		2.16
1167 Pine Valley Rd	Upper Brookville Village	\$2,850,000	\$2,850,000	03/06/24	196	6	5		3.48
1185 Pine Valley Rd	Upper Brookville Village	\$1,285,000	\$1,285,000	02/27/24	171	5	5		2.05
70 Wolver Hollow Rd	Upper Brookville Village	\$2,400,000	\$2,400,000	01/11/24	91	8	5		2.00
80 Mill River Rd	Upper Brookville Village	\$3,500,000	\$3,500,000	12/22/23	169	5	5		2.68
1005 Wolver Hollow Rd	Upper Brookville Village	\$1,575,000	\$1,575,000	11/20/23	123	4	4		3.87
111 Mill River Rd	Upper Brookville Village	\$892,500	\$892,500	11/29/23	31	3	4		2.13
2 Locust Ln	Upper Brookville Village	\$3,000,000	\$3,000,000	11/08/23	32	5	6		2.00
1347 Chicken Valley Rd	Upper Brookville Village	\$2,950,000	\$2,950,000	11/02/23	73	4	5		2.00

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