



# TIPS & TRICKS FOR TREASURE HUNTING IN WESTCHESTER

## SIP, SAVOR & CELEBRATE: A LOOK AT LOCAL WINE SHOPS AND EXPERTS





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MAGAZINE

FALL 2024

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Westchester Women magazine is published quarterly by  
Shoreline Publishing, 629 Fifth Avenue, Suite 213, Pelham, NY 10803.  
Phone: 914-738-7869.

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# Greenberg Cosmetic Surgery and Dermatology Proudly Introduces Plastic & Reconstructive Surgeon Jacqueline Ross, M.D.

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Dr. Ross completed her medical education at the University of Missouri-Columbia, where she was recognized with the Glasgow Rubin Commendation from the American Medical Women's Association. She completed her residency in plastic and reconstructive surgery in Tampa, FL, and went on to serve as an Assistant Professor of Plastic Surgery at the University of South Florida, with a strong emphasis on breast and body reconstruction.

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## Over 50? Your Bones May Be Getting Weaker

### WHAT WOMEN SHOULD KNOW ABOUT OSTEOPOROSIS

As we get older, we lose bone mass—often gradually, and never noticeably. That's why the condition of brittle bones, known as osteoporosis, is often called the "silent disease." It progresses without symptoms until a bone easily breaks from a minor fall or even from something as ordinary as bending, lifting, or coughing.

But osteoporosis doesn't have to come as a surprise. Becoming familiar with your risk, warning signs, and preventive care can help you stay strong and prevent potential injuries.

Here, Dr. Mythili Murthy, Endocrinologist at White Plains Hospital Physician Associates, explains who is at risk for osteoporosis, shares strategies for prevention and detection, and notes the perks of personalized care. Here are tips to keep in mind:

Start to monitor during menopause. One of estrogen's roles as a hormone is to regulate and replenish the production of new, healthy bone cells, explains Dr. Murthy. When estrogen levels decrease, usually starting at around age 50, bone density often follows suit. That's why menopausal women are especially at risk. (For men, 70 is the age



linked with a higher chance of osteoporosis.)

Cut back on smoking, alcohol, and coffee. "We know that smoking cigarettes and drinking excessive alcoholic or caffeinated beverages can hasten loss of bone density," Dr. Murthy says. She advises no more than two cups of coffee per day to retain bone strength—or, if needed, to rebuild it.

Ask your doctor about scheduling a DEXA scan, an imaging test that assesses the density of your bones by measuring their mineral content. Results can indicate whether your bone density is normal, slightly thin, or very thin. A slightly thin density is called osteopenia; a very thin density indicates osteoporosis. DEXA scans should be repeated every one to two years.

Practice weight-bearing and strength-training exercises. Dr. Murthy recommends exercises such as walking, climbing stairs, or lifting weights for 30 minutes a day, three to four times a week. In terms of rebuilding bone strength, these are preferable to cardio exercises, she says.

Eat your spinach, and drink your smoothie. "Calcium is among the most important minerals for strengthening bones. We recommend 1,200 mg a day, chiefly through the foods you eat," says Dr. Murthy. You don't have to pop extra calcium tablets if you're having a daily cup of milk, a container of yogurt, a serving of leafy green vegetables, a handful of almonds, or entrees with tofu or fish.

Vitamin D is the other important supplement, working in tandem with calcium to fortify bones. "Because Vitamin D comes from exposure to the sun, most people in our region have low levels so it's important to take supplements," Dr. Murthy says. "The standard dose is 2,000 IU, but it varies." It is important to note that wearing sunscreen does not block Vitamin D.

*continued on page 11*

# SIP, SAVOR & CELEBRATE

## A LOOK AT LOCAL WINE SHOPS AND EXPERTS

BY LAUREN HURWITZ

With 15 years in the wine industry, Kathleen McCullough Bershad, owner of Fine Wine Concierge in Armonk and author of *The Wine Lover's Apprentice*, loves the transition she's made from the world of corporate public relations to owning her own wine education business here in Westchester where she focuses on making wine fun and approachable, "and removing the snootiness" from wine, as she puts it. Before she started her wine classes, she had worked in economic development and public relations in Manhattan while simultaneously being a food writer and restaurant critic in Washington, D.C. Thereafter, she transitioned into food PR and discovered the fun of the world of wine – and the rest was HERstory.

Bershad earned her certification from the American Sommelier Association, worked in a few positions in the wine industry, and eventually moved up to Westchester where her husband encouraged her to start her own local business after she was laid off from a wine marketing, PR, and communications position in the city. She began her business by helping people organize their wine cellars, buy for their wine cellars, and sell wine from their cellars. She also started teaching classes and developing a wine curriculum – without making the content too dense



or boring. Today, she not only conducts small classes but is even hosting larger-scale corporate events teaching topics such as how sales teams can learn how to pick good wines on a budget when entertaining clients.

Still, there are lots of misconceptions she regularly tries to burst, such as consumers thinking you need to spend a lot to get a great wine. "It's OK to hate an expensive bottle of wine. As long as you like a bottle, it's the right bottle for you – regardless of price," Bershad says. She also often hears that someone hates one type of wine and tells them to be open-minded. "For instance, if you don't like chardonnay, try another one from another region. Don't eliminate all chardonnays simply because

you didn't like one from California. You may love one from France!" she suggests. She also knows many people are intimidated by wine because they think they need to be experts to describe things correctly. Bershad says, "Seriously, don't take wine seriously! You don't need to be super knowledgeable. Just take a moment to sniff the wine and say what you are getting from it. Whatever comes to your mind is what's appropriate!"

Opening their doors one week after prohibition ended, Post Wine and Spirits has been a staple in Larchmont since 1934, says current owner, Raina Arora. "We have the original fixtures and floors – it's like no other wine store you've been inside in the country with a welcoming and inviting layout," says the former cosmetic executive who took over the store in March 2023. "Drinking wine was a passion, but I didn't have much free time to pursue that with a full-time job and two kids. So, during COVID, when things slowed down a bit, I started taking classes about wine and eventually enrolled in a master's program with the Culinary Institute of America. The shop hosts wine tastings often but is growing in popularity thanks to the special space downstairs that used to be the speakeasy during prohibition. "We recently hosted champagne night where we opened five or six bottles and paired it with things like caviar and fried chicken. We've done tasting nights for everything from sake to Old World Summer to rosé – even a bottle painting and sips class collaboration with Creative Corner right here in the Village," says Arora who encourages people to sign up for her newsletters on her website to learn about future events.



Raina Arora, Post, Wine & Spirits

The logo for Fine Wine Concierge, featuring a stylized wine glass and a bottle with the text "Fine Wine Concierge" in a script font.

A decorative illustration of a bunch of grapes.

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A photograph of a woman standing next to large wooden wine barrels in a cellar.



Erika Strum, Wine Enthusiast

Also, don't forget to read reviews and talk to friends about their favorites. It's all about experimenting and sipping as much as you can!"

Local wine industry expert Erika Strum is the President of Commerce at Wine Enthusiast, a family-run business where her sister is President of Media, her father Adam is the CEO, and her mother Sybil serves as the Chief Brand Officer. Based in Valhalla, Wine Enthusiast is a source for vino lovers, not only for their wine but also for wine refrigerators, corkscrews, building wine cellars, and more. Strum says women are key to the wine industry and "are now representing 56% of the total wine-drinking population," per research from the Wine Market Council. She adds, "Millennials are emerging as an important wine-consuming generation with women accounting for 66% of their wine-drinking population."

Also on the rise is the enthusiasm for sparkling wine, which Strum says "is lovely because it used to be reserved for celebrations, and now people are trying to make bubbly part of everyday life. It's not just champagne though. You can have a delicious sparkling prosecco, but there is Cava from Spain, Cremant D'Alsace, or Cremant de Bourgogne that you can get for a fraction of the price of the champagne you get from France." And don't be afraid of boxed wine, which is getting competitive. "Boxed or canned wine can be a great gateway for people who are intimidated by wine. Underwood canned wines are one of my favorites – they've come a long way in the last decade or so," Strum suggests.



## RESOURCES

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# Tips and Tricks FOR Treasure Hunting IN WESTCHESTER

BY LAUREN HURWITZ

In the age of reduce, reuse, and recycle, consignment shops offer great deals while giving a second life to things that otherwise would spend eternity in someone's attic, or worse, a landfill. Marianna Albert, Owner of Home Again Consignments in Dobbs Ferry is very cognizant of the environment and happy to give things a new home. Running the business for the last six years, her hottest items are teapots, anything Salvador Dali, different types of mirrors, stained glass items - especially lamps, and anything bright and colorful.

"Everything here is in pristine condition even though it's old," Albert shares proudly. She also loves working with shoppers who are newer to consigning saying, "A lot of the younger generations that come in are thinking these things are old, and I have to explain to them that something old will really make your house pop with a bit of color."

With over half of a decade under her belt working simultaneously as a teacher and behavioral therapist, Albert decided to stay home with her four kids when they were young. She eventually returned to work but wasn't inspired. "I was scrolling mindlessly on Facebook and saw an ad that the owner (at the time) was looking for help at estate sales and thought it might be really fun," she says. It started as a part-time job, which led to her getting a degree in antique appraisal and eventually owning the store when the previous owner moved to California.

"When I go to somebody's house to evaluate their items, they're surprised I'm young and that I'm a woman because it was a man's business for such a long time, so it makes me feel good when people know that I'm knowledgeable and I do know what I'm talking about," Albert says. She encourages shoppers to be realistic when shopping consignment stating, "You're never going to get an even amount of anything, so don't expect to come in and get six cups. It's always an odd number for some reason but be open-minded. Be ready to know what you want to fill on that wall in your home and have measurements with you because you have to buy things on the spot. You never know if it will be there the next day."



Items at Home Again Consignments

Since 2012, Amy Coleman has been running her high-end designer consignment boutique, Sweet Preserves, within the walls of Consign It On Main (CIOM) in New Rochelle. She sells women's handbags, clothing, accessories, and some men's items. CIOM's main business, however, focuses on furniture, home furnishing, lighting, accessories, and artwork. Both businesses even sell a lot to film and TV production companies to help outfit their sets like *The Marvelous Mrs. Maisel* and *Feud: Capote vs. The Swans*. "My customers come from all over . . . even one from Kentucky. I sold her four handbags and close to 50 Hermes scarves," says Coleman.

After working in NYC for decades, Coleman moved to Rye, stayed home to raise her kids, and eventually decided she needed to do something else. When shopping to furnish her own home, she met the owners of CIOM who offered her the opportunity to open her own clothing and accessory business within the store . . . and Sweet Preserves was born. "No one is wearing high heels anymore, so those aren't great to consign, nor are fur coats," she warns . . . but she has consigned "plenty of Chanel jewelry, which does well," she says. "If a consigner listens to me when pricing the item, it will sell. I keep my consigners coming back to me which is why I've been open so long – and that's key to getting good inventory in my business," Coleman adds.

Shopping for hidden gems has always been a passion for Ali Pearlman, Owner of Saved by Zero in Harrison. With her wild vintage boutique, which opened in June, Pearlman is giving new life to the downtown area and all of the offerings in her store. Hyperconscious of the world in which we live, Pearlman says everything in the store is "recycled, upcycled, repurposed, or pre-loved. Everything has a story and has come from someplace else. The only thing new is the paint on the walls."



Amy Coleman, Sweet Preserves

For over 20 years, Pearlman worked in the fashion industry doing everything from fashion shows in Bryant Park to writing and styling. "When I was a kid, we didn't say 'go thrifting' because 'thrifting' wasn't a verb the way it is today," says Pearlman who prefers the term "vintage" and says "I can go to a yard sale and zero in on the Gucci. I have a sixth sense to find those diamonds in the rough." Wanting to launch her "second act" own business once her twins (now 16) were more independent and knowing there was no place in Harrison to buy clothing, her shop was born. "I don't want to have to go to another town and put my tax dollars into another town because my town doesn't offer what I need. A good vintage shop takes like 10 years to marinate to really feel like this thing is old,



Ali Pearlman, Saved by Zero

cool, and authentic," Pearlman says – and that's exactly what she's creating. Offering things from \$5 to \$3,000, she wants the shop to be accessible to everyone but says it's still a boutique and not a place to bargain since, as she jokes, "All of the prices have been pre-haggled for your convenience."

Lastly, Pearlman stresses, "Recycling is more than bottles, newspaper, and cans. It's your grandma's wedding dress that has been sitting in a beautiful box in your mom's attic for years collecting just – not doing good for anybody. Give it a second chance at life. Keep it circular. We don't grow from nostalgia when it's kept in a box in the basement!"

## Over 50? Your Bones May Be Getting Weaker

continued from page 7

Consider bone-building medications. "There are a range of options, from daily oral medication to monthly injections to yearly IV infusions," explains Dr. Murthy. "It's based on the individual and what best suits their needs. Each treatment has different side effects. For example, some oral medications trigger acid reflux, so we switch that patient to a yearly infusion. Other patients come to us with advanced osteoporosis, which might result in a decision to perform monthly injections for bone stability."

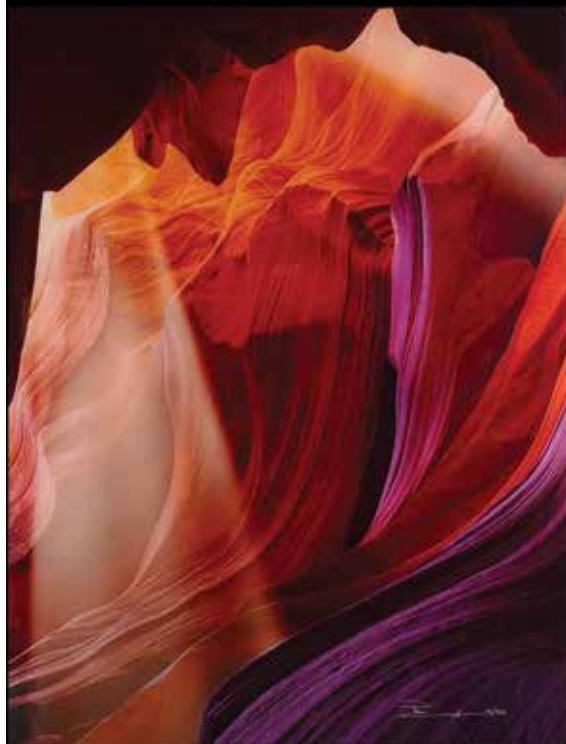
The original version of this article was published in *Health Matters*, a White Plains Hospital publication.

Dr. Mythili Murthy is a board-certified internist and endocrinologist at WPHPA of Harrison. For an appointment, call 914-835-0073.

## RESOURCES

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# Back to School Readiness for Students with Special Needs: A Guide from WILC

As the back-to-school season approaches, families with children who have special needs face unique challenges. Preparing for the new school year involves more than just buying supplies and picking out new clothes—it requires careful planning, organization, and communication to ensure that students receive the accommodations and support they need to succeed.

The Westchester Independent Living Center (WILC) and its satellite office, Putnam Independent Living Services (PILS), offer resources and advocacy to help families navigate these complexities. Jessica Baumann, Director of Educational Advocacy Services at WILC and PILS, shares essential tips on how to prepare students with special needs for the new academic year:

**Review Your Child's IEP or 504 Plan** -- One of the most crucial steps to take is to thoroughly review your child's Individualized Education Program (IEP) or 504 Plan. This document outlines the accommodations and services your child is entitled to receive, and it's important to ensure everything is still aligned with their needs.

"Discuss the IEP or 504 Plan with your child," says Baumann. "It's important for them to understand what accommodations, supports, and services they should expect." By empowering your child with this knowledge, they can advocate for themselves and be more aware of the resources available to them.

**Encourage self-advocacy** -- Go over your child's IEP or 504 plan with them. Explain the accommodations, supports, and or services they are supposed to receive. "Ask your child what supports and services they feel they need to be successful. Encourage your child to ask for help when needed."

**Communication is Key** -- If your child is transitioning to a new school or has a new teacher, open lines of communication early. Baumann recom-

mends writing a short, one-page which can include information about any difficulties your child experienced last year, what strategies were successful or unsuccessful, and your preferred method of contact.

"Parents should also ask teachers how they prefer to be contacted," says Baumann. "Establishing this early on ensures a smooth flow of communication throughout the year, allowing for any concerns to be addressed promptly."

**Reduce Anxiety with a Walk-Through** -- Starting a new school year can be an anxious time for any student, especially those with special needs. Baumann suggests scheduling a walk-through of your child's school.

"Familiarizing your child with the school layout can significantly reduce anxiety," she explains. "Walk together to find important locations like classrooms, lockers, bathrooms, and the nurse's office." For students transitioning between classes, doing a walk-through of their daily schedule can be particularly helpful.

**Organize and Reflect** -- Take the time to organize key documents like past report cards, progress reports, teacher notes, and test results. Reviewing these will help you identify which educational goals have been met and which still need work.

"Organizing these documents not only gives you a clear sense of your child's progress," says Baumann, "but also ensures you're prepared for discussions with teachers or administrators about areas that still need support."

**Tackle Organizational Challenges** -- Many students with special needs struggle with organization, which can make the transition back to school even more challenging. Baumann advises addressing these



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challenges before the school year starts.

"Set up a calendar and begin discussing daily, weekly, and monthly schedules with your child," she says. "By creating an organized system ahead of time, you're helping your child manage their time and workload more effectively."

**After-School Activities** -- Research has shown that high-intensity after-school activities can benefit students with special needs by improving their focus and attention both in and out of the classroom. Baumann encourages families to review and register for after-school programs that might be of interest to their child.

"These activities provide structure and help children develop essential social and cognitive skills," she explains. "It's worth exploring options early to find programs that align with your child's interests and needs."

**Find Additional Support, if Necessary** -- If you believe your child might benefit from extra support, such as a tutor or homework help, Baumann suggests seeking out these resources as early as possible. Schools often offer after-school tutoring, but if you're looking for external help, choose a tutor who will empower your child to tackle challenges independently.

"Tutors should work with students in a way that builds their confidence and independence," says Baumann.

By starting early and staying proactive, you can help your child approach the new school year with confidence, knowing they have the tools and support they need to succeed. WILC and PILS are here to assist families, offering advocacy services and resources to ensure that every student with special needs is ready to thrive in the classroom. For more information, reach out to WILC for guidance and support, or visit [www.wilc.org/events](http://www.wilc.org/events) to join one of their many upcoming free webinars on topics including IEPs, Behavioral Strategies, and more.

## INSURANCE IS VITAL TO FINANCIAL HEALTH

Seventy percent of successful people have never had a proper insurance assessment. As a result, the same group often ends up with inadequate insurance. Recent research tells the story:

72% of successful people interviewed did have overall liability insurance; however, it was set at limits too low to cover their actual risks, leaving them to pay judgments and fees of over \$100,000 or more. Ten percent lacked liability insurance completely.

62% of policy owners lacked any coverage at all or adequate protection for their jewelry, erroneously assuming it was covered by their homeowner's policy.

87% did not have insurance to protect their artwork at all, even when valuables policies are typically more affordable.

87% held policies with standard insurance carriers resulting in overpaying for inadequate coverage structured with improper deductibles and limits.

Standard carriers also rarely execute valuation updates, do not provide products that address unique risk needs and do not properly estimate the total exposure of wealthy clients.

Proper counsel from an independent insurance agent will help to avoid losses and out-of-pocket payments from all of the above. Insurance should support your needs and lifestyle while taking steps to uphold and preserve financial health and security. Advisors like Meridian and other agents are the key to a properly calibrated portfolio that contributes to overall wealth management.



Jeannine Foxx is a Risk Advisor for the independent, family-owned insurance agency, Meridian Risk Management located in Pelham, delivering customized personal, commercial, life, and benefits insurance. For a complimentary, no-obligation insurance review call 914-738-5678 or visit <https://meridianrisk.com/contact/request-a-quote/>.

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# End of Summer: Time to Spruce Up Your Jewels!



By Dominique & Maxine,  
LaGravinese Jewelers of Pelham

Summer is coming to an end, and as much fun as it was, it takes a toll on our bling. Sunshine, chlorine, sand, humidity, sunscreens, sweat, and many other things that our more active summer lifestyles entail can make our jewelry show wear, dirt, and damage faster. All of this can also risk the security of our pieces as well. This is a great time to stop by your jeweler and have your pieces checked and cleaned.

A dip or soak in the ultrasonic cleaner followed by steam can provide a quick spruce up by removing a lot of the dirt and build-up that get stuck in between the prongs and coats the stones, which affects their luster and brilliance. Polishing will give a smooth surface by removing most of the marks and scratches. Rhodium plating white gold and platinum

pieces will bring them back to life, giving a little extra coat of protection while providing a silvery-white, bright, and shiny finish, leaving them looking brand new.

Whenever someone comes in to have their jewelry cleaned, we always look it over before we put it in the ultrasonic to ensure that stones are secure in their settings and also to make a customer aware of any damage to their pieces that might already exist. It's important to have your pieces checked for security and damage at least every six months depending on how active your lifestyle is. Some of the things that we look for are missing or worn prongs, chipped or loose stones, worn heads or baskets, security of clasps, cracks in settings and shanks, and the list goes on and on!

Sometimes people don't realize that a prong is missing because the stone is still there, but that makes it much more vulnerable to falling out. A lot of stones, especially diamonds, wear at the metal over time, causing the prongs or heads of settings to thin out. By catching something like this before it's too late, we can simply re-tip the prong and secure the stone



so that it doesn't fall out. Sometimes a link in a chain or bracelet can be broken but still attached. By catching this in time, it can simply be soldered back together, removing the risk of it detaching, falling off, and getting lost.

These are just a few examples of how a little maintenance can go a long way.

**When it comes to your jewels, ignorance is not bliss!**

## Skincare for Autumn

As the leaves start to change color, the air becomes crisp, and we say goodbye to summer, it's time to start thinking about our autumn skincare routine. The cool, crisp air can remove the skin of its natural oils, leaving it feeling dry and tight. Here is some simple autumn skincare advice to help you achieve healthy skin all season long.



requires higher hydration in the autumn, use a serum that introduces concentrated levels of moisture and protects and nourishes the skin.

**HYDRATING CLEANSER** (Chamomile by Eminence) - The first step in any facial routine is a cleanser. In autumn, the skin is more vulnerable to the elements. A hydrating cleanser can offer the skin more protection against dry and sensitive skin in cold weather. Hydration means calmer skin.

**REGULAR EXFOLIATION** (Strawberry Dermafoliant or Stone Crop Fizzofoliant by Eminence) - As the seasons change and your tan starts to fade, it's time to upgrade your skincare with regular exfoliation, an important step in any facial routine. Exfoliators are designed to help remove dry and dull skin cells, revealing brighter and smoother skin. Higher absorption rates of facial products is also a major benefit. Two options to consider are:

-- A facial peel can reduce and remove the build-up of dead skin cells, revealing a radiant and smoother complexion. It can help minimize the appearance of fine lines and hyperpigmentation.

-- Microdermabrasion gently removes stubborn dead skin cells to reveal soft and radiant skin by using small crystals to exfoliate the skin.

**MOISTURIZER** (Coconut Hydration Moisturizer) - As temperatures and humidity levels drop, our skin loses moisture to the surrounding dry air and must work extra hard to hold on to hydration in the autumn. A moisture-high day cream and a rich night cream are autumn skincare essentials for all skin types. Take the step and retain moisture by switching your light summer moisturizer for a more hydrating product.

**SPF** (GM Collins SPF 30 or 50) - SPF is important all year round. We may not be getting the hot rays of the sun in the autumn, but harmful UV rays are present all year round, even when it's dull and overcast. Ensure to wear sunscreen with at least SPF 30 daily.

**WATER** - Drinking water daily helps to flush out toxins from our body, leading to clearer skin. Four to six cups per day is a good guide. If you're taking certain medications or working out often, your doctor may recommend that you drink more.

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# MATANZAS

-- CUBAN CAFÉ --

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BY LILIAN PEÑA

dale. Knowing the risks involved, Annarella's mission was to persevere through the pushback and doubts until she finally signed the lease in October 2022 on the Hartsdale location. This she shared was the most challenging aspect of opening the restaurant. Friends she met along the way gave her important pointers on how to run a kitchen and so much more.

The dream, the reward, was realized on June 6, 2023, when the ribbon was cut and the doors finally opened. Annarella said she cried with joy all day, seeing her family's and her father's dream coming true. An authentic Cuban café was born.

A little over a year later, Matanzas is serving the exact recipes handed down from her abuela, the matriarch of the family. The aroma of traditional comfort food fills the air and excites your taste buds.

For Annarella, the dishes being prepared reminds her of Abuela's house. She could cook for 100 people and love every minute of it. Holidays were filled with laughter, joy, and genuine dishes that are prepared the same way today.

One of Annarella's favorite dishes is, of course, the very popular Cubano. The reason why it stands out from the rest is a secret ... but what we can say is that Annarella's mother perfected it by using a dry rub of special ingredients. In addition, they shred the pork shoulder instead of slicing it. In this way, there is no fat, no cartilage – only delicious, shredded pork. Along with the other ingredients, everything is layered so you taste it all in every bite. Another dish that brings back childhood memories is the Picadillo with white

rice and yucca.

She has made some amazing friends during this journey and she's very proud of the fact that the whole concept of Matanzas brings the culture back. It gives Cubans a place to feel at home and reminisce about their own journey to this country. Annarella's wish is to make everyone feel like they just stepped into their own abuela's house for a great meal.

Their Chicharritas/Plantain chips are thin, crispy, and utterly addicting. A must-try is their perfectly prepared Tamal Cubano. We enjoyed the De Todito Pollo – grilled chicken breast, their secret de todito sauce, lettuce, and tomato on a toasted Cuban roll. The aroma from the Ropa Vieja, served on Saturdays makes your taste buds sing, and last but not least, we tried the Guava Pastelito – pure heaven.

So, what's coming back for their fall menu? New daily specials will include warming soups and – perhaps a secret tamale that is sure to be on the top of anyone's comfort food list. Be on the lookout for that!!

Follow them on Instagram!!!!

The go-to dish Ropa Vieja served with rice and black beans!



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